

THE SECRET PATH OF THE INTERVALS



The Secret Path of the Intervals Octave II

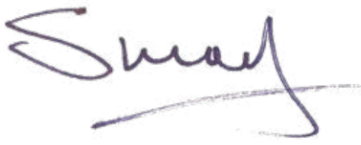
Once you've worked deeply in your inner realm and brought your energy to the Place of the One Hundred Meetings (the crown of your head) you can take flight towards Infinity. With your roots firm you can now reach up to the Heavens.

These meditations are tools that can lead you into the ethereal, into the Light of the Stars, into the even more subtle layers of the energetic structure of the great Nature and of yourself... Leave space, breathe, listen to the "mystery of the Eternal Magnificence"... You find yourself in the subtle Realms of Creation, forget lower passions, be like an eagle soaring towards the heavenly heights, with his motionless flight, carried by the wind above the Earth, then still Higher and Higher.

The Ethereal Substance of the Cosmos is revealed to you, it's the Multiverse of Consciousness. It's important that these 'meditations' aren't just mental images or daydreams, but real states of perception that you can reach through concrete practice. For example, in the octave interval, being able to let go, to the point that you can actually feel the weight of air on your body and let its subtle energy enter your skin through your pores, isn't an image but a very concrete- albeit fine- state of perception, that can be reached with great practice and commitment. The mind and the imagination belong to the world of dreams and illusions.

Visualisation can lead you astray as you risk losing yourself on the mental plane; that's why I suggest you do the exercises with your eyes half open. In that way it will be easier not to get lost in the labyrinth of the superficial mind. If you keep this in mind you'll be grounded in your body with your consciousness alert in the here and now, just as the interval of the perfect first, the Alpha and the Omega, teaches us. If you switch off your mind, you'll really be able to feel the states of perception that the intervals evoke.

The further you go, the stronger the feeling of being in the present moment, in the here and now, will be. To be crossed by the infinite you need a solid incorruptible core. Be a wonderful, unique drop in the immeasurable Sea of Eternal Light.



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Octave II



Tracklist:

1. A Paradigm Shift
2. 8G
The Mystical Bride
3. 9m
The Voice of the Soul
4. 9M
The Compassion of the Immortal Soul
5. 10m
The Body of the Universe
6. 10M
The Triumph of the Light
7. 11G
The Sacred Covenant
8. 11A
The Resilience of the Spirit
9. 12G
Cosmic Alignment

10. 13m
The Celestial Prison
11. 13M
The Golden Section of Infinity
12. 14m
Prayer
13. 14M
The Invisible Spirit
14. 15G
The Dress of Eternity
15. 22G
The Non-Place of the Eternal Covenant

Credits:

Words and Intervals by Simone Terigi

Guitar: Simone Terigi

Voice Artist: Victoria Heward

Sound Engineers: Emanuele Morena & Nicola Sannino, Tabasco Studio, Italy

Graphic: Nicoletta Mignone

English Translation: Elena Berlese & Joanne Roan, revised by Joanne Roan

Tuned at 432Hz

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