



Rev. Kathleen Hellenberg Choir Director, Center of Enlightenment

Greetings, Everyone!

My topic Today is the **Spirituality and Healing Power of Music**. To start, I want to tell you a little bit about the spiritually significant movie *Bill & Ted's Excellent Adventure*. This comedy was released in 1989 and started Keanu Reeves as Ted "Theodore" Logan. Ted lived in San Demus, CA. His best friend, played by Eric Winter, always introduced himself as Bill S. Preston, Esquire. Bill and Ted were very poor students. Their favorite thing to do, instead of their school work, was to film themselves saying their names, their band's name, which was "The Wyld Stalyons", and then jamming on their guitars.

The problem with that is they didn't know how to read music or play their guitars, so what they played was the most horrid sounding noise.

They were in danger of failing their history class and their teacher told them that the only way they could pass was if they got an A+ on their final report. This report was to be a presentation they had to give in the auditorium in front of all the other students. Also pressuring them was Ted's father. Tired of Ted's poor grades, he warned Ted that if he didn't pass his history class, he would be sent to military school, in Alaska! These guys really needed help, and it came to them from the character named Rufus, played by the comedian George Carlin.

Rufus came from a society of the future, where their entire way of life was based on the music of the Wyld Stalyons and was threatened with non-existence if Bill & Ted were separated. So, Rufus traveled back in time to help Bill & Ted so they'd pass their history class.

In one scene in the movie, Rufus tells Bill & Ted:

“You see, eventually, your music will help put an end to war and poverty. It will align the planets and bring them into universal harmony, allowing meaningful contact with all forms of life, from extra-terrestrial beings to common household pets, AND, it is excellent for dancing.”

Music, indeed, has great power. You've probably heard the expression “Music soothes the savage beast” and the reason for this is more spiritual than you might expect.

In a book entitled ***The Inner Nature of Music and the Experience of Tone***, which is a collection of several lectures Rudolf Steiner gave about the spiritual significance of music, he stated that music stands on a higher level than all the other arts, including architecture, sculpture, painting and poetry, because the archetypes for all these arts lie in the physical world, whereas the archetype of music lies in the spiritual world.

Music is the expression of the Will of Nature, while all the other arts are expressions of the idea of nature. For example: a photo of a meal is totally different than eating a meal. Music can provide humanity with vibrations of purest joy and sublime spirituality, something that this world cannot provide. The musician stands closer to the heart of the world than all other artists. Indeed, song is an earthly means of recalling the experiences of pre-earthly existence.

Steiner also talks about the level of the spiritual world that music comes from, and explains that as we sleep, this level impresses rhythms, harmonies and melodies on our etheric bodies, and the creative musician then transposes these into physical sounds and brings them into the world when he awakens from sleep.

This is exactly what happened with a song our choir is now working on. Years ago, Richard Pinkham, who has helped me accompany the choir for several of our performances, had an unusual dream, in which he heard voices singing throughout it. When he awoke, he laid in bed and reviewed the song until he felt he remembered it all, and then got up and quickly wrote it out in musical notation. The song is entitled, appropriately, Night.

Depending on the tuning of an instrument, music can heal, or it can have a detrimental effect. A Hertz is a unit used for measuring the frequency of sound waves. The frequency, or Hertz, that an instrument is tuned to, makes all the difference in the effect music played on it, has on us.

Long ago, there was no standard tuning, and the healing force of music had a greater outlet. In the late 1930's Joseph Goebbels, propaganda minister and right-hand man of Adolph Hitler, pushed for the tuning of instruments to be at 440 Hertz and declared it to be the official German pitch. The 440 Hertz frequency is a dissonant, unrested, and chaotic tuning that creates agitation in the human body, and Goebbels used it for control and manipulation, prompting greater aggression, psychosocial agitation, emotional distress, and physical illness. Unfortunately, today, most instruments that do not require frequent tuning are tuned to the 440 Hertz frequency.

During the time of Bach, Beethoven, and Mozart, the popular tuning frequency was 432 Hertz. This tuning is harmonic and life giving with incredible natural resonance. Regarding this, I want to continue about a movie called “Copying Beethoven”. In it, Beethoven is speaking to a woman named Anna Holtz, who is in his employ. He addresses the experience of this close connection between the origin of music and our very being as he describes the soothing, healing, spiritual power, of music as he says to her:

“The vibrations on the air are the breath of God, speaking to Man’s Soul. Music is the language of God. We musicians are as close to God as Man can be. We hear his voice, we read his lips, we give birth to the children of God who sing his praise. That’s what musicians are, Ana Holtz, and if we’re not that, we’re nothing.

It’s not about understanding; you must experience. These works of mine is a language, Anna Holtz, a new language I’m inventing to talk about Man’s experience of God, my experience of God.”

Later in the movie, Anna Holtz is struggling to compose some of her own music, and she asks, “I just don’t understand it, Maestro. Where does the movement end?”

He answers, “It doesn’t end. It flows. You have to stop thinking in terms of beginning and ending. This is not a bridge built of iron. This is a living thing, like clouds taking shape, or tides shifting.”

Anna continues, “But musically, how does it work?”

“It doesn’t work, it, it grows,” he responds. “You see, the first movement becomes the second. As each idea dies, a new one is born. See, in your work, you’re obsessed with structure, with choosing the correct form. You have to listen to the voice speaking inside of you. I didn’t even really hear it myself until I went deaf.”

She responds, “You – you’re telling me that I must find the silence in myself, so I can hear the music?”

He answers, “Yes, yes, yes! Silence is the key. The silence between the notes. When that silence envelopes you, then your soul can sing.”

At the end of June, my husband and I went to a Mind, Body, Spirit, Festival called The World of One at the Birch Run Expo Center. I purchased a coaster from one of the vendors there, who told me her brother, Michael Lee Hill, a musician, was responsible for bringing this design to the marketplace. He played his guitar using the tuning known as Verdi’s “A”, which is the note A at 432 Hertz, into a fluid medium and it created the image on this coaster, using a process known as Cymatics. This tuning transmits beneficial healing energy because it is a pure tone of math fundamental to nature.

John Stuart Reid says 432 Hertz is a harmonic of light frequency that “speaks” or “resonates” directly with our cells. All cells communicate with each other via infrared light, so I imagine that when they receive music in 432 Hertz they are in joy. You can read more about how all sounds create infrared light in the physics section of the website: CymaScope, <http://www.cymascope.com/>

Dr. Masaru Emoto showed that the crystal shapes of the molecules of water are breathtakingly beautiful when exposed to loving, peaceful words, music and energy, and misshapen and even ugly when exposed to words, music and energy that conveys a negative energy. So, when music is played at a tuning that is healing, and its form is made visible as it is in the coaster, when you put a class of water on it, the crystals of water take a form that is healing to our bodies.

On Michael Lee Hills' website: MichaelleeHill.net, you can read about an experience he had where he was selling a disc with this design on it. Another vendor had put his class of water on it and noticed how it affected the water's quality. It didn't take different, but the quality and texture of it seemed smoother and thicker. The vendor said the sacred geometry contained in the 432 Hertz image was re-structuring the water.

Michael Tyrrell is an inventor, speaker, author, musician, minister, composer, producer, and Grammy winner. He has written a book called ***The Sound of Healing, Unveiling the Phenomena of WholeTones***, and a set of CD's with music tuned to healing frequencies. He had an astounding experience of the healing power of music when his mother called to tell him a mass had been found on her pancreas. The doctor said that he had never seen a mass of that size that wasn't cancer, and surgery was scheduled to remove it.

The night before the operation, Michael and his wife visited his mother and he asked if she'd like him to play his guitar. She readily agreed, and he placed the headstock of his guitar in the area of her pancreas as he played at a setting of 741 Hertz. As he played, she exclaimed, "it's all green; I see green. Something is happening." Her surgery was scheduled to take four hours, but in a much shorter period of time, the surgeon rushed down the hall to tell Michael, "No cancer, no cancer! I've already heard from pathology and everything came back clear!"

In the years since Michael started selling his ***Wholetones*** CD's he's gotten feedback from people who've worked with his music and found that music at 741 Hertz has a profound effect on the emotions, which may result in cleansing tears that bring an awareness of one's spiritual life, helping one to focus on Spirit. He calls this frequency the "Great Awakening". From a physiological standpoint, 741 Hertz may improve thymus function, bolster the immune ne system, cleanse from infection, whether it's viral, bacterial, or fungal, soothe an upset stomach, and improve the function of the pancreas, heart, blood, and circulatory system. The corresponding color of this frequency is Indigo.

I want to end with a little prayer that I read to start each choir practice. It's called the Musician's Prayer, have edited it a little bit without changing the message.

Dear Abiding Presence, our music is a prayer,

A sacred melody, a very special love song;

A gift from You to us, and from us back to You.

Our hearts are filled with music,

Our love for You is strong;

May every note delight You,

And our lives become a song.

Amen

Thank you.