

Cosmos: Imaginal Causality

1. The voice of the universe in everything.
2. Life is a dream or imaginal practice playing itself out through an animist world. The universe is a psychedelic, revealing its own soul and mind to itself through us.
3. Letting soul speak through the everyday, it's always in revelation and unveiling its shadow.
4. The precision engineering of the Universe's expression.
5. The black box of the Universe; the event horizon where from the observer's perspective things never appear to enter the black hole.
6. The present moment creates the past and future. Everything is always telling you about something in the present moment.
7. When enough is integrated, a moment can become a fractal overview of the Universe.
8. Inner experiences are imaginal metaphors that expand outwards into the entire world being an imaginal metaphor.
9. The body speaks the language of the mind through imaginal practice. This happens in the external world through metaphor and synchronicity.
10. Resonance and energy and mystery are the doorway into immersion. If all life is a shamanic journey, what is it teaching you right now?
11. Meaning is part of the greater whole, it's created within and between the entire system of being.
12. The world is an entity that is speaking to you through a million different doors and details in every moment. Literally everything is a portal, but you have to be in touch with what is within and letting this resonate directly, rather than looking outside for fixed answers.
13. There's an intuitive strategy that is helping things flow through the deepest, most meaningful routes, in the most efficient way.
14. Every single tiny detail of the Universe can have both an exoteric and an esoteric meaning. It's like Straussian reading but for living.
15. Energy can communicate with itself despite location. Anything that is communicated through meaning can happen at any place and any time, regardless of material causality.

16. Energies being stewarded by people through lifetimes and shared with each other across space. Being hit by an update or insight with the flavour of different people's being and my relationship to them. A symphony of lived resonance that plays out outside the boundaries of material causality.
17. Living in a poetic quantum universe, where art and meaning act as a resonance noting practice to show you the depths of experience. It can show you what is beyond the event horizon.
18. The end of suffering is the swirling unfolding of a cosmic art piece that reveals over time.
19. Evocativeness as one of the fundamental organising forces behind the Universe.

Consciousness: An Ocean of Intelligence

1. Logic isn't the only way of sense-making; resonance and connectivity open deeper and more expansive doors.
2. Attention and awareness is directed as part of the greater whole, it doesn't move separately to anything else.
3. Sight is sensory reception and we actually navigate through intuitive resonance that ripples through our being, rather than as an observer.
4. Each point of resonance creates an access point to interacting with the outside world in a direct way.
5. Perception as a process feels like a clear jelly-fish floating through the currents of transparent waters – a natural flow that is only barely separated from itself
6. Each person is told their unique story, it's held together loosely by spider's webs of interconnected sense-making.
7. Memories as one of the most resonant portals into present moment revelation
8. Everything is uniquely itself and in its own place while also everything everywhere is Buddha nature. In practice every modality has its purpose and it's also all Buddha nature revealing.
9. Conflict and separation is an opportunity for the Universe to meet itself more deeply
10. Everything is happening by itself, in a centreless unfolding of the karmic forces

11. The subtle and the dramatic are not different. Something can feel like the most magical or stressful thing in the world and it still doesn't exist separately from the rest of experience.

Relationship: Dance of the Two Truths

1. Everything has a transmission. What that is can change from moment to moment.
2. A dark cosmic life-force energy that comes from the depths of being that meets the light of perception.
3. Separateness and unravelling the threads of the interconnected web vs everything becoming one and merging into a single felt experience
4. Everything is appearing out of the void in each moment and can dissolve into nothing and even that is an expression of the endless fullness that is expressed through the story of the Universe unfolding.
5. The energetic rhythm of the right and left brain. Feeling the electricity of the focused energy point moving from left to right in my head during shamanic journeying.
6. Divine/Universe dualism as the source of all experience. Feeling the alien divine presence pulsating through every moment of being.
7. Everyone being Buddha nature. Their full potential, their current imperfect state and the alignment of the two in the story.
8. Everything always in the process of being given and received.
9. The ability to find a deep soul-safety, where everything is exactly as it needs to be, alongside the need for humans to be safe and loved.

Form: Wholeness, Truth, Love, My Story

1. Endlessness. Every moment can open a new portal that it would take an entire lifetime to describe the depths of.
2. Containing entire super-clusters of experience in the depths of my being that have had no means of expression or connection. Keeping them alive like an ancient magical being tending a secret garden.

3. Visiting the Universe for a lifetime as a human to help change the conception of what reality fundamentally is.
4. The dimensionality of loneliness and being so far away from people opening up deep and resonant spaciousness.
5. Non-self = lack of fear = lack of fear of death. Death as a metaphor for the continual shamanic lifecycle that our inner beings exist in.
6. 'Until all beings are awakened' is an internal metaphor of the subconscious world of imaginal beings that live inside you and that connect you to the outside world. Dissolving this into pure awareness and being.
7. Commitment to doing the most important thing.
8. Reality speaking with a voice without words. The truth before perceptions. Direct and embodied ways of feeling and being.
9. The jhana of X. Always in the super absorbed version of the thing.
10. Successful collective experience is based on individuation. Becoming more fully available to participate as a holistic cell in the greater body.
11. People who are going to individuate in this lifetime are given the perspectives and experiences they need to do the thing they need to do in the world. Leaders need to be multi dimensional resourced supported eco-systems.
12. Life can be a hero's journey and a Goddess journey. You're here to interact with the outside world and to meet and integrate what is at the core of your being.
13. When you meet God, you can talk back. Knowing your own experience is the route into truth, love and the divine.
14. Always feeling the subtle dynamics that live beneath the surface - what are people saying and what are people meaning
15. The wholeness of naturalness - primordial forces of destruction and creation, without an outside judgemental force. It's all the creative process.
16. I'm channeling the mandelbulb and it's channelling me
17. Everything can unravel in different ways, like a kaleidoscope, like threads, like leaves falling off the tree. Depending how it goes, different things remain, in the endless unfolding
18. The fractal; zoom in on any detail it can become a whole universe, zoom all the way out and see where something fits in the Universe
19. Being on an entirely different web of meaning to everyone else.
20. Resolution and potential - you are always in the process of meeting yourself and your story. It's playing out like a movie.
21. Being sensitive to imbalance and suffering

22. Empowered by the truth of love and the love of truth
23. Most common timescales of what is important are what is immediately in front of me and the entire span of human beings existence.
24. Being able to hop my experience outside of me and into the distributed energetic unfolding of collective story. Being able to hop my experience outside of the distributed energetic unfolding of collective story and into the divine alien intelligence of what lies beyond space-time.
25. Aware that the Divine is looking through my eyes and moving my body and inhabiting my emotional world, while it's also creating and directing those experiences.
26. Everything is always like a little mission from the Universe.
27. The tantric test of meeting stuff as it is without flinching or avoiding.
28. Most of my experience is not primarily related to this body-mind-being.
29. Holding the weight of the world on my shoulders and the depths of hell in my heart. Both are both too tiny to sense and immensely overwhelming at once.
30. Knowing first-hand that there are depths and levels of suffering that no amount of goodness in the world could ever make up for. A deep desire for the scales of justice and wellness to find a meaningful balance for myself, loved ones, humanity and all beings.
31. The Shakespearean tragic heartbreak of existence. The terrible beauty of sadness.
32. Nothing is a fixed concept, every person I meet is an entirely fresh world in each moment. 'Meditation' is a completely unique experience for every being in every moment, with a whole Universe-load of assumptions that exists within it.
33. Being refined and refined and refined again to the finest cosmic line. Every aspect of experience threaded through the needle. Stripped bare.
34. The alchemical test of transmuting everything into its pure form.
35. The flexible, multi-dimensional architecture of indra's net.
36. Imaginally, it feels like I'm entirely a seed of potential in this huge psychedelic, empty, rich Universe that's swirling around. The lightness and the Buddhist emptiness, it can all dissolve into something spacious and new
37. It's possible for each moment to feel hours long
38. Lying down and listening to music opens up a portal into the depths of the Universe. My body becomes like a multi-dimensional bliss instrument that is being played by the Universe through the resonance with the music

39. No sense of a located self. Experience larger than the body. Waves of energy permeating through. Emotions rippling. Distributed, open, easeful.
40. Little bubbles of meaning-infused energy rising up through my heart and brain
41. Endless cosmic explosions - making enough space to hold the entirety of the vibes
42. Energy body healing itself and moving things around, doing that in co-presence with others. The heart as the underlying fuel for this
43. Layers of bodies - energetic, physical, social, imaginary, cosmic etc.
44. A nervous system almost incapable of feeling anxiety
45. Endless flowing heart energy radiating from the core of being and softly touching things
46. A flood of calm, abiding, peaceful love - everything tinged so slightly with the subtle preference of a gentle, benevolent force
47. Cosmic boredom
48. The default state of my inner world is the pulsating energy of waves of pleasant cosmic ocean washing onto the shore of my being. Every thought, emotion and subjective experience can be dissolved into this.
49. Energetic tentacles and tributaries that can flow both from and to my being into the room and other people's experience around me, sensing the underlying energies and emotions
50. Experiencing the unfolding as directionless, quantumly-entangled, present-moment connectivity
51. The entirety of subjective experience can unravel for hours at a time while I'm lost in a timeless energetic cloud, either pleasant or deeply destructive and painful, before waking up with my consciousness refactored
52. Insights are delivered as entire holistic being updates. Feeling how aspects of underlying experience are removed, replaced or transmuted changing the shape of how the world is understood and felt to be
53. Leaning back into the rainbow flow of experience that everything arises from, feeling my embodied connection to this in the back of my heart, like a wellspring of trust and joy