



# RUTH SKAGGS

The direct cosmic and spiritual aspects of music lie in the harmonic series. Ancient philosophers Plato and Pythagoras stated that the world is constructed of musical intervals and proportions. Scholars of today corroborate this belief. The same intervals found in the harmonic series produced when playing acoustic instruments are found in multiple and disparate elements of creation, including the adult human body. Musical laws are analogous to the laws of nature. When listening to or playing music we are responding to the ongoing process of creation. What is just as significant is that some music can lead to profound spiritual experiences. Music can assist the listener in traversing the bridge from an ordinary state of consciousness to mind-altering states that lead to transcendence of self in a seamless connection with the Divine. Listening to such music allows a dropping away of ego awareness, sometimes slowly, layer by layer, sometimes quickly and spontaneously. When the vibrations of music connect with the vibrations of the universe, we have access to more of the totality of consciousness and the noetic quality it brings us; the sense of knowing on many levels. We are left with a deep sense of wholeness, humility, and purpose, and we are never the same again.



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***“MUSIC: KEYNOTE OF THE HUMAN SPIRIT”***