

***The Science of Harmony and the Science of Aquarian Music and Song***  
**Meru University Course 1206**  
**Syllabus**

**Sponsors:** Serapis Bey, Archangel Gabriel, Archangel Raphael, and Mother Mary

**Instructors:** Cheryl Bench, Boyd Badten, Carol Wells, Maria Min, and David Lewis

**Description:**

What is Aquarian Music? It is the music of divine love, pure love from our hearts. Like a precious gem, this webinar course has many facets that will be examined and displayed by its five instructors and four sponsoring masters. Cheryl Bench, Carol Wells, Boyd Badten, Maria Min, and David C. Lewis will offer their hearts' wisdom, personal experience, and music.

The sponsoring masters Serapis Bey, Archangel Gabriel, Archangel Raphael, and Mother Mary will reveal progressive teachings. An interactive course with plenty of student participation, each of the four classes will offer examples of Aquarian music and singing. The student outcomes are a greater appreciation for music, a greater understanding of the creative process, a greater ability to freely express oneself in song and music, and a greater ability to use song for spiritual work and healing.

**Class One:** Cheryl Bench, with sponsor Serapis Bey, will explore devotional music of the Divine Mother, East and West. Students will learn the basics of the bhajan, kirtan, raga, and Holy Spirit movement and dance for releasing and raising the Mother Light, the kundalini. Cheryl will also encourage students to explore the psychological effects of music on various dimensions of being as well as music's harmonic and healing properties. Students will be encouraged to create their own Aquarian Age bhajans and experience devotions to the Divine Mother through nature and the singing of the birds.

**Class Two:** Boyd Badten, with sponsor Archangel Gabriel, will expand on several themes: the science of vibration and harmony through vibration; singing as Your Crystal Self; thoughtforms created by toning and music; creating clear physical tones entrained with the radiant sound of our Inner Tones; and consciously projecting feeling, thoughtforms and beautiful sound to an audience. He will show us how to use these practices to make us more effective at our prayers and invocations as well as our singing.

**Class Three:** Carol Wells, with sponsor Archangel Raphael, will share key teaching on the action of harmony. She will explain the ability of song to heal the body, emotions, mind, and ancient memories. From *The Power of Music* we will discover current applications of music to promote healing. From *The Healing Power of the Human Voice*, ideas such as the ability to project light through the voice will be presented. She will also talk about her personal experiences of devotional song writing and will encourage students to create mantras that they then may tone in 2- or 3-part harmony with other devotees.

**Class 4:** Maria Min, with sponsor Mother Mary, will encourage students to experience the power of their word through lyricism in singing our prayers. Sung prayers, both melody and the lyrics, create thoughtforms at higher energetic levels than spoken prayers. Since we create and conceive through our voice, songs are living beings. Students can explore their musical creativity by co-creating an

environment where their words become a living ingredient for a joyous life. Maria's special guest, harpist Nicolas Carter, will share his perspective on this subject. Maria will invite students to listen to an audio, allowing them to explore sensitivity to melody and share their feelings during this exploration. Students will also view videos of music played and sung from the heart as well as share their experiment with singing and creating their own songs.

### **Optional Reading:**

- *Sacred Sounds, Magic and Healing through Words and Music* by Ted Andrews
- *The Healing Power of the Human Voice* by James D'Angelo
- *Sounding the Inner Landscape* by Kay Gardner
- *Sounds of Healing* by Dr. Mitchell Gaynor
- *The Power of Music—Pioneering Discoveries in the New Science of Song* by Elena Mannes
- *The Spiritual Dimension of Music* by R.J. Stewart

### **Forum and Assignments:**

Students, you may answer discussion questions on the Forum. Since the major purposes of this course are to give ample opportunity for students to heighten their appreciation of devotional music and create their own compositions in order to connect with God and bring blessing to Earth, reading is optional. However, students are encouraged to complete all instructor assignments in order to receive course credit and as an opportunity for their souls to experience the miracle of appreciating and creating Aquarian music.

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### ***Class 1: Devotional Music of the Divine Mother, East and West***

#### **Objectives:**

- To understand the basics of the bhajan, kirtan and raga
- To understand the releasing and raising of the Mother Light, the kundalini, in movement and dance
- To perceive the psychological responses and effects of devotional music on various dimensions of being
- To appreciate the harmony and healing properties of the music of the Divine Mother
- To experience the devotion to the Divine Mother through nature and the singing of the birds
- To create new Bhajans for the Aquarian Age

#### **Work to be completed prior to class:**

1. Read the Buddha of the Ruby Ray HeartStream from July 2, 2009. (See "Links and Resources" module for HeartStream link.)
2. Familiarize yourself with Indian music by viewing the following videos:
  - Female singer, Begum Parveen Sultana: <http://youtu.be/XsAKbXv4ik8>
  - Female musician and singer: Soulful Diva, Ashwini Bhide Deshpande: <http://youtu.be/pzAN5zmpZl>
  - Santoor duet: Shivkumar Sharma and son, Rahul, performing a raga: [http://www.youtube.com/watch?v=VldKogqDvoI&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=VldKogqDvoI&feature=youtube_gdata_player)

3. Experience the singing of birds: [http://youtu.be/NU9RO\\_v52e4](http://youtu.be/NU9RO_v52e4).

3. Discussion questions:

- a. How do the sounds of nature and birdsongs compare/relate to the Indian music?
- b. Can you describe any bodily feelings or sensations that you experience when you listen to them?

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## ***Class 2: The Science of Vibration and Harmony through Vibration***

### **Objectives:**

- To sing as your Crystal Self!
- To sing with your entire being!
- To understand and apply thoughtforms that toning and music make
- To make clear physical tones, entrained with the radiant sound of our Inner Tones
- To consciously project feeling, thoughtforms and beautiful sound to an audience

### **Work to be completed prior to class:**

Attune yourselves to and project Etheric, Inner Tones:

1. Once per day, for the next week, practice projecting a single tone or a melody silently in the physical but loud and clear on the etheric. Make sure the angels hear you!
  - a. Play crystal tones and practice matching the tone (silently) as our Crystal Self. Fill the atmosphere around you with toning.
2. Once per day, for the next week, practice singing something simple with the goal of filling the room with the thoughtforms and scenes from your song. Visualize clearly and repeatedly the main visual concepts of the song, filling the room so that the angels will see the room filled with these items in vivid color!
  - c. Make clear physical tones, entrained with the radiant sound of your Inner Tones.
  - d. Practice! The more you sing and tone, the clearer and more confident you will be.
  - e. Sing scales to warm up your voice before actually singing.
  - f. Listen to a song sung by a professional, then silently sing it numerous times yourself, expressing it powerfully with your Inner Crystal Self. Feel it and make the angels hear it! Only then begin to physically sing it—and with gusto and fearlessness!!
  - g. Consciously project feeling, thoughtforms and beautiful sound to an audience.
  - h. Practice singing a given song enough times so that very little of your conscious attention goes to remembering the words, breathing correctly or the mechanics of delivering any part of the physical song. This frees you to focus mostly on the thought/feeling/energy-projection.
  - i. Really focus on almost over-enunciating the words, especially the vowels. Practice singing louder than you ordinarily would.
    - a. Don't allow yourself to have a "blank" feeling—emote! And project your emotions by feeling your emotions within the hearts of the people listening.
3. Memorize a song that brings you joy and practice all of the above skills over a period of time while singing your song. Sing the song to me live at some time in the future.

4. Discussion question: How does projecting feelings, over-enunciating, increasing your volume, being alone or in front of an audience, warming up, inner singing, and practicing affect your singing?

**In-class activities:**

Students and Boyd sing in class.

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**Class 3: *Projecting Healing Light through Song—Vocal Harmony, Rhythm and Instrumentation***

**Objectives:**

- To understand more clearly the power of songs of joy and devotion to open our beings to healing
- To review why we have been asked by Mother Mary to sing our prayers, to add harmonic tones to our offering of oral prayers
- To observe what is created in us as harmonies are added to a devotional melody
- To experience the dictated melody of a master, arranged as keyboard instrumentation
- To feel ease and joy in using harmony as we pray and sing together
- To experiment with our self-created mantras
- To reinforce the importance of rhythm and repetition in the offering of our songs and prayers

**Optional reading:**

- *The Power of Music* by Elena Mannes
- *The Healing Power of the Human Voice* by James D' Angelo
- *The Spiritual Dimension of Music* by R.J. Stewart

**Assignment:**

Create short mantras, similar to “Magda’s Mantra,” 9.009 or shorter. Try three things with your mantras:

1. Offer your one-note mantras with at least one other person, attempting to harmonize your voices. A keyboard or pitch pipe can help you find your harmony tones.
  - a. Click here for an online pitch pipe:  
[http://www.harmonize.com/metropolis/online\\_pitch\\_pipe.htm](http://www.harmonize.com/metropolis/online_pitch_pipe.htm)
  - b. Not all note combinations will create harmony. If you have not had musical training, notes C and E or E and G, as examples, will create 2-part harmony in a major key. You can hear these tones when you click on the online pitchpipe by those letters.
2. Create melodies for your mantras. Sing your mantra into an audio recorder and then replay it until you have learned it. Once the melody is yours, sing the mantra repeatedly in deep devotion and faith.
  - a. In Windows, you can use "Sound Recorder" to record your song.
    - i. Clicking on "Start" or the "Start Globe" at the lower left corner of the screen.
    - ii. Then click on "All Programs" – "Accessories" – “Entertainment” – "Sound Recorder" or a similar route.
    - iii. Press "Start Recording" to begin recording your default sound input (You’ll require a microphone with USB connection).
    - iv. Press "Stop Recording" when finished.

- v. Once your recording is finished, a "Save As" window pops up where you can name your recorded file and select the folder to store it in. The saved file is a .wma audio file with a 96 kbps (kilobytes per second) bit rate.
3. Most intriguing, let the mantra create its own melody. You may try your mantra at different times and may enjoy a brand new melody with the same words each time. Perhaps the same melody will happen. See how these melodies feel.
1. Discussion questions:
  - a. What do you experience when toning or singing your own mantras?
  - b. How is the experience different when you tone or sing them with others?
  - c. How is it different when you tone them or sing them in harmony?

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#### ***Class 4: Experience the Power of Your Word When Adding a Melody to Your Communication***

##### **Objectives:**

- To raise awareness of your thought patterns that interfere with experiencing your musical gifts
- To set your musical talents free
- To create "Vita-tunes" fueled by your heart's desire

##### **Work to be completed prior to class:**

2. Sing daily the following VitaMIN in the first ten minutes after you wake up in the morning. Here is your sing-along audio link until you know the song by heart:

<http://audio.heartscenter.org/web/VitaMIN.mp3>

To see the video version: <http://youtu.be/NKDXuCE7LeQ>

3. Prepare to discuss these questions:
  - j. What thoughts and belief are preventing you from creating and singing your own song?
  - k. What did you experience when you created your own composition and shared it with others?

##### **In-class activities:**

- Listening exercise to explore your feeling body
- Viewing musical performances