

Healing Through Inner Sound

by Ariel Bar Tzadok

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Some people can be so full of religion, that there is no place left inside them for God. Can you understand this?

God is the Creator, the laws of nature are His. God is the Law Giver, the Laws of Torah are His. The laws of nature reflect the Laws of Torah and the Laws of Torah reflect the laws of nature. One and the other, both are the revealed Will of God.

When there is imbalance inside the individual, there will be equal imbalance in the surrounding world, for human beings are part of creation. Human beings are equally subject to natural law and Divine Law, being that both reflect one another.

When there is imbalance in nature, balance is restored through natural means. Storms come to restore imbalances. The greater the imbalance, the greater the storm that comes to restore balance. As it is with the world of nature, so too is it with the world of human beings, who are, after all, only a part of nature, and subject to its laws.

Sound is a fundamental universal force. Science is just beginning to understand the nature of the energies that travel through its waves. In ancient times, sound was also understood to contain vibrant and powerful properties. In the beginning, we are taught that God created the universe through sound. This is what is meant when Torah says that God spoke, and what He spoke came to be. Please remember, God is no grandiose human being. God has no mouth with which to speak, and He certainly has no need of words in order to create. The language of Torah speaks in symbolisms, but these words also contain profound secrets, the likes of which no layman would understand unaided.

Sound travels as a wave, but sound travels only through matter, the thicker, the faster. Sound cannot travel through empty space because it has no medium with which to interact. Sound therefore is the unique property of this dimension of space/time. Although sound can indeed exist in other mediums, its fundamental resonance changes and it becomes something else.

Sound can be a language of communication. Yet, the sound of voice, is merely the form of expression of thought within the mind. Therefore, the word is the body of the thought, its soul. Body and soul together define life. Body without soul is dead. Soul without body is a ghost. When together, there is reality as we know it.

As it is above, so it is below. Before God spoke, God thought. Before we speak, we must think. When we speak what we think, we can create that which is in the mind. Therefore, we have Abracadabra! I create what I speak. Yet, in order to create what I speak, there first must be thought. We must think before we act.

God thought about His Word and created the universe. Man thinks about the Word of God (Torah) and is inspired to create improvements in the universe that God has made. Thus we are called partners with God in creation. God creates, and through God's Word, we make creation better!

Then again, the reverse can also be true. We can also uncreate or make matters worse than they are. Yet, when we do this, and act in ways that contradict the Living Word of God inherent within nature itself, we go against the original Divine primordial thought. When we do this we create a schism, a breach and separation between that which is the root and what which is the branch.

Essentially, when we below disconnect ourselves from our root source above, we create a type of spiritual schizophrenia, wherein which our thoughts (human directives) and Gods thoughts (Divine/natural directives) conflict.

When the thoughts from below conflict with the thoughts from above, a log-jam of sorts is created in the human collective consciousness (the universal domain of thought). When this occurs, and it does quite often, one side eventually dominates over the other. Needless to say, that it is the thoughts of God that overwhelm the thoughts of man and bring with them the manifestation of the Divine plan, often at man's expense.

When, however, instead of going against the flow, we in turn go with it, and allow the Divine thoughts to flow through human consciousness, we create heaven on earth. When we connect with God, God in turn becomes connected to us. When we open our thoughts to the primordial Divine thought, we flow in harmony in a natural ballet, of ideas and ideals, plans and actions.

Long ago there was prophecy in Israel. This was a time when those trained in the proper manner were taught how to hear God talking to them, and know the difference between the True Voice and a false one.

Then, the dark times came. Although the prophetic training did not cease, a new wave of “new thinking” overwhelmed all. At this time, philosophy and intellectual pursuits were introduced to the masses, and the mind of man was raised to prominence over the Mind of God.

Only what man could see and understand would be proclaimed as the highest truth. What he could not see nor understand became discarded, denounced, and dumped. Man rose himself to become his own new god. In the eyes of man, man was no longer created in Gods image, but rather man was created in his own image, and thus became his own god.

As this philosophy spread, so too did disconnection from God. For when man started to believe in the reality of his world, he quickly forgot how to see the reality of any higher world.

In spite of the continuing Inner Voice speaking, more and more people chose to ignore it, until it became nothing more than a dull roar. Today, even the dull roar is hardly heard anymore. The inner voice of conscience is regularly shouted down and rooted out. As this occurs, one's detachment from Heaven becomes complete.

With the total detachment comes the beginning of the total realignment, as orchestrated from above. First turmoil starts within the individual mind, and from there it spreads into one's ideas, and from there the turmoil, however unseen, or even unfelt, begins to permeates one's actions. When this occurs, man's actions run incongruent to the ways of the world. As this happens, the powers of nature, push back to restore balance. This usually happens with man paying a great price for the arrogance of his intentional disconnections.

Learning to hear the Inner Voice again is not hard. All one has to learn is how to listen. Yet, this can be a heavy weight to lift for one who is so weak, that the mind cannot lift even a single thought and hold it in the focal point of consciousness for any significant length of time.

One must begin small and take little steps. Never think of the full picture and plan to build it all at once. Rather, start with one stone, take the first step. Intentionally make it a small step and build with a small stone. Make sure the first step is an easy one.

Act in ways that you are convinced are easy and beneath your abilities. In this way, the message you are sending your unconscious is one of assurance, a message that says, I can easily do this.

When you know that you can easily do the task before you, be it a physical task or a mental one, you do not create natural resistance. Natural resistance arises when the task before one seems difficult and strenuous. The exertion of effort and the resistance to movement is what creates self-doubt, laziness and promotes weakness as a self-fulfilling prophecy.

Program your mind with positive thoughts about things that you know you can definitely do, and indeed you will do them.

Once you can take the first step with great ease and erect the first stone without effort, you will naturally want to proceed to the second step and erect the second stone. Your attitude will be one of, "I can do this." And because you think you can, you will!

Just remember, little step! Don't bite off more than you can chew. Don't do more than you can. Do not allow yourself to be overly confident. With every step you take back towards God and nature, God and nature take two steps back to you.

This is the way we unite heaven and earth. We not only call upon God, upon His Name YHWH, we also endeavor to channel what it means. We do this by living naturally and simply, in harmony with nature, and with our own inner selves.

We again listen to the Inner Voice. We can hear it getting louder and louder the longer we silently meditate on God's Name YHWH in the proper way. In this way, God restores our souls. And in this we find peace and plenty.