

Live in Greatness with Music



“In what does the greatness of man reside? In his fairness.

“To be strong in life does not just mean to live, but to know in every moment how to act, to know how to use your thoughts, to have the nicest thoughts, and to understand nature and know her laws.

“Learn to sing so you can rejuvenate yourself. Music is a way for rejuvenation. Man cannot rejuvenate himself if he does not sing. Music is a science and art. It is a power. Music is something internal.

“You have to know however you treat others that is how God will treat you. Good and smart is the person who never forgets

the Lord in his thoughts. Good and smart is the one who never forgets the Lord in her feelings. Good is the one who is always fair to all. Deposit Love in your head. Deposit Wisdom in your heart. Deposit truth in your actions.” ~[Beinsa Douno](#)

Greatness is Fairness

Douno says that man’s greatness resides in his fairness. While that is true, it is more accurate to say that man’s greatness is in Love because a truly loving person is always fair. Fairness is automatic when you truly love all of humanity. Honesty is automatic when you truly love all. Humility and a desire to be helpful and useful are automatic with love of all. Douno knows that and says so in other parts of the book quoted above.

Strong in Life

Here Douno tells us that being strong in life is not about having big muscles. While there is nothing wrong with having big muscles, being strong in life is more about living to your full potential and living according to the Will of God. To have nice thoughts and understand nature requires that we awaken and develop our spiritual Self. As long as our spiritual faculties remain dormant, we cannot truly know how to live, we can only guess or accept someone else’s opinion. Sadly, the vast majority of people do not even try to awaken those spiritual faculties, but instead, follow the opinions of others. It may be government laws or church laws that they follow, but they are almost always man’s laws which are not the same as God’s Laws. Only the spiritually awakened truly know the Laws of God and the Will of God.

Music for Rejuvenation

Music is a tool for rejuvenation. More importantly, as far as we are concerned, it is an aid to spiritual development and healing of both the spirit and body. We know that music was used in many of the ancient mystery schools during their ceremonies, particularly spiritual sun-gazing. The school of Pythagoras used music that way. Others used singing or chanting as well as, or instead of, playing musical instruments. One recent theory on Stonehenge says that the stones were struck with hammers of some sort to make sounds that helped in the ceremonies held there, ceremonies that were undoubtedly spiritual and included watching the sunrise.

The Australian Aborigines used the didgeridoo as a tool for healing, not just making music. In recent decades, some researchers have found certain sounds can aid the body in healing from physical ailments. Those researchers that are also spiritual find that certain sounds help stimulate certain energy centers and help to clear them of blockages or low energy conditions. Sound and light working together are even more powerful for healing on both the physical and spiritual levels.

From the SUN TALK collection by Harold Boulette