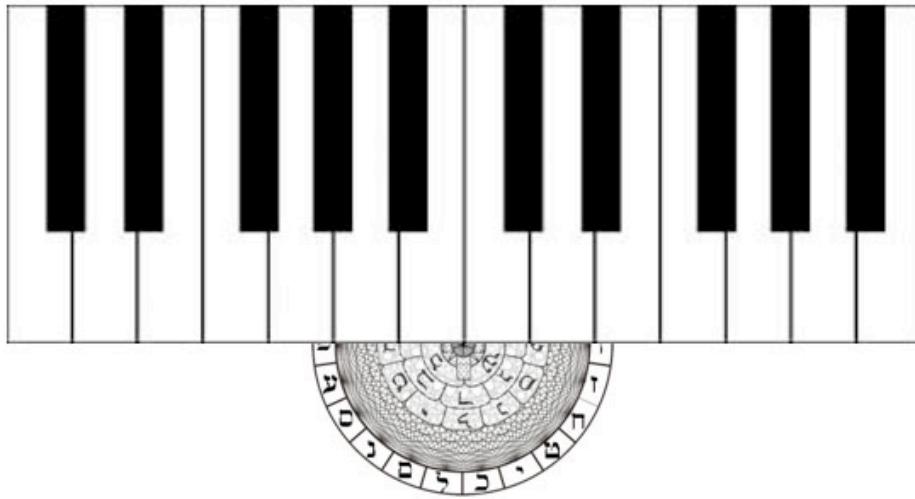


AstroMusik



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Introduction

Welcome!

It brings me joy to offer you my life's work in the form of music, books, audio meditations, tarot cards and illustrations.

In this collection of digital content you will find the fruits of a lifelong quest to discover and articulate a new cosmology of Western music; a unified body of knowledge incorporated into practical songwriting and composition techniques that liberate the creative spirit and guide people toward new ways of listening.

The Astromusik audio meditation was created for two purposes; to provide a powerful immersive experience for meditation and relaxation, and secondly, to open a doorway into the mysteries of astrology, alchemy, and ritual magick.

Virtually anyone will be able to enjoy these meditation tracks for relaxation purposes. If you want to understand the deeper meaning behind these tracks, please begin by reading through this short e-book.

A special thanks goes out to the many people who have helped to bring this dream to fruition. This includes Alan Green of Syncbook Press, illustrators Danlyn Brennan Casandra Johns and Mitch Fraas, tarot deck collaborator and digital artist Lance Lightsmith, and Audio engineers Brandon Knocke (Discoverer) and Chris Gear (Soundfreqs).

Package Contents and Description

Audio Meditation

The Astromusik audio meditation is composed of twelve tracks. Each can be used in conjunction with the books and tarot deck to augment the meditation, experiencing a deeper connection with the astrological and magical elements of this product.

Tarot Cards

The tarot cards are intended as visual aids for the audio meditation tracks. There are several chapters in Astromusik and Audiomancy that make reference to the elements shown in the tarot deck.

Astromusik Books One and Two

These two books were published in 2014 and 2015 respectively. Astromusik is primarily a reference text whereas Audiomancy goes deeper into the mythopoetic synchronicity matrix surrounding this research.

Materia Musica

To better understand the innovative and groundbreaking techniques of musical cryptography described in the books, take a look at Materia Musica, a project that was designed as a proof of concept, effectively combining the magickal philosophy of Astromusik with forest medicine, dream symbols, world mythology, wood engraving, and long form ritual meditation practice.

Astromusik Audio Meditations

(From the Astromusik.net website)

Visualization Techniques: Our pineal gland (third eye) is believed to be responsible for producing imagery within the mind. Like a muscle, it needs to be exercised in order to work at its optimal level. Each of the Astromusik tracks corresponds to a unique color, which you can visualize as you listen. This can be done while seated upright or laying down. The desired result could be compared to synesthesia, or tone-color synthesis that takes place in your mind.

Vocalizing with the audio tracks will bring the musical medicine fully into your body. Each of the planetary frequencies has a corresponding vowel sound that you can work with.

Ceremonial Practice: You can use these planetary and zodiacal frequencies to target the celestial energies directly. For example, if you want to invoke the energy of Aries, you can listen to the “C Natural” track while visualizing the color red and the Aries symbol in your mind’s eye. If you need more information about the energetic meaning of any planets or signs, you can reference the free Astromusik e-book that comes with this package.

Listen to your Birth Chart: You can look up the arrangement of planetary / zodiacal bodies in your birth chart using a free birth chart generator (links provided in the e-book). If you have Sun in Sagitarrius, for example, listen to the two corresponding tracks back to back and feel the harmonic relationship between them. You can even play the tracks at the same time and listen to the harmony of the spheres!

Listen to the Current Astrological Energies: If you are aware of a big astrological transit that is taking place, for example mercury retrograde in Capricorn, you can listen to the tracks back to back and meditate on how the energies are influencing you. Develop a relationship with the energies by relaxing and surrendering to their presence.

Relaxation and Self-Exploration: The audio design for these tracks enables a deep state of relaxation. You are free to listen to these audios in small increments, one at a time, or to listen to the whole album in one sitting. The full one hour meditation touches on all twelve astrological signs. Take note of which notes feel the best in your body and explore the planets/signs that correspond to them.

Studying and Focus: This meditation series is great for keeping the mind focused when working on projects unrelated to Astromusik.

How do the Astromusik Sound Healing Meditations Work?

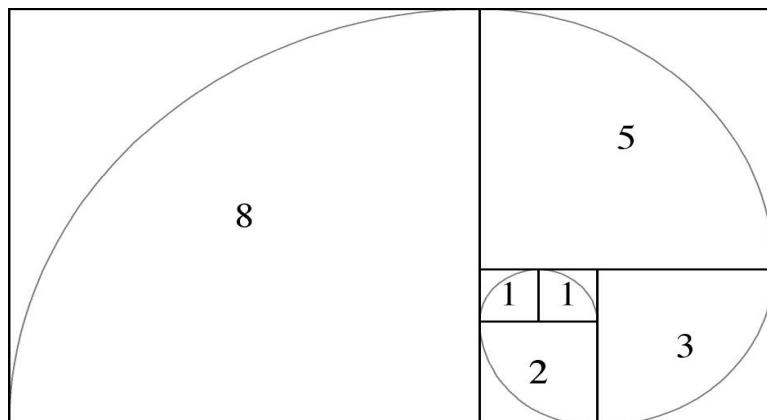
Binaural brainwave entrainment technology was used to create this meditation music. Binaural beats have been used and refined over several decades to target specific brainwave patterns.

This meditation uses **Alpha waves** to help you relax and drop into meditation. Each brainwave state represents a different mode of intelligence.

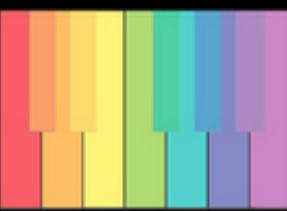
The keyboard used for this musical meditation was tuned to **A=432 hz**. Pythagoras, an influential Greek philosopher, introduced the idea of celestial music to Western culture. A=432 hz is thought to have been a central component of his tuning system.

The **harmonic overtone series** is a naturally occurring cascade of musical frequencies that exists at higher octaves above a fundamental tone. It exists everywhere in nature and has been incorporated into this sound healing meditation.

The **fibonacci sequence** is encoded into the time displacement of this harmonic overtone series, distributing the notes over the course of about five minutes.



How to Use the Astromusik Audio



This is the Tone Color Alchemy Wheel
Each Planet and Zodiac Sign has a Musical Note



There are 12 Signs and 10 Planets in this Game
Each Tarot Card Shows a Zodiac Sign or Planet

So you ordered this product and want to know how to use it!

You can begin by simply listening to the audio files in 5 minute increments. Open up the first track from the album and sit in a comfortable position. You can also lie down if you prefer a more relaxing posture. Let your whole body melt as the sound washes over you. The sounds you hear are based on natural frequencies, including A432, the harmonic overtone series, and the Fibonacci spiral. **All you have to do is listen in order to feel the effects.**

However, if you would like to better understand the astrological philosophy, I recommend starting with the following exercise and branching out from there.

Please go to the next page for instructions.

Preparation for Studying the Astromusik Meditations

Step 1: Sit in a comfortable place with access to your computer

Step 2: Open the “Full tarot deck” .pdf file

Step 3: Open the Astromusik pdf and go to page 29

Step 4: Open the Astromusik Audio Meditation Volume 1 mp3 collection

* * *

Step 5: Begin with the Full Tarot Deck document. Look at the second card in the series, called the Master Key, which shows you the names of the Planets and Zodiac along with their color and astrological symbols.

Step 6: Compare the tarot deck's Master Key with page 29 of Astromusik Book One, which is titled “Operator's Manual: The Twelve notes”.

Step 7: Notice that each musical note on the table corresponds to a color and an astrological symbol (planet or zodiac), just like in the tarot master key.

A Glossary of Musical Connections

OPERATOR'S MANUAL

THE TWELVE NOTES

| MUSICAL NOTE | COLOR | ASTROLOGICAL | TAROT |
|--------------|------------|--------------|------------|
| C | RED | ARIES | EMPEROR |
| | RED | MARS | TOWER |
| | RED | PLUTO | JUDGMENT |
| C#/Db | RED-ORANGE | TAURUS | HEIROPHANT |
| D | ORANGE | GEMINI | LOVERS |

Step 8: Choose an astrological symbol from page 29 that you want to explore.

Step 9: If you choose *Aries*, for example, then look at the musical note and color that connect to it. You will find that it has the *musical note C and the color red*.

Step 10: Go to the Tarot Deck's master key and find Aries.

Step 11: Scroll through the whole tarot deck until you find the Aries card.

Step 12: Open the audio meditation track labeled “C” because Aries corresponds to this note. Listen to the audio while gazing at the card image.



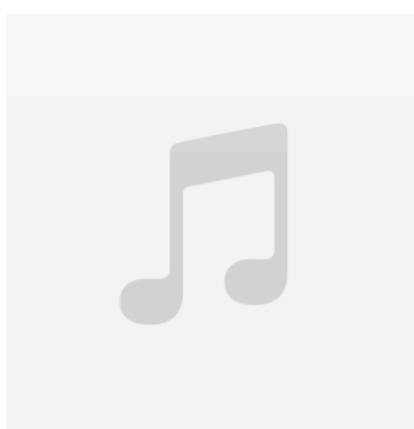
This is the “Aries” Tarot Card

| | | |
|--------|---|------------|
| PISCES |  | AMNITZIEL |
| ARIES |  | MALKHIDAEI |
| TAURUS |  | ASMODEI |

The astrological symbol is always located at the center of the card. Do you see how the color + symbol from the Master key is featured on the Aries tarot card?

Selecting the Correct Astromusik Track

- Astromusik - A.mp3
- Astromusik - A#.mp3
- Astromusik - B.mp3
- Astromusik - C.mp3
- Astromusik - C#.mp3
- Astromusik - D.mp3
- Astromusik - D#.mp3
- Astromusik - E.mp3
- Astromusik - F.mp3
- Astromusik - F#.mp3
- Astromusik - G.mp3
- Astromusik - G#.mp3
- Volume1.jpg



Astromusik - C.mp3

This is what it looks like to select the “C” track from the Astromusik Audio meditation collection. It's very simple when you get the hang of it. Just to make things super clear, let's do one more demonstration.

Please go to the next page

A Glossary of Musical Connections

OPERATOR'S MANUAL

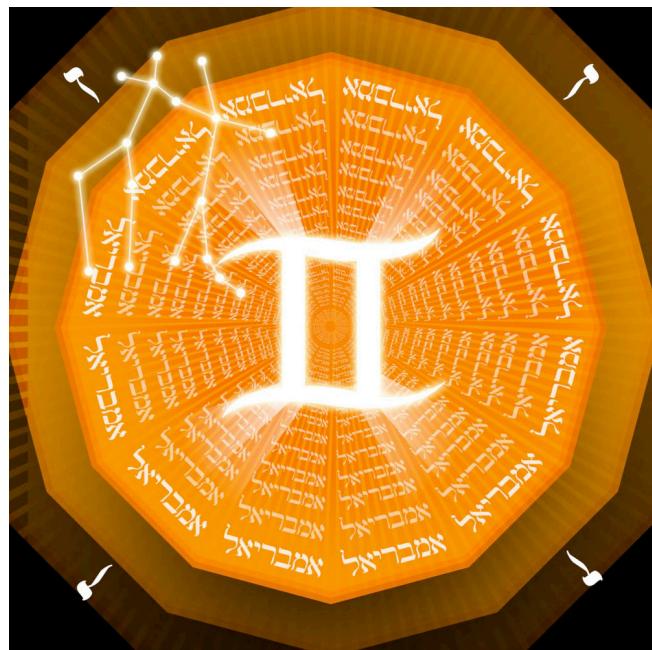
THE TWELVE NOTES

| MUSICAL NOTE | COLOR | ASTROLOGICAL | TAROT |
|--------------|------------|--------------|------------|
| C | RED | ARIES | EMPEROR |
| | RED | MARS | TOWER |
| | RED | PLUTO | JUDGMENT |
| C#/Db | RED-ORANGE | TAURUS | HEIROPHANT |
| D | ORANGE | GEMINI | LOVERS |

This time let's pick Gemini, which corresponds to the musical note D and the color orange.



When you find the word Gemini and then look at the symbol associated with it, you can then scroll through the tarot deck to find the right card. Easy enough!



Instructions for Practicing the Astromusik Meditation

Now that you know how to match the astromusik audio with the tarot cards, you can begin the visualization practice.

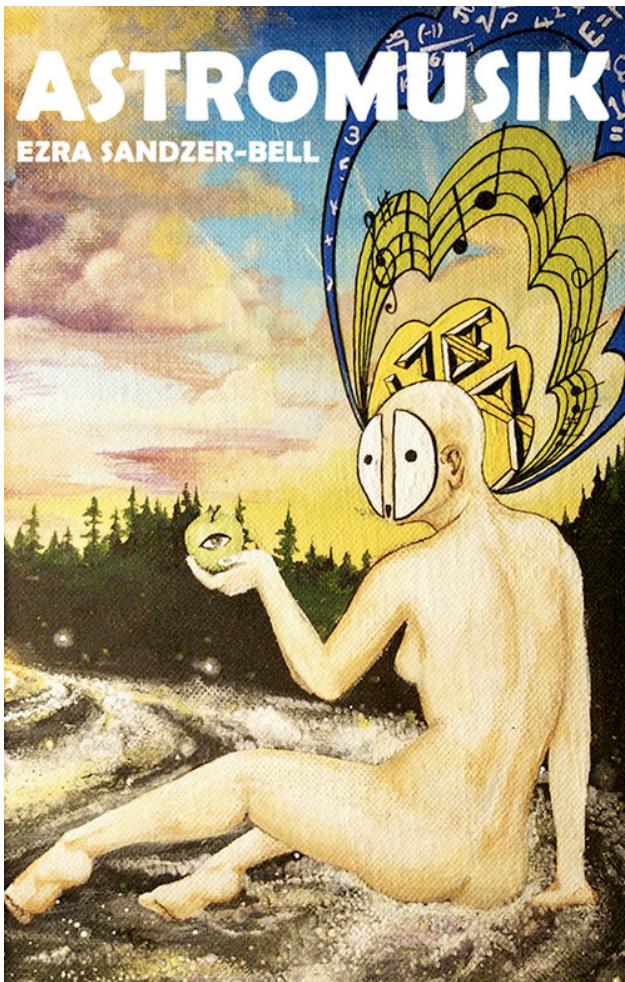
Step 1: Choose one tarot card and the corresponding musical track. If you don't know which card to start with, I recommend reading page 35-60 of Astromusik. Here you will find detailed descriptions of the meaning of each Sign and Planet.

Find a card that represents a part of your self that you want to explore and work on. The two examples given previously were Aries and Gemini. You could work with Aries to gather courage to overcome obstacles in your life, or Gemini to work on your communication skills.

Step 2: Begin by gazing at the card and reading about the meaning of the astrological symbol (located on pages 35-60). When you have internalized the meaning of the card, sit or lie down in a comfortable position and put on the audio track.

Step 3: As you listen to the audio, visualize the color and/or symbol in your mind's eye. It may be easiest to start by visualizing the color. This practice is easier with the audio because of the alpha waves and harmonic fibonacci code. They will bring you deeper into your body and deeper into relaxation. As you gaze inward towards your mind, take five minutes to really make an effort and activate your inner vision.

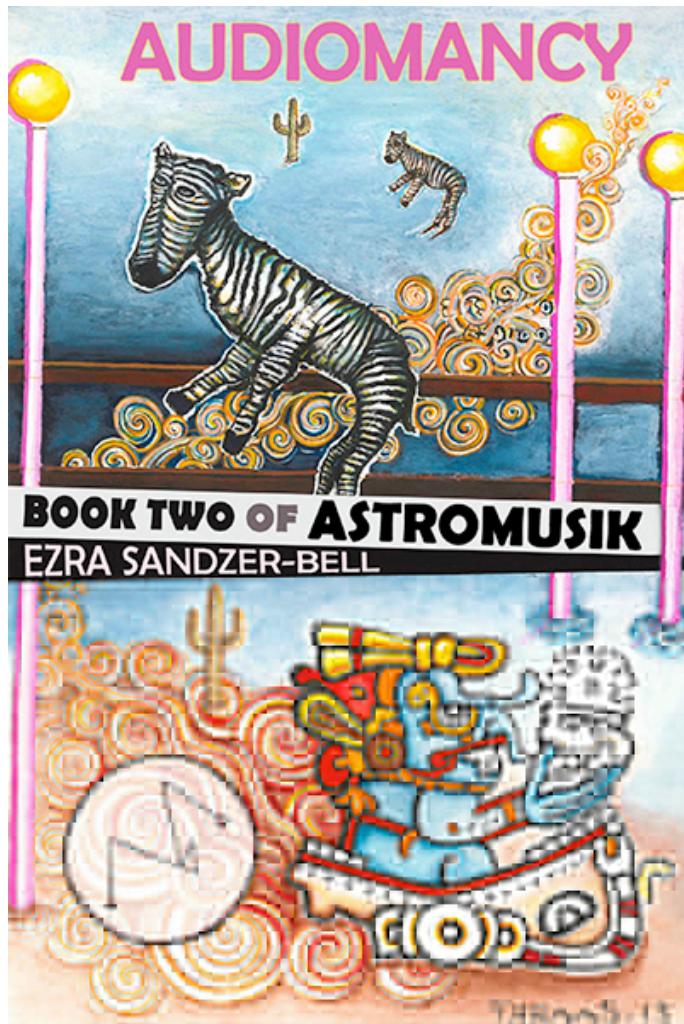
Step 4: When the 5 minute audio journey is complete, I recommend taking notes of your experience regarding any thoughts, feelings, and insights that arose during the practice. Collect these in a journal as you go through each of the 22 tarot cards and in this way you will discover your connection to the stars.



ASTROMUSIK EXPLORES A METHOD OF MUSICAL MAGICK THAT ENCODES WORDS, PLANETS, AND CONSTELLATIONS INTO MUSICAL MELODIES.

This book Astromusik is the first in a series of three. My primary goal in writing Astromusik was to draw attention to the major historical relevance of astrology/astronomy in the formation of Western music.

This book tracks the broad network of political and ideological forces driving key magickal groups during the early 20th century. These were the very groups responsible for inspiring the Astromusik cipher. There is a practical technique outlined in this series. I call it the **Tone Color Alchemy method**. It is, in essence, a form of musical cryptography. From these seed-melodies, entire songs can be created.



AUDIOMANCY FOLLOWS THROUGH ON THE PROMISE THAT MUSIC AND MAGICK CAN COEXIST WITHIN THE ACT OF IMAGINATION..

This book was written from WITHIN the perspective of the mystic, intoxicated on private dreams and musical fantasies. To anyone who sincerely wishes to understand the role of music in the history of Western mysticism, I recommend the work of scholar and author Joscelyn Godwin; especially his books Harmonies of Heaven and Earth and Cosmic Music.

Audiomancy begins with questions about the relationship between music, lucid dream states, and spirit possession. I lay out a few examples of musicians who claim to have written music during dreamtime and draw comparisons to the rhythmically entrained dream states described by anthropologists like Michael Harner and Mircea Eliade.

From a contemplation of archetypal music and spirit possession, I take a right turn and begin exploring examples of musical synchronicity in my own life. In hindsight, I wanted to censor about ten pages from this

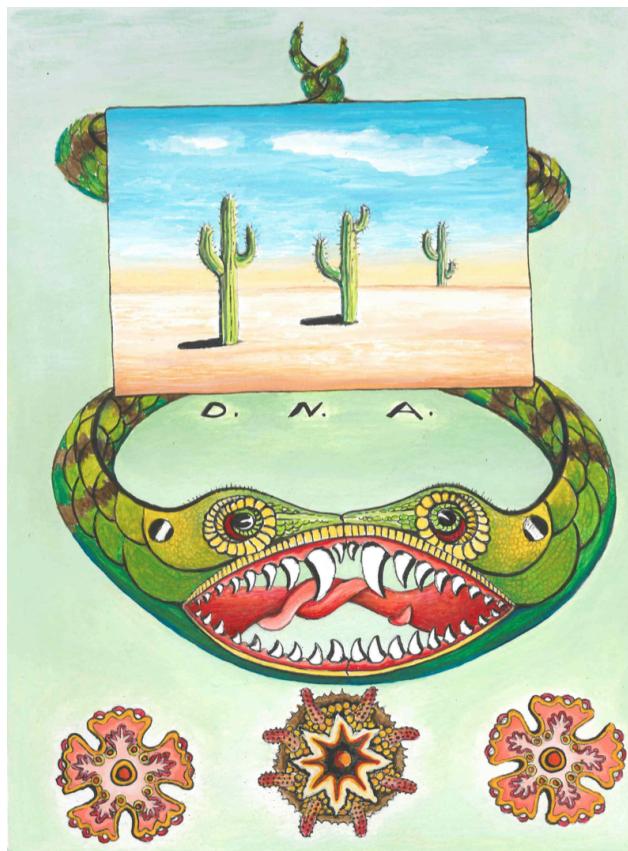
book due to the highly personal nature of the coincidences. It reads to me like a classically narcissistic and self-oriented, solipsistic mystic who sees all of the world through the lens of his own pet belief system... and revels in it!

I left these pages in, which include rambling thoughts about Philip K Dick's personal accounts of ESP, followed by subjective accounts of synchronicity in my own life, including details surrounding my experience immediately after Astromusik was published, by Sync Book Press.

From here, the book traces the presence of musical and astrological thought in major artifacts of American music, including the American National Anthem, Bach and Mozart, Freemasonry, American Popular music of the 20th century, and the evolution of the entertainment mediums through video games and into the forthcoming emergence of immersive virtual reality consoles.

The second part of the book focuses on talismanic magic and its relevance to songwriters and ceremonial magicians alike. I revisit the Tone Color Alchemy method of creating **MUSICAL SEED SIGILS** for the purposes of composing plant music.

The final portion of Audiomancy is called Mala's Mandala because it features 108 pages, like the 108 beads on a tibetan prayer necklace. Each page features musical sigils representing the simplest possible combinations of circuits one could create using the Tone Color Alchemy Wheel.

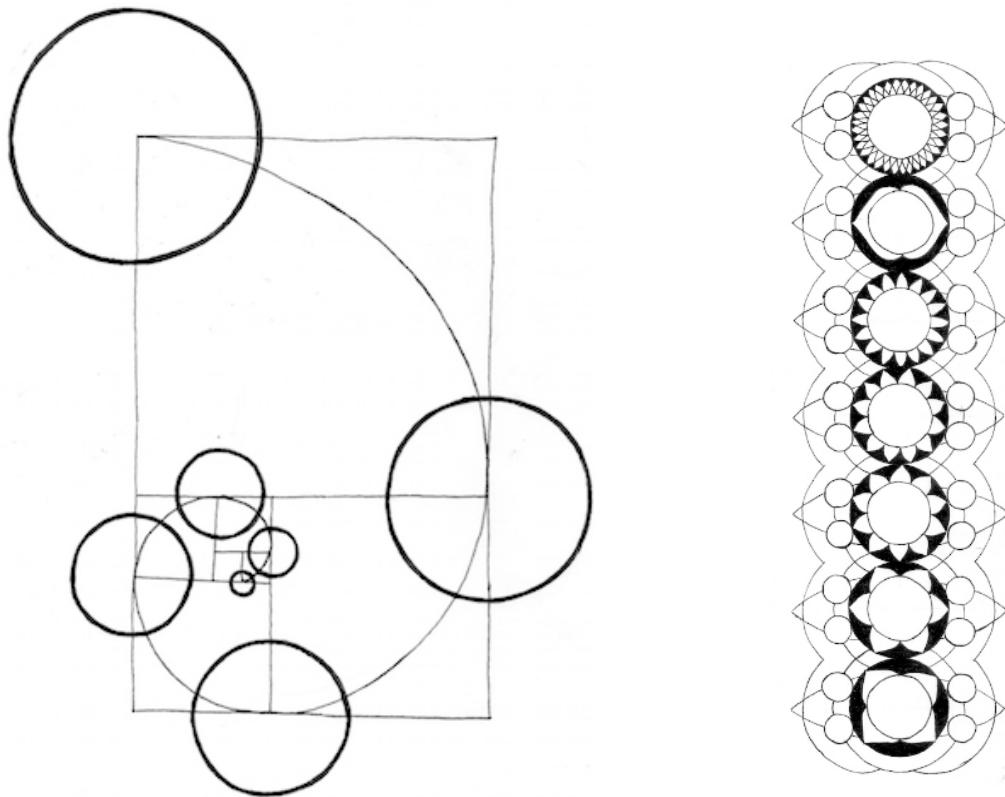


(Back cover of Audiomancy)

PLANT MUSIC CRYPTOGRAMS

SIXTEEN GNOSTIC THEMES ON FOREST MEDICINE

This following image is called the **Spine of Zebrazas**, named after the mythological Philip K Dick inspired **Zebra-Abraxas hybrid** that was revealed at the end of the first book, **Astromusik**. The design follows a traditional seven-chakra flower layout while also accounting for the notion of the six directions in space. The passage up and down the spine is represented by the seven chakras themselves, while the four directions (forward backward left right) are accounted for by the **four directional nodes** assigned to each chakra, shown orbiting around each of the chakras in the spine image above.



Materia Musica was co-designed by Ezra Sandzer-Bell and Casandra Johns. For our experiment, we assigned a medicinal plant to each of the nodes; this means four plants per chakra for a total of 28 plants. Our method begins with creating a liquid extract (tincture or spagyric) of raw plant material and consuming that plant for nine days. During each nine day cycle, the name of the plant was converted letter by letter into a row of musical tones. The task of the musician is to take the plant medicine extract orally while meditating on the tone row, until a natural rhythm and harmony turns the "random" notes into a melodic sequence.

We are creating musical talismans, or iconic representations of that plant's spirit.

You can read more and interact with the project at www.audiomancy.net

Further Information

If you have questions, please bring them to the Astromusik forum. The forum is a free service and so we rely on the community to support one another in answering questions. If you have a background in any of these fields (music theory, astrology, magick, audio meditations, etc.) then we encourage you to share your knowledge with others!

I will do my best to step in an offer input when possible.

On my websites you will find a great deal of articles that expand on the concepts found in Astromusik and Audiomancy. New content is always surfacing, including exploration of chemistry and the musical microcosm. If you like what you see, please share them on social media.

You can reach me at Ezrasandzerbell@gmail.com, however if you have any content-specific questions or feedback I ask that you please post on the forum.

All of the content in this e-book and in this package is protected under copywrite law. I encourage you to share it with your friends in person. If they like what they see, it would be best that they purchase the program themselves, rather than your sharing it with them. Digital content is impossible for me to control and I know that some people will pirate this product. However, as this is my primary source of livelihood, I ask you from the heart to please support this project by purchasing it. This will allow me to continue creating new work and making the content more accessible .

I have a dream of rendering this content in hi-definition video format and eventually bringing it into the domain of Virtual Reality. Doing so will require financial resources that are currently beyond my means. So once again, if you want to see the ideas in this package grow, please share it with others and encourage people to support the cause with monetary contributions!

If you work in the worlds of audio or visual design and would like to collaborate, please contact me directly with links to your portfolio. I am open to working with others on this venture.

Finally, I want to say that regardless of what happens with the future of this project, I feel grateful to everyone who has supported this dream and made it possible to share with the world. I sincerely hope that this product launch represents the beginning rather than the completion of this work.

Remember: Life is but a Dream