

*To whose temple the Arch is starlit,  
In whose temple the Sun is the image of gold,  
To whose temple the Moon goes every month  
And brings the message out every full-moon,  
And whose message the Moon sings as a word of sixteen letters,  
His religion I belong to, His temple I visit,  
His name I utter, His glory I live in.  
To Him I offer the lotus of my day,  
To Him I offer the lotus of my night.*

*These seed thoughts from the Spiritual Psychology meditations of Dr. Ekkirala Krishnamacharya give the note for the Lunar Messenger of the Circle of Good Will. The moon is the reflective principle and symbol of the mind. When pure and calm, it reflects impressions from higher circles. Especially the time of the full moon is conducive for higher alignment, if we are poised enough. The alignment of the sun, moon and earth in the sky helps experiencing the magic of the light of the soul and its manifestation down to the physical.*

*The Lunar Messenger is published every month in time for the full moon. It contains thoughts from the teachings of eternal wisdom. Its purpose is to inspire us to put them into practical life.*

## MUSIC AND SOUL AWARENESS

### *The Seven-Stringed Instrument*

According to the wisdom teachings music exists on all planes of creation. It says that the Lord is the singer and the universe His song. The sevenfold creation is represented as a seven-stringed instrument called Veena, which Saraswathi, the goddess of wisdom, is holding in her hands. Apollo is carrying a lyre with seven strings and Krishna is holding a flute with seven holes, whose music is enchanting and liberating the beings. These are deep symbols for meditation. When in us music is played on all the seven strings, the seven centres in our body, it creates ecstatic states of joy and the seven planes merge to an experience of unity in deep bliss.

The human body is regarded as a musical instrument serving as a model for the other instruments. If the human instrument is correctly used, it can produce perfect music. If, however, someone plays on an instrument without being a musician, he creates noise, but not a pleasant, inspiring music. Good music also cannot be produced if the strings of the instrument aren't well strung. We cannot strive for higher knowledge and experience as long as our instrument is not in order. For a good sound the body has to have the right flexibility and the spine has to be supple.

There are initiates using music as a means of expression, and their music carries the effect of the soul. They are absorbed into the music of the soul, they deeply listen into silence and hear the musical vibrations of nature. Their song comes from the origin and uplifts the people. Such a music expresses the highest

planes of awareness and sets the souls of the listeners swinging.

### *Healing Effect*

Music can have a healing effect; a subtle music supports the work of healing. A mother calms her weeping child with a lullaby. Even wild animals can become peaceful and quiet through music. Music while taking a bath or a shower or during cooking is very much recommended; it helps to fill the body with harmonious sound vibrations. A peaceful atmosphere with soft music helps the dying during transition. Master E.K. made experiments with music accompanying women before and after birth. The six hours after birth correspond to a rotation of the axis of the earth of 90° and represents the entire span of life; in this three hours are the age of 45 years. He took mothers and newborn children directly after birth into a silent room and let soft music be played at certain times with the help of cassettes. These stimulations cause striking positive changes in the spiritual life. Dissonances, however, can provoke deep disturbances.

### *Cosmic Origin*

The *Sama Veda*, which contains the wisdom of music gives the origin of objectivity as the origin of music from where the creation is externalized from a point, *Bindu*, as the line of music, *Nada*. The line develops into seven branches that are the seven musical scales (*Swaras*). On the plane of creation they become the

seven working intelligences (seers) incarnating as the seven stars of the great bear. They externalise as the seven rays and descend as the seven musical scales. For us they exist above the head and can descend from there into us. They are linked to the pineal gland in the cerebrum and as per their externalisation with the pituitary body. The beings working from the pineal gland belong to the staff of *Shamballa* and their work can be called music. They are working in the process of circulation on the etheric and denser planes called *Prana*, expressing in us as the music of respiration and of pulsation in the chamber of the heart. Thus we receive the seven musical sounds in us.

## Gandharvas

The entire creation emerged from the musical vibrations called *Gandharvas* in the east. They are like the musical notes or waves moving freely inside and outside of creation. They construct a bridge between the consciousness of man and the wisdom of the universe and they serve to govern the higher emotional side of man. The subtle vibrations can lift up man from the rational to the intuitive plane through his mystical, subconscious nature.

What we experience on the conscious plane as music has its origin in these principles of the *Gandharvas* on the *Deva*-plane of existence to which we are usually not conscious. They make a musician feel if a sound is musical or not. This is done through intuition and partly through intelligence. The *Gandharvas* are also called the blissful *Devas* putting the soul into the state of bliss, where it merges with the universal soul. It is said that *Soma*, one of the chief *Gandharvas*, causes this merging by precipitating in the head a secretion which causes the bliss of mergence.

The work of *Soma* helps the mental consciousness to grow towards the awareness of the soul for spiritual birth. This way the soul is trained to receive wisdom. Music can lift up man directly to the soul, beyond the mental and buddhic planes. We listen to the music, close the eyes and forget space, the musician and time. Only the music and we ourselves remain. For this we don't need to go through the process of the mental and buddhic planes. Music is working through the subconsciousness as a mantram and clears away the barriers in us. Therefore music is mystic.

## Neptunian Experience

The wisdom teachings appeal to the mental and buddhic planes. By listening to the teachings of wisdom we also can reach high states of awareness, forget time and experience unity. Often, however, we cannot

maintain this experience, we fall back to the mental plane or we become tired and fall asleep. The absorption into experience is called Neptunian experience. Neptune governs the path of music and of deep meditation. His enchanting effect uplifts us to higher planes. His vibrations are transmitted to earth via the moon. In this lies the importance of the full moon meditation.

We cannot constantly remain in music, and when we are out of it, we are again what we are. The harmonisation through music can easily be disturbed again when we hear or do something else. Only the musician retains something of the higher planes. With wisdom it is something else, for the listener absorbs it. We consciously receive something from the mental and the buddhic planes, which remains with us, transforms and uplifts us.

Neptune offers us deep experience where we forget ourselves for a while and can totally remain in the experience. Without the right guidance of a capable teacher this is a very dangerous path. We can easily get into subconscious planes, where the mind gets lost and a mediumship awakens which can lead us into illusions and extreme indulgence. Many musicians get into a misuse of the Neptunian energies, they spoil themselves through alcohol and drugs, and discrimination gets lost.

## The Music of the Soul

The lower aspect of music points to the existence of the sublime aspect. On the planet sublime music is once again emerging and will slowly replace the present noise which is prevailing in the name of music. World-wide a general awareness of music is growing, as we can see in the high spreading through shows, the great names of music business and the many media. Numerous teenagers are attracted by it, and the children of today thus have a better musical awareness than in the past.

The highest planes of musical awareness are expressed through Lord Maitreya, and he can also confer this awareness. Just like he is the World Teacher relating to yoga, he is also the head of the musical hierarchy. He got initiated into music by Lord Krishna. Music is always related to soul consciousness. Maitreya uplifts this consciousness in us and works with the energies of Neptune. When we align to him, we get attuned to these vibrations and can experience the music of the soul.

Sources: K.P. Kumar: *Saraswathi. The Word / notes from seminars* / E. Krishnamacharya: *Spiritual Astrology / Book of Rituals. The World Teacher Trust - Dhanishta, Visakhapatnam, India (www.worldteachertrust.org)*



Good Will is contagious !

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*Circle of Good Will*