

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 we 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 tessellate to infinity
it is midnight
the book of hours

the pages are gold 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 prana 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?