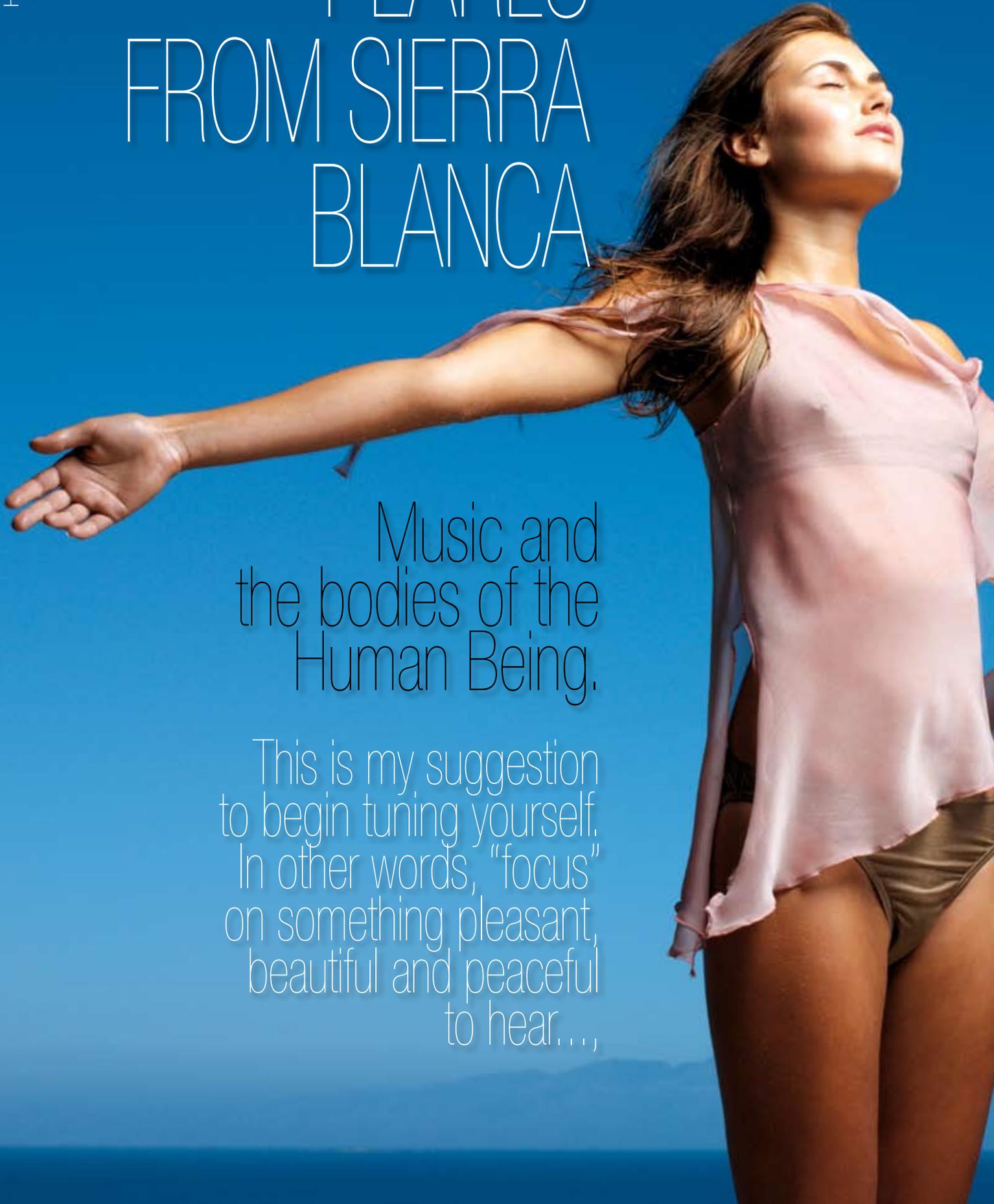


HAPPY

# PEARLS FROM SIERRA BLANCA

Music and  
the bodies of the  
Human Being.

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his article was especially written for musicians who want to tune “their own instrument” and for every person who longs to live their lives in harmony.

“Try to sing or hum a lively and rhythmical melody when you wake up in the morning” ...

This is my suggestion to begin tuning yourself. In other words, “focus” on something pleasant, beautiful and peaceful to hear..., is there is there anything better than a melody sung by oneself? These days this is challenging, since we are overloaded with inharmonious information.

Each note of the musical scale activates a different area of the body. This is why every musical note or tone is specifically related to some gland and center of energy of the body, making these centers vibrate in sympathy (pineal gland, hypophysis, cardiac plexus, solar plexus, liver and sacrum, among others).

In Greece, for example, the DORIAN scale, which starts on MI, was used to educate the emotional body of the human being. I do not know which feelings they wanted to energize at the time, but I can surely state that violent, depressing and inharmonious emotions and feelings bring about illnesses, anguish and mental disorder to the physical body.

The Phrygian scale, which starts on RE, was used to educate and develop the mental body. Today, we are aware that our mind stores the concepts, opinions, knowledge and conclusions drawn from different sources of information. I can also state that the conglomeration of so much information and partial truths usually lead to disorder in the general human activity.

The Lydian scale, which starts on DO, was used to develop the ethereal body. Such body contains the memory and register of all the activities experienced by a person throughout their life as well as in previous lifetimes. This body is in charge of transmitting the force to all parts of the human being. Consequently: What kind of energy is it going to transmit to the physical body if it only remembers negative and destructive things from the past...?

Master Confucius used music in China in a similar way. He considered music a comprehensive part of his educational system, a means to enhance the necessary discipline and ethical behavior.

Pythagoras had a very peculiar perspective on music: he condemned and rejected anyone’s judgment about music by ear, for as Plutarch stated in his Treaty on Music, one’s ear is so weak that it cannot judge music constructively. He considered in those times that “the humans’ ear had become weak and powerless due to the fact that they did not hear the harmony of the universe owing to their weak and stupid nature, which they let deviate and degenerate”.

Pythagoras felt that music was a great remedy for health. Music was used to treat the physical body, which is where illnesses manifest, as well as the soul, ethereal, mental and emotional body, where illnesses originate.

In order to learn how to distinguish “MUSIC” from “music”, I will say that Real Harmony - or the real Music of the Spheres - always contains, firstly, a beautiful and exquisite melody, secondly, a wonderful constructive rhythm, and thirdly, a transcendental harmony that produces peace and ecstasy of feelings, strengthening the mind and the body of the listener.



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