

Keytone Lesson Booklet

Halls of Knowledge



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By Norma Hickox

No. 1 - Tone C - Color: Red

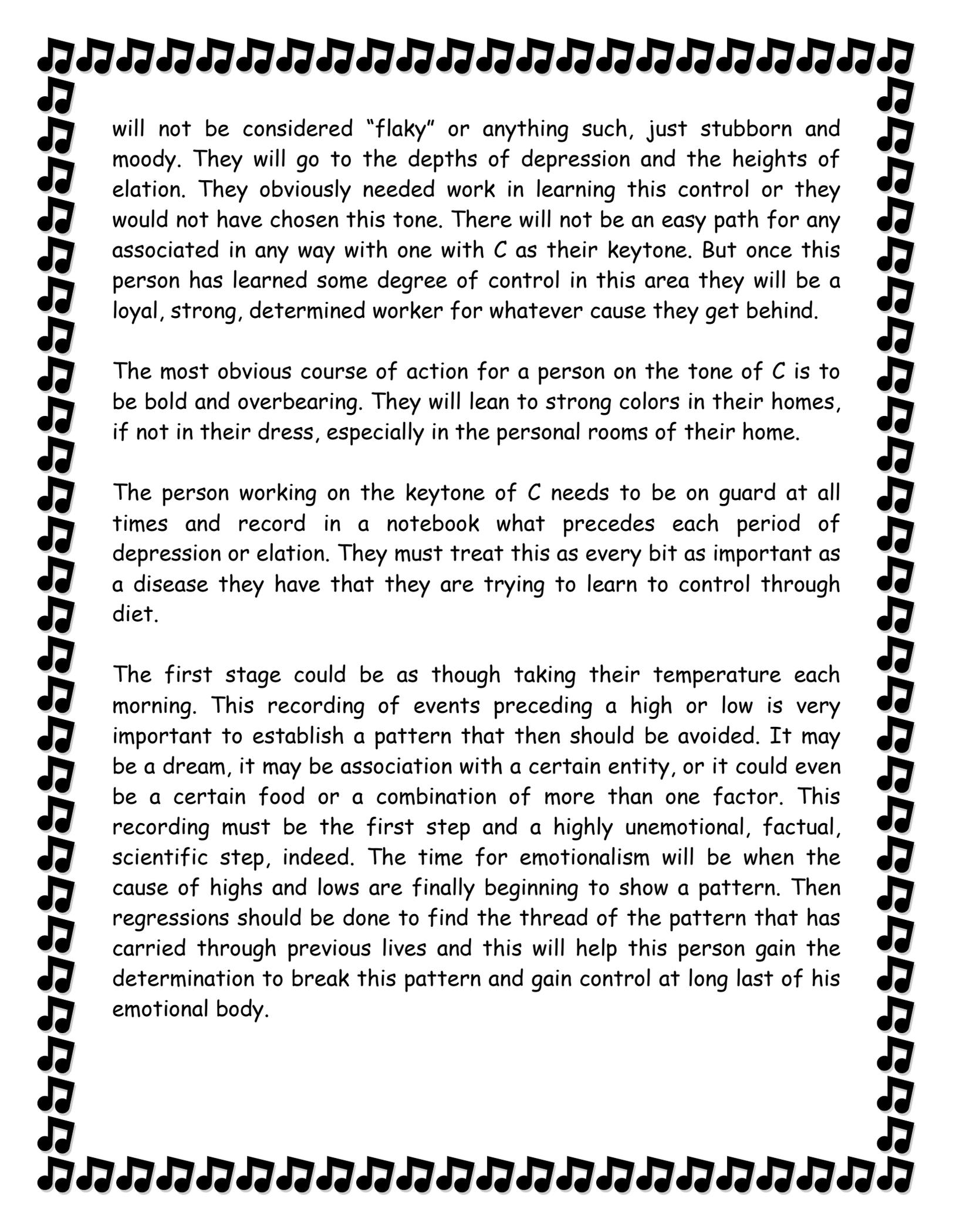


C is very strong and aggressive. The person relating emotionally to this tone is comparable to master numbers in numerology. There will be those who have this as their physical or mental ray that they are working on. The color red is warm-bodied, deep, exciting to the emotions, but at the same time is a clear, penetrating, no-nonsense tone.

The tone of C will be that which cuts through the fog of wishy-washy thoughts and gets right to the heart of problems. It is the color of your blood and affects the whole of your body as it courses through your veins. It echoes of your beginnings and gives you the desire to blaze new paths. It will not have this effect as strongly if it is not the keytone.

The lessons for the emotional body that lay in the tone of C will range from controlling a violent temper to transcending normal communication channels to the advantage of all humanity. The problems of controlling the temper stem from the remnants of the root chakra that was the beginning of the animal-based brain. If one chooses the tone of C for their keytone it is now an octave higher tone as the original tone belonged to the first root race. These tones follow the insemination experiments done by the space fathers because they are the physical body tones. They of course set the pattern then for the cadence chords which then must follow the patterns set by the physical body chord, which is the triad built on the keytone.

Any with the tone of C as their emotional body tone in the physical triad are going to have a difficult time balancing their emotions. They



will not be considered "flaky" or anything such, just stubborn and moody. They will go to the depths of depression and the heights of elation. They obviously needed work in learning this control or they would not have chosen this tone. There will not be an easy path for any associated in any way with one with C as their keytone. But once this person has learned some degree of control in this area they will be a loyal, strong, determined worker for whatever cause they get behind.

The most obvious course of action for a person on the tone of C is to be bold and overbearing. They will lean to strong colors in their homes, if not in their dress, especially in the personal rooms of their home.

The person working on the keytone of C needs to be on guard at all times and record in a notebook what precedes each period of depression or elation. They must treat this as every bit as important as a disease they have that they are trying to learn to control through diet.

The first stage could be as though taking their temperature each morning. This recording of events preceding a high or low is very important to establish a pattern that then should be avoided. It may be a dream, it may be association with a certain entity, or it could even be a certain food or a combination of more than one factor. This recording must be the first step and a highly unemotional, factual, scientific step, indeed. The time for emotionalism will be when the cause of highs and lows are finally beginning to show a pattern. Then regressions should be done to find the thread of the pattern that has carried through previous lives and this will help this person gain the determination to break this pattern and gain control at long last of his emotional body.

No. 2 - Tone C#,Db - Color: Red/Orange



The tone of C#/Db has slightly more orange in the red. It is that of one who is also strong and brave and a trail blazer, but not quite as forceful as the C itself. It is a little less full-bodied in depth of tone and color. Those with this tone as their keytone are not as quick to anger as the pure C tone, but it is there none the less, just not as up-front and not as deep an anger, more like a less intense flame than the

deeper red.

With C#/Db as a keytone this person's emotional body will be steady but not dependable. It would be as a very fine, weak fence holding this person's emotions in check. They will be not as quick to anger as those on C but will not have the stability as far as responding the same way to similar situations each time they arise.

The lessons embedded in this tone are those of knowing who you are and what you are doing on the earth plane at this particular lifetime; in other words, knowing your true purpose. Until this is found the person with the emotional tone of C#/Db will be wishy-washy and have no direction to their lives. Once it is found there will be no stopping the progress this person makes as far as righting any wrongs that he determined his soul had committed in previous lives. He will head straight and true as an arrow down a course that will clear all karma as far as he can determine and chart the path for his next life totally free of all emotional debts.

He very likely will not make any emotional commitments early in life, but once he himself is stabilized, then he can and will make a lasting commitment, not only to a spouse, but also to his values and beliefs as far as spiritual laws for him to live by.

He will not always be the easiest person to live with on a day to day basis once he has "found" himself, as he will let nothing stand in his way as far as his own progress goes. He will be a self-starter and work around the clock if doing that which he loves, but don't try to force him to do anything he doesn't want to do.

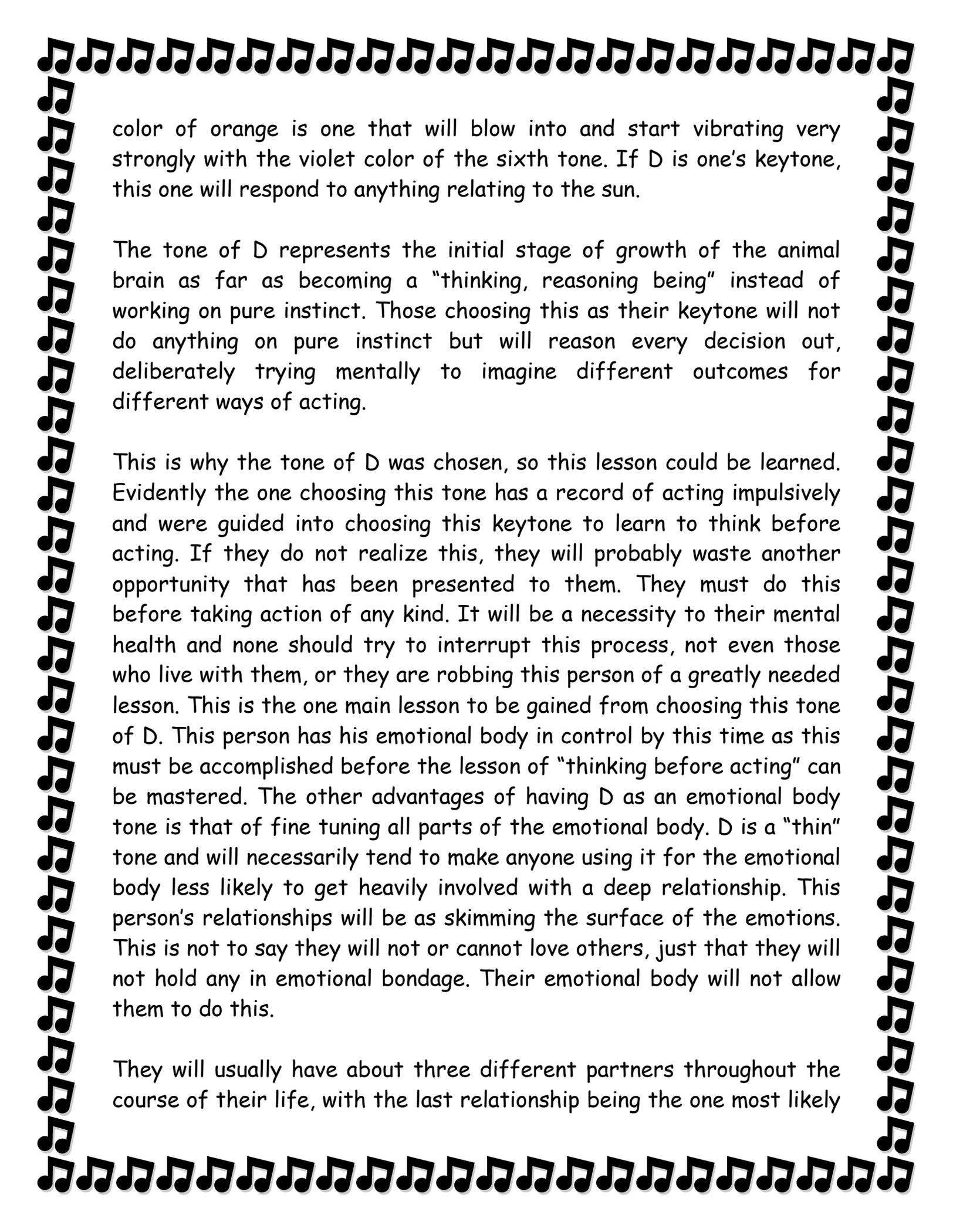
The person on the emotional tone of *C#/Db* will not show his feelings to any around him ever. They will have to learn to read this person as though reading a book as he will only give away the secrets of his heart through certain body movements and facial expressions.

The main lessons set up for this keytone is that of finding purpose in life and keeping that fragile emotional body in place throughout all the lives on this tone, so that it is no longer a problem when he moves on to the tone of *D*. The tone of *C#/Db* is definitely for stabilizing.

No. 3 - Tone D - Color: Brilliant Orange



The tone of *D*, the color of brilliant orange, is one with a clear, brilliant, bold look, but has a thin and brittle feel. It speaks of fire, but from a less intense angle than the previous *C* or *C#/Db*. Those with this as their key-tone will be brash and pushy and move with a quick grace, but would be better off if more contemplation were undertaken before moving or speaking. This



color of orange is one that will blow into and start vibrating very strongly with the violet color of the sixth tone. If D is one's keytone, this one will respond to anything relating to the sun.

The tone of D represents the initial stage of growth of the animal brain as far as becoming a "thinking, reasoning being" instead of working on pure instinct. Those choosing this as their keytone will not do anything on pure instinct but will reason every decision out, deliberately trying mentally to imagine different outcomes for different ways of acting.

This is why the tone of D was chosen, so this lesson could be learned. Evidently the one choosing this tone has a record of acting impulsively and were guided into choosing this keytone to learn to think before acting. If they do not realize this, they will probably waste another opportunity that has been presented to them. They must do this before taking action of any kind. It will be a necessity to their mental health and none should try to interrupt this process, not even those who live with them, or they are robbing this person of a greatly needed lesson. This is the one main lesson to be gained from choosing this tone of D. This person has his emotional body in control by this time as this must be accomplished before the lesson of "thinking before acting" can be mastered. The other advantages of having D as an emotional body tone is that of fine tuning all parts of the emotional body. D is a "thin" tone and will necessarily tend to make anyone using it for the emotional body less likely to get heavily involved with a deep relationship. This person's relationships will be as skimming the surface of the emotions. This is not to say they will not or cannot love others, just that they will not hold any in emotional bondage. Their emotional body will not allow them to do this.

They will usually have about three different partners throughout the course of their life, with the last relationship being the one most likely

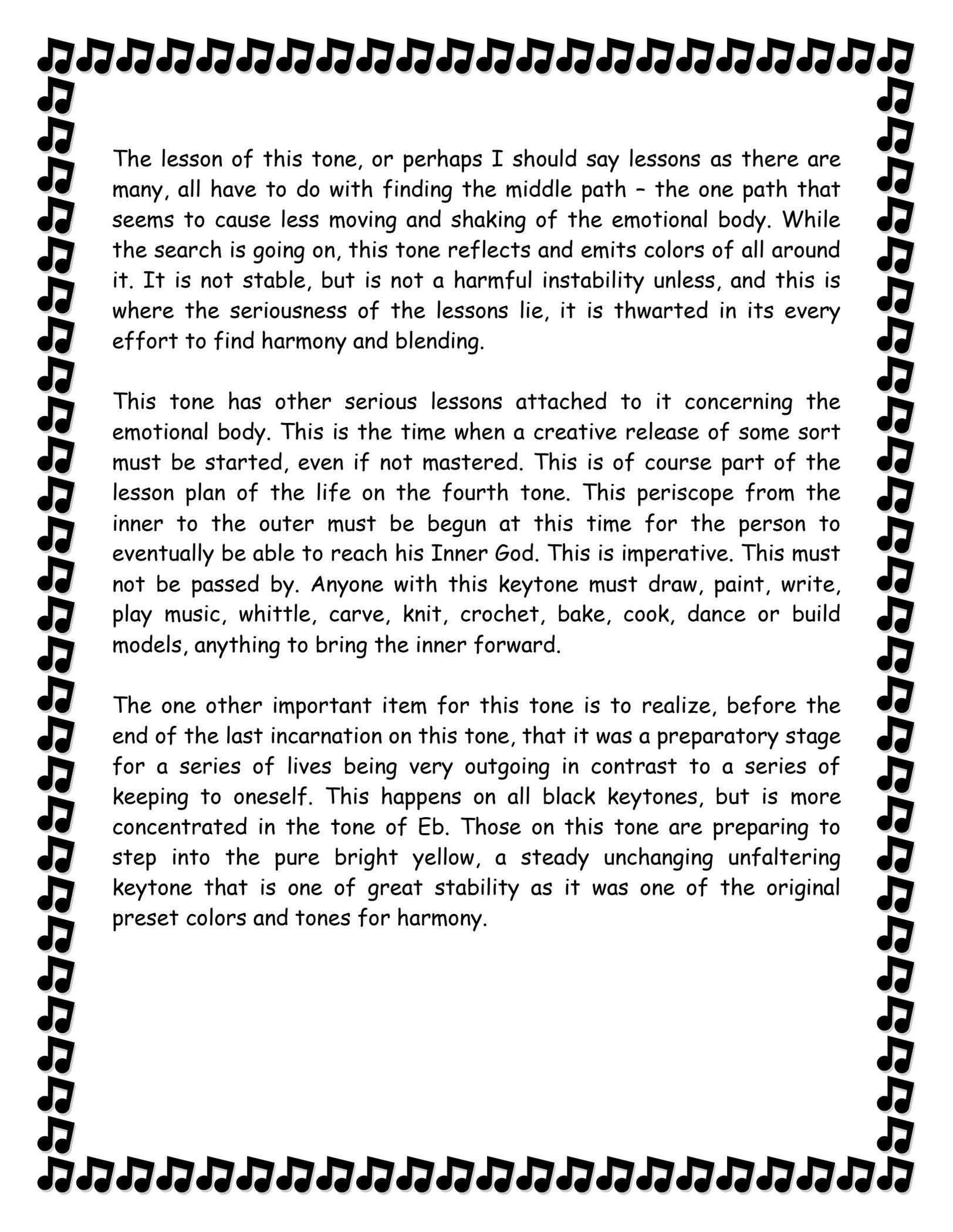
to last longer than the others. This is due mostly to the heavy lesson they have taken on as to slow deliberate actions and reactions. This is also what makes their emotional body like thin ice. They go through the emotion of a decision mentally before allowing any of it to surface, so they come across as hard and brittle to those who do not understand them and their goal. You will not find many using this as a keytone.

No. 4 - Tone D#/Eb - Color: Orange/Yellow



The keytone of D#/Eb is a strange color. It is a mixture of yellow and orange, which should produce a pale apricot, which it basically is, but at times it vibrates with more red and at times with more yellow, making it unstable in its responses. This tone, more than any other, will shift with the tides depending on moods. At times it will lean one way and pick up the orange of the tone of D before it, and at times (very rarely, but it does happen), will reflect back to the red and express deep anger and as spoken of before will also reflect strongly the yellow of the E ahead of it, and also blend this with green of the F ahead of that to produce almost a tan at times or even a brilliant light orange. When really absorbing from all sides it can even show as a rust and the color of brown could show up. It is the most unstable of all tones. Those with this as their emotional keytone will have ups and downs emotionally. They will ride a roller coaster and those involved in close relationships with them will have to be constantly on guard.

The tone of D#/Eb is a beautiful tone when used as the keytone as it changes colors constantly even to the point of seeming to shimmer. This emotional body is firm and controlled, like jello, but able to shake and bend and move and sway with the movement of others around it.



The lesson of this tone, or perhaps I should say lessons as there are many, all have to do with finding the middle path - the one path that seems to cause less moving and shaking of the emotional body. While the search is going on, this tone reflects and emits colors of all around it. It is not stable, but is not a harmful instability unless, and this is where the seriousness of the lessons lie, it is thwarted in its every effort to find harmony and blending.

This tone has other serious lessons attached to it concerning the emotional body. This is the time when a creative release of some sort must be started, even if not mastered. This is of course part of the lesson plan of the life on the fourth tone. This periscope from the inner to the outer must be begun at this time for the person to eventually be able to reach his Inner God. This is imperative. This must not be passed by. Anyone with this keytone must draw, paint, write, play music, whittle, carve, knit, crochet, bake, cook, dance or build models, anything to bring the inner forward.

The one other important item for this tone is to realize, before the end of the last incarnation on this tone, that it was a preparatory stage for a series of lives being very outgoing in contrast to a series of keeping to oneself. This happens on all black keytones, but is more concentrated in the tone of Eb. Those on this tone are preparing to step into the pure bright yellow, a steady unchanging unfaltering keytone that is one of great stability as it was one of the original preset colors and tones for harmony.

No. 5- Tone E - Color: Yellow



Those with the tone of E and the color of yellow will be brilliant in whatever facet of their life this tone falls in. It is a stable color and does not waiver either direction from its brilliant yellow. It is extremely stable as it is not split off into a black key sharp. It is as though it has a barricade or stopping point between it and the fourth key. Although it does flow through and combine with the blue of the fifth key to make the green of the fourth, this does not bleed back to affect the yellow. Those with yellow as their emotional tone, their keytone, will be right out in front with their emotions and will, for the most part, have sunny personalities with a magnetic quality that draws all to it.

Those on this bright yellow tone of E have the most stable emotional body of all tones in the lower half of the scale. They can be considered almost unemotional to others. Of course the emotional body is there protecting the soul which expresses very strongly on the tone of E as this is, remember, one of the pre-set tones and colors of harmony at the original creation.

Those working on E have many lessons to learn, do not misunderstand, but not as many as far as the emotional body as there would be if the E is a mental tone. But no matter, there are lessons, one of which is to let others have the right to different opinions while keeping their own counsel. This is hard for these ones to do. They can control wanting to tell everyone else what is wrong with them only up to a point. Then they can no longer hold their "opinion" in. This is where the lessons need learned as far as emotional control on this tone.

What these ones have to offer is valuable, do not misunderstand, but the dogmatic way, as being the only right way, is the problem. The ones with E as their keytone, more than most other keytones, are working hard on discretion, discernment and diplomacy. Coupled with a fourth D of discipline, as far as this emotional reaction that usually only occurs when interfering in another's personal life, makes a program called the four D's the main area into which the lessons of this tone will fall.

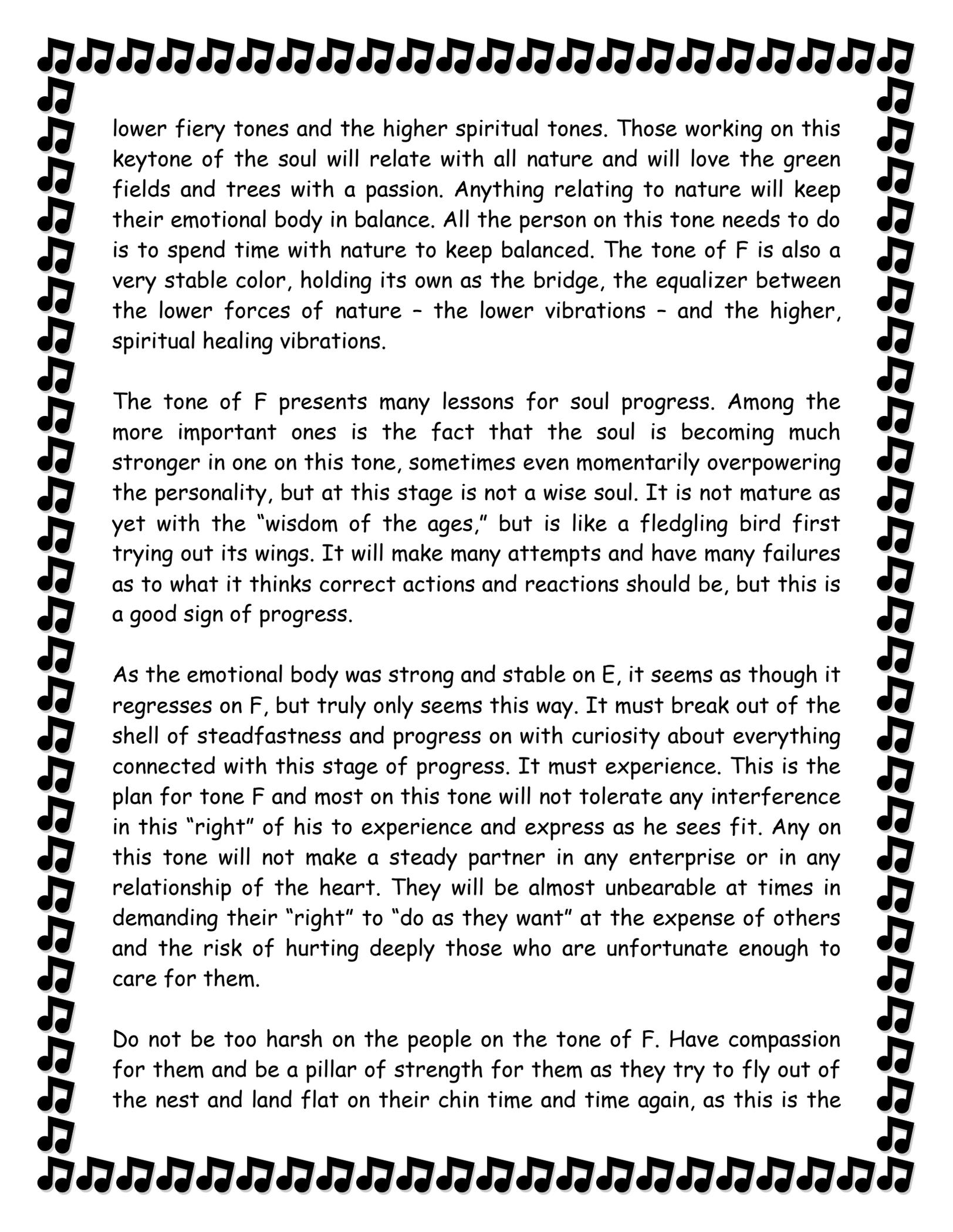
These people usually have sunny, pleasant, and easy to get along with, almost magnetic personalities and are a joy to know in all areas except this one, and this one area will not show up until the person on this tone of E knows another quite well. That's when the trouble starts. This would be something to be on guard for when entering into a relationship with any on this beautiful, brilliant tone of E. These ones will enjoy, also, being in the spotlight. They truly see themselves as brightening up the life of others around them and truly they do.

They will most always be found in a profession working either directly with individuals to help them be better persons or in the field of the arts by making the world a better place for humanity with their own creative expressions of beauty.

No. 6- Tone F - Color: Brilliant Green



The keytone of F is the most common one you will find for individuals in your particular area. It is one of brilliant green that truly sparkles like a jewel with depth of tone and full-bodied appeal. It has as a foundation the colors on either side of it. It is the central tone and with the one below, "E," and the one above, "G," forms the bridge to close and span the gap between the



lower fiery tones and the higher spiritual tones. Those working on this keytone of the soul will relate with all nature and will love the green fields and trees with a passion. Anything relating to nature will keep their emotional body in balance. All the person on this tone needs to do is to spend time with nature to keep balanced. The tone of F is also a very stable color, holding its own as the bridge, the equalizer between the lower forces of nature - the lower vibrations - and the higher, spiritual healing vibrations.

The tone of F presents many lessons for soul progress. Among the more important ones is the fact that the soul is becoming much stronger in one on this tone, sometimes even momentarily overpowering the personality, but at this stage is not a wise soul. It is not mature as yet with the "wisdom of the ages," but is like a fledgling bird first trying out its wings. It will make many attempts and have many failures as to what it thinks correct actions and reactions should be, but this is a good sign of progress.

As the emotional body was strong and stable on E, it seems as though it regresses on F, but truly only seems this way. It must break out of the shell of steadfastness and progress on with curiosity about everything connected with this stage of progress. It must experience. This is the plan for tone F and most on this tone will not tolerate any interference in this "right" of his to experience and express as he sees fit. Any on this tone will not make a steady partner in any enterprise or in any relationship of the heart. They will be almost unbearable at times in demanding their "right" to "do as they want" at the expense of others and the risk of hurting deeply those who are unfortunate enough to care for them.

Do not be too harsh on the people on the tone of F. Have compassion for them and be a pillar of strength for them as they try to fly out of the nest and land flat on their chin time and time again, as this is the

only way this soul will learn right action from wrong. Remember, please, that you either have this tone of F ahead of you on the path, or have already been through these seemingly endless, difficult, demeaning and sometimes staggering lessons of the soul on this tone of F. This is, after all, the tone of planet earth herself and it truly is "Harmony Through Conflict."

No. 7- Tone F#/Gb - Color: Blue-Green or Aqua



This tone is the blend of the green of the F and the blue of the G. It is an uncommon pitch for any to choose as an elective tone. If it is one's soul tone, then this one is really on the way of bridging between intelligence, innate intelligence and ages old wisdom. This one is on a true path, but caught in his own battle between a sharp intelligence that is denying innate wisdom. It is a sharp piercing tone when it is the keytone, don't you see, but is mellowed when one of the other tones. With this as a keytone this one will not blend with others.

Those working through lessons on the keytone of F#/Gb are rare. Their biggest lesson lies in stubbornness as far as their opinion being right on every subject under the sun. The lessons on F were similar, but the people on F were bendable and pliable while those progressed to F#/Gb are not.

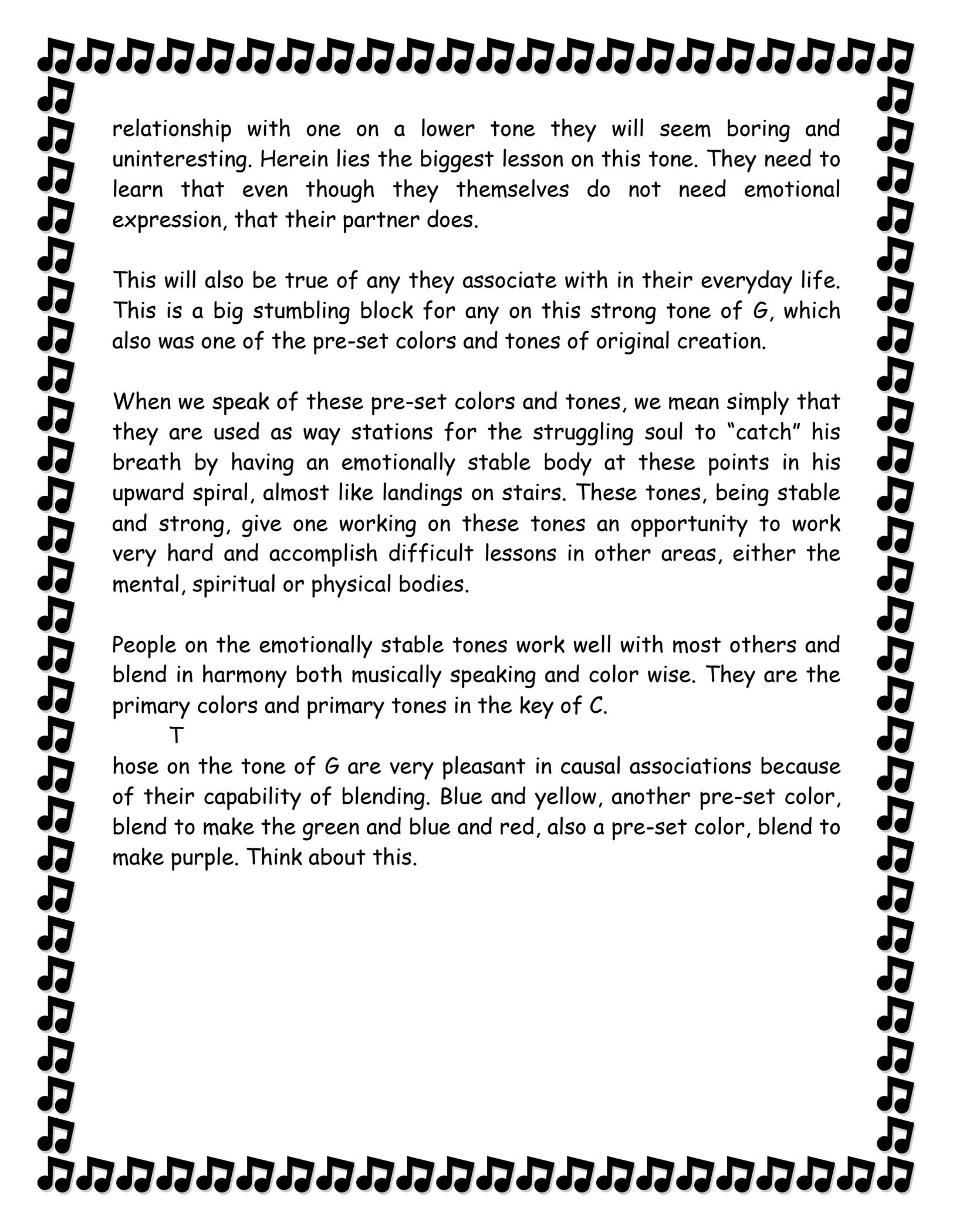
No. 8- Tone G - Color: Blue



The keytone of G is a beautiful blue, a sparkling blue with a depth of color that transcends anything you could imitate in the world today. Blue is the color for wisdom. Light blue is the color of ageless wisdom, that of nature, as opposed to the deep royal blue which is wisdom of the cosmos. Those with this as their keytone, their soul tone, are indeed storehouses for treasures of wisdom, not factual knowledge necessarily, but the wisdom to use what knowledge they achieve. It will be knowing, as an instinctive reaction, how to handle problems in human relationships. This tone of G will be a somber, quiet calmness with much stability. This color, in combination with the tone of E, the yellow, actually produces the tone of F, but the F is closer in quality to the E, the yellow, than it is the blue of the G. The G relates more to, and is the doorway into, the spiritual healing tones that are above it in the scale.

The tone of G presents some rare opportunities for strengthening the emotional body. This tone is working with the wisdom of the ages. When this wisdom is received, this person finally realizes how unimportant some of the things that used to upset them are. They no longer are interested in "playing games," as it were, with the emotions of others. As a matter of fact, they most often are not that interested, emotionally, in others.

For this reason, they may not make an exciting partner in relationships of the heart. Do not misunderstand, they have the capacity to love, but it is a mature love that does not feel the need for emotional expression. Their love will be strong and sure and faithful, but if in a



relationship with one on a lower tone they will seem boring and uninteresting. Herein lies the biggest lesson on this tone. They need to learn that even though they themselves do not need emotional expression, that their partner does.

This will also be true of any they associate with in their everyday life. This is a big stumbling block for any on this strong tone of G, which also was one of the pre-set colors and tones of original creation.

When we speak of these pre-set colors and tones, we mean simply that they are used as way stations for the struggling soul to "catch" his breath by having an emotionally stable body at these points in his upward spiral, almost like landings on stairs. These tones, being stable and strong, give one working on these tones an opportunity to work very hard and accomplish difficult lessons in other areas, either the mental, spiritual or physical bodies.

People on the emotionally stable tones work well with most others and blend in harmony both musically speaking and color wise. They are the primary colors and primary tones in the key of C.

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those on the tone of G are very pleasant in causal associations because of their capability of blending. Blue and yellow, another pre-set color, blend to make the green and blue and red, also a pre-set color, blend to make purple. Think about this.

No. 9- Tone G#/Ab - Color: Purple



As we move up to the G#/Ab we find a tone of deep lavender or purple. As a G# it tends to have more blue in it. As Ab it leans towards more of a reddish hue, but it is purple. One with this as their soul tone will be aggressive and passive at the same time. It is a rare tone, not too many will have it as a soul tone. When it is the soul tone, this person has progressed through all the previous stages and perhaps has a mastery of them in his seedcore that he is not using at this time as he is working on a new rung. The tone of Ab denotes power and authority and majesty if the keytone. If one of the other tones, it lightens up and still has a depth of power and firmness, but not the authority of spiritual realizations it has as the keytone.

Those working on this keytone have a balanced emotional tone if they have progressed in growth and evolvment as they should. If not, the emotional make-up will tend to be "shaky" if it does not have a creative release. This tone, more than all others, needs the emotional release of the emotional body as strongly as though it were medicine.

At the same time, this creativity must be bringing forth the soul of that one. Any artistic pursuit entered into or sought after for material gain will have just the opposite effect of what is wanted. This is the main reason why this tone is chosen at any certain particular time for an entity to work on. It just simply is time for this soul to express and express it must through beauty in many, many different forms.

There are a few other lessons for the emotional body on this tone. One of which would be controlling feelings of repulsion that come from

viewing or being immersed in anything ugly. They must learn that there are ugly happenings on the earth plane and that even though they would like to be kept from any of this, they cannot. They must see that this ugliness is there and learn to tolerate these situations. This is almost a necessary part of their being able then to bring forth counteracting beauty. The more deeply immersed for a time in ugliness, the deeper the depths of their soul they do reach to bring forth this beauty.

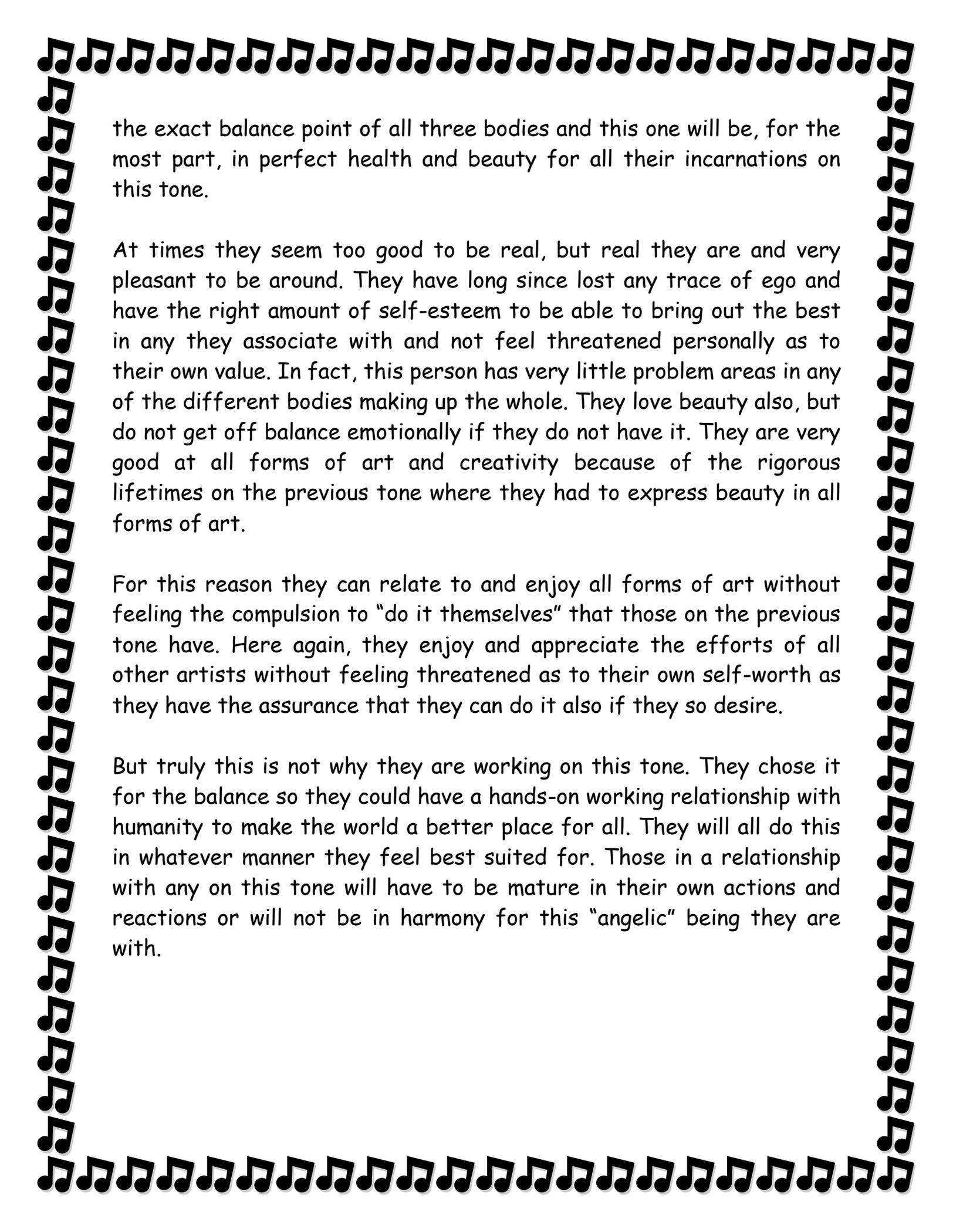
The person working on this tone will, for the most part, be a very pleasant companion in a relationship, but it will take a superhuman being to meet all the requirements this one will have for beauty. This one can stand ugliness for a time, then can no longer survive in this atmosphere and will leave if there is no beauty to be found and expressed.

No. 10- Tone A - Color: Deep, Dark Pink



The keytone of A natural is a beautiful, deep pink, deeper than rose, a more clear, liquid, fluid tone than any on the keyboard. The term magenta, fuchsia or wine may come closer to describing it, although I prefer deep, dark pink, as it is not as warm a feeling as the others. The one with this as a soul tone is one who is very spiritual indeed, a natural spiritualness, but not necessarily one destined to be a teacher. This one will respond to all faiths and beliefs with a knowing that they are all only seekers after the truth and will not judge any. He will stand head and shoulders above all others in any gathering, but free from ego.

The person working on the tone of A is very special. This is a tone that is in the most perfect balance as far as this emotional body goes. It is



the exact balance point of all three bodies and this one will be, for the most part, in perfect health and beauty for all their incarnations on this tone.

At times they seem too good to be real, but real they are and very pleasant to be around. They have long since lost any trace of ego and have the right amount of self-esteem to be able to bring out the best in any they associate with and not feel threatened personally as to their own value. In fact, this person has very little problem areas in any of the different bodies making up the whole. They love beauty also, but do not get off balance emotionally if they do not have it. They are very good at all forms of art and creativity because of the rigorous lifetimes on the previous tone where they had to express beauty in all forms of art.

For this reason they can relate to and enjoy all forms of art without feeling the compulsion to "do it themselves" that those on the previous tone have. Here again, they enjoy and appreciate the efforts of all other artists without feeling threatened as to their own self-worth as they have the assurance that they can do it also if they so desire.

But truly this is not why they are working on this tone. They chose it for the balance so they could have a hands-on working relationship with humanity to make the world a better place for all. They will all do this in whatever manner they feel best suited for. Those in a relationship with any on this tone will have to be mature in their own actions and reactions or will not be in harmony for this "angelic" being they are with.

No. 11- Tone A#/Bb - Color: Pearly Light Lavender



The keytone of A#/Bb is one of purity of values. It needs none other to blend with to accomplish loving deeds with no ulterior motives. It is a beautiful color of light lavender with a pearly sheen, almost pink at times, but mostly lavender that is also at times very close to white, a very strange color to those of us on earth, as we cannot duplicate it.

Strange also seems the behavior at times to the general public of one who has this as their soul tone, as their soul is also as pure as this color. It picks up a shine from two below and two above, deep rose of A and deep purple of Ab and pure red from C and purple white from B. It truly is a fine blend of the qualities of all. If it did not pick up the red of the C to ground it, it would have trouble relating to earth problems. It would probably just slip off the face of the earth.

Those on the tone of A#/Bb are again working with duality as far as their soul goes. They have gone through all stages of emotions so far and have come back out of the state of perfect balance and are working on almost being an instigator to make others shape up their emotional bodies. Their own emotional bodies get bruised in the process and they swing the pendulum to the point of having hurt feelings caused by other's cruel comments, or so they think. At times these people are absolutely miserable because of what they think people have said about them; what they think other people think of them. It is almost cruel to put a person through this at this stage of growth and evolvment, but it is almost like one final purging of this martyr complex that each must go through.

The lessons on this tone are very difficult because of the sensitivity of this emotional body. They will try their hand at many creative arts, but will not find any that really satisfies them. Indeed, what they must realize is that they have progressed beyond the point of most ordinary artistic expression. They need to come to terms with the fact that they are so creative that they cannot copy others; they must pave the way with a "new" form of expression.

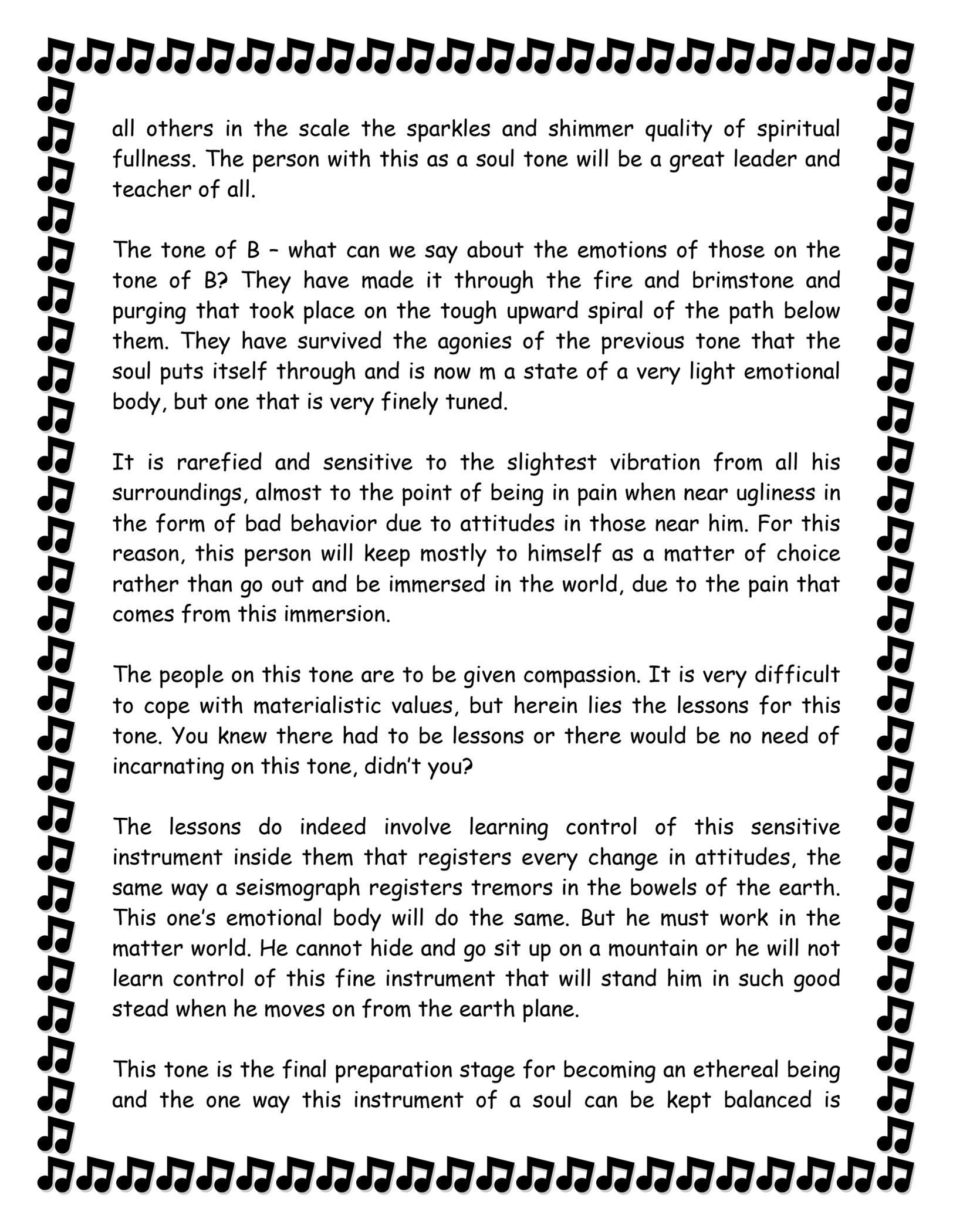
When they make this realization, they will immediately shape up, come out of the martyr complex and the "poor little me" syndrome and get on with the business of giving to humanity a new, original form of intellectual creativity. Yes, there are stages and steps of the path of creativity itself and the stage after this will be ethereal art. This will be the form of expression for those on the next tone of B.

One more comment on the tone of $A\#/Bb$ is that these people will not find happy relationships on the earth plane until they have found this happy relationship with themselves as far as creation of their own personal reality and giving birth to it in a realistic form.

No. 12- Tone B - Color: Brilliant White



This tone of B is one of brilliant white light with a sparkle and a shining that does indeed pick up the reds and blues and purple. It is different from the $A\#/Bb$ in that it picks up the deeper shades and tones to color itself with and therefore, when saturated with color, reflects a deep, royal purple and when not grounded, it sparkles a beautiful, pure shiny white. Any with this as their soul tone will be on a very special mission. It is so pure and deep and spiritual a tone that it reflects to



all others in the scale the sparkles and shimmer quality of spiritual fullness. The person with this as a soul tone will be a great leader and teacher of all.

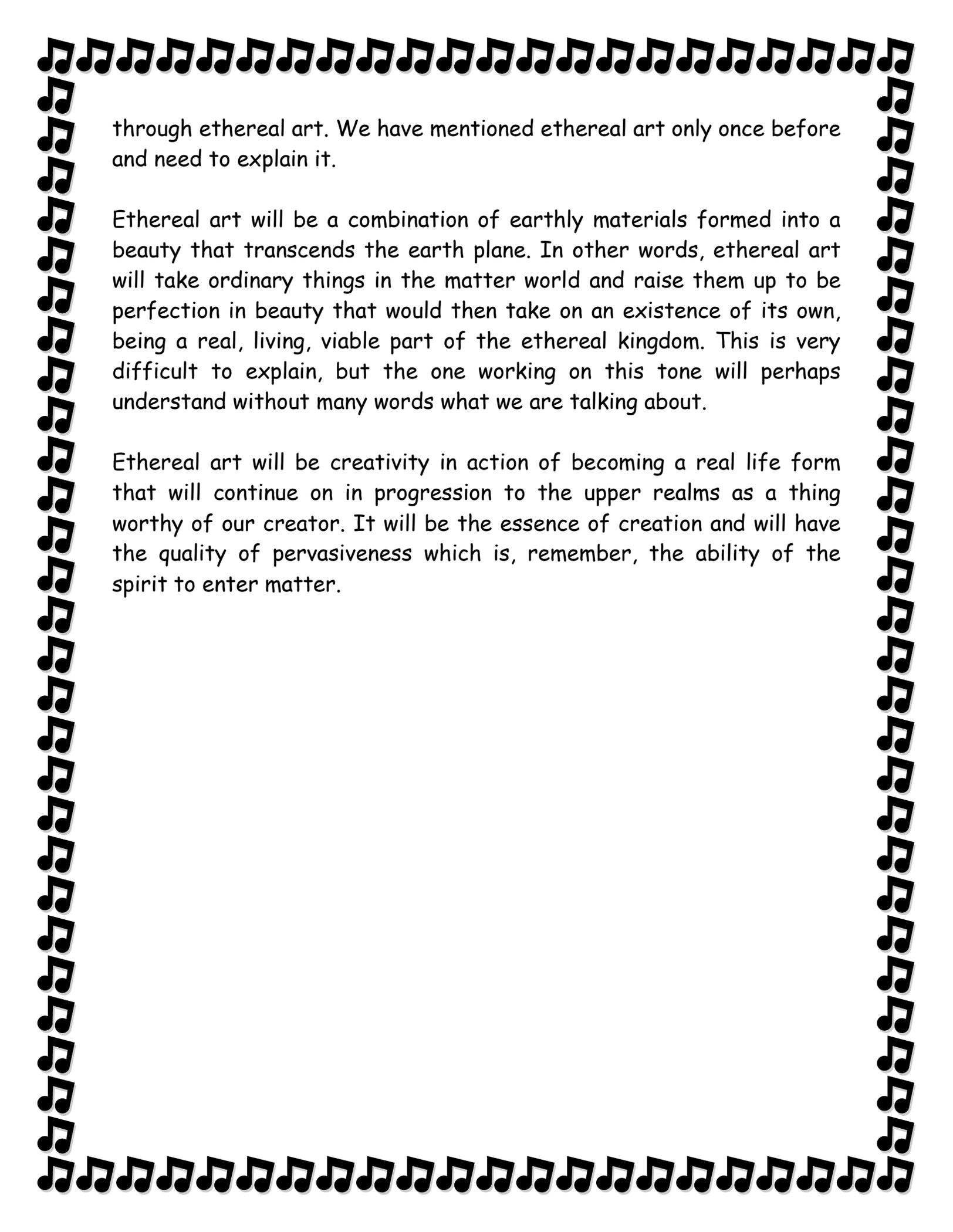
The tone of B - what can we say about the emotions of those on the tone of B? They have made it through the fire and brimstone and purging that took place on the tough upward spiral of the path below them. They have survived the agonies of the previous tone that the soul puts itself through and is now in a state of a very light emotional body, but one that is very finely tuned.

It is rarefied and sensitive to the slightest vibration from all his surroundings, almost to the point of being in pain when near ugliness in the form of bad behavior due to attitudes in those near him. For this reason, this person will keep mostly to himself as a matter of choice rather than go out and be immersed in the world, due to the pain that comes from this immersion.

The people on this tone are to be given compassion. It is very difficult to cope with materialistic values, but herein lies the lessons for this tone. You knew there had to be lessons or there would be no need of incarnating on this tone, didn't you?

The lessons do indeed involve learning control of this sensitive instrument inside them that registers every change in attitudes, the same way a seismograph registers tremors in the bowels of the earth. This one's emotional body will do the same. But he must work in the matter world. He cannot hide and go sit up on a mountain or he will not learn control of this fine instrument that will stand him in such good stead when he moves on from the earth plane.

This tone is the final preparation stage for becoming an ethereal being and the one way this instrument of a soul can be kept balanced is



through ethereal art. We have mentioned ethereal art only once before and need to explain it.

Ethereal art will be a combination of earthly materials formed into a beauty that transcends the earth plane. In other words, ethereal art will take ordinary things in the matter world and raise them up to be perfection in beauty that would then take on an existence of its own, being a real, living, viable part of the ethereal kingdom. This is very difficult to explain, but the one working on this tone will perhaps understand without many words what we are talking about.

Ethereal art will be creativity in action of becoming a real life form that will continue on in progression to the upper realms as a thing worthy of our creator. It will be the essence of creation and will have the quality of pervasiveness which is, remember, the ability of the spirit to enter matter.