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Throughout history, sound and music have been a window into other worlds; a universal medium to journey inwardly to other more refined dimensions. In the dream story of time, from early man onwards, be it the chanting of prayers, the banging of sticks, drumming, or didgeridoos, whatever was available, humans have sought to connect with the Timeless through sound. It is a scientific fact that plants grow quicker and become more healthy if they are exposed to the harmonising so-called "spiritual" music of Bach and classical Indian Ragas. If you sit a person down in front of a large gong and shower their aura with a gong "bath", that too will produce a revitalising effect.

Conversely, sound can be used to create discord. The military have long since been utilising subsonic sounds to change the weather in war zones, and to disorientate, devitalise, and demoralise enemy soldiers. Of course the sounds of nature are extremely beneficial for inviting good health; waves on a beach, a gentle river, thunderstorms, birdsong, and wind in the pines. A week away in wild nature makes anyone feel so much better, so much more connected to the whole. We are surrounded by the music of planet earth.

From my perspective, the most important aspect about sound is that it is literally slowed-down lightwaves. Everything manifesting, all physical

phenomena, are lightwaves moving at different frequencies. In the scientific sense, all creation is just energy, and energy is light. All visual appearances are reflected light. Nothing is solid. The ancient Rishis and seers of India saw this very clearly. Atoms, electrons, and quarks are empty space, just energy in constant motion. So if sound is simply slowed-down lightwaves, then it is the DOORWAY TO UNITY, ONENESS, SOURCE, BEING, LIFE, and ALIVENESS. Sound IS SOURCE MANIFESTING AS SOUND! Quite literally, it is SILENCE SOUNDING, THE SOUND OF SILENCE. In the same way as movement is STILLNESS MOVING.

So if music has a certain resonance, it can quite literally rearrange all the molecules in a human body for better or worse. Music can be very emotionally engaging, and has the potential to transform and dissipate any stuck or painful emotion or memory held in the cells. That is the power of music. That is the potential of sound, be it constructive or destructive. Music with the appropriate resonance is an invitation into the TIMELESS, SPACELESS, IMMANENT, TRANSCENDENT reality of BEING, SOURCE, ISNESS, and ONENESS of the UNCONDITIONED, UNBOUNDED ENERGY THAT "WE" ALL ARE. Music can remind us that there is no separation anywhere, that imagined separation is only a dreamed-up hologram. Sound can open us up to the possibility of seeing and experiencing that ALL THERE IS, IS ONENESS.