

THE SECRET PATH OF THE INTERVALS



The Secret Path of the Intervals Octave II

A Paradigm Shift

Through the Perfect Unison you aroused your Conscience and started out on the Path to Wonder...

To awaken the Sacred Presence in the Here and Now, the double attention which is necessary, starts with you...

It starts with you and comes back to reach you again consciously, creating a sort of Mystical Mirror...

With great struggle and determination, you've awakened your Conscience and watched over it...

The Octave represents a paradigm shift...

After the Inner "Hard Work" done to unblock your energy, to pass through the Gates of Destiny and rise with Mystical Ardour to the Place of a Hundred Meetings, you can now open up to Infinity and expand the Mirror of Consciousness beyond yourself...

And so the contact with the subtle sense of the Divine becomes a new Celestial Alarm, expanding your awareness in the Energy of Eternal Becoming...

The quality of the Spiritual Struggle becomes more Feminine...

The Absolute, your soul and your personality dance together, intertwined in the shining energy of the Great Spirit...

Octave

The Mystic Bride

Sit in a comfortable position... Roll your eyes from one side to the other a few times, then close them or, if you prefer, keep them half-closed, leaving a slit open between two worlds... Relax all your muscles, from head to toes...

Relaxation - like hot wax - descends from the top of your head to your face, neck and shoulders, then crosses your arms and reaches your hands... It continues from the base of the neck, flowing along the whole back, the chest and abdomen... Reaches the pelvis, and runs all the way down your legs to the feet...

The superficial mind slackens off and gives up... It peels away layer by layer, like pages of memories and beliefs carried away by the Wind of Consciousness...

The roller of internal dialogue stops turning... The incessant and chaotic mental whirl gives way to the Silent Presence...

The forces of resistance are loosened... Feel the energy flowing through your body in waves of vibrant heat... Breathe freely, with pleasure... Your life grows, your awareness expands, and you rejoice in your existence...

Now draw your Attention beyond your body, feeling how you are enveloped by the Air...

This subtle presence is the Magic Mirror in which your consciousness is reflected and awakened... It is the finest substance in the world you live in, it is the gateway to the Spirit's refined dimensions... You are the low note, while it is the high note: find a place to relate to it...

Feel it enter your nostrils and pervade your body with energy...

Extend your perception more and more in this Transparent Substance, physically feel how its presence pervades and envelops you...

Don't fight, don't resist, don't look for anything... You don't need to do anything, just let everything happen very naturally...

Give way, until you feel its tangible presence all around you... In front, behind, on either side, above, below... You are immersed in it like a fish in water... It is a very Light Touch, even lighter than your soul... It's the Touch of Infinity... Let yourself be touched, feel this Heavenly Pleasure flowing in you...

A deep calm reaches your mind, and it stops fighting, understanding or asking...

The emotions calm down too, and the body vibrates very gently... A subtle and deep nourishment brings you joy, contentment and security...

Now extend your perception to the whole atmosphere, feel the sky envelop all the earth floating in the air... Enjoy this Limpid and Ethereal Abundance... You are all this, beyond the confines of a restricted identity...

As if immersed in a State of Deep Prayer, you surrender with your whole body to the Otherworldly Pleasure of subtle contact with Eternity...

The energy and Pure Essence of the Heavens pervade you, and you are imbued with them, like a sponge... You receive this energy through every pore of your skin...

You are a part of the Air, like a molecule, and you share its Power...

You are the Air, the Air is You...

A drop of water can share the power of the ocean... Your soul is a wave in the Immeasurable Sea of Spirit...

Participate in Eternity with all your Heart, let the Subtle act in you...

From the centrality of your Kingdom, breathe in and open to its Essence, breathe out and make it live in you, relaxing every part of the body, where it flows like Ethereal White Light...

(Listen to the interval...)

Well... Now, very slowly, you are about to leave this experience of great expansion and awareness... Open your eyes... Blink a few times...

Move your body gently and massage yourself a little if you feel it's necessary... Your senses start to resume their ordinary perceptions...

You are regenerated and full of Light throughout your whole being, and you can return to your daily routine and your work, full of Clear Energy for your health and your evolution, to bring to the world and share with others...

Everything is One...

You've resolutely directed your energy up to the Major Seventh, and now your soul is fully revealed in the Mystical Mirror of the Octave...

It's time to rely on Heaven...

From this moment on, the Fine Luminous Power of the Soul will guide your steps through matter, to reveal the Magnificence of the Great Spirit...



Minor Ninth

The Voice of the Soul

Close your eyes... Listen carefully and without judgment to that which exists in you right now... Make room for your depth...

Your eyelids are heavy, resting on each other like two soft pillows...

The muscles of your face relax, releasing the emotions that lie in the background, concealed beneath the mask of habit...

Connect to the space around you... Expand your awareness and extend your body as far as you can, beyond the horizon of known events...

The Silent, Nameless Mind comes to life, becomes corporeal...

The emotional world spreads its wings, and relaxation slips from the head into the neck, the shoulders, and crosses through the arms, all the way to the fingers...

Your blood flows fully throughout your body, moistening every small capillary, bringing Divine Consciousness into the physical Realm...

The energy continues its gentle descent down your back and all through your trunk, reaching the pelvis, like a waterfall plunging into a lake of transparent light... It flows down your legs, and through the knees and ankles and down to the toes...

Your body and mind and emotions find relaxation and Harmony... Your breath flows lightly, born in the Unknown and crossing every known dimension, bringing life, presence, rhythm... Relaxation, attention, energy...

Now perceive in yourself the soul and the personality bonded in the breath of the Divine Presence... Let them scrutinize and relate to one another, welcome one another... The Infinite and the Known... That which Dies and that which Lives for all Eternity...

The low note is the personality, the high one is the soul, and the emptiness in between them is the Great Spirit's Conciliatory Presence...

The Celestial Energy could not manifest itself without rational order, for it would have no form... Without the soul, forms would be empty, lifeless, inert...

May reason not make the soul mute, may the soul not tear down the banks through which it can manifest itself in the material world...

Now let the call of your Pure Essence emerge from the depths, and let it be the Captain of the ship through which you sail the Unfathomable Universe...

This Eternal Vital Breath gives life to your kingdom and fills the Sails of your Being, directing your steps through matter, constituting your destiny on this earth...

(Listen to the interval...)

Very good... You may now open your eyes again... Blink a few times... You've returned to ordinary perception of reality...

Feel how your body softens with the delicate Touch of the Soul...

Your energy flows unrestricted, guided by the hands of the Mystery...

Surrendering the mind is the way to the Essence...

Divine Energy warms your blood, bringing light and direction to your cells, like a torch in the darkness...

Allow your soul to smooth over any rigidity, like Crystal Water penetrating every ravine and filling the deepest abysses...

Personality and soul live, flanked by a curtain, on two adjoining levels, like the beats of the Minor Ninth...

You can wear your Eternity as you like, in the mortal clothes of the roles you play... You are acting in the movie of Eternal Becoming, with the Spirit as its Great Director...

Reason, you perch alone, defended by the rigid shield of your own fears... Surrender! End the civil war that divides your kingdom!

The subtle, delicate, powerful Voice of the Soul is King, and you are the throne on which He sits and rules!

May the Spirit strengthen your body, stabilize your mind and purify your emotions...

May you manifest the Power of the Soul in matter, honour your life's mission and be of help to other incarnate souls...

Major Ninth

The Compassion of the Immortal Soul

Everything is connected, and every form is an expression of what lives inside it... the Spirit's Subtle Energy, infusing itself in the body, transforms the energy contained in your being... The form changes as the content is modified...

Subtly allow Light and Beauty to bring life to New Dawns within you, in a continuous change... Always renew yourself, in Water and Spirit...

So also your ability to love changes... The dense and heavy love-shadow, fed by need, addiction and affection, can be refined and achieve the Unconditional Freedom of Cosmic Love, the Substance used by the Eternal to maintain every existing thing in life...

This interval is the energy of Unconditional Love that you can offer yourself, recognizing the Heavenly Heights from which you came...

Adorn your Kingdom with the Soul-Love of Compassion, and gently take care of it... Bring the Light of Universal Love with trust and kindness to the parts of you that need it most...

With each new Octave you refine the Soul's Healing Gaze...

Its Light heals the deep emotional wounds of negative blood karma and unlocks the flow of Divine Energy in your body...

Now gently close your eyes... Relax deeply... Let your breath flow, like a Wave of Stars that brightens and warms your body from head to toe...

Feel the cosmic wave passing through you, from top to bottom, in endless circulation...

You are immersed in the Universe, and the Stellar Current relaxes your muscles, tendons, bones and permeates your every cell and atom...

Now set the Soul's Shining Eyes on you, and perceive the Infinite Power of Compassion that is born from the Centre of your Being and then expands...

It's the Eternal Force that maintains and regenerates life at every moment in time...

You are a Sun radiating Light and warming the space around you with extremely high frequency energy...

Burn with Truth and Silence...

Place your hands full of the Immortal Essence on your Heart... Train Here and Now for Celestial Compassion in the material world...

Open the Divine Passage that, from the Mysterious Heights of subtle worlds, allows the Eternal Radiation of the Supreme Light to reach the dimension in which you are incarnate...

Love yourself and Love, more and more deeply illuminated in the Inner Sunlight...

(Listen to the interval...)

Very good... Now slowly open your eyes again... blink a few times... You are once again present in ordinary reality... Your body is charged with the Eternal Energy of Compassionate Light that warms the Starry Realms of the Cosmos...

Never forget the Nobility that dwells within you, and let it nourish the Solar System that has been entrusted to you, more and more, day after day...

You are an evolving spiritual being, on your way to the Extraordinary...

Have compassion for others, for every living being, for every existing thing...

May your Light and your Warmth help those who drink from your Divine Source... May it be a Source of Wonder for those who admire you from afar...

May your Touch infuse the Force of Infinity into other living beings, offering the energy of Love and Healing...

Presence... Energy... Intention... Exploration... Prayer... Awareness... Love... Compassion... Light...

Minor Tenth

The Body of the Universe

A woman does not show her body immediately, not because of modesty, but in order to reveal her Treasures little by little...

Wine releases its bouquet over time, minute after minute, hour after hour, day after day...
An Eternal Revealing...

In the same way the Spirit, in an Endless Present that distils in the Worlds moment by moment, accompanies you into its most secret interiority...

Under each veil it shows you magnificent worlds, intertwined in ever finer textures of energy...

Participating in the Heights of Eternity, you refine your Inner World...

Close your eyes... Relax... Release all your muscles, from your forehead to your feet... All your tissues soften... The brain's electrical activity slows down, and the mind becomes immobile, like a mirror reflecting everything and holding back nothing...

There is stillness in the lake of emotions and peace in the Heart... Let your breath flow slowly, deeply, like an underground river carrying life within itself...

The ancestral footsteps of ancient memories vanish in the boundless dwelling of your Intelligent and Immortal Spirit...

Truth and Silence fill your body...

Your consciousness emerges from life, permeating your body, the Balcony to Infinity...

Now feel the interiority of the Cosmos... Everything that you feel outside of you is inside it, including yourself...

Expand the introspection beyond the Minor Third, beyond the depths of your unconscious...

Listen to the subtle levels beyond yourself, beyond your Inner Moon... Beyond the borders of the seas, beyond the colours of the night, beyond the silver moonlight, beyond the horizons of the Earth...

You are a small cell in a much larger living organism... Can you capture its emotions?

Can you detect its mind? Feel your body inside its body...

As in a Russian doll, the centre of gravity of your strength is an atom of the living being that you call the Universe...

Listen to the Vastness dwelling in it...

The Dark Energy of Awareness is its Evolutionary Tension, the expansion of its soul beyond the infinite borders in which it dwells... This is its Artistic Gaze, its Major Seventh, its divine Eros that - reaching the heart - turns up towards unknown dimensions...

Its highest thoughts and feelings shine among galaxies, stars, comets, planets...

Its emotions are reflected in interstellar dust, gas, spaces, times, gravity, black holes... From the lightest joy to the darkest and heaviest abyss, from which not even light can emerge... Lights and shadows, heights and cosmic depths...

Stellar explosions, radiation, nuclear fusions are the reactions of its instinctive life, of its energetic processes, of its metabolism...

You are part of all of this, but don't imagine it, don't get lost in the labyrinths of the mind... Feel and live all this, now...

(Listen to the interval...)

Well... Now open your eyes very slowly, blink a few times... Your senses reconnect with the perception of ordinary reality... You are once again connected with the known world around you...

Perceive your renewed, light body... By sharing your body with a larger dimension of which you are a cell, your whole organism reorganizes itself, finds greater coherence, structure and position within the Great Living Being you are a part of...

In the same way, your cells can also find Harmony and Consciousness in the macroscopic system of "man", of which they are a part... Everything is in phase, from the infinitely small to the infinitely large, as the Eternal is magnified in every dimension...

Bring this Wisdom into your world, and remember that nothing is folded back on itself..

Everything is intertwined in the Infinite Becoming of Eternity...

Major Tenth

The Triumph of Light

The heat of the lower fires gives life to precious gems that are generated in contact with the Essence of the Spirit...

Like incandescent lava that meets water and becomes magical obsidian when it is pushed out of the bowels of the earth...

Thus, the primordial force is refined... From the shapeless power of underground instincts, the relationship with Higher Worlds polishes a power that would otherwise live in its own glory, unavailable to its surroundings...

The more imperceptible the power, the greater its energy... The Dark and Silent Force of the Void infinitely expanding the Universe is so immensely larger than an earthquake and more visible and manifest...

That which is subtle does not dazzle, but can - drop by drop, time after time - hollow out even the most resistant rock...

That which is rough breaks in but does not transform, dazzles but does not illuminate, like a steel cable with a frayed end...

Fascination, charm, and impetuous force reside on the surface... True beauty and the most penetrating forces are veiled against outside eyes...

There are billions of stones, but only a few diamonds... A lot of voices, roads, and music, and the more they shout, the more they indicate, the more they seduce, the less special they are, the less precious, because true wealth whispers lightly in the heart of those who can perceive it...

Authentic power does not allow itself to be observed in all its glory, but is offered in relation to its surroundings...

The more integrated and available this authentic power, the more powerful it becomes...

Emptiness welcomes form...

The Sun magnifies itself in its burning, but also brings light and warmth to the icy intergalactic spaces...

Each element is both a soloist and an accompanist in the Great Cosmic Orchestra of the

Spirit...

Close your eyes... Slowly relax your whole body from head to toe...

Now regenerate yourself with the subtle and Renewing Force of these Fine Stellar Vibrations, bringing to you the Luminous Energy of all the Stars in the Universe...

(Listen to the interval...)

Very good... You may open your eyes, now... Blink a few times... You are synchronized with the perception of ordinary reality again...

Feel your renewed, light body...

Now you too shine with the Light and Penetrating Energy that illuminates the Cosmos and the abysses of deep space...

You feel the Force of all the Suns shining, its fine vibrations in your body, blazing from the Centrality of your Being like the beating heart of the Stars...

And, while shining, even you are naturally a light source available to others and everything around you...

May the King of all Worlds guide you towards the Eternal, Supreme Clear Light...

Perfect Eleventh

The Sacred Alliance

Slowly let your eyelids almost touch... Your eyes relax, floating in the Void...

Focus your Attention on the warmth of your body... It wraps around you like a radiating protective film...

Now feel the energy pouring into your body, which absorbs it like a sponge, deeply relaxing every single tissue... It's like being empty inside and feeling your body filled with warm, luminous energy...

The energy now enters your head, flows down into your face, descends into your neck and reaches the throat in a Cascade of Light...

it spreads over your shoulders, flows down the arms to the hands... Expands the chest and then flows along your back, like a delicate Stream of Golden Water...

Your abdomen expands, it's an enchanted lake where Mystical Energy gathers and dwells...

Your kidneys soften, expand and charge themselves like giant organic batteries...

Your Solar Plexus is a shining Star that pulsates life and radiates heat...

Your pelvis floats in the Ocean of Energy which, like a vibrating wave, runs down your legs to your toes...

Your mind surrenders to the pleasure of the body... The emotional world spreads its wings and frees itself...

Your backbone is connected to Heaven and Earth... It's the Sacred Path that unites all the planets of your Inner Solar System and connects you with the surrounding universe of which you are a small cell...

(Listen to the interval...)

A Glowing Sphere of Fire rotates in the Centre of your Abdomen... It's the Source of your Vital Energy, produced in Perpetual Motion...

(Listen to the interval...)

In the Centre of your Chest, the Crystalline Green Light of a large Emerald radiates deep calmness... Brightness now expands and becomes like a nebula that paints the deep space...

Your Heart expands and embraces Infinity... In every beat there is the Sacred Pulsing of the Eternal Becoming...

You feel Love...

(Listen to the interval...)

The mind surrenders, stops all rational activity and draws a beautiful question mark...

In the middle of the eyebrows is a shiny, transparent purple flame, like amethyst...

And now, enter the Centre of the Head where the Eternal Presence of the Great Void resides...

Your mind consists of a very fine fabric, which dresses the Universe...

(Listen to the interval...)

You are immersed in the Blue Clarity of the Spirit...

Seal the Sacred Alliance with Eternity in this Celestial Marriage of Sacred Vibrations...

The more you trust, the more you relax...

Cradled by Infinity, you feel a Blanket of Stars on your body...

Everything flows peacefully into the Eternal Becoming of the Cosmos...

Everything exists without effort, everything is...

In the same way, there is Harmony and Serenity in your Kingdom...

Mind and body are deeply integrated and the emotions reflect the Soul's Colours on their interwoven textures, just as the sky reflects its blue heights in the transparent, still waters of a mountain lake...

Like Light crossing eras in intergalactic spaces, to offer your eyes the infinite firmament...

You are suspended between vibrating atoms and particles of light that reverberate subtle energy on your skin, like a gentle breath...

Your breathing becomes light, almost imperceptible, and your body irradiates the Presence of Eternity...

You find refreshment among the Celestial Vibrations, in this middle world...

Your soul rests, cradled by the Spirit's Abstract Touch...

(Listen to the interval...)

Now it is time to slowly re-emerge from this deep Healing Rest...

Gently open your eyes again... Blink a few times...

You are reconnected with the ordinary perception of everyday reality...

Feel your body recharged by a light, intense vibrating energy...

Move slowly and gently massage your whole body, with your hands full of energy...

You are ready to take another way on the Mystical Path of Life, renewed, strong, peaceful, luminous...

Eternity is always at your side...

Augmented Eleventh

The Resilience of the Spirit

Sometimes a pause may not be a rest, but a stop forced by Superior Forces...

Life can show you disharmonies that you need to heal before moving forward on your path...

Trust these resilient vibrations that help you in your Inner "Hard Work", to return to the Original Form that lives in the Spirit...

This subtle fuel shakes you up, stirs your energy so that it does not stagnate in the attractive swamp of mechanical inertia. You can proceed beyond the missing semitone with this "shock" and continue along the Path of Knowledge...

Feel, in your body, how this shock of Mystical Ardour brings movement in your being towards something that is still unknown...

Like a flow of Electricity, this interval helps you to flow the Higher Forces in your body and to move that which is still and inert in you...

Close your eyes... Take a few deep breaths... Relax gently...

Now let the Mystical Resilience flow through you...

(Listen to the interval...)

Very good... You can open your eyes again... You are back to ordinary reality...

Blink a few times...

Now you are beyond the inert semitone, a New Moment in your life has begun...

You've brought movement and dynamism into the indifferent, submissive immobility of the mystical stop, and now, take advantage of every glimmer of light to overcome this static moment...

The destruction of the battlefield little by little will become a green expanse of unspoiled nature...

With the help of the Superior Forces and our will, the old structures evolve, reached by the Divine due to the difference in potential...

See every sign of help from the Invisible World, it whispers to you if you can grasp its slight nuances...

Never, ever, ever give up...



Perfect Twelfth

Cosmic Alignment

Slowly close your eyes and relax intensely... Breathe, feel the energy pouring deep into your body and let everything happen spontaneously...

Let's count back from 50 to 0, in order to lay the rational mind to rest and enter the magical realm of Divine Intention... 50... 49... 48... etc... 3... 2... 1... 0...

Your mind is firm and calm, stable and motionless... The heavy blanket of rationality is lifted and a boundless universe is revealed within you...

Your breath expands and the more it deepens, the fainter it becomes...

With your emotions at rest, your emotional world unfolds its potential on the relaxed and vibrant body...

Now, using the Power of the Perfect Fifth, synchronize the Mind, Heart and Physical Body... Align the floors of your Realm in a state of dynamic quiet...

Your Centres are woven together by the Ethereal Flow of Breath that brings Life and Harmony...

The Soul's Imperial Silence descends, with no name, into the Sacred Worldly Triad...

The spine is a column of Blue Light, and the more you perceive it, the more intense and clear it becomes...

(Listen to the interval...)

Now let the coherence of your system extend beyond yourself, in phase and connection with the Body of the Universe...

The Column of Light extends infinitely above and below you...

It is a feeling of cohesion and alignment with a much bigger system... You are a small gear in the Cosmos, pure information passes through you, reaching your energy centres, which are in alignment with the Infinite, shaping every single quantum...

Just as you are an atom in the macrocosmic universe, every single cell finds coherence in the human macrocosm, and your smallest structure is spontaneously corrected...

The Eternal Ocean of the Spirit would not be complete without the drop that is you... Now, in the expanded state of perception that you are experiencing, listen to these vibrations for a while and let them bring Balance and Coherence to all the space in your Solar System...

(Listen to the interval...)

Now, very slowly emerge from this profound experience of Cosmic Cohesion... Gently open your eyes... Blink a few times...

You've returned to everyday reality... Your senses are reconciled with the known world...

You feel the Energetic Finesse of the Cosmos in your physical body...

Stretch, if you want, massage yourself a little... Reconnect to ordinary perceptions...

Appreciate the accessibility of the earth, feel how its Gravity offers you a sensation of earthly pleasure in the body...

With humble, kind patience it gives refuge, protection and nourishment to the Travellers of the Cosmos...

Give Thanks for the Mystery of Existence, rejoice in the Abundance that the King of all Worlds dispenses in every drop of time...

Now you can return to the action with great energy... Do what you came down to this world to do...

Remember: in whatever condition you are, at any given time, your system is always seeking a balance...

Minor Thirteenth

The Celestial Prison

If you have arrived at this point in the journey, you've already had the Strength and Presence in yourself to observe the deep suffering that lies forgotten in your darkness...

This place, however, is not the dark and lonely wood that you crossed in the Minor Sixth...

You've now thoroughly investigated the darker recesses of your personal hells...

The Soul's Eyes have observed with Attention and Compassion the suffering densities buried inside you by forgotten eras...

You've already inhabited the dark cliffs where your demons live... You are now entitled to claim your space...

You can live freely in the Kingdom that Infinity has given you...

Let your pain lose its importance, in whatever form you perceive it... You are a prisoner in yourself, in an open cell, immersed in the Spirit...

Nothing is real, apart from the Eternal Light you are made of...

Now, entrust whatever still grips you to the Ineffable... Get out of prison, the Door is Open... the Spirit will heal that which still attempts to force you into the dark woods, in concentric spirals of death...

There is a time when the only way to leap forward is to commit your steps to the Eternal... This hour has come...

Leave everything behind you and proceed... You are a Being of Light, abandon the hypnotic beliefs that nail you to your suffering...

Deprive yourself of everything that you are not, let the sediments of falsehood slide away from your body... Become an empty channel through which Clear, Sparkling Water flows...

Decapitate the enemy who divides your kingdom...

The petrified mud shell that held you captive in its lies has crumbled...

Now slowly close your eyes, breathe quietly with your whole being, and release all tension...

Deep relaxation descends inside your body, like delicately flowing water... From the head through the neck, shoulders and arms, up to the hands...

Then it flows all over your entire chest, reaches your pelvis, and flows all the way along your legs, down to the toes...

Now focus your Attention on the Inner Eye between the eyebrows...

You are in a deserted plain, and in the middle there is a large boulder, with a vertical crack in the centre... From which a strong Blue-White Light emerges... It's emanated from your Pure Divine Form, by the parallel dimension behind the boulder...

You are this pure form, a liquid substance of Pure Essence...

Now breathe in, and exhaling, very slowly infuse this Diamond-Clear Water into your material body, which becomes a Mirror of Divine Perfection, designed for you by the King of all Worlds...

(Listen to the interval...)

Very good... Slowly open your eyes... Blink a few times... You are conscious again in the ordinary world...

A New Time in your life has begun...

Feel your body light and vibrant with vital energy...

You've left behind the open dungeon where you were a prisoner for millennia behind...

Convince yourself that nothing can hold you back in this pain... You can emerge to see the stars again!

You really are this wonderful being behind the boulder! Prevent your mind from falling into the old familiar ways... Focus your Attention on the Wonderful... Look closely!

From Octave to Octave, even the energy of personal pain is increasingly refined, to dilute itself in the subtler vibrations of Unknown Natures...

Thus your body becomes softer, lighter, renews itself in Water and in Spirit... let the tensions of ancient wounds flow away...

Leave the paths of blood that do not belong to you... Open Gates of Love in the stone dams that have blocked the flow of Divine Energy in you...

Rejoice, bring into your physicality the Delicacy of Eternal Flowers...

The Spirit's always by your side, what is there to be afraid of?



Major Thirteenth

The Golden Section of Infinity

Remember always to leave your Attention open to subtle perception of the Beauty that pervades every existing thing, to the understanding of the Enigmatic Mystery that animates everything, to the Contemplation of the Wonderful, especially when you have no eyes to see...

The Subtle Magnificence is hidden, like the invisible air that fills the Void... It is the Bridge of Light that connects Heaven and Earth, the Mystical Rainbow, the Invisible Touch of Eternity, a passage between worlds...

Wear the Eternal Splendour of Light that dresses Creation... Giving you the unconquerable Blue Strength of the Warrior who fights for Infinity...

Your heart overflows with Superior Feeling, pumps blood full of Spirit and warms the body with Mystical Ardour... Heaven and Earth come together in an Eternal Gift...

The Immense reaches the depths of your world, and you Love with all the Soul's Solar Magnificence...

Be grateful for this great opportunity to grow...

Now listen to this Regal Magnificence for a few minutes... You can close your eyes or look around and Contemplate the Wonder that animates everything...

Trust in the Senses of infinity, in the Delicacy of the Spirit, in the Child who lives within you...

(Listen to the interval...)

Very good, it's time to re-emerge from this deep space of Contemplation, to which you can return whenever you like...

Open your eyes again, if they were closed... Blink a few times... An Inner Smile fills your body with Beauty, Light and Pleasure...

Feel a deep emotion flow inside you, like a River of Energy that makes your soil fertile...

May all the Strength of your Heart awaken in Grace the fragments of consciousness still sleeping in the dark...

Minor Fourteenth

The Prayer

Close your eyes and connect to the Wonder that is in you...

A feeling of deep relaxation flows from your head to your toes, like an invisible underground river of Diamond-Pure Water flowing through you...

The illusions of the superficial mind and the emotions it builds are diluted in the Sacred Awareness that fills your body...

The more you empty yourself out, the fuller you become...

Now let the Call of the Soul rise beyond your zenith...

The energy rises from the base of your back, up your spine, coming out through the top of the head and, like a laser, pointing straight up to Immensity, at the highest frequency you can conceive of...

The Hundred Springs gush into the Unfathomable Waters of the Ethereal Sea of Emptiness...

Blow your prayer beyond gravity, beyond the space and time of this world...

Your Heart is turned upwards, higher and higher, offering its Invocation through this Celestial Interval...

Remain wrapped in this vibration for a while, relaxing the body, which is the link between the Worlds...

(Listen to the interval...)

Very good... You may slowly open your eyes again now... Blink a few times...

Draw your attention to your body, and the vibrant energy that flows inside you...

Gently resurface to daily reality, and entrust yourself to the Great Spirit, who will guide the path to your prayer...

May the Clear and Vibrant Light of the Spirit guide your actions firmly in matter...

May every thread of darkness down here be the embankment of the main road leading you to the Eternal Intelligent Spirit that gives life to every existing thing...

Major Fourteenth

The Invisible Spirit

Oh, Thirst for Infinity, reach such Distant Dwellings...

How many Clarities hidden in the Great Spirit can you see, like Diamonds that rest in the Secret Pantries of the Unknown...

And how much Passion in its burning is Transfigured, rises, changing in density, refined by the Timeless Breath of your breathing...

The feeling shines in a Transparent Fire, in a rarefied awareness of subtle vibrations...

Beyond the red flame that flares up and burns with heat, the increasingly limpid, sharp brightness appears in Clear Light...

Your body is a soft, luminous form that flows in the Crystalline Water of Eternal Becoming...

Words lose their meaning, thought ceases, all content is transcended beyond the senses, between subtle emanations of non-form that generate infinite reverberations of Perpetual Presence...

From Revelation to Revelation, Nothingness manifests itself more and more powerfully to the Soul, which stretches every quantum of Itself in the Everlasting Extension of the Major Sevenths, hunting for the missing semitone, to open new gateways to the Boundless Octaves of Infinite Nature...

And the lost semitones are just bars of ice under the Power of the Eternal Sun...

"...Between Heaven and Earth, in Silent Vertical Axes, hidden by the Void, flow like Clear Crystal Water..."

With Burning Embers, you heat harsh winters, infuse Divine Violet Light in the Lighthouse of Wisdom, radiate Shining Emerald Power from the Heart...

*Silent Knowledge that alone dost know thyself,
You live in me making me full and mute with Eternity!"*

Now, right now, transcend with the Power of Timeless Silence!

Turn your eyes to the left and right...

Close your eyes... Now leap into the Unknown...

(Listen to the interval...)

Very good... Now it's time to emerge in the known world again...

Place your hands on your Heart, leave them there as long as you wish, and gently open your eyes...

Extend your awareness back to ordinary reality... Blink a few times...

Every time you extend your soul, you bring relaxation to the body... The more you reach out, the more you relax...

Every muscle, surrendered to the Unknowable, finds peace and rest between Heaven and Earth...

Energy flows fast in every fibre, bringing pleasure and joy... Gently inhale the Breath of Life while Balance and Harmony dance in the Mystery of Life within you...

You are a Pillar in the Sacred Temple of the Spirit...

Like the Rainbow, with your body you unite the Worlds and bring the dimensions together, interposed in the Invisible Weave of the Incorruptible Clothes of Eternal Essence...

Give thanks to Life, let there always be Light and Awareness...

Be Brave and Fearless, a pioneer of the Great Spirit!

Perfect Fifteenth

The Dress of Eternity

Sit comfortably, with your back straight but relaxed...

Your head hangs from the sky, and your spine, like a Silver Strand, is delicately held in dynamic tension between Heaven and Earth...

Now half-close your eyes, suspended between worlds, and create a void inside you...

Eternity reaches your body through its breath...

Your face, neck, and shoulders relax deeply... Then the Infinite Breath descends into the loosening arms, and a flow of subtle pleasure vibrates up to your hands...

Your chest muscles yield tension to emptiness... The Touch of Infinity flows down the back to the pelvis, along the legs, knees, and ankles to the tip of the toes...

The emotional world is quiet and willing, and gently releases its energy in the body, with a pleasure that spreads warmth and light everywhere...

Your Solar Plexus expands and radiates energy throughout the body...

Let go of the known description of the world and of yourself, like sheets of writing that detach from you and are lost in the void...

Your mind is empty and silent...

Your heart is calm...

Your body is relaxed...

All that remains is the Presence filling everything...

Only what eternally is...

(Listen to the interval...)

Now extend your perception to all the air that surrounds you and the planet you live on...

You are a small particle that makes up its Substance...

Feel your body vibrate in contact with this Delicate and Ethereal Energy... Breathe it deeply with your whole being and let it enter through every pore of your skin... Your whole body breathes...

(Listen to the interval...)

Now extend your Awareness until you perceive the space which the earth inhabits...

Go beyond... The Stars of Immense Galaxies illuminate and warm deep space... Feel how they also warm your body... like a Sauna of Energy... Let them pass through you...

Now feel how all these galaxies, stars, planets are the inside of the infinite organism that you call the Universe...

Perceive the physicality of the Cosmos, feel your body and place yourself in this physical / energetic relationship...

You are a cell in this immeasurable living being, but you are also a whole universe, and inside you there are planets, stars, galaxies...

Infinity is revealed in every proportion, and everything flows towards a subtle coherence in which Nature reveals Celestial Symmetries...

Permeated by the Universe, you are infinite in the same way... Your body becomes limitless... The galaxies, stars and planets, space and time are your systems, your organs, your tissues and your cells...

You are the Universe, and the Universe is You...

(Listen to the interval...)

Now focus your Attention on the Void that contains galaxies, solar systems, stars, planets, the earth, the atmosphere, the air that surrounds you, yourself, your cells...

Dark matter is the fabric of the Cosmos...

Put on the Dress of Eternal Emptiness, feel this ever more powerful and refined energy in your body... Immerse yourself in it...

Breathe this Essence and relax every atom in your body... It passes through you, you are part of it, you share its Power... It's as powerful as it is impalpable...

Eternity passes through you, right now...

(Listen to the interval...)

Very good... Now it's time to go back to the daily dimension...

Place your hands on your Heart and leave them there as long as you wish...

With this Fine and Light Grace flowing through you and filling you, slowly open your eyes and return to ordinary perception of the reality around you...

Blink gently a few times... A New Dawn has come, a New Eternal Instant in your Life...

Your body vibrates with Subtle Waves of Energy, connected to the Essence of the Cosmos...

Experience this subtle dimension of energy in your everyday life, so that your actions draw origin and strength from the Higher Celestial Spheres...

Just as the Suns warm and illuminate deep space, you give off Light for the people around you too...

Give thanks to Divine Harmony for the gift of Conscience, and walk the Path of the Abstract Unknowable, full of Devotion and Mystery...

Perfect Twenty-Second

The Non-Place of the Eternal Alliance

Sit in a comfortable position, and slowly try to create an empty space inside you...

Roll your eyes the left and to the right... Now close them slowly until the lashes gently touch...

Relax deeply, and feel your body in its totality, as if it were made entirely of Water...

Your mind starts to calm down, thoughts slowly fade away until they disappear... Emotions flow and subside, like sounds that, moving further and further away, become less audible, then imperceptible, like distant crickets on a hot summer night...

You are a part of life... Everything happens by itself, spontaneously...

The Perfection of Creation belongs to you, as when you admire the Sacred Beauty that dresses Nature...

The sea and its waves, the magical green of the woods, the wind stirring the leaves, the crystals and all the earth's treasures, the animals, the mountains, the blue of the sky where the Unknown marks the world's fate with markers made of clouds, the light of the stars, the infinite firmament...

Let the Nameless Wonder you are made of emerge from the Depths of your Presence...

You breathe a feeling of intimacy that gradually grows inside you...

Feel your energy flowing through your body in a constant flow of pleasure and love, with orgasmic sweetness...

Your mind surrenders and becomes corporeal...

In a Green Light, Presence and Peace spread out from the Heart...

Your energy centres are aligned and harmonious...

External noises accompany you deep down, you are a part of the Whole...

Your breath accompanies you in the subtle perception of your existence...

There is pleasure in this progressive abandonment...

A Silent Prayer expands from your Heart...

Renounce all meaning, do not resist, and enter the Sacredness of Life...

Let the Divine act within you...

(Listen to the interval...)

Now perceive that Air exists all around you... Extend your Attention to the entire earth's atmosphere...

Physically perceive your body immersed in this transparent gas...

Distend all your skin and let its energy enter through every pore, like a sponge...

Inhale this Essence and – while exhaling it - let it envelope you...

Relax every inch of your body...

The thin, delicate air pours into you like a fine drizzle...

You are the Air, and the Air is You...

Carry on like this for a while...

(Listen to the interval...)

Now extend your perception to the Body of the Universe of which you are a small cell...

Feel how your body is part of this Cosmic Tissue... The stars and planets are its cells, and you are a solar system with stars and planets, too...

You are the Universe, and the Universe is You...

(Listen to the interval...)

Now breathe in, and bring the Energy of the Void within you, breathe out and let this Essence radiate into your body...

Relax every tissue, every atom, more and more subtly...

You are immersed in a Subtle Cosmic Current that passes through you in a constant flow,

like a Scanner of Dark Energy...

You are a funnel in which this Power is channelled...

Stay here for a while and gain experience...

(Listen to the interval...)

Now look for and listen to what exists outside the infinite extension of the Universe, beyond the dark energy that is the weave in which everything that exists in the Cosmos is woven...

Seek the Mother who generated the Universe and the Father who - through his Eternal Seed, with the big bang - gave life to this world...

The Immortal Water of the Tao generates the existence of infinite universes which float like cells in its Expanses, beyond forms...

Take nourishment from the Origin of Life itself...

The Tao has no form, no name, it's unknowable...

It's beyond infinity, as its cells are made of infinity...

Physically perceive this Transparent and Crystalline Energy radiating within you...

Feel in your body the subtle flow of oscillations with extremely high coherence...

Feel in your eyes the Clarity of Transparent Water of Pure Crystal...

Even you are nameless, formless...

Tiny, wavy strings of aware vibrations run through your entire body, so that your cells vibrate in great connection...

The more you listen to vibrations of Distant Octaves, the more you perceive the worlds penetrating Here and Now...

The higher the frequency, the more you penetrate reality...

Heaven, Earth, Man...

You are the Tao, the Tao is You...

Experience this feeling for a while...

(Listen to the interval...)

Very good... It's now time to end this experience of great expansion in the Subtle Dwellings of the Spirit...

You will be able to go back to it whenever you want to tune into these Subtle Divine Vibrations...

Be confident, even when you feel distant from these Transparent and Light Worlds... These frequencies compose the Cosmic Symphony you are immersed in at every moment in time...

Place your hands on your Heart, leave them there as long as you wish... Gently open your eyes... Blink a few times... It's a New Dawn in your Life... A New Beat of Life...

Your senses magically recreate the known level of reality, drawing on the memory of the worlds that your awareness can understand...

You are ready to act on earth with the Energy of the Marvellous, to make your Soul's Journey more exclusive...

You are part of the Whole, and in you, a unique and unrepeatable Spark of Pure Awareness, all Creation is magnified at every understandable frequency...

Your body is an instrument used by the Divine to play the Ineffable Harmonies of Eternal Becoming...

May the Great Spirit guide you on the Mysterious Path of Life...

Help people around you to live in Harmony in the Unfathomable Enigma embracing everyone...

We are all immersed in the Air, radiated by the Starlight, permeated by the Fabric of the Void, immersed in the Formless Waters of the Tao...

We are all part of a single Unfathomable Infinite Nature...

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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