

The Creation Vibration

Finding, Connecting With, Linking Up To, Anchoring In the Universe Tone, the Cosmic Hum, the Creation Vibration and Living It is one of the most valuable things I have done.

In my fifty-five years of working with psychiatrists, teachers, world gurus and speaking with and reading seekers and finders and the wise everywhere, I have never come across anyone communicating directly about it, though I'm sure someone must have somewhere. (All those Buddhist monks chanting the way they do, they must be consciously resonating with it, no? Or is 99% of it rote?)

Maharishi Mahesh Yogi, Founder of Transcendental Meditation and Guru to the Beatles and millions of others, with whom I worked closely for five years, spoke of the Cosmic Hum but never about finding and uniting with it.

Nisargadatta came the closest that I found with this beautiful quote:

There is in the body a current of energy, affection and intelligence, which guides, maintains and energizes the body. Discover that current and stay with it.

But though I loved the quote, I never found what he was talking of or a way that it could help me. What he didn't say or seem to experience is that this current of energy is not just a bodily one, it is the Cosmic Tone, the Universe Vibration, the Current of Creation that sustains, supports and nourishes All Things.

It's our Umbilical Chord to Creation that was severed at birth or our Primal Separation that we must now refind and reattach. You don't really hear it, you Feel It, Find It, Know It, Resonate with It—Plug Into and Get Plugged In to It—Sit With It, particularly in Deep Meditation. And then, more and more, Live It.

And We Can!

On July 31st, 2018, I was sitting deep in my morning meditation around 6 AM, giving myself the newfound, unaccustomed freedom to play with the mantras I considered closest to the Cosmic Hum, *Ing*, *Im* and *Um*.

The previous day I was Skyping with a teacher in Israel who was planning to give a meditation experience to his sixteen-year-old students and, for whatever reasons of his own, didn't want to give them L&F. So I suggested giving them one of the three closest to the sound of the Cosmic Hum, excluding *Om* and *Huum*, which are too freighted with ancient, traditional baggage.

Thinking along these lines had newly occurred within me in the days prior.

Four days before, on the 27th, there was news of NASA and the ESA coming out with a sound recording of the atmospheric waves within the sun that they had sonified, made into sound, and it hummed, like the Cosmic Hum. Everything is Vibration and You, the Sun and the Universe have your/their Own.

And, yes, the longest lunar eclipse of the twenty-first century also occurring that day helped mightily. Eclipses are very intense times of the three-step process of pain, release and awakening. As a result of it, I went through a very intense few days of extreme pain on all levels—a dark night of the body, heart and soul—with the concomitant release and following awakening recounted here.

So there I was on the 31st, most of the pain dissipated, already having achieved a very deep state with my own *I Love You and Forgive You* and the three aforementioned, not to mention *Soma*, which I won't go into here, and upon switching from *Ing* to *Im*, It Hit Me—the Cosmic Vibration, the Universe Essence. There It Was, clearly perceived by me for the first time, and It and I Became One, We Bonded, We Linked and everything changed.

I was no longer disjointed, no longer alone, no longer out of synch with Creation, with All That Is!

And It continues.

And now that it is conscious and I have had and continue to have this experience, I don't think it will discontinue or, if it does, I don't think it will be hard to regain, to 'stay with,' as N suggested. This remains my experience in the days since as it keeps growing.

I have lived and lost these feelings many times—long and short periods of connectedness, love and bliss and then long and short periods bereft of it—but never consciously associated or linked with the Tone of the Universe.

I don't yet know what effect it will have on my outer existence or, of course, how long it will last.

Time will tell.

But in my living experience it is quite wonderful and has changed the tone and quality of my meditations and daily existence significantly.

There is depth, connection, lack of aloneness, a richness, gratitude and appreciation far more solid than before. I have come home to find a constant friend in That Current of Energy, Affection and Intelligence that Flows Through All Things.

It is profound and real.

It is me and above, beyond, within and around me, another and one simultaneously, the best of bosom buddies, the cosmic marriage, the only real, tangible, personal Deity I have found that works for me on every level in both meanings of the phrase but in a far more global way than the phrase conveys—the Pivotal Axis bridging Physics and Spirit, the Pillar of Siva, the Axis Mundi or, better yet, the Axis Creatus, the Kundalini Tree, a sublime, subtle river flowing through and uniting me with Creation, God and Heaven.

May You Seek and Find It!

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