**TRANSMISSIONS: Deep Deep Dream Transcript**

This is Deep Deep Dream.

An experiment in the techniques of awakening.

You will be guided through a series of rituals in three acts.

Together they take the form of a palindrome.

This passage asks us to work together

We have no map to the next world,

but the future epoch is asking us a question.

Now.

In the present.

What kind of world do you want to live in?

This transmission is a point of departure.

All you will need is enough space to lie down on your back

and enough space to perform some exercises standing up.

A yoga mat and headphones will be helpful, but not essential.

We begin at the border,

the encounter

between the outside and the inside.

"All that you touch

You Change.

All that you Change

Changes you."

— Octavia Butler

First select what path you will take.

You can only choose one or the other.

To choose your path,

take guidance from this question:

What kind of a world do you want to live in?

Meditate on this.

Which pathway appeals to you?

A Remember who you are

B What do you want?

The path forks now.

ACT 1:

If you have chosen path A,

you have chosen to meditate with silent video.

concentrate on the image,

allowing your thoughts to flow freely.

Turn off your audio

You will be invited back at the end of this act

If you have chosen path B,

Lie down and close or cover your eyes now.

You will be following audio

This recording will guide you through a Yoga Nitra

An intention that is about to be birthed

that is already felt

This is an experiment in techniques of awakening

If you're lying down,

allow your legs to lie flat on the ground

Your feet hip distance apart

your arms resting alongside your body

the palms of your hands facing skywards

we call this position

Sevashana

Now allow your eyes to gently close

Make sure you are comfortable

now take a deep breath

and exhale

become completely still

This is the beginning of the Yoga Nitra practice

diving into the depth

first, create a resolution in your mind

plant a seed of intention

deep in your consciousness

a phrase

sentence

clear and simple

that reflects your heart dreaming

we call this phrase sankalpa

remember your phrase

repeat it to yourself mentally

three times

now your intention has been set

I will now lead you into a state

of deep relaxation

let's begin by bringing awareness to your feet

sense all of your toes

imagine them relaxing and loosening

all the muscles and bones

relaxing

your heels and ankles

allow them to let go

feel the back of your calves

touching the ground

allow them to let go

sense the back of your legs

relaxing

releasing any tension

your knee joints

your thighs

just allow

everything to soften

imagine your hips

loosening

and letting go

now bring awareness to your hands

imagine the fingers

softening and relaxing

imagine the arms

sense them letting go

softening

falling heavy

your wrists

your elbows

release the tension

soften your biceps

allow your shoulders to fall heavy

and touch the floor

sense the muscles of your stomach

softening

relaxing

your chest

sense your soft breathing

rise and fall

just allow it to happen

letting go

relaxing

and softening

your neck

softening

your jawline

release any tension

allow it to fall

gently open

and your face

gently softening

your eyelids

falling heavy

relaxing

your lips, your nose

gently softening

your scalp

releasing any tension

allowing your whole face to soften

now you may feel a heaviness in your body

sinking towards the ground

all the muscles in your body

softening

allowing yourself to let go

releasing

and now

as you lay

in deep relaxation

I will read you a story

you open your eyes to the morning light

rising before the other souls wake

the scent of last night's rain

it lingers

you leave your home

that you have known since birth

which made you

you walk

above you

the sun has made the morning sky red

crimson

the streets are silent

in a Chinese garden

you see a path

running through a large stone arch

the arch is circular

like a portal

it is a moon gate

a tunnel

that is also a key

you approach the moon gate

and see a lady is standing near it

is this your garden

you ask

i come from Nakosha Abad

the land of nowhere

you ask

did you break through the horizon

the woman replies

there is a temple

the temple door is red

it is guarded by two elephants

both elephants vomit rainbows into the sky

their vomit meets above them

and forms an arch

at the top of the arch

up in the sky

are two brides to be

they stand a corpse width apart

one bride is to be enjoyed

the other worshipped

they are protected by lions

the lions will let you pass

the stranger gives you a gift

you look down

it is something you already possess

you enter the temple

pass the elephants

pushing open the red door

the temple its a library

it is built of an infinite number of hexagonal galleries

a sphere whose circumference is unattainable

others call the library the universe

no matter how long you walk

you will arrive back at the point of departure

a mirror world

a mirror world of your own making

standing on the convex surface of the mirror

you meet your twin

a halo of light

upon inspection

the halo is made of tiny crimson triangles

an unfinished jigsaw with your name on it

a white cat

lost in mist

your twin is dancing with a black egg

the saltwater that 3e come from

splashing

your mother is a sea serpent

the water still inside us

still above us

your ankles are wet from the monsoon

you have orbs in your hands

glowing green

emerald orbs

a lotus with a thousand petals

opens and closes

white flags tesselate to infinity

it is midnight

the book of hours

the pages are go.d leaf

the golden book of hours

has pictures of you

you

you

can you remember your intention?

your san kalpa?

repeat it to yourself three times

keeping the eyes closed

lie quietly for some time

as you notice your body

noticing your breath

gently wiggle your fingers and toes

place your left palm onto your chest

slowly open your eyes

thank you

the yoga nidra is now complete

This act is complete.

Get up slowly and return to looking at the screen.

What did you see?

Where have you seen it before?

What message did you receive?

At the centre of the universe is a tree,

which rises high into the sky

and reaches down into the centre of the earth.

The tree of knowledge.

Knowledge of one world is the foundation for the next.

Set your intention to ground yourself.

Make firm your foundation on earth

for knowledge from the world above.

Now, turn into the void inside yourself,

where everything already exists.

Know nothing.

Feel everything.

I will now take you through a crea sequence

of three exercises

please follow the instructor for the movements

start in mountain pose

bring your feet together

and arms down by the side

and root your feet and legs down

and stand up straight

with your spine tall

and just take a moment to breathe

the first exercise is called warrior breath 1

take a wide stance

with bent knees

toes turned out

extend your arms directly in front of you

and bend your elbows

palm open facing each other

inhale in two parts through the nose

as you pull your arms back in two parts

bringing your hands into fists

exhale in two breaths through the mouth

as you return your arms to the centre

in a two part motion

hold the breath in

and squeeze every muscle in the body

expand through your chest

and draw your shoulder blades together

gather the energy into your fists

as you draw the arms back

release the energy through your palms

feet together and stand tall again

the transition movement is called blooming lotus

bring your hands to prayer at the heart

inhale and lift your hands as your gaze follows

and exhale as you bring them down

tracing a blossoming lotus flower

visualise you are rising as the lotus flower

exhale as you visualise you are the blossoming flower

bring your hands to prayer

and take a seat with your legs crossed

the next exercise is prana shakdi

thrust your arms above your head

and inhale through the nose

straight arms palms open

exhale loudly through the mouth

as you bring your elbows down to the side

and your hands into a fist

and at the end of the sequence you should hold your breath in

while holding your hands up

we will do this exercise for 90 seconds

please do not give up

focus on the exhale through the mouth

the inhale comes naturally

keep your energy quick and focused

bringing down the prank energy from the universe

into your body

this area allows you to transcend your boundaries

and detoxifies the body

keep going

hold the breath in

and tighten the root lock

hold your breath for as long as possible

release

and two more times

return to blooming lotus for three runs

for the final exercise

bring your hands into the shape of an egg

the area outside of your lower abdomen

set the mantra

sat

bring your hands up into the lotus

in front of your heart

chit

and then up into the air

ananda

set

chit

ananda

truth

consciousness

bliss

set

chit

ananda

set

chit

ananda

set

chit

ananda

set

chit

ananda

sat

chit

ananda

now continue to repeat the mantra in your mind

Thank you

the crea is now complete

you want to imagine futures

you want to create futures

object in your mind

and to hold them there

until your mind

turns into the shapes of these objects

the practice of imagining

turns into the rightness of action

according to the metaphysics of the ritual

so that flowers warmed by the hands

become the fruits of the practice

become abolitions efflorescence

the ritual must be completed

until it turns on itself

its objects destroying their causality

you turn on yourself

move into the void in yourself

and begin

the red door to the temple

is guarded by two elephants

both vomiting rainbows

their vomit meets in the sky above them

and fuses to form a lunette

the lunette is decorated with brides to-be

standing a corpse width apart

one is to be enjoyed, one worshipped only

the brides are protected by lions

who are nothing like the real police

sitting across the street from the real temple

they protect and enforce the reality that requires them

you do not require them

you prefer these lions

who prop open their mouths with the heads of your enemies

you decide to substituted yourself for your enemies

abolishing liberalism by means of

placing your head in the lions mouth

lying between the brides

you realise that your body is corpse width

yours is the corpse by which you must enter

past the first hurdle

you throw coloured powders at the space where the door should be

trying to make it appear in your mind

it's a jewelled throne on an island of butter in the ocean of milk

it's a forest of the lotus of the heart

that abides in a citadel

it's a red door to a temple in a cremation ground inside your body

mind guards the door to consciousness

Welcome to the third act.

The otherside.

Remember which path you chose.

A Remember who you are

B What do you want?

If you chose path A,

you will now listen to the audio.

Follow the instructions.

Lie down and cover your eyes, or simply close them.

If you chose path B,

you will now watch the video

Turn your sound off now.

and watch the screen.

I am the ladder

I am the sink

I am the breath

of those who came before

I am the network

I am the one who falls

I am the wet

I am the surface of the water

I am

the things

that have been forgotten

I am the species

I am the echo

of a story

I am the space

into which

you cry

to remember

I am a relation

I am a temporary order

No one can tell me

what I am

I am a language

pulled from the trees

I am a star

thinking

I have seen

myself

across the canopy

I have feared myself

forgotten

because

the dream

demanded

At the side of a river

a magenta light

the heat of the sun

the water lapping at your feet

White light

in your chest

an ocean

of infinite depth

the forces

released

This act is complete.

Get up slowly and return to looking at the screen.

What is a world?