

Tune your world

Music is not just entertainment. It is meditative and worldly as well. The universe is nothing but the vibration, and the vibration in turn is the sound. So the whole existence is a complex amalgamation of sound



By Sadhguru Jaggi Vasudev

In India, it had been like this—the moment you are born, your only goal is *mukti*. Everything else becomes secondary. For, a Hindu life is simply about attaining liberation. Family, business, etc are just parts of life; the focus is always on liberation. This is how this culture was created. Every single act that a Hindu performs is aimed at elevating his/her consciousness.

Meditative music

Music, dance, and the likes are not just modes of entertainment; they have spiritual inclination as well. Classical music, the way sound is used, *ragas*, tunes, and all can be meditative if you get deeply involved in them. Dance is not just entertainment—if you use the postures and the *mudras* properly, it will give a meditative effect. If you see a person deeply involved in classical music, he will appear to be saint-like. He becomes like a saint because it makes him meditative. Music is not a device invented by somebody for entertainment.

Entertainment is not the attitude in life. Everything is *sadhana* to reach a higher level of consciousness. By everything, I mean, even sitting, standing, and eating.

If you have the ears to hear, the whole existence is just music. Your body is music. Everything is music

because the whole existence is just a reverberation. Where there is a vibration, there is bound to be a sound. The whole existence is a complex amalgamation of sounds. To some people they are horrible noises while to others they are a tremendous music. So for someone who listens the right way, everything is music. One who cannot perceive the wholeness of the sound, for him, it is a noise because he is hearing it in bits and pieces. One who listens to the wholeness of the existence, for him everything is music; there is nothing, which is not music. The very body is reverberating with wonderful music, if you listen.

Existence is vibration

What is sound? If you feed any sound into an oscilloscope—a sound-measuring instrument—depending upon the frequency, amplitude, and other dimensions of sound, a form is created. That means every sound has a form. Similarly, every form has a sound. Modern science is proving that the whole existence is just a vibration of energy. About 70 years ago, modern science believed in matter, but not any more. When scientific renaissance started happening, scientists started believing that if one can master over matter, he can do anything. So people like Friedrich Nietzsche declared that we are beginning to have mastery over matter, hence we can do anything. If we want, we can create a creation itself, and he declared God is dead.

That was his famous statement. But 70 years later, science took a full circle and now science itself denies matter. According to science, there is no such thing as matter and it is just a make-believe thing. It is a relative existence. The reality is just energy vibrating in different ways. The whole existence is just a vibration. The theory of relativity, quantum theory, and other recent theories, prove that existence is just a vibration.

Worldly music

Where there is vibration, there is



bound to be a sound. In yoga, we say, the whole existence is just a sound. We call this *nadha brahma*, which means the whole creation and the creator are just sounds.

If everything is sound, why don't I hear it? This question will naturally come up. You cannot hear it simply because your hearing range is just a small band of frequencies; anything below that is called "subsonic" and anything above that is called "ultrasonic". What you hear is sonic. For example, if you bring a transistor and tune it, it plays songs and talk

shows. Where is it coming from? It is in a frequency mode, which is not in your hearing range, but it is all over the place. Similarly, the whole existence is just a sound, but it is not in your experience because your hearing range is limited and that is good.

Seven musical notes

If you move into the yogic state like *ruthumbara pragya* and look at any form, the sound attached to it becomes clear to you. In such a state, the whole existence is just sound. All

musical notes come from the way the human body is constructed with seven basic components. The root sounds for these seven basic components are the seven musical notes accepted universally.

People, who evolved music might not have experienced this. But if you experiment with music, everything falls within the parameters of these seven notes because the very

construction of the body is within the seven dimensions of creation, which is being represented as *chakras*. *Chakra* does not mean it is something by itself—it is just a meeting point of the energy systems. These junction points are like traffic junctions, and are seven in number. If one becomes utterly silent within oneself, then the body can be experienced as sound. It is in that state that these seven notes have evolved. In yoga, as we say the whole existence is a complex amalgamation of sound, music and spirituality are, therefore very much related. •