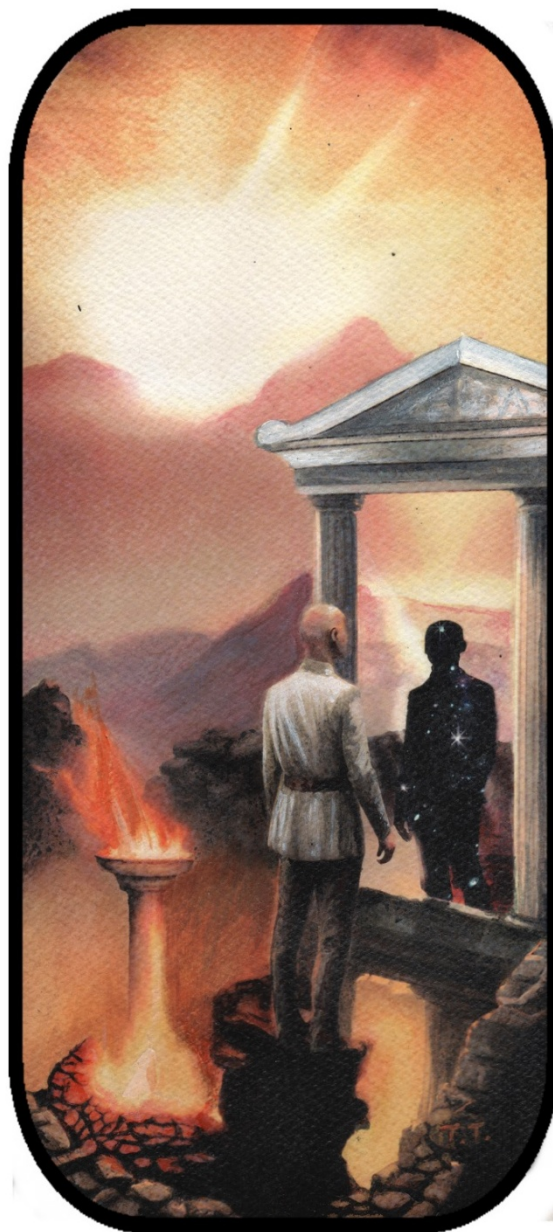




SECRET
INTERVALS

“ THE SECRET PATH OF THE INTERVALS “

By Simone Terigi



Guitars and Intervals by
Simone Terigi

Voice Artist - Italian Version
Roberto Tiranti

Voice Artist - English Version
Victoria Heward

All Music and Words by
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Tuned at
432Hz

THE SECRET PATH
OF THE
INTERVALS

Description of the work

What is a musical interval? It's the distance between two notes that can be played simultaneously or consecutively. Intervals are the atoms that make up music as we know it; they're its real essence. If you listen to them when you're in a particular state of awareness and without a harmonic background, they are a gateway to our inner world and to the subtle dimensions of Nature itself, providing a refined and powerful tool for introspection, expansion of awareness and self-development.

They are magical switches that can open the doors of perception and activate different stages of the alchemical path to inner evolution, from unconsciousness to the development of the Ego, to communion with the Self and the refined worlds of the Spirit.

The intention of this Work is to convey the profound meaning of each precise internal state which is generated by the musical intervals and to offer direct experience of this extraordinary knowledge.

The concrete act of representing these unconscious states of being, and bringing them into reality, creates the chance to break through the filter of the rational mind, go straight to our real Self and ignite awareness, our Sacred Inner Fire. The inner work that continues, and of which each interval is a messenger, must subsequently be developed in our daily life with patience, perseverance, sincerity, courage, compassion and wisdom. This is the sacred medicine of the Spirit.



The listener will be accompanied by specific guided meditations to experience these different states of being, one for each specific interval, essential stages for the development of our Inner Temple. Let's take a look at the first octave. Everything starts from a single note, the absence of consciousness, then the miracle of awareness with the first interval, the "perfect unison" (1G), up to the maximum extension of the "major seventh" (7M). This is the play that will be represented in the meditations on the stage of life:

- The absence of consciousness, the state of internal sleep... (a single note)
- The powerful and delicate act of re-emerging into the Presence of oneself... (1G)
- The careful observation of your personality and the death of illusion... (2m)
- The nourishing love with which we sustain our life from the primary core of our being... (2M)
- We dive again, deep into the unconscious, into the black waves of the nocturnal, feminine sea of the soul... (3m)
- Then we re-emerge, touching up as far as the sun, irradiated by its clear daytime light and regenerating life force... (3M)
- There will be moments of quiet and peace; the mystical pause imposed by the laws of middle earth... (4G)
- Then we'll generate internal electric shocks, to boost our weakened energy in the stops commanded from above in accordance with the laws and, with new ardor we will jump the missing semitone, setting off again in search of a new balance... (4A)
- We'll experience the sacred triad from which we're made, aligning our mind, emotions and physical body... (5G)
- We'll come face to face with the pain that lies in the dark shady forest of the soul, forgotten and repressed from ancient times... healing our suffering with the compassionate golden gaze of the soul... (6m)
- We'll return to see the stars again, to contemplate the beauty and magnificence that pervade all creation... (6M)
- When the moment's right we'll reach out as high as possible, soaring until we touch the peaks of Heaven, waiting for the toll of infinity to ring... (7m)
- Finally, animated by Vertical Artistic Eros, the Silent Knowledge that weaves the golden threads of every existing thing might be able to touch our spirit with the invisible tremor of the Eternal... (7M)

The intervals are bearers of an authentic, profound and transcendent truth... Only the soul can understand their language... They are the sonic monuments to Eternity...

Without going into all the other intervals of the second octave individually, we can still say that they represent a paradigm shift. The first octave is characterized by a masculine, very strong-willed energy, while the second octave contains a feminine energy that leads us to experience great

openings of our perceptive field, beyond the earthly sky, beyond our universe, to the point of touching the subtle abodes of the Great Spirit.

Once the second octave is concluded we'll jump another octave, directly to the perfect twenty-second. When the internal state of each single interval has been integrated into our being through guided meditations, we can access advanced practices, without a guiding voice, using our Intention to generate profound states of consciousness and perceptive openings towards the subtle dimensions of Great Nature. The last part is dedicated entirely to special practices that derive from the ancient Taoist tradition. Their aim is to increase our vital energy, make it circulate and strengthen the etheric body, also called the aura, with specific breathing and meditation exercises.

THE AUTHOR



Simone Terigi was born in Sestri Levante, a small town on the shining Mediterranean coast. His life has been steeped in art since he was a child.

In 2001 he graduated in electric guitar at the CPM Music Institute in Milan with maestro Donato Begotti. Later, in 2006, he obtained a master's degree from the same academy with maestro Franco Mussida (PFM) on "teaching and individual growth through music".

Today he is a live instrumentalist with different ensembles, a composer and teacher at various specialised music schools. He has a rich recording career with Lucid Dream, a progressive hard rock band with varied stylistic nuances. Over the years, other important artists on the Italian music scene have collaborated with the band, with their works receiving excellent reviews from the most accredited magazines and portals in the sector, both in Italy and abroad. He also produced a solo album entitled "Rock

Meditations", an intense journey into human emotions through his evocative and refined music.

He is the author of several essays including "The Zen of Sound", "The Touch of the Infinite" and "The Artistic Way", in which he offers a path of knowledge for people's inner journey through his artistic work. He wrote a column in the historic Italian magazine "Guitar Club" where he extensively explored the main themes of his artistic vision; a combination of art and personal inner work towards spiritual evolution. He is also the author of the project "the Kingdom of United Minds", a collection of initiatory fairy tales released in audio book format, recited by the beautiful voice of the Milanese jazz singer Serena Ferrara.

His profound artistic search for human potential and the mystery of the universe has lead him, over long years of training, to explore and experiment with different internal energy disciplines from ancient oriental traditions. He is thus able to create innovative and integrated multidimensional art that stimulates inner growth and the expansion of awareness. He likes to define himself as a seeker of the Spirit.

Contatti

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