

# Harmonics – Our Consciousness and Cosmic Consciousness

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Let's look at our relationship with sound and frequencies at a macro level. What is the relevance of sound to raising our individual vibrations and also to the cosmic consciousness?

Corinne Heline said, 'By harmony all phenomena are formed and sustained. There is a scientific statement to the effect that this earth is a vast harmonic wave system that is built and sustained by unheard music.'

People often talk about 'raising your vibration', in order to become more spiritually oriented. People also speak about moving from the Third Dimensional reality to Fourth Dimensional, and now Fifth Dimensional reality. However, what does that actually mean in terms of vibration and sound?

Initially, the talk of different dimensions was an abstract, science fiction concept to me. However, I then read Patrick Crusade's website<sup>3</sup> on understanding dimensions, in which he explains things quite clearly, and brought it down to earth for me:

*The Third Dimension is the physical world, where human consciousness lives. It is anchored in a linear time and is space-based reality. Anything in this realm exists at a maximum of 9000 vibrations per second.*

*The Fourth Dimension is defined as a reality where both dark and light polarities exist. The vibrational frequency in this reality is between 9000 and 12,000 vibrations per second. As humans develop higher-vibrational qualities of being, thinking, feeling and doing, as well as transcend the karmic tendencies of their own shadow sides, they are magnetized into the fourth-dimensional light impulses.*

*The Fifth Dimension is impossible to talk of in terms of vibrations per second because currently it is beyond time and space limitations through interfacing with time and space reality at will. Amongst others, this is the dimensional, causal plane relative to humans manifesting and creating in the lower-dimensional worlds during dreamtime. In other words, it is where humans dream their lives into time and space reality, and then wake up and live out their dreams.*

So, according to him, there is a tangible measurable frequency change from one dimension to the other. In order for us to ascend from one to the other, our own vibrations need to be in harmony with the frequencies of the relevant dimensions.

How do we do this? This is done in various ways, healing being one of them. It can also mean for us to ride the wave of unconditional love, authenticity and purity. It could also be about pure thoughts and actions that don't hurt anyone else and lead us to resonating and vibrating more with our Spirit and Soul.

The frequency of Love, Soul, Spirit and Source never waver – ever. They are all as pure and consistent as any vibration on earth and in the Universe. So when we resonate with Unconditional Love, and are able to vibrate at this frequency consistently, not only will we find the profound peace in this purity, but also will keep our vibrations high, and those of all the matter we ‘touch’. Doing this keep our vibrations in line with the continuous elevation of the evolutionary cosmic and planetary shift.

Ancient Vedic scriptures say that the Universe hangs on a cosmic vibration so massive and subtle and all-encompassing, that everything seen and unseen is filled with it. This cosmic vibration is known as the Om sound. This gossamer yet real interaction between vibrational beings in the Universe and planet is further illustrated by Barbara Marciniak, in *Bringers of the Dawn*. She channelled that when the entire planet can create a harmonic of thought and emotion, in the physical and subtle planes, the entire planet will change. A frequency can be broadcast and the sound will travel. And this will enable us to bring a higher vibration to come onto the planet in its full glory, through our evolved bodies and our joint co-operation.

So, if most of humanity can vibrate at the frequency of pure unconditional love, or authenticity or gratitude, in a consistent manner, not only will we individually raise our own vibrations to match that of the higher dimension that we aspire to, but we can also, in harmony, like the cosmic orchestra, help all of humanity and even the planet to reach a higher consciousness. Getting there is, of course, half the battle. We need to consistently vibrate at 9000–12,000 vibrations a second to remain in the higher dimensions.

Can we do it? As White Eagle says, ‘the harmonies of life lie dormant within the soul of man, and by his attunement to be divine harmonies, so the soul of man sounds a clear and true note in the universal harmony.’ (*The Healing Tones of Crystal Bowls*<sup>1</sup>)

The answer is a clear, resounding ‘Yes’. Some can keep that vibration consistently in that frequency themselves, despite all of life’s lessons and challenges. Others, like me, need a little bit of help and support – and music, sound and regression are some of the ways I use that I find really effective.