

Self-Musicalisation and the Sound of Triangles

Clarence Harvey. Triangles Meditation Group Webinar. Monday 8 December 2025

Our topic is Self-Musicalisation and the Sound of Triangles. By way of introduction, I'd like to share some of the reasons for offering this topic at this time.

Firstly, there's the question of continuity with a theme that I've spoken and written about before. This theme concerns a practical methodology and language of musical awareness, and the developing of a tuned sensitivity to higher vibration. We're talking then in terms of sound, vibration, frequency, tone and relationship, and all of this related to the quality of the qi we invoke and radiate through the Triangles network. The work requires Soul relationship, and music might be said to be the essence of the way the Soul relates – the language of the Warrior Soul or Disciple. I hope to encourage the cultivation of a sense of Triangles as being inherently a musical enterprise and mode of world service for humanity.

On the world scene, on one level we could say that humanity seems to be very much out of tune with itself. The musical lens can help us interpret the world situation and all challenging events and behaviours in a way that gives immediate indications of potential solutions. Conscious musicalisation of the self can open the Way through to more harmonious world relations. This way of seeing aligns with language used not only in the books of Alice Bailey and articles and talks by esoteric thinkers today, but increasingly in the fields of cosmology, astronomy, quantum physics, the natural sciences and health and healing.

Perhaps most important as far as why this topic is *important at this particular time* is that this is and has been the year 2025.

I'm pausing for a moment for us to gather for ourselves the meaning and significance of this year 2025, both for us each personally, and for how we see and interpret the world and humanity's place in it.

Perhaps 2025 is and has been a year whose importance is beyond our ability to truly grasp.

In relation to our current theme, it is one of a number of concepts which may form part of an emerging aspect of the musical nature of the Plan of Love and Light which it is the destiny of humanity to work out. We are told that the Plan, as it issues from Shamballa, is musical in nature and structure, and that all of the groups which seek to cooperate with the Hierarchy "make music constantly". Self-Musicalisation has implications not only for the individual but for the collective sound of groups, including and perhaps especially so, a network group like Triangles. If humanity is to move forward to sound the note of brotherhood in the Aquarian age, surely it must be true that only humanity can tune and retune itself to this note. Cultivating awareness of Musicality in human relations facilitates the blending of the music and notes of the vibrations of human and Hierarchical livingness. And all of this must facilitate an increasing capacity within humanity to respond rightly to the Sound of the vibrations of Shamballa.

So, we might take the following musical proposition drawn from the teachings on Shamballa (*Externalisation of the Hierarchy* p.533):

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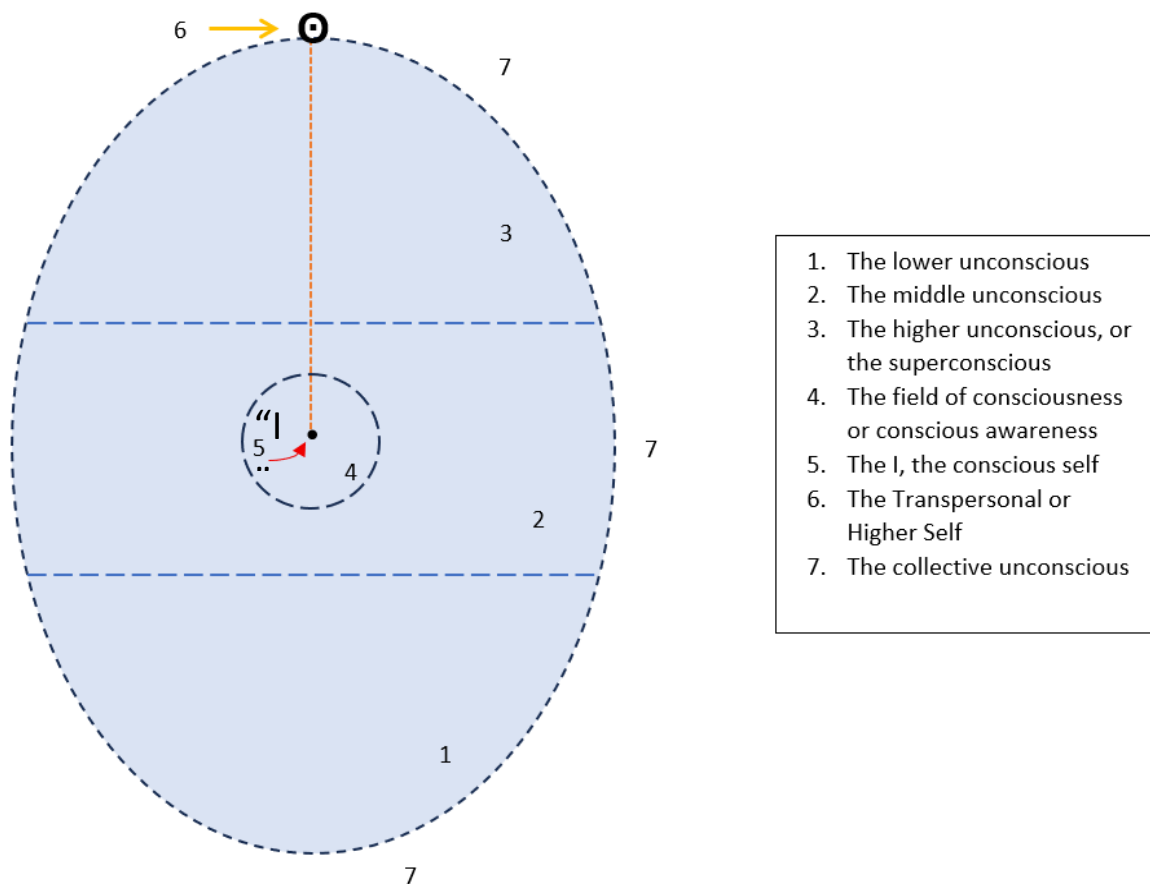
- In Shamballa, the Will has one clear note
- Set into motion, it is three abiding chords
- Impelled to demonstrate, it sounds as seven tones which draw out the structure of the Plan
- Every thing has its note
- Humanity and Hierarchy are intended to play together in our planetary symphony

And we can see this proposition as standing behind the approach used in the practice of Solfa Self-Musicalisation. The practical essence of this activity is simply the meditative singing of the Solfa keynote, “Doh”, and its related scale of descending or ascending frequencies, from Doh¹ to Doh. The term *keynote* refers to the note that sets the key in which a given piece of music is played. In Solfa, the name given to the keynote is “Doh”. The Solfa scale has seven basic tones, named with the syllables with which every schoolchild is probably familiar: doh, re, mi, fa, sol, la, ti – which are often abbreviated as follows.

- D R M F S L T D¹

Solfa becomes a simple tool for using musical sound to construct an inner bridge in awareness to the higher Self, the Soul.

To make this clear, let’s consider the Egg Diagram offered by Roberto Assagioli, the founder of the spiritual psychology known as Psychosynthesis.



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The Diagram is an aid in visualising the consciousness relationship between the lower self and the higher Self. These two are seen as connected by a straight dotted line. In Self-musicalisation, we visualise and use this line as a line of communication that can carry the vibrations generated by our singing. These vibrations are directed up and down this psychological line. The higher Doh is seen as representing the sound or note of the higher Self. The Doh of the I or lower self is a reflection in the same key as the Doh of the higher Self. The use of the descending and ascending scale invites the downflow of the energies of the higher Self into the awareness and life of the lower self. Over time, this is a method for tuning the lower self to the Keynote (the Doh) of the Soul Self. This is the beginning of the way of Self-musicalisation. Thus, we can say that

Self-musicalisation is a way by which human beings can tune and re-tune themselves to their own higher nature, musically lifting and stepping down their vibration at will.

A key point here is that the line of connection is anchored in the top of the head of the singer, i.e. the singing is done with the awareness held in the top of the head, in that area that relates to the crown centre, with all that this implies.

We come now to the relation of Self-musicalisation to the Sound of Triangles. Here, we're really talking about the nature of the collective Doh sound or keynote that resonates throughout the network. This sound is summed up in the words of the Great Invocation. Self-musicalisation offers a way of balanced musicalisation of the group consciousness, leading to awareness that the One sound generated by the Triangles as a whole contains and embodies an amazing symphonic activity expressing "Light and Love and Power". Based on individual Self musicalisation activity, units of Triangles link in consciousness to resonate in the same key and naturally find that they tune to a unifying Doh for the purposes of the work at hand. This is the singing of Doh and the higher Doh in Triangles formation. The sung Doh of each singing Triangle is sent out to blend with the collective Doh of the network, awakening sensitivity to the musical nature of the energies being generated. The collective, invocative sound naturally becomes clearer with practice. The radiated Sound is a vibration that heals, infusing humanity with Light, Love, and the Will to Good. In this way, Self-musicalising Triangles represents humanity learning to Musicalise its consciousness to the Keynote of its own Soul nature.

We'll be familiar with the idea that sound generates patterns and form, especial in etheric substance. An underlying validation of the use of Solfa for the purposes of Self-musicalisation lies specifically in the patterns generated by the sound "Doh". The sound "Doh" generates a geometrical form or pattern of triangles within a circle. The Latin letter D of the English language relates historically to the Greek *Delta*, whose uppercase form is the triangle: Δ . "O" is the circle of the Whole. In combining D (the 4th letter) and O (the 4th vowel) we are producing a sound which naturally resonates as the sound of the 4th kingdom in nature, humanity. In this way, as we participate in the forming of triangles within humanity we are enhancing the capacity of the whole etheric body of humanity to produce its own natural note or musical sound. The practice of Self-musicalisation opens the way to the integration of the life and consciousness of humanity into right musical relation within the greater system of triangle relationships of the greater Whole.

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In summary, Self-musicalisation is a means of musicalising the vibration of the consciousness of the lower self and tuning it to the vibration of the 4th ray Soul of humanity. The vibrating musical consciousness becomes increasingly sensitive to the quality of vibration of the two major centres of musical functioning in our planetary life, the magnetic vibration of the Doh of the Hierarchy and the purpose-awakening vibration of the Sound of Shamballa. The topic is vast, and beyond my ability to do more than offer an invitation for a simple beginning with ourselves. But a beginning today – whenever “today” falls for each of us – is sufficient. The Self-musicalisation activity of the Triangles network as a whole inevitably has potent effects on the musicalisation of humanity’s etheric body, transmitting the musical vibration or Sound of *Brotherhood* throughout the etheric body not only of humanity but of the entire planetary life. “Today” can therefore mark the musical entry into the Aquarian era of human unfolding on our planet.

For further reading, please see *Resonant Triangles from a Martial Art Perspective: Sound of the Warrior Dojo*. An article published in *The Beacon*, Part 1 in the October – December 2016 issue and Part 2 in the January – March 2017 issue.

Previous related talks in this webinar series: Singing, Self and Service. November 2018
Self-Musicalisation – a Cultural Activity of the Aquarian Age. June 2021

See also: (Gemini full moon 2025 talk by Leonidas Zoudros) Gemini’s exoteric ruler, the ruler of personality, is Mercury, “the winged messenger of the Gods.” It is responsible for the development of the Rainbow Bridge, or Antahkarana, connecting the lower and Higher Mind.” (Hadikin, 2012) Through Mercury, “we learn to connect and commune with our Higher Selves and hear our spiritual calling” and “attune to higher consciousness and perceive our Divine Purpose.” (Hadikin, 2016)