We live in an exceptional time. We are expanding our mental, intuitive and telepathic abilities, expanding into boundlessness and ever more perceiving the multidimensional reality of our essence (spirit). Sound is the medium and the “glue” of the multidimensional reality we are experiencing. However, it is up to us to recognise what we are creating and from which reality or which dimension the frequency we are experiencing is coming from: is it the sound from the physical reality (the sound we can hear), is it the inner inaudible sound of the emotional or mental body (the frequency of emotions or thoughts) or the telepathic sound of the multidimensional spiritual reality in the contact of the soul with the Cosmic (Divine) Intelligence from the Source? Do we create the sound with our larynx (a physical organ) or through the awareness of the sixth or seventh energy centre of consciousness (also called chakra), through our telepathic consciousness or the self-awareness of “I know” in contact with the Universal mind? Every next one of the mentioned sounds (frequencies) is more powerful in its function, more clear, but the transcendental sound is also a great deal more wonderworking in its effects. Let us recognise and use the right sound in a harmonic way and in the right moment.

Let us pay attention to the sound universe encompassing us in each moment, notice what it is forming inside our bodies, thoughts and emotions, and how we respond to it. Let us look for the sound that brings us beneficient or “healing” effects. And do not let yourself be exposed to the sound which is not in resonance with your soul and does not support you. The masters of sound of the spiritual traditions of the world in Tibet as well as India. In China and in Australia, in South and North America still possessed a great knowledge and prescribed sound therapy with the same caution as they did the chemical substances. Not too much, nor too little! The dissonant sound can have an equally destructive effect on us as the wrong drug can. The sound we are exposed to for too long can have an equally destructive effect. Therefore, pay attention to everything that is offered to you! And given that sound forms an unavoidable part of our reality, become your own therapist! Tune into the harmonising auditory logos of the Universe!

“Sound is the soul of the Universe”, stated Pythagoras, the last great connoisseur of this basic creative force of the Cosmos. The Vedic wise men were of the opinion that sound is the finest materialisation. What it certainly is a technology to raise consciousness, a creative principle of the entire creation and a multidimensional window between the worlds or dimensions. Physicists would say it is a vibrational energy taking on the form of undulation. It is a frequency, a vibration, a pulsation.
Therefore, the Great Auditory Logos is an everpresent consciousness, Source, Universe, the Creator itself. The Universe is thought, consciousness and sound, energy, the quantum physicists agree. And sound is vibration or the movement of energy in a certain frequency. And given that thought is also an inner sound, it can be understood that is able to create forms. It forms matter. Thoughts as well as emotions can be understood as a pulsation or a frequency/vibration of the mental and emotional body. The frequency of thought creates an emotional vibration (and feeling), which further manifests in the diverse forms in the material world and in all bodies (the physical and the etheric ones).

Since the frequential (sound) consciousness or thought are original causes to all things, it is easy to understand the convictions of the spiritual traditions of the world, which believe that in the beginning, there was the word: which is sound and which is thought. The quantum physicists claim that consciousness creates matter, therefore also thoughts and emotions - which are the finest materialisation of our body. A frequency or vibration can be perceived with the organs of sight, hearing, touch (therefore including skin), smell, taste, and also inner sight and hearing and with extrasensorial receivers. According to the knowledge of the spiritual world traditions, sound has its speed (frequency - the number of oscillations per second, that is), colour, and also structure and temperature.

Music thus becomes an alchemy of sound influencing our thoughts, emotions and feeling. It can be in resonance or in dissonance with us. If it is in resonance with us, which means it is harmonious with our own oscillation, se bomo počutili dobro. If it is not, we will feel unease or even resistance.

However, let us not overlook the possible rejection of sound which opens our blocked fields and the unconscious. Thus, the repressed pain begins to rise into our consciousness, which we usually do not want to face. But the energy and sound vibration can also disintegrate pain, therefore it is best to not pay any attention to this kind of rejection, not withdraw from it and allow it to perform the disintegration. The abovementioned traditions are not only familiar with the physical sound, but also with a series of more refined and harder to perceive levels of sound: such as inner sound, the sound of thoughts and emotions, the sound of higher consciousness, transcendental sound or the sound beyond normal consciousness, which can only be perceived on a certain level of spiritual maturity, and further the sound of the heart... These subtle sound frequencies have nothing to do with physical sound, but with the connection to the ever-encompassing pulsation or the pulse of the Universe, creative intelligence, our soul ...

Sound is thus also a mediator of higher-dimensional reality into the lower dimensions, into the material world. For the physical particles are the projections of the higher-dimensional reality into the lower dimensions. The presence of vibrations is perceived as pulsation in our physical body or around it. Sound is also a tool for getting in tune with the Cosmic Consciousness, the realisation of which in ourselves is the goal of our search and self-awareness. Sound is thus also the expansion of our awareness into the Cosmos. And it also works into the illusion of reality, our physical world, that is. Let us not forget that the things we understand and taste as real are an illusion and that which we do not see and mostly are not aware of, is actually real. The spiritual voyage and search move people through the awareness or the gradual realisation of the illusion of the physical world. The wider our awareness, the more we recognise...
the essence of life, the more we feel the pulsations of the frequency Universe and the alchemy of frequencies (of thoughts, emotions, of the body) created by the human consciousness. That which we understand as real is transformed into the opposite through self-development. Human penetrability causes the disappearance of the world of hard matter, the rigidity of the “frozen frequency” or matter, which evaporates in the realisation of changing hard matter into the light and sound logos of all there is. If we “dissect” the closet into ever smaller particles, we again arrive on the sub-quantum level to the pulsating frequencies of subatomic particles or to the light quantum, quarks, superstrings … We arrive into the frequency realm of pulsating. And one is able to become aware of the fundamental elements of all there is, which are simultaneously also all-encompassing hologram vibrations of the frequency Universe and interconnectedness.

And the cosmic mind or consciousness that we also call God is, according to the Vedic wisdom, a non-manifested unified holographic field (Samhita), from which all things in existence originate from. Here, the forms are created. The creator is the inaudible (inner) sound, of the limitless consciousness which uses emotions or thoughts to form the electromagnetic current in the human bodies or triggers biochemistry, meaning, the neurophysiological molecular changes within the body. Sound thus modifies the manifested (physical) world. The biochemistry of frequencies can form matter. Therefore, sound is able to form matter. And the manner of our resonance with the Utmost (Cosmic consciousness) and our spiritual potential directly influences our life, our feelings or state of being, uneasiness or peacefulness of the soul or our physical health or illness.

Everything is frequency. And the Universe is a symphony of frequencies (according to the physicist Pribram). It is possible to express each frequency with a number. “The world can be expressed in ratios or numbers”, Pythagoras claimed. And everything is connected to the development or state of consciousness. Our view of the world depends on it. However, it depends on our (lack of) consciousness development what and how we perceive, what we feel, what we understand, what and how we gain awareness of, on which station of self-development we are on our way towards Home. And what kind of image our eyes and ears are perceiving with regard to the level of (self)awareness, how far our eyes can see. From the apparent reality, which is an illusion, to the Home of all-encompassing awareness, to the Dwelling of the soul. Speaking simply, sound is thus a gift from God or a vehicle. In people’s traditions, it is most often symbolised by a horse galloping across the realms.

Material and any kind of spiritual experience is therefore a reflection of that which we are able to perceive. We can remain apparently well anchored in the physically threedimensional reality which is a lot more on the higher levels of consciousness. We are a lot more than that. In our essence, we are a holographic whole and integrally bound with everything, an absolute clear consciousness and oneness, sound, creation, integrated knowledge of the Cosmic Mind and the reflection of our expansion into the Cosmos. Therefore sound also uncovers the relations between matter and spirit, it is also an interdimensional window between the physical and the metaphysical, between the conscious and the unconscious. And man is always in search of the holographic whole intuitively and through his higher senses. At first unconsciously, then consciously. This is why sound is also a technology to raise or expand one’s consciousness,
which takes one’s perceptive world into the higher dimensional realms of the spirit, the undisclosed realities otherwise mostly inaccessible to our physical senses.

With our brain, which works as a transmitter and receiver in connection to the head office of the universal mind, we are submerged into a holographic unified field, into a universe which is thought, consciousness and sound. Beyond the illusion of reality. And we are attuning to the Great Auditory Logos or the logoid idea of the divine perfection. In order to be able to perceive even the inaudible symphony of frequencies outside our range of hearing. Within the framework of our auditory field (20-20.000 Hz), we only perceive the physical sound.

And there is no physical sound that would not affect us while we listen to it. Even when we cannot hear it! Therefore, we should be extremely careful and form our own ecology of sound. Let us not forget, sound is more than we can hear. Sound is more than mere audible reality. The so called «Shabd yoga» bears witness to the more refined levels of sound or vibrations. The Tibetans talk of five levels of sound, as do the Islamic Sufis, the Jewish rabb. is or the Indian shamans. We westerners usually know only one. And this physical sound, which similarly to the aura is a medium between the physical and the spiritual, is an extremely powerful tool that is able to put us together or set us apart, destroy or heal us …

Unfortunately, we mostly do not have the awareness of the alchemy of sound in our cultural space. Even though it is an extremely powerful tool, a medicament or even poison, we treat it very thoughtlessly, unawarely, even irresponsibly. Perhaps we even listen to disharmonic sounds from our media or sound devices all day long or even unconsciously create them: also with the so called restless (“negative”) thoughts and emotions, or when listening to them, thus consciously or unconsciously receiving stressful and restless sounds. And in each moment, we are in the alchemy of frequencies that can be either supporting or destroying us.

Each body - spiritual, mental, emotional, etheric, physical - vibrates and resonates in its own vibration and frequency, while all of the bodies demand mutual balance (co-pulsation). Peace and health are achieved through balancing all of the bodies, from the physical to the spiritual. If we do not live this need at each moment, our life will become full of anomalies, bad feelings, even illness …

We are all unique and there is no sound that would have the same supporting or destroying effect on everybody. Everyone reacts to the frequencies that are invading their field in view of their own frequency potential. Our body and our spirit are a set of frequencies, as well. Let us not live by the illusion that there exists a sound that is equally supporting for every human being. Even when we create the famous sound of creation Om or Aum, we add to it a tinge of the quality of our own consciousness and thus our own anomaly of spirit or consciousness, we overwhelm it with our emotions and thoughts as well as physical limitations. It therefore obtains next to the basic frequency spectre also a characteristic structure, colour, temperature and an emotional and mental load. Our state is therefore governed by the audible and inaudible sound, which imposes on us peace or restlessness, a bad feeling or joyful awareness… And the Aum of a distorted consciousness is far from the sound of creation. Only the medium of an enlightened cosmic consciousness beyond the mind is capable of creating the sound with “contents”, with temperature and structure which brings entirely sufficient and completely
harmless benefits of energy vibrations of the awareness from beyond, which reaches into the transcendental experience of the ever-present cosmic (divine) gift that supports us, cures us and develops self-awareness with “touch”. Only then have we not to fear that the created sound would disrupt our or someone else’s balance.

When we allow the so called “guided sound” to flow through our mind and consciousness, a sound that is not produced by our mind, and is not coloured by our emotions and thoughts, that gives birth to a sound that stems from the holographic whole and flows in a cosmic telepathic manner through our bodies into space and time, without any interference from the mind. We become mediums for the “gifts from Heaven”. These gifts are the gifts of our spirit and soul in contact with the Cosmic Intelligence (or the Divine Essence) which are never repeatable in the same way as any moment we experience. Sound only flows through the medium for the people and the space in a given moment. We experience Pythagoras’ “harmony of spheres”. Such a sound has nothing to do with the deficient perception of reality, instead, it is medium itself as well as the messenger that brings along everything (all of) our bodies might need.

Our mind therefore goes on vacation when we create the transcendental guided sound, and through part of our consciousness, we will bare witness to the miracle of human nature: the transfer of the unconscious holographic whole or the cosmic mind or logos through the never repeatable alchemy of the frequencies of sound, which will heal us on all levels and in all dimensions, even though we are not aware of them or perhaps do not even hear them (and forget that we are also affected by the inaudible frequencies and vibrations). All in one, one in all. And the sound of this kind will balance and heal our soul and essence entirely. Only then there will be no faults, because they will be impossible to perform. “Guided sound” of this kind (surrendered to the guidance of the Cosmic Intelligence and in tune with the universal consciousness) will not only be unrepeatable, it might even be entirely unusual, perhaps even “frightening”. Perhaps also on the limit of what our bodies (and larynxes) can endure. But above all beyond our aesthetic measures and patterns regarding what is beautiful, acceptable, what sounds pleasant ...

In the transcendental state of consciousness beyond the mind, we become truly ourselves, unrepeatable and unique as well, demanding and requiring the support of our own frequency. As the wise Masters say, the unified technique of breathing (pranayama) can help us on a certain level of development, but not entirely. On a certain point of development, it will even become an obstacle, because it does not support harmonisation and the development of our unique essence. Every person breathes differently. And it is only the breath that belongs to each one that can entirely balance them. And only their own sound (which comes with the guidance of spirit) will bring them the untroubled gifts of self-development and self-healing. We could also say: we all learn how to write, but everyone writes differently, in their own unique way. Therefore: let us pay attention at each moment to the activity of audible (and even inaudible) sound. Let us check ourselves whether it is for us a poison or a cure. If it is the former, let us avoid it.

Let us also notice the effects of the vibrations of the sound of thoughts and emotions. As well as the effects of any repeating sound in our feelings and bodies. It is also possible to
“overdose” on repeating frequencies or sound, or to not be in balance with them or they with us. And they can therefore disrupt the harmony of our spirit and the health of our body.

Let us open the cosmic telepathy of a balanced mind beyond, which brings along mediumship for the transfer of frequency gifts from the Cosmos, which will never betray us or push us into disharmony or unbalance. We only need to arrive with certainty to this mediumship capacity of transferring sound (attention: there is also the danger that we might live in the illusion of being capable of that). This kind of »guided sound« is the sound of a medium, the sound of extreme power “from the divine apothecary”, the sound of the enlightened master in all of us, travelling towards his goal: into the permanently enlightened or awakened cosmic consciousness, into the oneness and integrity with the holographic whole of the Universe and our essence. Guided sound is transmitted through our spirit and the bodies, through us and for all of us. And also only for us. And only for this unrepeatable moment. With the mission from eternity - for the future. Let us not simply discuss the limitlessness of human consciousness. Let us treat ourselves to it and live it. But let us remain sober in our judgement when and whether we have truly reached that level of therapeutic sound that originates from our mediumship ability of making contact with the vital energy from the source or the logos of the Universe which created us and our capabilities for sound creation. Until then, let us sing, express ourselves with sound and sing out all of the unenlightened pain.