

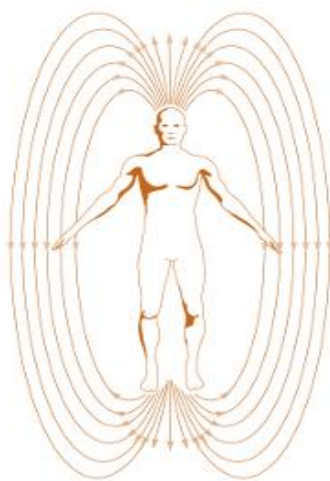
## MUSIC OF THE SPHERES I:

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### SOLAR ATTUNEMENT

*You must be a lotus, unfolding its petals when the sun rises in the sky,  
Unaffected by the slush where it is born or even the water which sustains it!*  
~Sai Baba

The music of the spheres is an ancient philosophical concept that regards the proportions in the movements of celestial bodies—the Sun, Moon, and planets—as a form of “musica”, the Medieval Latin name for music. This “music” is not usually thought to be literally audible, but a harmonic and/or mathematical and/or of a spiritual concept.



## THE CONCEPT

It is said that the concept of the *Music of the Spheres* was originally conceived by the Greek philosopher Pythagoras to express the understanding of creation through the harmonics convergence of the Universe. There is a legend that Pythagoras could hear the *Music of the Spheres* enabling him to discover that consonant musical intervals which can be expressed in simple ratios of small integers. Pythagoras told the Egyptian priests that Thoth had spoken to him and given him the ability to hear the harmony of the spheres. Later, the concept was also developed by Johannes Kepler, who invested much of his studies to prove the relationship between the music, human soul and the movement of the Celestial Bodies. He believed that all the elements of creation are reigned by an element of harmony, beauty and synchronicity.

“*Harmony*” is a state recognized by great philosophers as the immediate prerequisite of beauty. A compound is termed *beautiful* only when its parts are in *harmonious* combination. The world is called beautiful and its Creator is designated the *Good* because good perforce must act in conformity with its own nature; and good acting according to its own nature is harmony, because the good which it accomplishes is harmonious with the good which it is. Beauty, therefore, is harmony manifesting its own intrinsic nature in the world of form.

The universe is made up of successive gradations of good, these gradations ascending from matter (which is the least degree of good) to spirit (which is the greatest degree of good). In man, his superior nature is the *summum bonum*. It

therefore follows that his highest nature most readily cognizes good because the good external to him in the world is in harmonic ratio with the good present in his soul. What man terms *evil* is therefore, in common with matter, merely the least degree of its own opposite. The least degree of good presupposes likewise the least degree of harmony and beauty. Thus deformity (*evil*) is really the least harmonious combination of elements naturally harmonic as individual units. Deformity is unnatural, for, the sum of all things being the *Good*, it is natural that all things should partake of the *Good* and be arranged in combinations that are harmonious. Harmony is the manifesting expression of the *Will* of the eternal *Good*.<sup>1</sup>



### THE LONG TIME SUN BLESSING

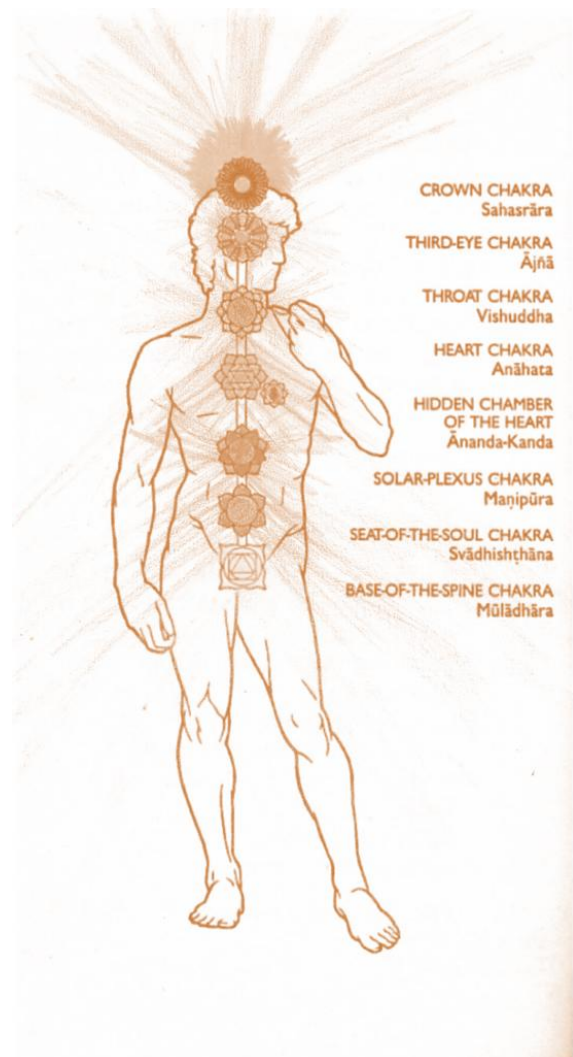
May the Long time Sun  
Shine Upon you,  
All Love surrounds you,  
And the pure light within you  
Guide your way on.

The Long Time Sun is at the same time a Blessing and powerful Solar Attunement. Its influential words have been repeated by

<sup>1</sup> From the work: "The Pythagorean Theory of Music and Color" (<http://www.sacred-texts.com/>)

many especially after some type of spiritual practice, meditative prayer and purification. It has in itself an ancestral harmonic command that is capable of readjusting all the energy centers of a human body to the original state of synchronization.

It is well known that when you have your entire energetic center adjusted, the original aura of protection inside and around your body is optimized. You will feel and be healthier and energetically protected.



## ACTIVATING THE LONG TIME SUN

There are two distinctive ways to receive this energy; you may decide to receive it as a Blessing or as an Attunement.

To receive it as a Blessing, accept it with the same spirit of someone that has just received a compliment, a warm hug or recognition of a job well done. It is a reassurance that you are well loved and cared for and that you are the expression of the loving creation of one true Source; whatever name you may call the Divine Source of All.

To fully receive the Long Time Sun as an Attunement, we would recommend some meditative practices:

1. Calm your mind
2. Try to diminish if not eliminate all the intrusive thoughts in your mind.
3. Concentrate on the rhythm of your breathing. We recommend the 4 X 4 breathing method. It means to inhale for 4 seconds, hold in the air for 4 seconds, exhale for 4 seconds, and hold for 4 seconds. Do these until you feel all your body is relaxed and receptive.
4. With your mind's eye, allow the image of the Long Time Sun to permeate your mind. Try to enhance this experience, feeling the warmth, the goodness and the unconditional love that comes from this image. Imagine the Long time Sun blessing you with all that is right from your heart, not from what you may think you need to be happy, but what are the real choices from your soul.

You may feel like singing the music, or repeating the words to yourself.



If you are using the Explanatory Video produced by Humanity Healing, all you have to do is to repeat to yourself out loud, I allow myself to receive the Attunement from the Long Time Sun from the Humanity Healing Team.

After the first attunement, you can re-tune yourself anytime: just follow all the steps given above. The Long Time Sun is not a privilege of any school of knowledge or healing, it is an expression of the constant loving care from the eternal source of All That Is. To receive it, all you have to do is to be willing to receive and to be open, to harmonize your center and accept this gift.

## ATTUNING AND BLESSING OTHERS

### Blessing Practice

When using the Long Time Sun as a blessing, train yourself to say it from your heart. This is an ancient practice: singing from your heart may be compared to the act of repeating a prayer, blessing, or benediction from the most sincere and pure part of the temple of your heart. Never underestimate the value of your heart. It is not a stupid organ and it is wiser than your rational mind, because it perceives the truth that emanates straight from the Soul's reality. When singing from your heart and blessing someone, first imagine the person being blessed with all the goodness of nature, sun shining days, peaceful breathing, kindness hands to greet them on

all the open paths they trail, etc. Imagine the Solar aura surrounding and protecting them from any harm. This also is an ancient blessing that emanates from your higher self to all that surrounds you. Use the rhythm of your breath to send forth the loving energy of this blessing.

### Distant attunement Practice

If you are giving others an attunement, especially through a distant attunement, first integrate in yourself the energies of the Long Time Sun; follow the guidelines of the self-attunement given previously and activate your Soul Star<sup>2</sup>, the connection between your lower self and your soul, which is located 6 inches above your head. This will be no problem since you have been receiving the Stellar Codes™ through major attunements, which amplifies and broadens the reach of your ability to send forth energies from your higher self and your heart.

When completely centered and energized, imagine with your mind's eye a connection between you and the person that you are intending to attune; first imagine both of you shining with the pure solar light of the Long Time Sun inside of your individual bodies. Then imagine a connection between your two hearts; this is a connection done through the acceptance of both higher selves, or divine I AM presence. You can achieve this through the linking of your Soul Star to the Soul Star of the person. Make sure you ask permission of their "I AM Presence" to do so.

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<sup>2</sup> To activate your soul star, recite the Soul Mantra three times

Once the bond is established, imagine the person just in front of you and send from your heart the loving vibration of this solar attunement.

Visualize the vibrant energy entering the person's crown chakra at the top of the head and slowly vitalizing and filling every cell with pure light from our blessed solar logos. This is down through a slow downward clock-wise motion.

When you finish transferring this powerful energy through the other person, silently thank all the celestial beings that facilitated this connection and understand in your heart that with every single blessing you are giving, you are directly creating a halo of unconditional love upon yourself and upon the Earth and all its sentient beings. Seal the transmission with your own silent blessing and with the words, OM Shanti OM. You may also use "Amen", "So be it" or "And so it is". These are sealing commands for any meditative and prayer practice. This is a very important practice because it releases the energy back to source and opens the channel of the person receiving to act in accordance to the Divine Will and their own free will.

It is permissible to charge for this attunement, and it can be incorporated into your healing practice with no restrictions. There is no limitation on how many of these attunements you can deliver to someone and there is no period to be observed between the attunements. These recommendations also include the "making" of a manual or instructional guidelines to be offered to your clients, and guidance in how to receive and use this energy to enrich their lives and lives of other.