

Universal Soul

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. Experiencing the black box of the Universe – the event horizon from where the observer's perspective cannot reach.
5. 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.
6. 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.
7. Resonance, energy and mystery are the doorways into immersion.
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. Meaning is part of the greater whole, it's created within and between the entire system of being.
11. There's an intuitive strategy that is helping things flow through the deepest, most meaningful routes, in the most efficient way.
12. Feeling the precision engineering of the Universe's expression.
13. Every single tiny detail of the Universe can have both an exoteric and an esoteric meaning, like Straussian reading but for living.
14. If all life is a shamanic journey, what is it teaching you right now?
15. The end of anxiety is becoming intimately in touch with the world unfolding as a cosmic art piece.
16. Evocativeness (or meaning) is one of the fundamental organising forces behind the Universe.

Universal Mind

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. 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.
4. Sight is sensory reception and we actually navigate as much through collective intuitive resonance that ripples through our being, rather than solely as observers.
5. Each point of potential resonance within you creates an access point to interacting with the outside world in a direct way.
6. Memories are one of the most resonant portals into present moment revelation.
7. 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.
8. Direct experience of an intelligence that exists outside space-time living in every moment of being.
9. Everything is happening by itself, in a centreless unfolding of the karmic forces.
10. 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.

Universal Heart

1. Everything has a transmission, what that is can change from moment to moment.
2. Things can separate and unravel, so that each aspect of being is in its own dignity, and also become one and merge.
3. 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.

4. A dark cosmic life-force energy is emerging from the depths of being in each moment and meeting the light of perception.
5. 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.
6. Everything is always in the process of being given and received.
7. The entanglement of meaning across space-time that is connected through love and authentic feeling.
8. Conflict and separation is an opportunity for the Universe to meet itself more deeply.
9. 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.
10. Energetic tentacles and tributaries that can flow both from and to my being into the world and other people's experience around me, sensing the underlying energies and emotions.
11. Experiencing the unfolding as directionless, quantumly-entangled, present-moment connectivity.
12. Living in a poetic quantum universe, where art and meaning act as a resonance noting practice that can show you the depths of experience.
13. Energies are stewarded by people through lifetimes and shared with each other, creating a symphony of lived resonance.
14. The present moment is creating the experiential past and future. The past and future is creating this moment.
15. When enough information is integrated, a moment can become a fractal overview of the information of the Universe.
16. The ability to find a deep soul-safety, where everything is exactly as it needs to be, alongside a benevolent desire for things to be better.

Universal Body

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. Experiencing death as a metaphor for the continual shamanic lifecycle that our inner beings exist in.
5. A non-self that comes from lack of fear and lack of fear of death.
6. The experience of visiting the Universe for a lifetime as a human to help change the conception of what reality fundamentally is.
7. Ability to perceive Universal and personal dynamics with a lot of clarity.
8. 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
9. 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.
10. Endlessness. Every moment can open a new portal that it would take an entire lifetime to describe the depths of.
11. 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.
12. The dimensionality of loneliness and being so far away from people in a way that opens up deep and resonant spaciousness.
13. 'Until all beings are awakened' can be understood as an internal metaphor of the subconscious world of imaginal beings that live inside you and that connect you to the outside world.
14. Courage and commitment to do the most important thing, whatever it takes.
15. Reality speaking with a voice without words. The truth before perceptions. Direct and embodied ways of feeling and being.
16. Successful collective experience is based on individuation. Helping beings become more fully available to participate as a holistic cell in the greater body.

17. 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, and self-renewing eco-systems.
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. Empowered by the truth of love and the love of truth.
20. The tantric test of meeting stuff as it is without flinching or avoiding.
21. 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.
22. Aware that the Divine is looking through everyone's eyes.
23. Being sent on little Universe missions.
24. 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.
25. The Shakespearean tragic heartbreak of existence.
26. The beauty of sadness and how this is a doorway into some of the most sacred experiences.
27. 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 desire for the scales of justice and wellness to find a meaningful balance.
28. Being refined and refined and refined again to the finest cosmic line. Every aspect of experience threaded through the needle. Stripped bare.
29. The alchemical test of transmuting everything into its pure form.
30. Seeing the world through the flexible, multi-dimensional architecture of Indra's net.
31. Imaginally, it feels like being a seed of potential in this huge psychedelic, empty, rich Universe that's swirling around; it can all dissolve into something spacious and new.
32. It's possible for a moment to feel timelessly long.
33. 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.

34. 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.
35. Little bubbles of meaning-infused energy rising up through my heart and brain.
36. Endless cosmic explosions moving through my experience, continually making space to hold the fullness of what is present, including the dark and the light.
37. Energy body healing itself and moving things around, with the heart as the underlying fuel.
38. Being in touch with different layers of bodies, for example the energetic, physical, social, imaginal, and cosmic.
39. Endless flowing heart energy radiating from the core of being and softly touching things.
40. A nervous system almost incapable of feeling anxiety.
41. A flood of calm, abiding, peaceful love - everything tinged with the subtle preference of a gentle, benevolent force.
42. 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.
43. 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.
44. 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.