

The Effects of Music

Trance Library File No. 87-12

SUGGESTIONS ON READING THE TRANCE LIBRARY FILES

by

WILLIAM ALLEN LePAR

I appreciate your interest in the information we have been receiving from [The Council](#), the spiritual source which speaks through the Trances. In all the years that I have been manifesting the Deep Catatonic Trance, I have learned a great deal from The Council, and I earnestly wish that you also gain a greater understanding of our existence.

These Library Files present information from The Council over a vast range of topics. In some cases, the information presented comes from one or two Trances that were usually held consecutively, within a few weeks or months of each other. In other Library Files, the information is selected from Trances held over many years. In all cases, if you study these Library Files carefully, you will notice a common thread of awareness that runs through all the information that The Council presents.

You may also notice that by the manner in which The Council presents the information, it becomes evident that they are layering awarenesses and insights. The observant reader will realize this progression of awareness and the unfolding of these insights.

These Library Files will not reveal their deepest insights to you with a casual reading. You must study them and reflect upon them. I would advise you to read the Library File at least twice and reflect on the information that The Council gives.

Again, thank you for your interest. I sincerely hope that you benefit from the Council's wisdom.

Sincerely,

SOL

AN INTRODUCTION TO THE COUNCIL

by

William Allen LePar

The Council has often referred to themselves as "spiritual beings." We must remember that this is a very elusive term and means something far greater than what we normally have been taught to understand as "spiritual beings."

In our finite minds we look upon spiritual beings as living beings confined in similar manners as we in the physical, and this is not the case with some levels beyond the physical. But in this expanded description from The Council, we begin to realize that there are levels that we can reach as spiritual beings that far surpass our present concepts.

Respectfully, I submit The Council's own personal description of themselves.

THE COUNCIL SPEAKS OF THEMSELVES

After a soul or an entity has accomplished a certain level or degree of perfection, through whatever system that is the ruling belief system of that time, then the individual or the soul or the entity is elevated to a level wherein it is not necessary for reincarnation. Once entering the spiritual realms without the need to reincarnate, a growth period is undergone. Many steps of awareness or many levels of awareness are accomplished, many degrees of elevation, many degrees of perfection until finally the soul, the entity has evolved into a state where there are no levels, no degrees, but begins to expand in love and awareness to the point where there is a total mergence or merging with other beings; where all ideas of limitations, all awarenesses of false limitations, have been done away with; where the person or the soul or the entity begins to realize its true unlimitedness and in that begins to expand greater and greater and greater, interweaving more delicately and more closely with all others and all other things, and in so doing grows closer to the Divine Himself. Once a soul or entity has reached this level, then they are in union with others, total union, yet completely individual, and yet completely united. This soul, this entity has its own personality, yet delicately flows in and out and with other souls but yet maintains its own personality, its own being. The soul, the entity becomes more god-like in that it becomes part of all things, yet maintains its own personality, its own being. Once a soul has reached this level then there is no name, there is no body as you would recognize or understand, but a more complete and unlimited **Child of God**, one who is so developed that no name could ever describe him. That is the existence we live in, and if you wish to use confining and restricting terminologies as levels, then we souls have to say that is the level we exist in. In all of mankind's history this level has never before spoken in the **physical plane**.

Even though we refer to ourselves as "spiritual beings," we use such statements only to give all who come to us some idea to relate to or some concept that they can relate to.

THE TRANCE PHENOMENON

We believe The Trances of William Allen LePar are the rarest paranormal experiences known to modern man. The only example of a similar phenomenon ended with the death of [Edgar Cayce](#) in 1945. The Council's unparalleled revelations, through Mr. LePar's trances, are made available to the public through the SOL Association for Research. His time and efforts are without compensation, and SOL is a non-profit, tax-exempt concern dependent on the commitment of volunteers.

The following is a brief explanation of a Trance, so those without the opportunity to participate have a better understanding of the phenomenon. On the day of a Trance, Mr. LePar remains in a peaceful environment. He consumes little food and The Council recommends his diet include red shellfish. He engages in considerable prayer and meditation throughout the day.

Those participating in a Trance, to question The Council, gather about a half hour before the session for socializing. Nancy LePar, his wife, is always the last to leave her husband before a Trance begins. She sits with him in a separate room as he quiets himself with prayer and meditation. When she enters the room in which the trance is to be conducted, all talking and noise cease. Soon he enters, silent and already in an altered state. With everyone seated and quiet, he enters, removes his slippers and positions himself on the floor.

He wears, as instructed by The Council, loose clothing of all natural fabric. Also, Mr. LePar wears no metal other than a wedding ring and cross. As he rests his head and bare feet on pillows, he maneuvers his body into alignment with magnetic north. Those participating, following instructions from The Council, are to place themselves in a quiet, prayerful state as until this remarkable source begins to speak. There are two distinct time periods in the linking of LePar's spiritual vibrations with those of The Council. The first period concludes with LePar's extremely deep and rapid breathing, a form of [hyperventilation](#). His hands, folded across the abdomen, quiver; his left leg stiffens and his left foot extends. Then, suddenly, silence. It seems almost as if he has stopped breathing. Finally, The Council begins to speak -- slowly at first, repeating the name of the Trance moderator, until the link with the physical world is ready. It usually takes about thirty minutes from the time Mr. LePar lies down until The Council speaks. But on some occasions, for a variety of reasons, it can be as long as 45 minutes.

Once The Council begins to communicate, a Trance usually lasts between ninety minutes and two hours. The Council is offered the opportunity to give the gathering an opening statement, which has always become a segment of information useful for universal spiritual growth. Then, the trances follow a simple question-and-answer format, beginning with written questions and continuing with follow-up questions raised by The Council's comments. At some sessions, there are so many follow-up questions that only the first question asked will be from the list of written questions.

Afterwards, when Mr. LePar awakens, he remembers nothing. His memory is blank from the time his wife leaves him before each session until he awakens at the conclusion of the Trance. He is always physically drained, cold and disoriented. He is helped to a seat, wrapped in an afghan for warmth, and given a slice of bread and a glass of orange juice to help him recover.

We hope you profit from the information in these Trance Library Files. If reading a particular file gives rise to a question, we encourage you to contact us for more information. Thank you.

FOREWORD

The Council has told us on many occasions that truth has always been available to mankind from the very beginning. As you read this Trance Library File, you may note similarities to information from other sources. You will also encounter new information. You may be surprised by some of the information revealed by The Council, to the point where it strains your credulity. The Council realizes this, and so they often begin a Research Group Trance with an opening statement such as this:

Again, a reminder as we have said before, we ask that you think about what we have said, the answers to your questions. It is not necessary to accept everything we say, but we do ask that you take the time to think on what we have said and hold it for possible use or acceptance at a later time. What is most important is that you do think, that you exercise your God-given mind. Use what you can use and store away that which is not serviceable at this time, for if you wish to see a dawn tomorrow with its clear blue skies, you must make ready for it now. If you cannot believe that tomorrow will be a better day than today, then it will not be so for you. If you do not carry the light of tomorrow, then where will it come from? If your tomorrow is not planned for today, then how can it exist? Forearmed with the knowledge of the path you are presently traveling, you are then in a position to create a better path for your travels tomorrow. The outlook for the children of the Divine is definitely a bright and sunny day. Only you can make the decision as to what your tomorrow will be. We have one distinct advantage over each of you, and that is we have gone through the process of life that you are presently experiencing and in those activities we have learned that one must never narrow their vision down to what they prefer to see, but it is great wisdom when one is willing to look at the total picture, even those segments that one wishes were not there.

Always keep this concept in mind: Use what information you can, and that which you cannot agree with, put it aside for now. Do not discard it, for you may find it very useful in the future.

IMPORTANT

TERMS AND CONDITIONS FOR USE OF TRANCE LIBRARY FILES

1. PLEASE DO NOT RETAIN THESE LIBRARY FILES.
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6. PLEASE REQUEST ADDITIONAL FILES BY EMAIL SO THAT WE CAN REPLY QUICKLY.

DISCLAIMER

These Trance Library Files are verbatim transcripts of psychically derived information. This information was given in response to questions posed by individuals in attendance at the Trances. These transcripts are presented for informational and educational purposes only. They should not necessarily be considered applicable to situations other than those of the person asking the original question. **SOL cautions that this information should always be considered in its original context.** SOL advises that the reader exercise judgment and common sense when considering this information. SOL cannot take responsibility for any abuse of the information contained in the Library Files.

From thousands of transcript pages, SOL has compiled the Trance Library Files, and will continue to do so in the future. Some of the information has come to us in concentrated form, while other Library Files are compilations of material given through the years.

As you experience more Library Files, you may occasionally notice the same or similar bits of information in different Library Files. This is done to maintain the integrity of The Council's message in each subject area. Please enjoy your encounters with the words of The Council. SOL heartily endorses the spiritual and educational value of these Library Files and firmly believes great benefit can be derived by those approaching this information with a sincere desire for greater understanding of themselves and their world. The material in this Library File is copyrighted and may not be reproduced without the written permission of SOL.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

Reincarnation⁽¹⁾

page 31⁽²⁾

Selection # 16⁽³⁾

Reincarnation⁽⁴⁾ was discussed on 80-06-28⁽⁵⁾, the 78th Trance⁽⁶⁾.

The word "reincarnation was first found on page 1235, in line 387⁽⁷⁾.

386⁽⁸⁾

387 ***:⁽⁹⁾ Since we believe in reincarnation, and apparently have experienced death a number
388 of times, why do the majority of us fear death, and why do we not have a conscious
389 awareness of what it is like beyond the veil?

390

391 C:⁽¹⁰⁾ If you have reincarnated then evidently you have not fulfilled or let us say you
392 have not taken advantage of the opportunities available to you while in the material
393 manifestation, thus you have relegated yourselves to the man-made heavenly realms. The
394 fear comes from a degree of awareness of the conditions in the man-made heavenly realms.

NOTES

(1) **Title** - This is the topic of the Trance Library File.

(2) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.

(3) **Selection** - This number indicates the chronological order of this block of information in the whole of the Trance material.

(4) **Key Word** - This is the search word used for this selection.

(5) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (80-06-28).

(6) **Trance Number** - All of Mr. LePar's Trances have been numbered chronologically beginning with number one. This number indicates from which Trance this selection was drawn.

(7) **Master Volume Information** - All information from all Trances is transcribed in chronological order into the SOL Master Volume. This line indicates the page number and line number as found in the Master Volume.

(8) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.

(9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.

(10) **Council** - The symbol C: indicates that The Council is speaking.

EXPLANATION OF TRANCE LIBRARY FILE FORMAT

79-12-01⁽¹⁾

Life After Death - Part 1⁽²⁾
Trance #2⁽⁴⁾

page 21⁽³⁾

This trance was the second trance in the Research and Study Group series. The Trance was attended by William LePar and (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), (***) (***), and (***) (***).⁽⁵⁾

1⁽⁶⁾

2 C:⁽⁷⁾ May the Peace and the Joy of the Infinite Father be upon you, and may His Light
3 shine down upon you and around you and within you.⁽⁸⁾

4

5 ***:⁽⁹⁾ Thank you. Are you ready?

6

7 C: Yes, we are ready.

8

9 ***: Would you agree with the statement that Jesus Christ came into the earth in human
10 form and is both man and God?⁽¹⁰⁾

11

12 C: Yes, we acknowledge that Jesus Christ is both man and God and that He did come
13 into the material manifestation.

NOTES

- (1) **Date** - This is the date on which the Trance occurred. It is given as a year-month-day (79-12-01).
- (2) **Title** - This is the topic of the Trance Library File. If a subject requires more than one Trance Library File, then the file is divided into **Parts**.
- (3) **Page** - This is the page number of the Trance Library File. Each Trance Library File begins with page one.
- (4) **Trance Number** - This is the number of the Trance within the Research and Study Group Trance series.
- (5) **Identification** - This paragraph identifies the Trance and the persons in attendance. Individuals are identified by the symbol *** to maintain confidentiality.
- (6) **Line Number** - The transcript of each Trance session is numbered from one. If a Trance Library File is made up of information from more than one Trance, then these numbers will change sequence.
- (7) **Council** - The symbol **C:** indicates that The Council is speaking.
- (8) **Greeting** - The Council always opens with a greeting.
- (9) **Questioner** - The symbol *** indicates an individual at the Trance asking a question or responding to The Council's remarks. This is used to maintain confidentiality.
- (10) **Test of the Spirits** - As outlined in the First Letter of John this test is given at the start of each Trance.

Music was discussed on 77-07-09, the 31st Trance.

The word "music" was first found on page 456, line 850.

848 ***: Our question is: Can you give us an answer as to why
849 there is such an increase in drug use, the lack of morals, and
850 is there a relationship between this and rock music and what
851 will be the eventual outcome pertaining to the young people of
852 the world?
853
854 C: There is most assuredly a definite relationship between
855 the drug culture, the lack of morality, whether it be the social
856 injustices or the physical immoralities that exist, the rock
857 music, these all are related in the respect that this is the
858 last big front that is being moved ahead for those who have turned
859 away from the Divine Light of God. In their desire to, shall we
860 say, recruit new soldiers, they use all diverse means to tantalize
861 and tease the physical. But this is a battle that has been going
862 on for man since the very beginning of Creation and then too, a
863 great upsurge of this in Lemuria, then Atlantis, and now in this
864 time. The most direct link with the past would be that of the
865 continent of Atlantis where in their final days between the good
866 and evil that existed there was a great use of drugs, music
867 similar to that of the rock music of today. That music was,
868 shall we say, more of a form of music that would be electronically
869 reproduced as opposed to actual, the percussion and wind instruments
870 although they were used at that time. That music was used to stir
871 the vibrations of the most base desires in an individual and so it
872 does its job today too as it did then. The drugs, of course, no
873 explanation is needed in that. How it destroys the free will, and
874 the knowing of right and wrong. It is a lazy man's way to
875 spirituality and little does he know that it leads only to the pits
876 of darkness and not to the higher consciousness. Oh, there are some
877 glimpses of, shall we say, expanded consciousness with the drugs,

878 but these are only false hallucinations. These if anything are
879 the combined negativity touching a little bit of the truth only
880 to entice the individual or group of individuals even into less
881 godly states. One must remember negativity is as cunning and as
882 deceitful as one can imagine and even more so. And it is quite
883 that and quite probable that negativity does expand a consciousness
884 to a certain degree only to entice it to fall further, to entice
885 others to become part of it. As the final days approach,
886 naturally more and more of these devices will be used, so that
887 truly the wheat can be sifted from the chaff. So that the willower
888 will have the grain cleaned. And as time goes by you will see an
889 even greater division between those who live a moral life and
890 those who live a physical life. And even so as time goes by there
891 will be most assuredly a greater increase in those that
892 were tied to the negativity of Atlantis and Lemuria. They
893 most assuredly will be as they have been most recently entering
894 into the physical in much greater numbers. The stage is being
895 set for the final battle, and so the forces must align themselves.
896 This on that side and the other on the other side. If one were
897 to wish to raise the vibrations as opposed to bringing them down
898 or stirring the base vibrations as with the rock music, one
899 should be leaning more towards the, what is referred to as,
900 classical music. This would most assuredly help in raising the
901 vibrations. But even in that there are some of the classical
902 works that are very shrewd cover-ups, so in this one would have
903 to be careful. Those that have a drumming sound or, shall we
904 say, a constant underbeat, there one should watch. Very well.

Music was discussed on 78-01-05, the 36th Trance.

The word "music" was first found on page 547, line 483.

481 ***: Yes. You had stated in my transcript that I am musically
482 inclined, not talent, but it can be used as a tool. How should I use
483 music as a tool?

484

485 C: Music is said to pacify the soul. It also can quiet the base
486 desires of the physical. If you have an interest that you manifest
487 in the musical line, then use it for your own personal satisfaction.
488 Do you understand this?

489

490 ***: Yes.

491

492 C: But it should be the type of music that is spiritual and
493 inspirational, not that which is popular today. That which is
494 popular today will only cause more confusion within your conscious
495 mind and within your soul, because the beating and the rhythm and the
496 hypnotic noise that this creates sets the vibrations or the energy
497 fields of the physical off in the wrong direction. It excites the
498 lower chakras which without the proper control does nothing but draw
499 the individual down further. The present day music which is so
500 popular does nothing but tear the soul apart or tear the entity
501 apart. So if you have an interest in the musical and wish to express
502 it, then you should develop those things or those avenues of music
503 which would tend to be classical, to be uplifting or to be
504 religious-type of music. Even keeping away from such places that are
505 known to favor the heavy acid rock or rock music of today. Those
506 things, those places, and those people you should avoid.

507

508 ***: (***) had shown me an album by an artist named (***). Is this
509 favored music?

510

511 C: You would have to specify specific pieces of music.

512

513 ***: You mean different parts of his is not favored or albums?

514

515 C: As a general rule only in this particular case, in your
516 particular case. As a rule this particular entity is capable of
517 constructing music that is uplifting for the spirit, for the soul.

518 Now we are not saying that all music that would be done by this
519 entity would be beneficial, but as a general rule it would be an
520 uplifting type of music.

521

522 ***: The album which I purchased is (***), can I go on that as a
523 reference to what type?

524

525 C: We will give a guideline to you that we have given before and
526 that is this: Generally classical music is uplifting, is spiritually
527 inspiring. The structure of the music itself, the tones, and the
528 combination has a tendency to excite the higher chakras. It clears,
529 shall we say, the channels for the soul or the spirit to manifest
530 easier or enlighten the physical body, but there is an element in
531 some of the classical work that is very cleverly disguised, and that
532 is the element of negativity. There are classical pieces that have
533 heavy underbeatings, that use the percussion instruments to excite
534 the base chakra and not channel that upwards to even stimulate the
535 higher chakras, but with the true classical and religious or
536 inspirational music the higher chakras are first stimulated and then
537 the base chakras are excited so that they increase then as the forces
538 move up, increase even greater, to a greater degree the upper
539 chakras, that would be from the heart chakra up. Now one must be
540 somewhat careful in listening for those pieces of classical music or
541 religious music that only stimulate the lower chakras or first
542 stimulate the lower chakras. Those pieces of music that stimulate
543 first the higher chakras are the truly spiritual musics.

Music was discussed on 78-07-08, the 47th Trance.

The word "music" was first found on page 778, line 210.

195 ***: All right. Thank you. There is another question. We need
196 something perhaps very interesting about Atlantis, something that
197 would interest or greatly interest people in this particular time
198 period and be catchy, something that again would make them want to
199 buy the article. For instance, a particular artifact may be found, or
200 an invention they had similar to our inventions, something like this.

201

202 C: How would something along the social lines and the social
203 influences be, something that everyone could more closely relate to,
204 instead of something that would only be vaguely interesting to
205 others, to a large group?

206

207 ***: Sure

208

209 C: Then why not use some of the information that we have already
210 given you such as the present rock music, which is a direct
211 descendant of music used not only in Atlantis, but in Mu and Lemuria.
212 This form of music at one time was used to instigate or, shall we
213 say, to excite the very basic drives in man. Consequently, the young
214 people today listening to this horrible noise find themselves taken
215 away from the spiritual aspects of life and brought closer to the
216 physical aspects or the animalistic aspects of life. Much of the
217 drugs used today are quite similar to the drugs used in Mu, Lemuria,
218 and Atlantis to have a, shall we say, instantaneous rise in
219 consciousness which was, of course, foolish, since it turned out to
220 be hallucination more than any true awareness of the different levels
221 of consciousness. On occasion there is a glimpse here or there of a
222 more intense physical awareness which often passes as a spiritual or
223 a conscious awareness.

Music was discussed on 78-07-08, the 47th Trance.

The word "music" was first found on page 780, line 316.

316 ***: Thank you. Since you were talking about rock music and its
317 adverse effects on the listeners, would you say that it changes the
318 molecular structure of the body cells perhaps?

319

320 C: Well, let us say it will get the body cells moving. The actual
321 change, no. First, you must look at music or sound and light all in
322 the same vein. That is simply another form of energy. Now, the
323 construction of the music itself, in other words, the actual
324 composition, the note-by-note construction, and the instruments used
325 create a force field or an energy. Now this energy is directly
326 connected or related to the base chakras, the lower chakras. Since
327 coming into a Western belief system these chakras are in proper
328 alignment, proper attunement, working properly, this form of music
329 then upsets the lower chakras. In doing so then that balance is
330 thrown off, and they, shall we say, overpower the heart chakra which
331 is now the working chakra for the Western belief system. Is that
332 explanation enough?

333

334 ***: Yes, do you mean to say that specific music then can be used to
335 bring these chakras back into alignment?

336

337 C: No and yes. The music, the rock music, or the acid music,
338 whatever term you wish to call it, can disrupt very easily the
339 chakras. Now the easiest way to bring those chakras back into
340 balance is not to afford yourself the opportunity to listen to that
341 sort of music. Those chakras then can be brought back into proper
342 flow or proper activity simply through prayer and meditation. A
343 simple meditation to get all the chakras in proper order or proper
344 balance is to meditate so that you visualize your body as one
345 complete unit. If you are into visualizing energy fields, then you

346 would see the body encompassed in one total energy field. Do not
347 visualize the body separated by isolated or individual energy fields.
348 What you are doing when you do that then is taking all the chakras out
349 of synchronization, you see, out of unison, and what you have now
350 under the Western belief system is a complete unison. You have
351 already accomplished all the things necessary to bring the chakras
352 in proper alignment; you all have undergone kundalini or whatever
353 you wish to call it. So that now you have achieved that, now you
354 must bring all that into useful practice, useful practice. The
355 experience of the kundalini and its highest, shall we say,
356 accomplishments are already yours, but that only is the opening of
357 the door, because once all the chakras are in tune with one another
358 or in balance and functioning as they should be, then what happens is
359 the crown chakra is then opened to receive divine guidance. Now what
360 happens here is that guidance goes directly to the heart chakra.
361 Since the Western belief system is based on a godly expression of
362 love then the first acting chakra then is the heart chakra. You have
363 an open channel from the crown chakra directly to the heart chakra.
364 From there then all guidance is directed upwards in an attitude of
365 love or unity, you see, expressing your godliness. We have basically
366 given that information already, just a short while ago. Now, what
367 this wretched music does is overpowers your being or your system by
368 throwing the lower chakras out of synchronization or stimulating them
369 so they are overpowering all the rest; so that any love then that is
370 expressed is generally a very selfish love, it is either directed to,
371 "The world exists around me," or the sexual aspects, you see. So it
372 is an extremely selfish situation which brings a disunity then to you
373 and to your immediate surroundings.

374

375 ***: If it is in balance then, of course, it would affect the
376 chemical balance existing in the body at the particular time, also,
377 wouldn't it?

378

379 C: The chemical balance. You are trying to relate two almost
380 abstract things. If the chakras are allowed to function properly,

381 then instead of, shall we say, a chemical situation you have a
382 molecular change more so than any chemical change in that the
383 structure of the body itself, going to the atom, shall we say, the
384 molecular structure is larger. Is this clear?

385

386 ***: Yes.

387

388 C: In other words, say, an atom, if you were to look at the atom of
389 a cell from your skin or what have you, it would be one size, the
390 distance from the nucleus to the circulating protons and neutrons,
391 that distance would be greater in a perfectly balanced chakra system
392 than in one that has been, shall we say, tampered with through the
393 drug or through the acid rock music or whatever you call it, you see.
394 So that as the chakras are all in proper attunement or in line, you
395 become more of a light "body." Do you understand?

396

397 ***: Yes, I understand. There would be a difference in the
398 polarization of the particular minute particles, or whatever, inside
399 of the atom, too?

400 C: No. It is just that there would be an expansion of the actual
401 molecular structure. Now, this is not to a degree where you would
402 appear taller. Do you understand?

403

404 ***: Yes.

405

406 C: Shall we say, the larger the area then on the molecular scale or,
407 shall we say, at a molecular level, the larger the area, the more
408 readily the gross influences pass through without affecting it, you
409 see. Now, the more refined influences then become, shall we say, a
410 tighter screening effect. So that in actuality as this finer
411 attunement comes, then there is a charge, an electromagnetic charge
412 set up within the atom itself and around it, so that those negative
413 influences or those gross influences will either pass directly
414 through without any effect or that those that may cause an adverse
415 effect will be blocked out completely. Do you understand?

416

417 ***: And, consequently, keeping the body at a healthier state, right?

418

419 C: Well, not always. There are times when the physical body
420 undergoes certain ailments, not necessarily because that particular
421 being deserves them, but because of the situation that that being is
422 in calls for certain problems to exist. Not all ailments, as we have
423 said before, are an indication that that individual has a negative
424 aspect or has that as part of their karma; but it is because in a
425 number of cases where that individual takes on such situations as a
426 learning process for others in the immediate area. Or in some cases
427 such ailments are part of a being's existence as a guarantee for them
428 that certain situations do not transpire that might be overpowering.
429 Do you understand?

430

431 ***: I think so. Thank you.

432

433 C: There are many times that you will take on very nasty health
434 problems just as a safeguard to keep you from losing those
435 accomplishments you have made in the past, you see, which is completely
436 acceptable. In the same sense then you also have, possibly under
437 certain circumstances, an opportunity then to serve those around you
438 who must also deal with you in your, shall we say, ill condition.
439 Do you understand?

440

441 ***: Yes.

442

443 C: It can be extremely complicated. In most cases, in most times, we
444 prefer to deal with it from a lighter point. But, actually, sicknesses
445 can be an extremely complicated situation. For, example, take a
446 paraplegic. Now that individual may have accomplished, as an example,
447 the control of the base desires, but to insure that this is not tested
448 or, shall we say, this is not necessary to go over again, this
449 individual will take on an ailment or a crippling, such as a paraplegic
450 where possibly from the waist on down the individual is completely

451 paralyzed. In this particular case then, this eliminates the sexual
452 functions, you see, and then that being coming into a situation where a
453 family must deal with that, this being also protects himself from
454 adverse temptations or necessary effort to maintain control and also
455 serves those individuals who have a great deal to learn from such a
456 situation. So you see, many times ailments do not really indicate a
457 negative spirituality.

Music was discussed on 79-04-20, the 64th Trance.

The word "music" was first found on page 1040, line 287.

285 ***: Thank you. The next question is on another piece of
286 information that you gave and that is in the 47th Trance and you were
287 giving us a description of how rock music affects the molecular
288 structure and you were saying that if the chakras were allowed to
289 function properly the molecular structure becomes larger, and then you
290 say, "In other words, say, an atom if you were to look at the atom of
291 a cell on your skin or what have you, it would be one size, the
292 distance from the nucleus to the circulating protons and neutrons,
293 that distance would be greater in a perfectly balanced chakra system
294 than in one that has been, shall we say, tampered with through the
295 drugs or through the acid rock music." And we are somewhat confused
296 as to the actual description of what changes. The question that I
297 had is when you say "circulating protons and neutrons" instead of
298 "protons and neutrons" do you mean electrons there, circulating
299 electrons?

300

301 C: No, we meant exactly what we said. We were talking about the
302 nucleus itself. What you have on the outside in appearance, you have
303 on the inside; it is the same. Everything is mirrored only in a finer
304 degree or in a higher vibration. In the nucleus, now we are talking
305 about that area that is encompassed by the electrons, that area that
306 you call or that you say consists of protons and neutrons. Do you
307 understand?

308

309 ***: Okay, the ...

310

311 C: The nucleus itself.

312

313 ***: What the scientists, and what I have come to know, is the
314 nucleus would be made up of the protons and neutrons.

315

316 C: Yes. Within that though is another nucleus, and we were making
317 reference then to that nucleus that you recognize as the center of
318 the atom; we are talking beyond that. Now do you understand?

319

320 ***: What the scientists call a nucleus, the protons and neutrons,
321 that in itself has a nucleus.

322

323 C: In that area is the absolute essence of life. Do you understand?
324 What the electrons are to the nucleus, the protons and neutrons are
325 to the essence of life. Do you understand it that way?

326

327 ***: I still don't think I do.

328

329 C: Very well. Give us the construction of an atom, as you
330 understand it.

331

332 ***: As I understand it, there is a nucleus which would consist of
333 protons and neutrons.

334

335 C: Yes.

336

337 ***: And then around that nucleus would circulate or in some way
338 revolve around the nucleus ...

339 C: Give the standard understanding, (***). Do not interject
340 possibilities.

341

342 ***: Around the nucleus would circulate electrons.

343

344 C: Very well. Now, we were talking about the nucleus. Forget about
345 the electrons.

346

347 ***: All right.

348

349 C: All right. What did we say about the nucleus?

350

351 ***: You said that the nucleus, the protons and the neutrons, had
352 itself a nucleus.

353

354 C: Yes. Now do you understand?

355

356 ***: So the protons and the neutrons would be circulating around its
357 own nucleus.

358

359 C: Yes. The protons and neutrons would be equivalent to the
360 electrons circulating around the nucleus.

361

362 ***: All right.

363

364 C: Very well. Now, for the neutrons and protons to be revolving or
365 circulating what would they be circulating around, (***)?

366

367 ***: A point or a nucleus.

368

369 C: Very well. If the basic model in man's understanding of an atom
370 is to have a center with electrons circulating around the outside,
371 then the center of that center should in naturalness resemble the
372 outer. Shouldn't it?

373

374 ***: All right.

375

376 C: Very well. We were referring to the nucleus itself as man
377 understands the atom. Now within that nucleus, within the protons
378 and neutrons is a nucleus, also. Do you understand?

379

380 ***: Yes.

381

382 C: Very well. Here we take on somewhat of a different perspective
383 because once man is capable of actually looking, actually looking,
384 the looking itself will influence what he sees. There are particles

385 so small that the very fact of observing them causes a change in
386 them. Do you understand?

387

388 ***: Yes.

389

390 C: Very well. So that must be kept in mind. The actual center of
391 the nucleus as you understand it, is an element that we have referred
392 to as spiritual electricity. Now it is not an element as you know
393 elements to be. We simply use that word to describe a something
394 exists there. This something is the actual spirit-force itself.

395 That is the closest touching in the material that you have of the
396 spirit itself. One might say it is something resembling a magnet
397 that draws other forms of electricity to it, and as these other forms
398 of electricity collect they become, shall we say, somewhat more
399 solid; they form combinations that create a solidifying illusion of
400 spirit; and as these elements then are combined with other elements,
401 they too begin to form an illusion of something more solid; and so it
402 continues until you have a build-up of an entire physical form.

403

404 ***: Then the spirit or the soul is throughout our entire bodies
405 rather than having a particular focal point in the body as is often
406 talked of.

407

408 C: Certainly. Certainly. That would not even make sense. There is
409 man's weakness. How could any particular part of your body hold the
410 soul itself, since the whole of you is only a small molecule or atom
411 of your soul. Your physical container can never hold your soul in
412 its entirety. So consequently, no particular part of your body is
413 the center of the soul.

414

415 ***: Then where is the rest of our soul, the other aspects?

416

417 C: It is right there. You see, you are trying to put dimensions or
418 limitations on the spiritual, and it is impossible; you become very
419 confused, and it becomes very cloudy and almost contradictive

420 in itself. It is good to know that there is more to you than
421 what you see, but that will be about the best that you will
422 be able to comprehend it. You see, you fail to keep in mind or hold,
423 shall we say, important enough that the physical and all the
424 manifestations connected with the physical really is an illusion
425 compared to spirituality. Now it is real; it does have substance to
426 it; it has a dimension to it, as you all know, but compared to the
427 spiritual, it is unreal, just as the spiritual is unreal to you in
428 your ability to see it. Do you understand?

429

430 ***: Yes, as you know, I, somehow, was under the impression that all
431 this was contained within these bodies within different levels of
432 consciousness.

433

434 C: There is the answer, but the physical is only one level of
435 consciousness; it is the entrapment level.

Music was discussed on 81-10-17, the 101st Trance.

The word "music" was first found on page 1553, line 785.

784 ***: Should we continue? (***)? All right, we will go to our
785 list of questions. (***) had a question about rock music. He was
786 asking if there was another explanation of rock music's harmful
787 effects that would be more tangible or more understandable to those
788 who did not know about chakras or who would not understand your
789 explanation about chakras?
790
791 C: A more simplified explanation or one that would probably be
792 more acceptable in a general sense: the constant beat of that sort
793 of music and also its volume begins to develop what may be referred
794 to lightly, again, may be referred to lightly as a hypnotic state,
795 and in the repetition of some of the words of your music, it
796 instills in the minds of the young people suggestions that are
797 fairly natural to their state. This only allows them to be less
798 inhibited, to become more of a participant in their bizarre
799 lifestyles. So in that sense in an outward sense then you can see
800 how the negativity is released. It puts these souls, their minds,
801 into a state of receptibility to the lyrics of the words, and
802 this can be very dangerous, and it is very dangerous, and it has
803 proven itself very dangerous. Look at the morality of your young
804 people today. They glorify in the most gross aspects of human
805 nature. It would be better if children were born deaf in your
806 society today, and please do not allow us to be accused of child
807 abuse by saying that, but it would be one more element that the
808 children would not have to deal with or would not be tempted
809 through, and that is the sense in which we made the remark. Do you
810 all understand?
811
812 All: Yes.

Music was discussed on 85-05-10, the 128th Trance.

The word "music" was first found on page 2077, line 466.

402 ***: In our world today there are dozens and dozens of separate
403 nations each claiming sovereignty. This leads to conflicts and
404 wars and much duplication of efforts. Some feel that one
405 governmental system controlling the entire world would eliminate
406 much of the strife and military waste in the world with more effort
407 being directed to the peace and well-being of the citizens. Others
408 say that this one-world government would lead to total domination
409 of the weak by a few strong and lead to a world-wide tyranny. Is
410 the idea of a world-wide government worth pursuing?
411
412 C: No. Absolutely not. There is no need. Once a world-wide
413 government is established, you will have world slavery, nothing
414 more. Now, if these individual countries would forget about
415 challenging one another and tend to their own business, to their own
416 people, you would not have wasted energy, you would not have
417 duplication of unnecessary research and the waste involved, whether
418 it be for peace or for war. If each nation or each country would
419 tend to its own business and if each member of that nation or
420 country would insist that that country work for its betterment, you
421 would not need a world government. But as we have indicated before,
422 until you bring your government to a higher state of consciousness,
423 you will be heading in that direction. The irony of it is that the
424 one-world government that may surface will not be controlled by any
425 government you know now, but will ultimately be controlled by
426 business, and those international conglomerates now that are as
427 sharks in a tank, many of them will be eaten by their own, so those
428 who are not obvious now will eventually rise to be the rulers.
429 Now, let us give you a picture of these shark. Say you were
430 to have a perfect environment, you have sharks of all sizes. Every
431 once in a while maybe a small one will take a nip out of a big one,

432 and as soon as that blood spills out into the water then a frenzy
433 develops and all the other sharks go after the one that is
434 bleeding, and then all is quiet. And so as time passes, a big
435 shark nips at a smaller one, and then there is a frenzy and they
436 all go at that one. It is not just the big that devour the small.
437 It is not just the big that devour the small because some of those
438 that are small only appear to be small because you have not seen
439 the whole of them, and so this little game of who eats who first
440 continues until the tank that was once filled with, say, a hundred
441 shark is only filled with a half a dozen or so. What happens then?
442 Will it continue so that there are only two left? And if that be
443 the case then, will those two eventually fight for supremacy so
444 that there is only one left? And if that be the case then, will
445 the one be severely injured enough so that it will eventually bleed
446 to death? So that it, in essence, has consumed all of the other
447 feeders so that they have become a part of it but in its
448 destruction of others it ultimately brought the destruction of
449 itself, and so although it felt it survived or would survive,
450 through its own greed ultimately brought its own death.
451 Take a look at your world today. Look at it as it truly is.
452 Look how each of you are being manipulated today by your
453 government, by your employers, by other countries, and individuals
454 in other countries can say the same thing so it is not unique to
455 any of you. There is a hate campaign going on over there, a hate
456 campaign going on over here, a hate campaign going on up there,
457 over there, on the other side, here, there. Distract. Create a
458 smokescreen. Do not let anyone's attention focus on one thing too
459 long, they may see what is really going on, and that cannot be
460 allowed. Destroy their knowledge of right and wrong. Feed them
461 the garbage of the world. If they refuse to eat, keep throwing it
462 at them, keep presenting it to them, eventually it will be so
463 commonplace that they will automatically eat it. Point out someone
464 to hate over there, someone to hate over here. Keep telling them
465 how terrible they are, and eventually they will hate. Keep giving
466 them the music that constantly beats, beats, beats, beats, so that

467 it causes almost a hypnotic state, and then feed them all the
468 garbage you would like them to be and in that semi-hypnotic state
469 it will become a part of them because they will constantly go after
470 it more and more and more, and then you can make them anything you
471 want. You can make them accept anything you want. Tell them to
472 beat their children and then tell them not to. Tell them to let
473 their children have freedom and then tell them no, it is no
474 good. Who knows what to do? Let one religious man say this, and
475 let another religious man say that. Who are they going to believe?
476 But do not ever give them time to stop and think, because if they
477 stop and think, then they will begin to see through the fog. Oh, no,
478 no, no, no, they do not want you to see through the fog, and yet
479 that spark of godliness in each of you will surface whether you
480 like it or not sooner or later and will give you pangs of
481 uneasiness. Let us all hope that you grab hold of that pang of
482 uneasiness. Very well.

Music was discussed on 85-09-13, the 132nd Trance.

The word "music" was first found on page 2135, line 410.

[This question came in the middle of a discussion on the rearing of children and specifically those things that parents can do for a child even before birth.]

362 ***: It answers it and creates some. When you say before birth,
363 is that something the mother does mentally? Do you physically
364 speak to the child in the womb?

365

366 C: It is more, how shall we put it, it is more productive if the
367 mother and the father talk to the child in the womb verbally. In
368 fact, we would advise strongly that the mother and the father talk
369 to the child as if there were a three way conversation going on.
370 That child is quite capable of understanding what you are saying,
371 believe it or not. When someone uses language which is
372 disrespectful around a pregnant woman, that child, that unborn
373 child, hears that as well as the mother. If there is an argument
374 within the family, that child is fully aware of what is being said,
375 and if the mother or the father does not wish the child to be born
376 and such remarks are made, that child will know it. Now we are not
377 speaking from a spiritual level, we are speaking from a material or
378 conscious level. That information will go into the subconscious
379 area of that baby and will adversely affect it sooner or later in
380 life. How bad will be determined by how much love that child is
381 given in the future to correct that activity of one or the other
382 parent.

383 That is why we have said in the past that as soon as the
384 mother conceives, she must turn her entire life around. We were
385 not asked at that time how much of a part the father will play, but
386 now we will put the responsibility on their shoulders. They also
387 must turn their lifestyle completely around. They must think of
388 that child. Everything they say, everything they do, that will

389 affect the mother or that child must be taken into consideration.

390 A father who cannot carry on a conversation without having every
391 other word laced with, how shall we put it, unnecessary adjectives
392 will assume the responsibility for the immoral decline in that
393 child's consciousness because of such words. And that goes along
394 with the mother, too. In your day and age, women's mouths can be
395 as vulgar as men's used to be, in fact, it seems to be reversing
396 and this is very, very sad. At one time in your history men were
397 considered the animals on the prowl; today, it is quite the
398 reverse.

399 So, from the moment of conception, one must take note of what
400 one does, both the mother and the father. The father then should
401 begin to share in the activities of home life far more than what he
402 did before, unless he is, of course, an exceptional husband; so that
403 this interreaction and relationship between the mother and the
404 father and their conversation will be heard and sensed by the
405 child, thus making that child more inclined to accept the joys of a
406 family situation, a healthy family situation, where there is an
407 exchange of love, respect, and cooperation.

408 A child should also be read to while it is in the womb. It
409 can be instructed in many areas. Many items can be used, such as
410 music. Of course, we would be extremely careful in what type of
411 music the child would be allowed to hear, preferably good classical
412 music, none of this noise that you presently call music, this
413 obscenity to the senses that you call music. Reading from books
414 that would be inspirational, books of learning such as an
415 arithmetic primer or reading primer. All these things are
416 beneficial in the future. Describing a beautiful picture to the
417 unborn child that you may see in a magazine such as a beautiful lake,
418 trees, or as you are walking, in the woods, describing the scene
419 that you see to the child. Touching the child while it is still in
420 the womb, that is touching the tummy or belly or stomach of the
421 mother to be, this child senses all this and hears all this.

422 The inner joy in the body of the mother is directly
423 transmitted to the baby as is nervous tension, stress and strain,

424 fear, anger, all these the baby feels immediately and will respond
425 to them. The father should constantly want his presence be made
426 known to his child by touching the stomach, by touching the child,
427 by talking to the child, telling the child how much he loves him
428 or her, how much he is anxiously awaiting his day of birth, as
429 should the mother. Does that answer the question?

430

431 ***: Yes, it does.

Music was discussed on 85-11-15, the 134th Trance.

The word "music" was first found on page 2175, line 153.

123 ***: The question is: Are there really Satanic-type messages on
124 some records produced by rock groups that are discernible when the
125 records are played backwards?

126

127 C: Would it suffice to say that this could be done?

128

129 ***: Yes. I am not going to push it anymore. (Laughter)

130

131 C: We cannot understand why we did not get such a laugh. You must
132 remember that once you leave your physical body, you do not really
133 change. You enjoy humor even more so than what you do while you
134 are in your physical body, because the humor that you enjoy in the
135 spirit is the realization of how funny you are yourself, and if you
136 cannot laugh at yourself, then you cannot laugh at anything. Just a
137 little note to think about.

138

139 ***: I like that.

140 C: Truly, is not the best humor when you can laugh at yourself?

141 Think about it. It really does heal.

142

143 ***: If it could just grow hair, I would be all right.

144

145 C: Try looking in a mirror and laughing. (Laughter)

146

147 ***: All right. Back to the messages. You said they were
148 possible, I do not know how to proceed now that you said it is
149 possible.

150

151 C: It has been done, but it is not simply reversing the words or
152 recording them normally and then reversing the tape. There is more

153 involved than that. First of all, the structure of the music
154 itself. It should be obvious to each of you, it should be very
155 obvious to each of you that the music today when it is played to
156 your children and to the young people sets up almost a hypnotic
157 state and their minds become very susceptible to what is being
158 said. It goes directly to the subconscious. So, all these vile
159 words and suggestions go right to the heart of the individual or to
160 the Subconscious Level of the individual. That is why we have said
161 in the past that your present music is completely unacceptable.
162 The constant drumming or constant screeching or whatever you wish
163 to call it sets up a hypnotic state within the individual and then
164 those words become buried into the Subconscious Mind. The
165 overdubbing of reversed words or Satanic phrases only adds to the
166 situation, but the real villain is what can be totally understood
167 without using such dubbing techniques. Do you understand?

168

169 ***: Yes.

170

171 C: We would advise you to be more fearful of the actual words to
172 the music than what may be dubbed over or what have you. Whether
173 you realize it or not, the Subconscious and the Subjective Mind can
174 very easily understand a word spoken in reverse. It knows
175 immediately what the word is; it will recognize the word
176 immediately.

177

178 ***: I guess I just cannot believe that someone would
179 intentionally do that.

180

181 C: Well, have you ever heard of a smokescreen?

182

183 ***: Yes.

184

185 C: Might you consider that such attention drawn to something like
186 that might be a smokescreen for the real danger?

187

188 ***: The real danger being ...?

189 C: The actual words to the music. You see, raise a big fury about
190 something like that, but do not do anything about the vulgarity,
191 the out and out vulgarity. Do you see?

192

193 ***: Yes.

194

195 C: Now, you place pictures to music, that is just a
196 double-barreled shotgun of spiritual insanity, because not only
197 does the music drum almost a hypnotic state into an individual, the
198 words are impressed in the Conscious and Subconscious Mind, plus
199 the visual stimulation, you are getting it with both barrels, a
200 little reverse dubbing means absolutely nothing.

201

202 ***: Then Christian rock groups are doing some good?

203

204 C: Well, we would consider that brainwashing from one end of the
205 scale and brainwashing from the other end of the scale.
206 Christianity or spirituality does not come from the lips; it comes
207 from the heart.

208

209 ***: But does it help?

210

211 C: If we were to have to pass judgment on the two, we would prefer
212 the Christian rock groups over the popular music. At least, you
213 are fighting fire with fire. But there is the danger with that of
214 becoming fanatical. Do you understand? When you realize that the
215 key to spirituality under the present conditions of the world is
216 moderation, that moderation has to be extended across the board.
217 You must have common sense. Whenever you become faddish or
218 fanatical about anything, it is an unsafe condition. It opens the
219 door to unobserved manipulation. So, although we would prefer to
220 see one aspect manipulated over the other, it is not the ideal
221 situation. Does that answer the question sufficiently?

222

223 ***: Yes.

224

225 ***: You are not condemning all music of our generation, are you?

226

227 C: Well, it has probably been an awful long time since anything
228 worth listening to has been given to the public other than the area
229 of classical music. The very earliest rock and roll, and we are
230 talking about the very earliest rock and roll, would be acceptable
231 in a pinch, let us put it that way. If you had to listen to
232 something other than classical or spiritual music or uplifting
233 music and you had to listen to the more popular noise, then the
234 very earliest rock and roll would be as far as we could go.

235

236 ***: How about some of the music played on the easy listening
237 music stations, such as (***), music from musicals?

238 C: It depends on the lyrics and what they have to say, what is the
239 overall message, and whether the melody or the theme has a tendency
240 to cause you to become drowsy or put you in a state other than
241 consciousness. You must be careful with such things. There is
242 nothing wrong with a love ballad that talks about a clean,
243 innocent, wholesome love. There are other pieces of music that
244 would be acceptable, but you must be discriminate. Does that
245 answer your question?

246

247 ***: Yes, thank you.

248

249 C: You would almost have to take each individual piece of music and
250 judge it on what it has to offer itself. We make a blanket statement
251 to make it more impressive as far as the danger goes, to get you to
252 think a little more. Hopefully, you will pay attention to what you
253 are listening to, instead of just leaving your mind open and like a
254 sponge soaking all that, whatever you wish to call it, in. Then
255 once it is in you must deal with it according to your desires. It
256 is extremely dangerous and this happens to many, many individuals
257 to take a nap or fall asleep with a radio on or a television,

258 because once you begin to fall asleep then all that information
259 that you are hearing is being pumped into you, whether you are aware
260 of it or not, and you must deal with it then.

261

262 ***: About falling asleep with the radio or television on, what
263 about the situation where the parents are in one room watching
264 television and the children are in their bedroom sleeping but can
265 still maybe not clearly hear the television set but can still hear
266 it?

267

268 C: Then those children are being fed whatever is coming out of
269 that television set.

270 You asked the question, here are the answers. These are
271 important issues. They are important issues.

272 Now, when you are asleep, a portion of the Subconscious Mind
273 takes over the functions of the body and the awareness factor in
274 protecting the body during its sleep time, while the conscious
275 factor or the Conscious Level and the Subjective Level are doing
276 what is necessary to be done during the sleep time. Again, we said
277 a portion of the Subconscious Level is tending to the needs of the
278 body in protecting it; it is also aware of everything that is going on
279 in the immediate vicinity. In other words, if you can normally hear
280 something from the next room when you are awake, you will probably
281 in most cases and again this is with individuals, there are
282 exceptions with certain individuals, you probably will be able to
283 hear two rooms away instead of just in the next room, and all that
284 information is being put into your computers, into your minds, to
285 be dealt with later on. So, if you have children in the home and
286 you are watching something that you would not watch in their
287 presence, be advised they can understand words as well as they can
288 understand pictures, and, besides, if you do not think something is
289 appropriate for your children, then it certainly is not appropriate
290 for you because your children will see the inconsistency, and they
291 will see that there are two standards, yours and theirs. In
292 certain areas because of the immaturity of children it is necessary

293 to have what you may call two standards, but in other areas there
294 is only one standard. So be careful when you take your naps.

295

296 ***: By the same token can you get your rest so that your
297 Subjective Mind and your Conscious Mind are doing their thing but
298 at the same time have something valuable on so that your
299 Subconscious can be picking it up, like a quiet piece of classical
300 music or something like that?

301

302 C: Yes, but you must realize that the Subconscious, although it is
303 taking everything in like a sponge, it is working twofold.
304 Remember that. Its primary activity or let us say part of the
305 Subconscious, its primary activity is to tend to the physical body
306 since the consciousness goes into, well to keep things short and
307 sweet, goes into a dormant state. While that processing time is
308 going on, part of the Subconscious then tends to the physical body and
309 part of that tending then is dependent upon what is going on around
310 the physical body, so if someone breaks into your home and there is
311 an element of danger there, the Conscious Mind protects the
312 physical body by triggering the consciousness into an awake state
313 or into activity which is an awake state. Do you understand?

314

315 ***: Yes.

316

317 C: Now, even though its main purpose is to protect the physical
318 body, at that time that portion of the Subconscious can also
319 receive instructions that are beneficial or it can receive
320 garbage. When it is in that activity, that stage of activity or
321 that state of activity, it will not absorb as much as if it were in
322 a true altered state of consciousness. In other words the
323 Subconscious would be primarily active as itself or its full duty.
324 So the Subconscious then during sleep divides a portion of itself
325 off to watch over the body, that portion then can assimilate
326 information, it does assimilate information, and it will assimilate
327 information. If you achieve an altered state of consciousness

328 other than sleep, then the full Subconscious Level is present, of
329 course, depending if you reach that level, and it is able to
330 assimilate or to take up much more information. Does that answer the
331 question or explain it?

332

333 ***: Yes, it does.

334

335 C: Very well. The information on the mind and the conscious level,
336 there are a number of areas that could be questioned there wherein
337 information is available. This, of course, is not the appropriate
338 time, but keep that in mind.

339

340 ***: Getting back to the rock music, if you avoid listening to
341 rock music but you are in a situation where it is being played and
342 you cannot readily leave that situation, is there anything you can
343 do to protect yourself mentally from the effects of it?

344

345 C: An occasional experience with this stuff you call music and
346 your awareness of the fact that it is detrimental, that in itself
347 will offer a means or a part or partial protection because as you
348 consciously think that it is not good for you, originally that
349 concept comes from the Subconscious. Now the Subconscious will
350 fend off a small amount of that stuff that you call music. Do you
351 understand that?

352

353 ***: Yes.

354

355 C: So an occasional encounter with that noise will not do any
356 harm. It is when you are constantly bombarded by it and you are
357 allowed to reach almost a euphoric state or a state of ecstasy
358 listening to that noise the real danger or real damage is done.
359 Your young people, watch them, watch them. Your eyes will tell you
360 what is going on. They are beside themselves with the noise.

361

362 ***: I was thinking that it would be difficult in this day and age

363 to keep your children away from hearing this kind of music because
364 they are exposed to it everywhere.

365

366 C: They do not have to be exposed to it in the home, and parents
367 should see to it that their children are home far more than they
368 are. The problem with the world has come from the deterioration of
369 the family unit. Once the family unit is reestablished then your
370 world conditions will definitely improve, but each parent then must
371 begin to desire the family unit to be reestablished. They must
372 desire a respect for themselves. They must have a desire to accept
373 their responsibilities in total, not as they see fit, but in total.

374 But even before all that, the parents must love themselves enough to
375 want to do it. They must have enough self-esteem, self-respect to
376 want to reestablish the family unit, to assume their rightful
377 duties and responsibilities.

378 So, you should try to control what your children are seeing and
379 hearing as much as is humanly possible. Your world today caters to
380 practically babies with that obscene music; they cater to
381 practically babies, and parents allow it. Parents even go and
382 provide the music for their children. If the parents would stop
383 giving the children the money to buy this music and patronize these
384 obscene people that make this music, there would soon be something
385 else available on the market. As we said before, this is not
386 something new. This is simply a repeat of what has happened over
387 and over and over and over again in your total existence of
388 mankind.

389 So, shut off your televisions and your radios and get rid of that
390 noise and bring into your homes something a little more interesting
391 or understandable or pleasant, and, again, we have primarily
392 suggested classical music, but that is not the only good music
393 available. Listen to your music. If you see that it is or it has
394 lyrics that promote respect and the proper kind of love, then as a
395 general rule it should be acceptable. As far as the melodies, the
396 beats, we have suggested anything that has a heavy underbeat to it
397 should be listened to with caution. So that leaves a great deal of

398 music that is available that does not have to be the very serious
399 classical or heavy stuff. Be careful of your operas. Some of
400 them, their stories are ... Well, enough said. In fact, many of
401 them should be classified alongside this noise that these children
402 are bombarding themselves with, this garbage that they are pumping
403 into their minds. In fact, if those children could understand some
404 of those operas, they would probably be on the best seller list or
405 whatever alongside with the other noise. So, you see, the title
406 classical does not mean that it is good. It simply is a term we
407 are using to give you an area in which to look. Very well.

408

409 ***: To get back to this area of falling asleep with the music on or
410 the television on, this information goes in your Subconscious and then
411 you say that you have to deal with it later. When you say deal
412 with it later, does this mean these things will come back out and
413 give you problems later on, things that you will have to overcome?

414

415 C: It is similar to your experiences during your day hours.
416 Everything that you experience must be fed back into the
417 Subconscious, reprocessed, and then put back out into the
418 Subjective Mind, where the Conscious Mind then has a source of
419 response then. What is put into the Subconscious directly during
420 the sleep is basically just bypassing the normal process of events,
421 so it will become part of the reprocessed information that will
422 go back into the Subjective Mind and become part of the Conscious
423 Mind. Do you see?

424

425 ***: Yes, I see, but here is what gets me. When you are
426 conscious, your will is operating and I can see how you can do good
427 or incur guilt because the will is involved. But what I don't like
428 about this subconscious stuff it is almost like you can incur
429 undeserved karma. The will has nothing to do with it and you take
430 in all this ...

431

432 C: Oh, no, no, no, no, no, no, no, no, no, no, no. The will is a

433 blanket bubble that goes over the entire range of consciousness.

434

435 ***: Yes, but when you conk out watching TV, ...

436 C: Did you ever stop to think that from some higher level, it was

437 a deliberate act?

438

439 ***: Well, frankly, no. It never occurred to me. I mean I don't

440 intend to fall asleep in front of the TV, but it just happens.

441

442 C: Now, most individuals who will become in a prone position on a

443 very comfortable lounging spot after a good meal with some noise

444 constantly rumbling in the background will most generally doze off.

445

446 ***: Yes, but I always thought it was rather innocent.

447

448 C: Maybe it is innocence to a certain degree, but maybe it is also

449 a little lack of respect for oneself, of possibly not thinking far

450 enough as to the potential danger.

451 Certainly, everyone has learned of sleep learning. This is no

452 new technique; it has been around since the beginning of man. In

453 fact, if you parents want to make your lives a little easier, when

454 you are holding that little baby in your arms and rocking it to

455 sleep, teach it a moral standard. As your children get older

456 and are able to go to bed by themselves, sit with them as they

457 are falling asleep and recite something that has a quality to

458 it, a standard of morality, and you will find that your children

459 will grow into much more spiritual adults and much quicker. So,

460 this technique of learning as you fall asleep or are asleep is

461 nothing new. It has been used since the beginning of time.

462 Now, if you have fallen asleep watching a television show or

463 listening to possibly questionable music, if you have done that in

464 the past, you may have a loophole as far as responsibility goes,

465 but now that you have heard this information ... Play it safe, shut

466 off your television and your radio and put on a record that you know

467 contains something that you are familiar with.

468

469 ***: But that is almost salvation by trick. I would like to think
470 that it is what you do that counts not what gets snuck under your
471 censors.

472

473 C: Well, it is not salvation by trick, it is salvation by
474 deliberation or by deliberate means.

475

476 ***: You really have to be careful.

477

478 C: You understand the origin of the word "salvation," which is
479 "salvo" which means whole. So if you can make yourself whole by
480 playing the proper music while you sleep, why not take
481 advantage of it? It is not a sneaky way to spirituality. It is
482 just another helping hand, a wise way to go.

483

484 ***: Thank you.

485 C: You are most welcome.

486

487 ***: You put the classical music on, the good music, it inspires
488 you when you are awake, at night or at any time, what is the good
489 benefit of that as opposed to not listening to any music at all?

490

491 C: Good music has a tendency to soothe not only the physical body
492 but the different minds. It should be obvious to you. If you are
493 ever nervous and upset, if you listen to some good music, it will calm
494 you down. It is a known fact that music will soothe the ills of
495 mankind, if you wish to make it that broad. When the conscious
496 levels are soothed, they work more efficiently. Remember, all your
497 conscious levels are not magical levels that can perform miracles
498 just because they are conscious levels. They are conscious levels
499 and can perform according to you as the entity yourself. They are
500 simply extensions of the true you, and if they are jangled up and
501 confused and disheveled and all that, it is because you as an
502 entity are that way. Now, if you can help soothe out those levels

503 of consciousness by listening to some good music, why not, because
504 if those levels are being soothed out or given a state of peace,
505 then so are you.

506 Your conscious levels are you; you are your conscious levels.
507 That is why in the past we have said you are conscious state
508 beings. Now you are getting a small picture of what we were trying
509 to explain way back then, when we knew it would be hopeless to go
510 beyond that. Over the period of time we have carefully tried to
511 get you to think beyond that physical body that you all hold so
512 dear and near to we do not understand what. No, in all seriousness
513 now, you have a physical body for a particular purpose, and you
514 have the obligation of tending to it properly, caring for it,
515 protecting it. That is all.

516

517 ***: It is 9:30.

518

519 C: Let us go on a little further.

520

521 ***: One more question about music. I heard a news report
522 recently where some scientists had looked at a drawing or diagram
523 of the components that make up DNA, and one of them had commented
524 that it looked as if it had a rhythm to it and they started to put
525 it to music ...

526

527 C: Yes, and all of a sudden you are realizing that there are
528 harmonics involved in your being. How interesting. We told you
529 that a long time ago.

530

531 ***: I must have missed that one. They put it to music.
532 Listening to a musical interpretation of the structure of DNA or of
533 molecules of particular items, is there any positive or negative
534 influences to that?

535 C: Well, it can be educational. There is the potential of it
536 being beneficial. You can become aware of the certain harmonic
537 structures or if you wish to use the more common term, vibration.

538 What do you think vibrations are? You see, everything has a
539 vibration, everything has a sound.
540 If you will go back a few years, we explained the entire
541 development of Creation, and it is a simple matter of going back
542 and reading over the information that was given to you back many
543 years ago.
544 Middle C or what is commonly known as Middle C is a sound that
545 is very compatible with the physical body and the soul. If you
546 would want to, you could start tapping Middle C out on an organ or
547 piano, and you would hear as close as possible the activity of the
548 soul in the physical body, you would actually hear the closest
549 possible sound to that activity or the closest possible vibration.
550 C above Middle C will give you the same harmonic sound but more
551 attuned to the soul. We do not suggest going to C below Middle C
552 because that would deal basically with the more primitive aspects
553 of the physical body. So, no big fabulous discovery. Something
554 that has been around a long time. You can control a great deal of
555 emotional strain and stress, thus improving the physical body
556 simply through music. What have we been saying? Now, in light of
557 reminding you of what we have said, if we may say so, we had the
558 jump on those boys (some time ago).

Music was discussed on 85-11-15, the 134th Trance.

The word "music" was first found on page 2184, line 607.

604 ***: I would ask you to comment on three different areas. One is
605 Muzak which is everywhere, in every elevator, everywhere, and a lot
606 of the Muzak does have a strong rock beat but with no words.
607 Another thing is marching band music that has a very strong steady
608 beat, again no words, and instead of a droning it gives everybody
609 more of an up feeling. And the last thing is silence, just
610 beautiful, total silence.

611

612 C: Silence is a blessing, and it is a healthy state, and it is a
613 spiritual state. Now, let us ask you a question. How many people
614 today can stand silence? Not many.

615

616 ***: If you are asking me, I have yet to meet many of them because
617 everywhere you go there is noise.

618

619 C: That is right, so that gives you some idea as to, again, an
620 indication of the spiritual condition of the world. People who are
621 seeking something beyond the material will enjoy silence. Those who
622 are running away from spirituality must have noise, because in silence
623 one meets one's self and then one meets one's God.

624 Now, as to Muzak, if you must be bombarded with music, it is
625 something like between the fire and the kettle, the less or the
626 least damaging would be just the straight music. If it has a
627 strong underbeat or overbeat or whatever you wish to call it, it
628 will affect the base vibrations or the base chakras. This can
629 be dealt with simply by a general meditation; it can be brought
630 back into proper synchronization with the other chakras. It is
631 more dangerous to listen to that kind of music if it has words.

632 Does that answer your question?

633 ***: Yes, except for marching band-type music.

634

635 C: Marching band-type music. It has a tendency to, how shall we
636 put it, stimulate the physical body. Let us put it this way, in
637 most situations, a marching music will bring a sense of pride to
638 an individual. This is somewhat triggered off by the hormonal
639 system of the body which can for a short period of time act almost
640 as a cleansing process or a rejuvenation, but too much of that
641 music can be, to say damaging would be very strong, to say
642 disregard all worry about marching music would be too strong. With
643 the marching music a little will help; too much will be damaging.
644 Is that clear enough for you?

645

646 ***: Yes.

647

648 C: It is one of those situations or types of stimulation that a
649 little is good, too much is bad. Music is not just music, you
650 know. There is an influencing factor on music, we hate to bring
651 this in because it will definitely complicate the whole situation,
652 but there is an influencing factor when it comes to music. It is
653 the concept or the pre-established concept or idea that you have
654 that may be related to the music that can offer a beneficial factor
655 or it can be a detrimental factor. Does that make it a little
656 clearer or complicate things?

657

658 ***: No, that makes sense.

659

660 C: A simple example is with the marching music, if it establishes
661 a sense of pride, we are talking about not the egotistical pride
662 but the wholesome pride, if it gives you a sense of joy and uplifts
663 you, then by all means some marching music will be much to your
664 benefit or be much beneficial, but again exercise a little caution
665 with such music. There are many different beats or renditions of
666 the same march. If the beat is very quick and pacy, there is less
667 danger than something that would be slower and deliberate. Do you
668 understand?

669

670 ***: Yes, I do. I am thinking of John Philip Sousa. Yes.

671

672 C: So, those are some guidelines. Now, when it comes to this
673 modern noise-making, and we are sure that you are all aware that we
674 object to it with a passion, so we are apt to make very strong
675 blanket statements which, as a general rule, holds pretty clearly, but
676 you have other areas of music that are acceptable, and we would not
677 offer as strong a caution on those pieces of music or that type of
678 music.

679 Take, for instance, a waltz. Some waltzes have very strong
680 beats to them, but it is not geared to the base chakras. The
681 whole structure of a piece of music must really be analyzed or
682 taken into consideration, if you are to evaluate properly and it
683 has to be done on a piece by piece, but as a safeguard we make
684 blanket statements in certain areas. The modern music today, you
685 would look hard and we do mean very hard and long to find anything
686 that would be even remotely acceptable, so making a statement that
687 it is all garbage is pretty accurate. Now, again, that deals with
688 your acid rock type of music and the later rock and roll musics.
689 Your folksy music or cowboy musics, we cannot understand how
690 the ear of man can listen to that twangy sound, honky-tonks and
691 broken hearts, it seems to be extremely depressing and the newer
692 versions or the newer songs are running a close second to the stuff
693 that the young people call music, this junk. You all are aware of
694 junk food, well, you have another category, junk music, which is as
695 damaging to the consciousness as junk food is to the body. Very
696 well. Hopefully, we have answered your question.

697

698 ***: Yes, very well, thank you.

699

700 C: Nice little sermon we threw in, too.

701

702 ***: I'm not really sure what my question is exactly anymore, but
703 my son and I are doing an experiment. Last year he was getting D's

704 and F's and I had heard that if you would listen to classical music
705 and especially Mozart for fifteen minutes a day, your grades would
706 improve. So he has been doing this and his grades have improved in
707 the last eight months to A's and B's. Is it that he is becoming
708 smarter or does the music stimulate?

709

710 C: It does two things: It acts as a stimulant and acts also as a
711 soothant or a pacifier or a quieter. It quiets the conscious
712 levels so they can become more productive, more observant, and more
713 in accordance with each other. Do you understand?

714

715 ***: Yes, it is not that he is becoming smarter. I was wondering
716 ...

717

718 C: He is becoming smarter, if you want to use those terms. He is
719 able to process information more sufficiently. You do not really
720 become smart as being able to learn to use what is already there.
721 If that does not make sense, you cannot learn anything new because
722 there is not anything new to learn. All you are is reawakening
723 knowledge in you, and it takes a certain amount of conscious
724 activity or physical activity, conscious activity, to reestablish
725 that awareness. So, your son is becoming brighter, if you choose
726 to use that terminology, but what is more important is that he is
727 learning to use his conscious levels more efficiently. Now, of
728 course, he is not aware of the process going on, nor is it
729 important to be aware of everything that is going on, but anything
730 that can relax a person, an individual, and then go into a learning
731 situation, they will learn much quicker, and if a person will take
732 time each day to practice a quiet time, this will help. Does
733 that answer the question or ...

734 ***: Yes, as far as that question. We have a foster child who is
735 slow, two years behind, and I thought maybe I could play classical
736 music that would help her to become smarter but evidently it is
737 there, just stimulating what is there? You cannot add to what
738 isn't there?

739

740 C: What do you think is not there?

741

742 ***: I don't know. Well, I guess her ability to learn at the

743 level that is considered normal.

744

745 C: Well, pay no attention to what they say is or is not normal.

746 Treat the child as if she is normal because for her or him it is

747 normal, whatever state or condition they are in. A person becomes

748 more abnormal if they are treated as though they are abnormal. A slow

749 learner becomes an even slower learner, if they are treated as a

750 slow learner. Many times slow learners are not slow learners at

751 all; the teachers are not smart enough to teach them fast enough.

752 That is more of the problem in most cases, and also some children

753 are slow learners because they cannot learn in the herd-type of

754 learning situation. They need a more unique or individualized

755 manner of learning. Do not look at children as they are always

756 titled or slotted. All children are gifted. It is just a question

757 of realizing the gift. Does that answer the question or help you?

758

759 ***: Yes.

760

761 C: Very well.

Music was discussed on 86-05-30, the 139th Trance.

The word "music" was first found on page 2245, line 64.

63 ***: In a previous Trance you said that children should not be
64 allowed to listen to rock music in the home. In a situation where
65 a child has been allowed to listen to this type of music for quite
66 some time and then the parents become aware that it is not good for
67 the child, how can the parents stop it without a battle?

68

69 C: Well, if you are a parent who assumes their proper position in
70 the family structure, there should be no battle. A simple "No
71 more" and that is that, but we do realize that such an ideal
72 situation does not always exist in the family structure. It would
73 be advisable and of a godly state to first explain to those
74 changelings that you have or children what the situation is. Now,
75 if you have taught your children a moral responsibility to life and
76 to themselves, then an explanation of what this noise and filth
77 that you call music consists of or can do to them, it should not be
78 much of a problem. Depending on the job that you have done as
79 parents will determine how much resistance your changelings will
80 offer you.

Music was discussed on 86-05-30, the 139th Trance.

The word "music" was first found on page 2245, line 182.

145 ***: My question is in regard to teaching or using sleep-talk with
146 our children. Is it harmful since it is a form of hypnosis without
147 being hypnotized and you are suggesting to your children in an
148 altered state, an alpha state? Is that a harmful thing to do?

149

150 C: It could be but, as a general rule, no. If a parent will talk
151 to their children while they are going to sleep, we would hope that
152 the parents would be responsible and godly parents. They can
153 educate their children not only intellectually but spiritually in
154 that state. In the information that we gave as far as the workings
155 of the consciousness, you have, what we might loosely term, a
156 direct line to the Subconscious, which is the area that either
157 unlocks the potentials or activities of the Objective Mind
158 which is the direct connection with the soul, or it can merge
159 information or input with all the other input that is going on in
160 an individual's experiences or waking hours or a lifetime. Your
161 term "sleep-talk" we find that it is not objectionable; it is
162 beneficial; and it can be, how shall we put it without promising
163 the moon and the stars and not being able to deliver, it can be
164 almost a shortcut to instructing children. We would suggest, in
165 fact as we have before, that parents take the time to do this. In
166 fact, you do not have to wait until your children are born, but if
167 the mother who is carrying the child and the father, if they were
168 to talk to the child as it is in the womb, you will have that much
169 of a headstart on instructing your children. Does that answer the
170 question?

171

172 ***: Yes, thank you.

173

174 C: Now, just remember, as you can feed your children wholesome,
175 healthy food, you can also feed them food that is not as wholesome.
176 So, if you are going to use this type of instruction or method,
177 make sure that what you are teaching your children is of the
178 highest quality and has the greatest spiritual purity that you can
179 give them. Very well.

180

181 ***: Yes, I would like to ask about subliminal tapes. I ordered
182 some recently and the music on the tapes was just beautiful, but,
183 of course, I cannot hear the words, the hidden messages, and I am
184 wondering, are these beneficial?

185

186 C: Well, basically, that is nothing more than a whisper that the
187 Subconscious part of your being is capable of understanding. If in
188 fact you purchased tapes that are true subliminal suggestions, then
189 they will work. The expense involved in producing such tapes, very
190 few organizations have that type of equipment or have the finances
191 to produce such tapes. We would suggest that if you are going to
192 use something of that nature, be extremely careful, extremely
193 careful, since at a conscious level, you cannot truly hear what is
194 being said. Does that answer the question?

195

196 ***: Thank you.

197

198 ***: I would like to know if distance enters into this. For
199 instance, can a grandparent talk to a grandchild who lives in
200 another city at nighttime when they are asleep?

201

202 C: If the grandparent or grandmother or grandfather can control
203 their mind and direct it, yes. It works more in the line of what
204 is referred to as telepathy, but it is still conversation with an
205 entity in an altered state of consciousness. We would suggest in a
206 situation like that, if necessary to use visualization as an
207 assistance in it, we would suggest using a beam of light that the
208 words or sentences are carried on. Depending on your own personal
209 evaluation or evolvment or concepts of color, you may choose any
210 color of light or ray that you would like. The most common in
211 individuals would be a color pink which would carry those words on
212 a rainbow or arc or beam of light evolved or enveloped in love.
213 Now the pink, as a general rule, each of you have your own personal
214 interpretations, but the overall concept and accepted motivating
215 force behind the color pink is a guiding or protective or brotherly
216 love, so if you have that concept of the color pink, visualize your
217 words being enveloped or surrounded by that color. Then it
218 becomes, how shall we say, charged a little more. Do you
219 understand?

220

221 ***: Yes, thank you.

222

223 C: You are most welcome. Very well.

224

225 ***: Yes, the subliminal tapes that (***) talked about. What
226 about the learning tapes themselves for children rather than the
227 parents voices or something like that?

228

229 C: Specify your "learning tape."

230

231 ***: Well, a language as an example, foreign language.

232

233 C: Using it under what conditions?

234

235 ***: Well, as the child is going to sleep at night or in a restful
236 mode.

237

238 C: Using any form of instructional information, using it as a mode
239 of instruction while the child is going to sleep or during sleep
240 will help the child to assimilate the information much quicker
241 because it is going directly into the Subconscious. Does that
242 answer the question?

243

244 ***: Yes, thank you.

245

246 C: This concept is nothing new. Since the beginning of time it
247 has been practiced and used. There are times during the sleep
248 cycle when the consciousness will accept more because the
249 Subconscious becomes very active during the sleep time. It is in
250 the process of digesting and re-evaluating concepts. Now there are
251 certain times during the sleep when the consciousness will receive
252 more from sleep learning or your sleep tapes or whatever you wish
253 to call them. In the activity of the Subconscious when information
254 is pumped into it, in those times during certain activities, it
255 will pump more of that information directly into the consciousness.
256 Now to make it very simple. You have your Conscious Mind and you
257 have your Subconscious, you have the Subjective Mind. Between the
258 Conscious Mind and the Subjective Mind there can be a small pocket
259 of retention or small pocket where information is stored that will
260 become a greater part of the Subjective Mind and the Conscious Mind

261 depending on a number of factors and those are all determined by
262 the soul itself and its need. So, much of that information then
263 could be stored in that little pocket or reservoir and then allowed to
264 seep out into the consciousness to suit the overall situation of
265 the life, or it may retain in the Subconscious Mind to influence
266 the Conscious Mind indirectly. Do you understand that?

267

268 ***: Yes.

269

270 C: Very well. There are some people at certain times in their
271 life have as an example spoken a foreign language and because of
272 not using it for many, many years or not keeping abreast of it,
273 they seem to lose the ability to speak that foreign language, yet,
274 in most cases, again this is most cases, they can understand that
275 foreign language much more fluently or to a greater degree than
276 they can speak it. This is because the information is still within
277 the entity in the Subconscious, and they are capable then of
278 understanding the spoken word, yet are not able to speak the
279 word or recall it in order to speak it. Very well. Does that
280 answer the question?

281

282 ***: Yes, thank you.

283

284 C: You are most welcome.

Music was discussed on 88-09-12, the 158th Trance.

The word "music" was first found on page 2604, line 146.

145 ***: Okay, I think so. Just a couple other short questions. Can
146 music affect your aura?

147

148 C: Yes, it can. It depends on how you mean by affecting it.

149

150 ***: I am not sure how ... Well, let's say, ...

151

152 C: Music can relax you, therefore, it would change or affect the
153 aura. Music can make you uptight, therefore, it would change or
154 affect the aura.

Music was discussed on 90-10-20, the 178th Trance.

The word "music" was first found on page 2948, line 234.

233 ***: The Council spoke once about music but it was mostly about
234 the harmful effects of certain kinds of music upon humans. My
235 question has to do with other comments about music and especially
236 its enhancement for life, for learning or personal and spiritual
237 growth?

238

239 C: Music can be very instrumental in raising the spirits of man.
240 It can be instrumental in raising the intellectual level of man.
241 It depends on the type of music. Anything with a heavy constant
242 beat that may have, how shall we put it, a hypnotic effect to it is
243 a dangerous type of music. The form of music that builds to a
244 crescendo and then subsides and then brings it up again is probably
245 more beneficial for the majority than something with a heavy
246 backbeat to it. The music raising to a crescendo can raise the
247 vibrations of the individual so that the thoughts are forced to
248 spiral upwards into something above the heaviness of the material
249 form. Using it as a means or a vehicle to assist in the
250 intellectual quest, we think it is very wise. We also think that
251 music is wise to be used as a soothing effect, as a healing effect,
252 as a means of assisting one in quieting the inner self so that one
253 can meditate. Does that answer the question?

254

255 ***: Yes, thank you.

256

257 C: Our comments about the negative form of music was given as a

258 caution particularly to the parents of today who allow their
259 children to listen to this atrocious obscene ranting and raving
260 that you call music. Let us advise you, whenever a child or an
261 adult is subject to a constant beat, this can create or start a
262 hypnotic effect in the individual so that the conscious mind quiets
263 down and the subconscious mind opens up. All the garbage that is
264 fed into that subconscious mind in the lyrics of the music become a
265 permanent fixture that will take a great deal to eradicate. Those
266 of you who allow your children to follow the peer pressure are
267 being very unwise, for everything that that child is subject to he
268 will accept as a normal lifestyle. Very well.