



Triangles

BULLETIN

No. 193
September 2015

THE CREATIVE POWER OF SOUND

The material that makes up our physical world is in constant vibrating motion. Every atom oscillates with life; from micro-organisms, plant and animal lives, up to and including humanity, all lives actively fulfil their various destinies within the biosphere; while countless planets revolve around their suns; galaxies as far as our telescopes can see rotate mysteriously in deep space whose vast dimensions awe us.

These observations remind us that the different creation myths from around the world have a common thread – God, the absolute, the causeless cause, the unmoved mover, the synthesis behind the outer multitude of forms, initiates the whole panoply of the universe into motion through sound. “In the beginning was the word”, for God, the One Life, speaks and thus creates and sustains all forms.

Made as we are in the image of this synthesis, we replicate the pattern on our limited human level. The individual use of sound, or speech, to generate and attract what is desired and repel the undesirable is ubiquitous. The use of sound to promulgate thought and ideas is becoming more widespread. On a larger level it is the ‘sound bite’ and the advertising slogan that drives, not yet fully, thinking people into patterns of voting and purchasing which puts politicians into power and swells the profits of industry. Viewed in this way the power of sound as the transmitter of ideas and desires is enormous. Yet the fascinating thing is that sound has no material substance other than fleeting changes of pressure in the atmosphere. In reality it is a creative bridge between the material world and the more spiritual dimensions.

Perhaps the most sublime use of sound by humanity lies in the world of music. Here the combination of timbre, melody, rhythm, discord and concord reflects the human condition of diversity with conflict and tension that must eventually achieve resolution in harmony. Perhaps it is this that gives music its power to produce the experience of unity, of shared emotion, of thought and of purpose. In a very real sense the unfolding life of humanity is a musical improvisation on the theme of the Plan as we gradually weave together conflicting elements and eventually produce – who knows what? – other than a fitting climax and revelation of truth and beauty that our best guesses fall far short of.

This end, of course, is still aeons in the future. Our spiritual task now is to use the tensions and dissonances of the present world situation to generate a better future of right human relationships. Much is already being done. Even more is being done silently behind the scenes as people all over the world consecrate their lives to reach up and grasp the new realities on the verge of manifestation and help precipitate them as a new and major theme for humanity to play in the planetary life. Triangles is an important contribution in this planetary effort.

REFLECTIONS ON MUSIC AND SOUND

God created by the power of sound, and the “music of the spheres” holds all life in being.

Alice Bailey

Sound permeates all forms; the planet itself has its own note or sound; each minute atom also has its sound; each form can be evoked into music and each human being has his peculiar chord and all chords contribute to the great symphony which the Hierarchy and Humanity are playing, and playing now. Every spiritual group has its own tune (if I may employ so inappropriate a word) and the groups which are in process of collaborating with the Hierarchy make music ceaselessly. This rhythm of sound and this myriad of chords and notes blend with the music of the Hierarchy itself and this is a steadily enriching symphony; as the centuries slip away, all these sounds slowly unite and are resolved into each other until some day the planetary symphony and our Earth will then make a notable contribution to the great chords of the solar system—and this is a part, intrinsic and real, of the music of the spheres. Then, as the Bible says, the Sons of God, the planetary Logoi, will sing together. This, my brother, will be the result of right breathing, of controlled and organised rhythm, of true pure thought and of the correct relation between all parts of the chorus.

Alice Bailey (adapted)

Music expresses the harmony of the universe, while rituals express the order of the universe. Through harmony all things are influenced, and through order all things have a proper place. Music rises from heaven, while rituals are patterned on the earth.

Confucius

[There will eventually emerge] a creativity of such wondrous dimensions that the world will stand amazed; nothing like it will have been seen

before. A creative planning for human well-being and a political expression, implementing this planning, will demonstrate in every country; a creative thinking will be apparent which will express itself in writing and in poetry; creative imagining will produce the new art, the new colours, the new architecture and the new culture; a creative responsiveness to the “music of the spheres” will bring forth the new music.

Alice Bailey (adapted)

Music is a higher revelation than all wisdom and philosophy.

Ludwig van Beethoven

Music is well said to be the speech of angels.

Thomas Carlyle

Know when the music of the spheres comes to you note by note, in misty dawn or sunny noon, at cool of eve, or sounding through the deep of night, that in their rhythmic tone lies secret revelation.

Alice Bailey

Music in the soul can be heard by the universe.

Lao Tzu

Next to the Word of God, the noble art of music is the greatest treasure in the world.

Martin Luther

To know the science of music is nothing else than this,—to know how all things are ordered, and how God’s design has assigned to each its place; for the ordered system in which each and all by the supreme Artist’s skill are wrought together into a single whole yields a divinely musical harmony, sweet and true beyond all melodious sounds.

Hermes

THE PLANETARY NETWORK

The planetary network of light, love and service is transforming the mental climate of the planet, reorientating humanity to spiritual attitudes and values. The groups and activities reported in the Bulletin reflect different aspects of the network.

The Music Therapy Charity

The Music Therapy Charity (MTC) was formed in 1969 to promote and support the activities of music therapists. Primarily, MTC funds music therapy research and bursaries for music therapists in training. It is the only funding body in the UK specifically supporting high quality research into what treatment outcomes can be expected with a course of music therapy.

MTC highlights the following benefits of music therapy:

- effective in reducing tension and anxiety, and challenging behaviour.
- increases self awareness, the awareness of others, and the ability to manage feelings and stress.
- encourages and promotes the development of communication and social skills, self expression, confidence and self esteem.
- promotes well being, helps pain management and physical rehabilitation.
- helps to meet the social, emotional, behavioural and cognitive needs of vulnerable people of all ages, contributing to the quality of life and enabling them to achieve their full potential.

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Jessie's Fund

Jessie's Fund (JF) was founded in 1995 by the parents of Jessica George, a gifted and musical 9-year old who passed away in 1994. Jessie's parents established Jessie's Fund, a registered UK charity, to help seriously ill and disabled children through the creative and therapeutic use of music.

JF explains: "Music therapy uses music to encourage communication and expression by playing an instrument, singing or listening, usually in improvised music. It isn't about learning to play an instrument; the instruments offered can all be played intuitively."

The Fund works in children's hospices. It has now equipped all children's hospices with musical instruments and has established part-time music therapy posts at 37 of the 46 hospices for children in the UK. It also provides workshops and training courses for hospice staff which enable them to use music as a tool for communication and expression with the children for whom they care, some 85% of whom can't communicate verbally.

Jessie's Fund also supports children in settings other than hospices and schools by funding music therapy sessions, providing instruments, giving in-house workshops, and running creative music projects.

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RIGHT SPEECH

Triangles works consciously and constructively with the power of thought. Speech also reflects the power of thought and words reveal the contents of the mind, which are conditioned by thought and desire. Right speech, one of the steps on the Noble Eight-fold Path of the Buddha, is a timeless virtue which helps to bring right relations to God and to each other.

Today, words can reach vast numbers of people, they flash across the airwaves via text, email and mobile phone; our innermost thoughts can be revealed to a wide audience. Words flow so freely that their power may be underestimated yet, we may recall that "In the beginning was the Word and the Word was with God and the Word was God. All things were made by Him..." (John I. 1:2.) God spoke and the worlds were made.

The purpose of speech is to express thoughts in word form and communicate with others. Words that are sent forth with the energies of love, compassion, tolerance and goodwill help to build trust between peoples and forge right human relations. Words that would create separating walls that become barriers to right relations.

Speech may be instinctive and emotional and not "thought through", it may be measured and "mindful" or a mixture of both aspects. At a higher level there is a quality of speech that flows from the soul which communicates its purpose and intention through its instrument – the threefold personality. Thoughtful and reflective speech is heard from those who have achieved an inner reflective silence insulated from the background noise of the market place.

An examination of history up to the present times reveals the power of speech. Used rightly it is a force for good. Consider Lincoln's Gettysburg address, the inspiring oratory of Winston Churchill, the magnetic power of Martin Luther King, the wisdom of Nelson Mandela, the compassion of the Dalai Lama. In contrast to this there are the wounding and destructive words of those who deny the reality of the one human family, made up of many diverse races and cultures. Human unity may seem like an idealistic notion, but think of the diverse sounds of a great symphony and compare that to the many different sounds and voices needed for a complete and whole humanity.

Let us also reflect on the analogy of the seed, where in the silence and darkness of the soil, it magically germinates to produce a beautiful plant or flower. The energy generated through the ages by groups working with concentrated silence is like a seed in the collective mind and heart. Imagine the silent monastic orders down the ages as a seed, or the silent prayer, meditation and reflective thought of so many creative and intuitive people. In the Pythagorean order neophytes were not permitted to speak for two years; they had to earn the right to speak through reticence.

Wherever we come across right speech we can be sure that the words flow from the Soul or higher Self. Such words serve the greater good and contribute their quota of constructive energy to human progress.

Triangles is a world service activity in which people link in thought in groups of three to create a planetary network of Triangles of light and goodwill. Using a world prayer, the Great Invocation, they invoke light and love as a service to humanity. Further information is available on request from Triangles.

The Triangles Bulletin is for men and women of goodwill and is published four times a year in Czech, Dutch, English, Farsi, French, German, Greek, Italian, Polish, Portuguese, Russian, Spanish and Swedish. Triangles is an activity of the Lucis Trust, a non-profit educational charity which exists to promote right human relations.

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