

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 cosmic art piece, revealing its own self to itself through us.
3. Soul is always speaking through the everyday; it's always in revelation and unveiling its shadows and unknowns.
4. Feeling the precision engineering of the Universe's expression.
5. Experiencing the black box of the Universe – the event horizon from where the observer's perspective cannot reach.
6. The present moment is creating the experiential past and future. The past and future is creating this moment.
7. When enough information 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 soul through imaginal practice. This happens in the external world through metaphor and synchronicity.
10. Resonance, energy and mystery are the doorways into immersion.
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, like Straussian reading but for living.
15. If all life is a shamanic journey, what is it teaching you right now?
16. 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.
17. Energies are stewarded by people through lifetimes and shared with each other, creating a symphony of lived resonance.

18. Living in a poetic quantum universe, where art and meaning act as a resonance noting practice that can show you the depths of experience.
19. The end of anxiety is becoming intimately in touch with the world unfolding as a cosmic art piece.
20. Evocativeness (or meaning) is 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 collective 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 are 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 practice 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, and a reality, which is more stable.
2. A dark cosmic life-force energy is emerging from the depths of being in each moment and meeting the light of perception.
3. Things can separate and unravel and also become one and merge.
4. Meaning is appearing out of the event horizon in each moment. It can dissolve into nothing and it is also an expression of the endless fullness that is expressed through the story of the Universe unfolding.
5. The dualism between the Divine and the Universe is the source of all experience; the direct experience of an intelligence that exists outside space-time living in every moment of being.
6. Everyone is Buddha nature, which includes their full potential, their current imperfect state and the alignment of the two in this moment of the story.
7. Everything is always in the process of being given and received.
8. The ability to find a deep soul-safety, where everything is exactly as it needs to be, alongside the desire for things to be better.
9. 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.
10. When you meet God, you can talk back. Knowing your own experience and being honest about it is the route into truth, love and the divine.

Form: My Story

1. There is almost no resistance in my experience, which means that whether I meditate for 1 second or 10 hrs, it feels like the same depth of experience. I have access to very deep meditative states immediately and spend a lot of my time in the world in flow states.
2. My body is almost always in a jhana and I can access many different realms at will.
3. My primary way of making sense of the world is built on an understanding of karma or the shared story of the Universe. I don't have any sense of my own life or experience separate to this.
4. I can perceive Universal and personal dynamics with a lot of clarity.

5. Time exists very differently in my experience. I'm very present in the moment and can also feel how intelligence is emerging from outside of space-time.
6. Endlessness. Every moment can open a new portal that it would take an entire lifetime to describe the depths of.
7. 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.
8. The lived experience of visiting the Universe for a lifetime as a human to help change the conception of what reality fundamentally is.
9. The dimensionality of loneliness and being so far away from people in a way that opens up deep and resonant spaciousness.
10. A non-self that comes from lack of fear and lack of fear of death.
11. Experiencing death as a metaphor for the continual shamanic lifecycle that our inner beings exist in.
12. 'Until all beings are awakened' can be first understood as an internal metaphor of the subconscious world of imaginal beings that live inside you and that connect you to the outside world.
13. Courage and commitment to do the most important thing, whatever it takes.
14. Reality speaking with a voice without words. The truth before perceptions. Direct and embodied ways of feeling and being.
15. Successful collective experience is based on individuation. Helping beings become more fully available to participate as a holistic cell in the greater body.
16. 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, self-renewing eco-systems.
17. Attuned to the subtle dynamics that live beneath the surface and the alignment of misalignment between what people are saying and what people are meaning
18. The wholeness of naturalness - everything is the creative process and an expression of the primordial forces of creation and destruction, without an outside judgemental force.
19. Everything can unravel in different ways, like a kaleidoscope, like threads, like leaves falling off the tree. Depending how it goes, different things remain present in the endless unfolding.
20. I am immersed in the fractal of experience. I can zoom in on a detail that can become a whole universe or zoom all the way out and see where something fits in the greater whole.

21. Being on an entirely different web of meaning to everyone else.
22. Empowered by the truth of love and the love of truth.
23. 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 a non-linear intelligence.
24. Aware that the Divine is looking through everyone's eyes.
25. Being sent on little Universe missions.
26. The tantric test of meeting stuff as it is without flinching or avoiding.
27. 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.
28. 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.
29. The Shakespearean tragic heartbreak of existence. The terrible beauty of sadness.
30. 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, usually with a whole Universe-load of assumptions that exists within it.
31. Being refined and refined and refined again to the finest cosmic line. Every aspect of experience threaded through the needle. Stripped bare.
32. The alchemical test of transmuting everything into its pure form.
33. Seeing the world through the flexible, multi-dimensional architecture of Indra's net.
34. 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.
35. It's possible for a moment to feel timelessly long.
36. 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.
37. No sense of a located self, everything is distributed, open and easeful. Experience is larger than the body, with waves of energy and emotion rippling and permeating through.

38. Little bubbles of meaning-infused energy rising up through my heart and brain.
39. Endless cosmic explosions and continually making space to hold the fullness of what is present, including the dark and the light.
40. Energy body healing itself and moving things around, doing that in co-presence with others. The heart as the underlying fuel for this.
41. Being in touch with different layers of bodies - energetic, physical, social, imaginary, cosmic etc.
42. A nervous system almost incapable of feeling anxiety.
43. Endless flowing heart energy radiating from the core of being and softly touching things.
44. A flood of calm, abiding, peaceful love - everything tinged with the subtle preference of a gentle, benevolent force.
45. Cosmic boredom.
46. The default state of my inner world is waves of pleasant cosmic ocean washing onto the shore of my being. Every thought, emotion and subjective experience can be dissolved into this.
47. 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.
48. Experiencing the unfolding as directionless, quantumly-entangled, present-moment connectivity.
49. 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.
50. Insights are often delivered as entire holistic 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.
51. 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.