



Detailed Instructions for Using the Acoustical Pyramid

Some questions have come up about uses for the sounds of the Acoustical Pyramid so I have decided to outline further instructions so that subscribers know what they can expect in using these sounds. In ancient Egypt initiates to the priesthood dedicated their lives to spirituality. They worked for years using meditation, chanting, dance, diet, and engaged in rituals designed to raise consciousness. Their life focus was singularly devoted to their spirituality. They didn't go into the King's Chamber and chant for one day or one month. They practiced daily for years. The ancient Egyptians were masters of the use of subtle energies and the use of meditation and sound was a big part of their use of subtle energies. The tonal acoustics of the Acoustical Pyramid simulate the subtle energies of sound used by the ancient Egyptians. The subtle energies of sound were used to connect to spirit for illumination and for rejuvenation. The ancient Egyptians were well aware of the values of Pi (3.14) and Phi (1.618) and those values were of major importance in their incredible constructions, especially in the Great Pyramid and the King's Chamber. Those two constants are critical in the tonal acoustics of the Acoustical Pyramid. Spirit is the most important thing in life because spirit is the source of the life you are living. For the ancient Egyptians there was no difference between physical health and spiritual health. For them, health begins and ends with your spirituality. In a way the sounds of the Acoustical Pyramid are a form of mental yoga, but the sounds are not intended to replace physical activity. Rather, when you work with the sounds you will be guided to do what is good for you, but you have to pay attention. The guidance may seem subtle, but it is quite powerful. You have to pay attention to the urges, to the synchronicities that will emerge as you work with the sounds.

Working with the Acoustics

Currently the website has four sets of tonal acoustics: Invocation, Initiation, Resurrection and Ascension. It is suggested you work daily with each set of acoustics, in sequence, for at least one week at a time. Each set of acoustics will take you yet deeper into the Quiet Mind. Subsequently work with each weekly in whatever order you wish. Follow your impulses in that regard. How can the tonal acoustics of the Acoustical Pyramid be used and how can they benefit you? What can you expect in using these sounds?

1. INVOCATION:

When you begin working with these sounds you may notice a lot of busy thoughts and feelings. Don't be disturbed by that. The big task for people who begin to use meditation is that it is difficult to get the intellectual mind to quiet down. Using these sounds however will do just that over time. An important purpose of meditation is to quiet the intellect in order to enter the Quiet Mind. In that quiet is spirit. There is another aspect to using Invocation: as the busy thoughts come up you may notice some that are not pleasant. That is not an accident and it does not mean something is wrong with you. It simply means

this “issue” is something you need to release, and the sounds will help you do that. Simply say to yourself “let it go” and then realize “I am already there, it is gone”. Come from the heart, not the ego. Come from the NOW, not the past or future.

2. INITIATION:

This is a high definition version of the sounds of Invocation and it can be used much in the same fashion as Invocation. Over time you will notice a greater connection with the Quiet Mind as it will take you deeper than Invocation. You are also more likely to begin feeling the stimulation of the pineal and pituitary glands.

3. RESURRECTION:

This version of the tonal acoustics simulates being in the rejuvenation chamber (sarcophagus) of the King’s Chamber. A standing wave of sound is generated over the head as if you were lying in the rejuvenation chamber. Here you are much more likely to feel stimulation of the pineal and pituitary glands, which of course are key to spiritual sight. At this level the Quiet Mind effect is enhanced and you will begin to notice, if you pay attention, more and more time spent in Quiet Mind in your daily life.

4. ASCENSION:

This version of tonal acoustics also simulates being in the rejuvenation chamber of the King’s Chamber, but this version is high definition and you will notice the sounds are a bit busier. In using Ascension you may notice not only that the sounds take you much deeper, but you may have experiences where you seem to be separating from your physical body or your body may simply seem to disappear. You may even feel “paralyzed” even though you are not and you can move the body whenever you wish. If you have worked with the prior versions your ability to go into the Quiet Mind will have improved and you will do so much more quickly. With the sounds of Ascension you will definitely feel stimulation in your brain, meaning the pineal and pituitary glands.

In general, the effects you obtain from working with these meditation experiences is going to depend on your current level of development. If spirit is anything, it is gentle, loving, compassionate, and it is not going to force anything on you. You begin where you are. You accept where you are and without self acceptance you will go nowhere. You are likely to have experiences that surprise you, but you have to pay attention and grow from those experiences. It is important to meditate on a daily basis several times daily. Here are some things to expect and some insights about using the sounds:

1. **Sleep**: you are likely to notice improved sleep with using any of these sounds near bedtime, but don’t limit yourself to just having a good night’s sleep.
2. **Dream Incubation**: dream recall or dream “work” is an important part of the spiritual path. You have to establish your willingness however. You can use the

- sounds, as outlined below, to “program” dreams and dream recall. That means **genuinely** establishing your intent and to do that you have to be willing to change your sleep schedule, at least sometimes, and you have to invest time in journaling your dreams. A separate paper about working with your dreams and will be posted on the website soon. Edgar Cayce’s readings that contain insights and dream interpretations are available online at Edgarcayce.org, if you are a member of the A.R.E. Additionally, they have published many books on dream interpretation and there is even a dream dictionary that is helpful and the work of Kevin Todeschi on this subject is wonderful, in my opinion. You can find a lot of Kevin’s work online.
3. **Relaxation/Stress Reduction**: in working with any of the Acoustical Pyramid sounds you are likely to find yourself more relaxed if you pay attention to the Quiet Mind effects you obtain from the meditations. Over time you can literally “tune in” to the Quiet Mind effects when you remember to do so.
 4. **Rejuvenation**: I think one of the most profound things these sounds help with is rejuvenation. In one reading Edgar Cayce said: “Keep the pineal gland operating and you won’t grow old – you will always be young.” (EC Reading 294-141). Simply stated these sounds, especially when you get to Resurrection and Ascension, stimulate the pineal and pituitary glands. If you listen to these sounds after a tough day you will probably find yourself rejuvenated, and it is a wonderful feeling. I suggest use of the sounds on a daily basis for the maintenance of spiritual health, and if you maintain spiritual health it will help you maintain physical health.
 5. **The Quiet Mind**: As you work with these acoustics you are likely, more and more, to experience the Quiet Mind. Spirit is quiet. Spirit involves direct knowing, the intuitions, and not the “yamma yamma” of the intellect. The intellectual mind wants to “run the show”, it wants control, but do we really have control over anything? Can we co-create with spirit? Absolutely we can, but in order to co-create you have to give up the need to control, especially since all it does is generate frustration and anger. You can lament where you are in life all you want, if that is what you desire, but it will only create more of what you have that you say you don’t want. As you learn to let go while listening to these sounds, realize that what you are doing is letting go of an old self, and that has to happen if you want to co-create a new world for yourself and the planet. If you want something new you have to let go of the old. You must give up the old self if you want to commune with the Truer Self.
 6. **Transformation**: As you begin to enter the Quiet Mind you will begin to change and you will enter Transformation. As you let go of that old self you will be Transformed. You will begin to awaken to the illusion of this life and will begin to experience who you really are. You are spirit; you are a soul in chemical clothing. You are, the real you, perfection. You are the happiness you

seek...now. Your life will begin to change. Those changes may seem small, but they are profound. You may do things suddenly that are quite beneficial. You may suddenly find new opportunities for work. You may find yourself moving to a new location. You may find yourself leaving relationships and forming new ones. You may find yourself experiencing art, music, nature in a new and deeper fashion. Hobbies may become livelihoods. Your feelings toward people may change. You may experience more compassion. It all depends on where you are at and where you are headed. Trust in spirit.

7. **Intuitive & Psychic Development:** The Edgar Cayce readings inform us that those forces we call intuition and psychic are actually attributes of our soul. As you work with these sounds you will first begin to be aware of synchronicities occurring at a more rapid rate which will support your new self as it expands its direct knowing capabilities of information, places and things. You may also find that you are receiving information through one of your five physical senses in ways you were not aware of previously.

Co-Creating in the Illusion

Edgar Cayce repeatedly instructed that “mind is the builder”, but he did not address much in the way of specifics as to what that meant. He did emphasize establishing and maintaining your ideal, the Christ, as the model for living life. If you are not already a member it is suggested you become a member of the A.R.E. at EdgarCayce.org. Membership will give you access to all the Cayce readings as well as access to all of those who have worked with the Cayce material such as John Van Auken, Kevin Todeschi and others. There are many books, articles and videos to enlighten you based on the Cayce material. In trance Edgar Cayce didn't dictate whole books, but he responded to questions and his desire to be of service to humanity is without question. Jane Roberts channeled an entity that went by the name of Seth. He referred to himself as “an energy personality essence”. Seth dictated whole books and Jane Roberts published a number of books from her own writings. Seth went into great detail about what “mind is the builder” actually meant. You can obtain all the Seth material and writings by Jane Roberts at Sethcenter.com and I encourage you to do so. Over and over again Seth emphasized “you make your own reality”. He also made it clear that the “you” he was talking about was not your ego. The “you” he was talking about was the inner self, the real you--spirit. Since Edgar Cayce the world of channels and mediums has exploded as this New Age of Aquarius has dawned. There are a lot of channels and mediums out there. It is an amazing blossoming that is occurring. I think the phenomenon will continue to expand and grow as more people advance into an awareness of who they really are.

You are a co-creator and are there several important things to realize. First, it is important to realize that Truth is the same at all times, in all places and in all circumstances. Love, Beauty, and Forgiveness are Truth. If you are in fear and anger or any constricting emotions, which are temporary, you are not in Truth and only Truth is real, so realizing that may help you process those constricting emotions. “You make your own reality” is the Truth. Happiness is the Truth. Imagination is the Truth.

Second, when you listen to any of the AP sounds for 20 minutes it will put you in a more balanced state and closer to the Truth. Manifestation visualization should be done after listening to the sounds. If you come from the heart in your visualization it will be much more effective, and you need only do it for 3-4 minutes. In that imaginative reverie “be there now”. Pretend, if you will, that you are already there, it has already happened and remember it is about the feeling-energy of what you want. What would it feel like to be there now? If you work with this paragraph every day for 28 days I think you will see amazing results, especially if you begin with the new moon phase. You can find the moon phase calendar online. It is important to meditate 3-4 times daily. If you do so you will obtain wonderful results. You will change. Your life will change. You will see your power as a co-creator. Reach for the Truth of who you really are. As Seth said “There are no limits to the Self, there are no boundaries or separations to the Self, you create your own reality”.

Allow the sounds of the Acoustical Pyramid to help you. Listen. Just listen and drift into the Quiet Mind of spirit. The sounds are not the Quiet Mind, but they do take you there. Pay attention. In that Quiet after the meditation, “program” what you want. It’s as though it’s at your front door, knocking, so allow it in. Welcome it, but don’t get into “making it happen”. Allow it. Welcome it. Feel it. Be kind to yourself. This requires a gentle hand, not a hammer.

Peace

Tom Allen, PhD