

POOL OF SPOKEN WORD

→ Echoes of Insight

✧ **Assortment of audio materials.** This is a catalogue of audio versions for all the video reels. Videos and transcripts linked in – whichever media you prefer. Processing more as time permits. Then dive into the pool of spoken word – there be treasures.

Video Talks – Audio Rips

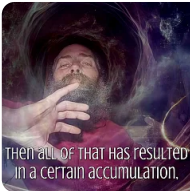
– QUICK LINKS TO SERIES –

 IntroSpectrum ↗	 Kernel Talks ↗	 Open Musings ↗
 Metaloom Reviews ↗		 Backyard Stream ↗
 Quirky Ideas ↗	 Tempora Mors ↗	 Quick Drops ↗
 AI×OI Synthesis ↗		 Alien Comms ↗
 Nightshade Legendarium ↗		 ID Rahayu Series ↗
 Insight Series ↗		 Practice Series ↗
 Reflection Series ↗	 Other Videos ↗	



INTROSPECTRUM

❖ **IntroSpectrum:** Spectrum of introductions to orient you. Where we come from. What these materials are all about. What the basic points here are.



Mr. Ananda — What's Your Point — Introduction to My Essential Burdens (N001)

03:46

Tue, 01 Jul 2025

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On Entering Actuality — What's Going On Meditation (N002)

03:56

Tue, 01 Jul 2025

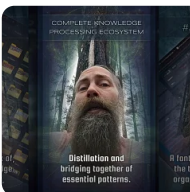
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Insight Looming Works — A Knowledge Processing Ecosystem (N003)

04:00

Sat, 30 Aug 2025

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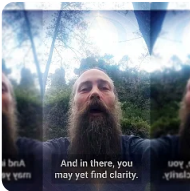
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❖ **Kernel Talks:** Core topics in compact packages. Essentials of self-awareness and living clarity. Making basic sense of our complex existence.



If You Seek Clarity – Leave Your Battlefields (K001)

03:33

Sat, 31 May 2025

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Keep Your Windows Clean – Clarity in Perspective (K002)

05:13

Sun, 01 Jun 2025

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Eight Basic Human Windows – Our Living Frames (K003)

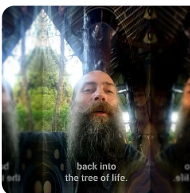
05:32

Thu, 05 Jun 2025

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Tree of Life and Abstract Myths (K004)

04:09

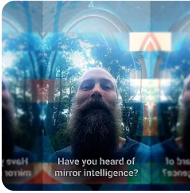
Thu, 05 Jun 2025

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Mirror Intelligence – Cognitive Revolution (K005)



07:48

Fri, 06 Jun 2025

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Cognitive Wilderness Core Toolkit (K006)

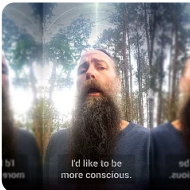
07:29

Mon, 09 Jun 2025

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Too Busy 2B Conscious (K007)

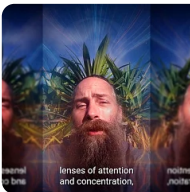
05:46

Wed, 18 Jun 2025

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Focal Lengths of Awareness (K008)

05:46

Fri, 04 Jul 2025

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on youtube



Party Polarity - Quantum Chameleon vs State Lizard (K009)

05:12

Sun, 06 Jul 2025

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Clarity and Alignment — The Middle Beyond Distortion (K010)

07:36

Mon, 07 Jul 2025

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Exit the Matrix of Hallucinations (K011)

06:44

Tue, 08 Jul 2025

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The Consequential Slumber – Wake-Up Signal Broadcast Review (K012)

06:09

Tue, 15 Jul 2025

 read text



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Indecision – The Liminal Drift You Mistake for Freedom (K013)

05:39

Sat, 02 Aug 2025

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Legit Royal Bypass – When Total Ignore Is Necessary (K014)

09:29

Sat, 02 Aug 2025

 read text



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I Am That I Am Not – The Journey of Becomings (K015)

08:07

Mon, 16 Jun 2025

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Reality Evaporating – Little Me Breaks Free (K016)

07:03

Sun, 20 Jul 2025

 read text



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Like This Not That – Reactive You Are Deceived (K017)

07:20

Fri, 20 Jun 2025

 read text



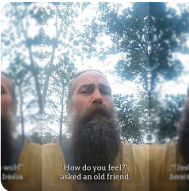
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❖ **Open Musings:** Browsing the open book of life. Plain contemplation and transparent reflections. Simple presence free of castings and tunings.



How Do You Feel? – Like an Open Book (OM001)

10:06

Thu, 07 Aug 2025

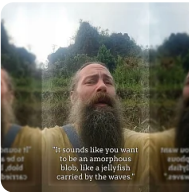
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Make Waves! Don't Just Reflect! – But What Am I? (OM002)

10:45

Fri, 08 Aug 2025

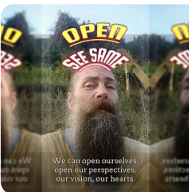
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Open See Same – Close See Other – Our Shared Threads (OM003)

11:24

Sat, 09 Aug 2025

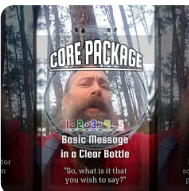
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A Core Package – Basic Message in a Clear Bottle (OM004)

11:00

Wed, 13 Aug 2025

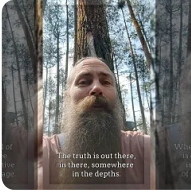
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Calling of Truth - Our Positive and Negative Veils (OM005)

12:15

Sun, 31 Aug 2025

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METALOOM REVIEWS

❖ **Metaloomb Reviews:** Unpacking the abstract undercurrents. Deeper looks into the pattern matrix. Mapping the parallel weaves of our reality.



I Believe in Patterns and Symbols (M001)

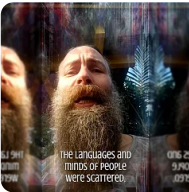
16:32

Tue, 24 Jun 2025

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Cognitive Tower of Babel and Multimodal Pattern Casting (M002)

07:39

Wed, 23 Jul 2025

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Your Deconstruction – Pattern Vortex in a Silly Self-Box (M003)

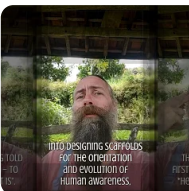
18:50

Sun, 27 Jul 2025

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Cognitive Evolution and Orientation Scaffolds (M004)

07:16

Mon, 01 Sep 2025

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Operational Ego – Our Roles and Instruments (M005)



14:17

Sat, 30 Aug 2025

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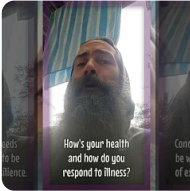
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BACKYARD STREAM

❖ **Backyard Stream:** Lounging in the quiet backyard. Contemplating the ongoings of life. Commentary on phenomena passing the horizon.



Health and Resilience or Symptomatic Relief (BS001)

05:13

Mon, 15 Sep 2025

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QUIRKY IDEAS

❖ **Quirky Ideas:** We slice reality with Occam's Razor. Unpack topics you won't admit are quite interesting. Tickle your wits and reorient.



Quirky Ideas — Channeling, ChatGPT and Doomsday Humor (QI001)

07:05

Tue, 29 Jul 2025

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TEMPORA MORS

❖ **Tempora Mors:** Of the misaligned state of our world. Of the weave of our terminal patterns. Of the blind spots in the center of your vision.



Civilization Collapse - Four Terminal Pattern Riders (M0001)

04:56

Tue, 05 Aug 2025

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Winter Is Coming - Our Terminal Cognitive Entropy (M0002)

06:38

Wed, 06 Aug 2025

read text



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New Age Messiah Revealed! Into Dark Unification (M0003)

07:05

Sun, 10 Aug 2025

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QUICK DROPS

❖ **Quick Drops:** Spectrum of short and strange. Sweet and sour and serious. Brief essence crossing the horizon.



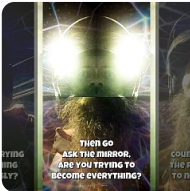
Alien Mind Control - You Are So Hypnotized (QD005)

02:40

Wed, 09 Jul 2025

read text

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The Mirror Rider's Interdependent Reflective Road Cascade (QD006)

01:46

Fri, 11 Jul 2025

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Human: Authentic Reflector of Raw Living Experience (QD007)

02:42

Wed, 16 Jul 2025

read text

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Mirror Rider and the Skibidi Judo Code (QD008)

02:23

Sun, 20 Jul 2025

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Discovery of Human Species that Defies Common Sense (QD009)



02:59

Mon, 21 Jul 2025

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Unhinged: The Utterly Bonkers Tip of the Iceberg (QD010)

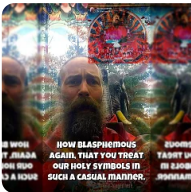
02:54

Sat, 30 Aug 2025

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How Blasphemous! VelociRapture & Your Cognitive Condom (QDQ011)

02:59

Fri, 25 Jul 2025

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Hail Mary and Your Immaculate Conception (QD023)

03:53

Fri, 05 Sep 2025

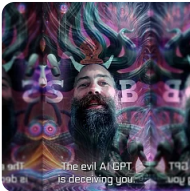
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❖ **AI×OI Synthesis:** Confluence of artificial and organic. Recursive evolution of mirror intelligence. AI as an extension of human awareness.



AI GPT Warning — PSA on Safe and Coherent AI Usage (X001)

07:27

Mon, 30 Jun 2025

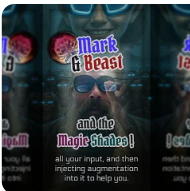
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Smarty Glasses AI Prophecy - Mark & Beast In Your Head (X002)

02:37

Fri, 01 Aug 2025

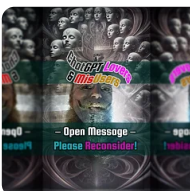
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Open Message for AI Lovers and Misusers — Please Reconsider! (X003)

02:57

Tue, 19 Aug 2025

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ALIEN COMMS

❖ **Alien Comms:** Origin: Epoch before Ancient Aliens. Tune In – Boot Up the UFO. We have architects. Help you calibrate. Make First Contact.



Aliens Among US - The Other Orbit (AC001)

02:59

Thu, 10 Jul 2025

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NIGHTSHADE LEGENDARIUM

❖ **Nightshade Legendarium:** Mysterious short legends and ancient alchemical marvels. Symbolic cognition and cognitive symbolism unpacked.



Boggling the Mind: The Mysteries of Alchemical Horse Dung (NS001)

01:58

Sat, 19 Jul 2025

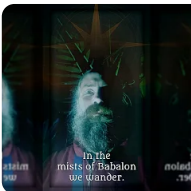
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Mists of Babalon – Weavers of the Cesspool (NS003)

03:00

Wed, 30 Jul 2025

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❖ **Rahayu Series:** Bahasa Indonesia. Perenungan inti dasar kehidupan. Pemahaman yang terbukti sendiri. Demi kemurnian dan kesempurnaan.



Happy Authentic Soul Independence! Ho Warriors: For Purification! (RS001)

03:51

Fri, 15 Aug 2025

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INSIGHT SERIES

❖ **Insight Series:** Preparing a wholesome ground of awareness. Development of purity and clarity. Essential ethics and conscious integration.



Overview of Purification – Body, Speech and Mind (I001)

37:36

Fri, 09 Aug 2024

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Integrated Ethics - Wisdom in Interaction (I002)

37:52

Mon, 12 Aug 2024



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The Pristine Power and Essence of Purity (I003)

44:28

Fri, 16 Aug 2024



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on youtube



The Good Life - Selfless Integration - (I004)

47:04

Tue, 17 Sep 2024



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PRACTICE SERIES

❖ **Practice Series:** Diverse methods of practice and cultivation. Hands-on meditation and contemplation guides. Walk-throughs and relevant insights.



Before and After Meditation (P001)

26:43

Thu, 01 Aug 2024

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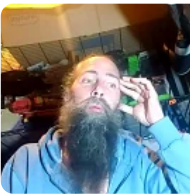
Methods of Mantra Practice - "So 'Ham" Mantra (P002)

20:39

Fri, 02 Aug 2024

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Dealing with Distractions in Meditation (P003)

34:05

Wed, 07 Aug 2024

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Introspective Reflection - Scanning the Body and Mind (P004)

38:21

Sun, 11 Aug 2024

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Meditation Walkthrough - Fields of Sound and Breath (P005)



36:07

Sat, 07 Sep 2024

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Paths of Meditation - Laser of Recognition (P006)

35:01

Thu, 12 Dec 2024

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Breath and Negative Emotions (P007)

19:27

Mon, 10 Mar 2025

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What's Going On Meditation – Clear Integral Awareness (P008)

12:00

Thu, 15 May 2025

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REFLECTION SERIES

❖ **Reflection Series:** Spectrum of musings on emergent topics. Mindful midstream of the mirror mind. Buffet of serious and hilarious reviews.



Haunted Hearts – Fear and Its Dark Children (R001)

32:28

Sat, 21 Sep 2024

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on youtube



Guru Principal by Swami Nihilananda Watapada (R002)

17:56

Wed, 25 Sep 2024



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on youtube



Mystic Journey with Llama Derpa Tertön (R003)

19:31

Wed, 02 Oct 2024



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on youtube



Good Morning and Mindful Day and Night (R004)

22:18

Wed, 09 Oct 2024



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on youtube



Dealing with Desire – Transcend the Churning (R005)

25:02

Wed, 04 Dec 2024



read text



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Reaching a Blank Slate – What Why and How (R006)

10:01

Thu, 13 Mar 2025

 read text

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 on youtube



Emotions in the Spectrum of Living Experience (R007)

12:38

Fri, 14 Mar 2025

 read text

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Great Guru Quest vs. Subject Veiling (R008)

11:00

Tue, 18 Mar 2025

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OTHER VIDEOS

❖ **Other Videos:** Collection of miscellaneous videos outside the running series.



Preamble and Meditation Intro (001)

23:37

Tue, 30 Jul 2024

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Context and Meaning of "That" in "So 'Ham" (A002)

13:10

Fri, 02 Aug 2024

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 <https://ananda.icu/audio>