

## **Cosmic Awakening through Overtones**

*(Excerpt from The Tao of Sound, by Fabien Maman with Terres Unsoeld ©2010)*

Science has come a long way in its understanding of how sound works in the physical body. Knowledge has progressed from the theory that a sounding vibration is transformed into vibratory energy by the ear drum and then into electrical and chemical energy. According to French researcher and doctor, Alfred Tomatis, musical melodies are dispatched through the neo-cortex of the brain to the physical body's molecular structure.

I now know that before sound can arrive in the ear, it must first pass through the subtle bodies (aura). The physical body is enveloped by at least six bodies of subtle energy. The subtle bodies structure and nurture the physical body. They also act as receptors and filters of information coming to us from terrestrial or celestial sources.

Because these subtle bodies are composed of progressively finer and higher frequencies of subtle matter, they can interpenetrate each other and the physical body. They also can be seen by clairvoyants and Kirlian photography as extending beyond the physical body in what we normally call the aura. The Kirlian photographs in Chapter I show this subtle energy in the aura of the cells and how it changes as the vibration around the cells change.

Vibratory information coming from cosmic energy, such as harmonic overtones and light from a star or planet, (as well as any vibrational influence coming from music, color or movement closer to us), is received by one of our subtle envelopes by affinity of vibration, in the same way that a radio picks up different frequencies of radio waves from space.

How we respond to these vibrational messages depends on what level is our consciousness.

If I play a chord on the guitar, my harp across the room will start to vibrate. There is a resonance by sympathy - a recognition from both natural instruments - produced at the overtone level. If we consider human beings as natural instruments, we have the capacity to respond to sound either at the lowest animal level; or to the highest, finest vibrations emanating from the sky. It all depends on what level we are tuned!

Like the photo of the cell responding to its fundamental note. There is consciousness. The cell recognizes itself.... and answers back with vibrant color....

When we are in harmony with our Source, we are in resonance with the Universe. When the particles of energy in the Universe (protons, electrons and atoms), carrying the highest, finest overtones, can penetrate and pass through our subtle energy fields, chakras and into the physical body, there is a moment of recognition - and subtle sound healing can occur.

It is the space within the overtone which unlocks our Source! It is here where the greatest healing takes place.

## The Tao of Sound: Receiving Vibrational Messages From Star to Cell

*Overtones can open us to the information resonant with stars and planets already contained in the higher subtle energy fields,  
by aligning us to the natural order of earth and celestial energies.*

*Overtones work like keys of resonance, that open space in the aura where  
ancestral memories and cosmic messages wait.  
-Fabien Maman*

When we hear an overtone progression, we tune, either consciously or unconsciously, to a universal structure of sound. This happens even when the overtones progress beyond the audible range of our ear. We receive them in our subtle bodies, the subtle envelopes of energy that surround our physical body, also known as the aura.

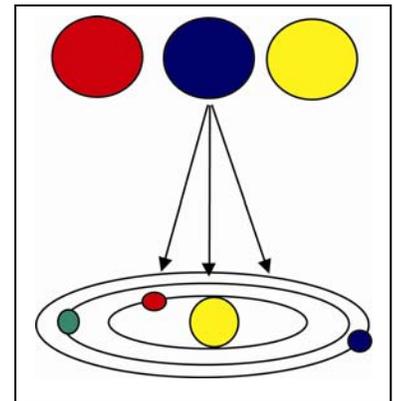
Before overtones arrive in our aura, they must first follow a path. I call this path, the “Tao of Sound”. The Tao means “the way”. There is an amazingly organized “way” in which cosmic energies travel, from star to cell, waking up the consciousness of our subtle bodies, chakras, meridian systems, nervous system, organs, cells and DNA, promoting health and well being along the way. (For me, the Tao of Sound is the foundation of Tama-Do, *the Way of the Soul*. But more on that later!)

This is how the Tao of Sound works:

In the spectrum of energy, light comes first. Pure Light is pure love, the divine force of all creation. It is the finest, highest and fastest of all vibrations. Light moves at ‘the speed of light’. As it densifies it turns to color. Color is measured by angstrom. This is the vibratory rate each color ray takes to travel through space.

According to esoteric philosophers, all the known energies of the Universe radiate out from a single point in the sky. Scientists call this the Gamma Point, the source of the gamma rays. Esoteric philosophers call this point the Source of Pure Light, from which the 7 Rays are born. (Alice Bailey)

The 7 Rays refer to the 7 basic colors of the rainbow (red, orange, yellow, green, blue, indigo, violet), each of which represents certain archetypal qualities and levels of consciousness. According to Vicky Wall, the Blue Ray, for example, symbolizes the Spirit of Truth. The Red Ray is the Spirit of Life.



(For more information on the spiritual aspects of color, please refer to *Accessing the Way of the Soul through Color*, written by Terres Unsoeld.)

The vibratory energies of the 7 Rays are screened, transformed and softened as they travel through the universe, passing through different galaxies, solar systems and groups of stars, the last being the Pleiades, where they then relay to our Zodiac with all the planets and stars of our solar system.

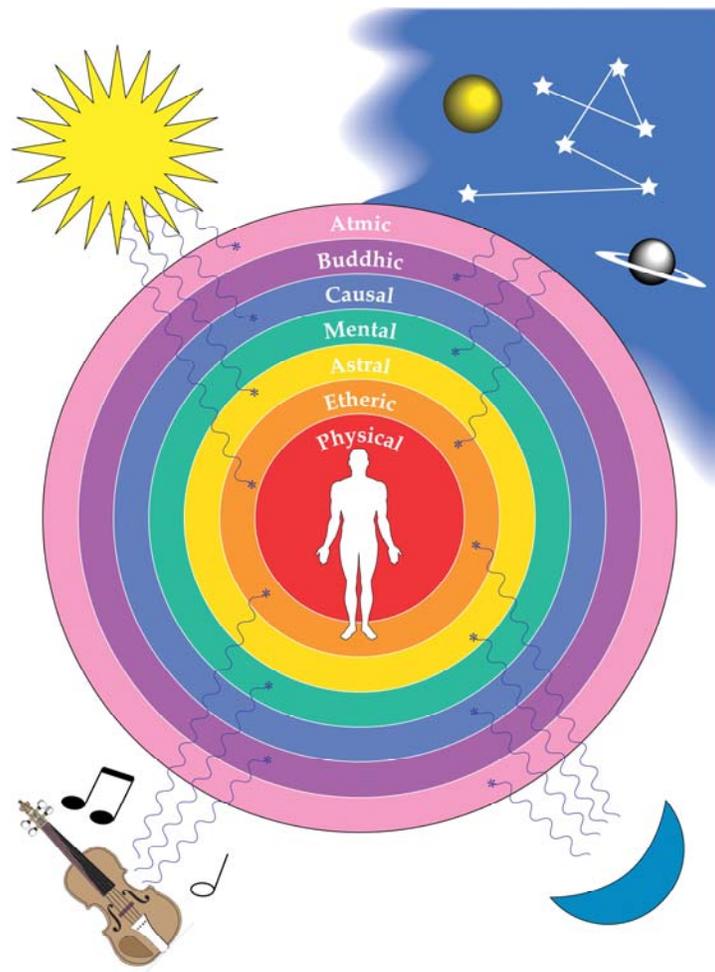
When we look up at the sky at night, the first thing we see is light – the pure light of the stars twinkling in the night. If our eyesight is really clear, we can see twinkling colored light: the faint red tinge of Mars, or the green hue of Venus.

We cannot, however, hear the song of the stars. Not yet. The 'Music of the Spheres' is inaudible to the naked ear, unless you are clairaudient. But the messages of this high celestial choir of life, exist. We receive them like star dust, infused in extremely fine particles of energy such as protons and electrons and atoms, which float down from the celestial spheres, into our hemisphere and into our own auric field.

Planets, stars and all kingdoms on earth: mineral, vegetal, animal, human, deva and angelic, are fed and reactivated by the energies and consciousness of these color rays. As the celestial messages densify and descend down through our earth's atmosphere, they transform from angstrom (the wavelength of color) into vibration, through the overtones of nature, and finally to hertz (the wavelength of sound). Sound is 50 octaves lower than color. It travels 340 meters through dry air in one second.

The rays at last land in our 7 levels of consciousness in our subtle energy fields (or subtle bodies), commonly known as the aura. Our aura has 7 levels of consciousness, just as the rainbow has 7 basic colors.

I have created a subtle body map, which includes the Physical body, Etheric (the body of chi), Astral (the body of emotion), Mental (the body of the supra mental), Causal (the body where our ancestral lineage and soul purpose resides), Buddhic (the body that links to our guides), and Atmic (the body that links us back to the source of the great white light, also known as Sri).



**Man with Subtle Bodies**

*Chart copyright Tama-Do Academy 1981*

This map represents the foundation of my teachings. I believe that the potential for health and harmony, as well as sickness and disease, starts first in the energy field - not in the physical body.

Cosmic messages via color and light and overtone land in our auric field, like presents from the sky, waiting for us to wake up and receive them. And negative thoughts and emotion are deposited in our auric field like garbage, waiting for the chance to make us sick. (for more detail, see Chapter II: What is Health?).

Each subtle layer of our aura resonates by affinity with certain vibratory information coming from sky and earth, according to our own level of consciousness. These subtle layers act as antennae that receive all energies around us, recording some, and rejecting others.

The 'Music of the Spheres', for example, might be received by our Atmic body, which vibrates at the highest level of consciousness. These vibratory messages, too subtle to be heard with the human ear, might remain suspended in our aura for years until our consciousness reaches the point where we can... listen.

Beethoven's Fifth Symphony, another quality of vibrational message, might be recorded in a different subtle body. We may be able to integrate the message immediately, or it may stay on hold in our aura until the consciousness is ready to download and receive the information. We may receive a "sudden" inspiration from the music we listened to, six months earlier!

The wind in the trees, or the call of a bird, or a beautiful chord on a Spanish guitar, may resonate in a completely different level of consciousness.

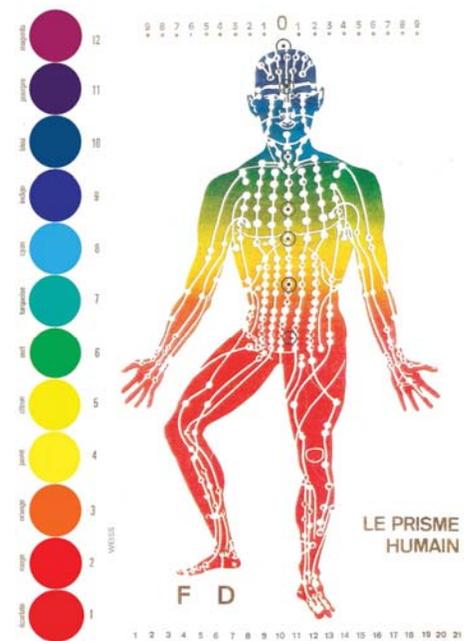
Whatever level, when there is a meeting of the vibratory message and the recognition from the subtle field, deep healing can occur.

Vibratory messages are stored in our aura until such time as our consciousness can accept and integrate them into our conscious lives. We store different levels of memory-consciousness and pass the information on to the chakras.

Chakras are wheels of light, which act as gateways to the physical body (Leadbetter). They process the light, color and sound waves into energy messages that the physical body can receive.

As sound densifies, it becomes Chi, which travels through our acupuncture meridians at 0.5 microns per second. Chi is the life force inside our physical bodies. We feel its physical heat with our hand.

Chi will be transmitted at last to the organic structure of the body via the endocrine glands and nervous system, acupuncture meridians, organs and finally into the cellular memory and the DNA.



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## *Tama-Do ~ The Way of the Soul*

*This cosmic journey, from star to cell, creates a perfect mirror between heaven and earth – incarnate in the human being.*

*When we trace sound from the source of Light in the stars to the cells and DNA in the physical body, I call this journey, the Tao (the Way) of Sound.*

*How much cosmic energy we receive from the Universe, and where we receive it, (and what we do with it!) depends on what level we live.*

*To be in harmony with ourselves and the universe, we must each develop our own relationship with the vibratory energy of nature and the cosmos from star to cell, and then back out to the cosmos from cell to star. Within this center is the whole. Herein lies our true essence, the seed of our Soul.*

*I use Sound, Color and Movement® and Harmonizing Concerts® as tools to help us metabolize our own personal experience so that our souls can be free to express that which needs to be realized in this lifetime.*

*I call this Tama-Do, which means “the Way of the Soul.”*

*How we elevate our level of consciousness depends on our commitment to self practice – our conscious efforts to elevate our vibrations from the density of the physical and emotional to the spiritual, and back again. This takes practice, patience and perseverance.*

*Using Tama-Do techniques of Sound, Color and Movement® on a daily basis will help to activate and align the energy of our central axis with that of our Soul Path. Ancestral energy rises from our roots through our spine, connecting with the Divine Source and beyond... then grounding the soul in our physical bodies.*

*Tama-Do - it's a beautiful journey which is never finished.*

*-Fabien Maman*