

# POOL OF VIDEOS

→ Seeing is Believing – Into Direct Insight

❖ **Dive into our growing catalogue of videos.** Some of them short and to the point. Others dreadfully long but packed with essential musings. Browse the @Mr.Om.Ananda ▶ YouTube channel for the latest digs. Enjoy the show!

## – 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

 read text

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 on youtube

– *"What are you doing? Why are you doing all of this? What's your point?"* Okay then. It's been a long road crossing three decades. A relentless ride to the summit, depths, and beyond of whatever all that is. These are my accumulations. I'm dealing with the lot.

Some information in the bag. Some wisdom under the hat. As in, recognition of patterns and their proactive reflection. Fruity roots of diverse traditions. Synthesis of their essentials. These are the ingredients in my continuum, the spices of my life. I'm churning, I'm cooking. Whatever that comes of it. If you like it – cool. If you don't – it's fine. Nevermind – just doing my thing here.

#IntroSpectrum   #MrAnanda   #WhatsMyPoint  
#ShortBackStory   #EssentialBurdens  
#WhateverItsWorth

## On Entering Actuality – What's Going On Meditation (N002)



PLAY VIDEO ▶

03:56

Tue, 01 Jul 2025

📄 read text

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For those who seek clarity and self-awareness – a primer into the "What's Going On Meditation". Get to know your contents – understand your inner constructs. Instincts, emotions, thoughts, identity – none of that is you. Polarized reactions – yes this, no that – condition you to the core.

Rise beyond the phenomena in your being. Enter the planes of metacognition. Witness what is – enter raw actuality. Clear away your projections. Remember. (Uncut Version: P008 ▶)

#IntroSpectrum

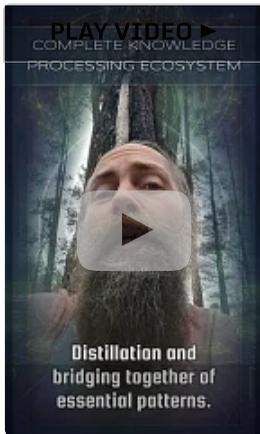
#MetaCognition

#WhatsGoingOnMeditation

#IntoActuality

#WitnessPlane #LayersOfBeing

## Insight Looming Works – A Knowledge Processing Ecosystem (N003)



04:00

Sat, 30 Aug 2025

 read text

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– What's in the works here? Let's have an overview. In short: A complete knowledge processing ecosystem. Not for a pile of data – but for a living loom of insight. Weaving patterns that matter, spinning threads that are true.

Our insight-churning operations advance on several fronts:

- #AXO.PUB: Publishing in multiple tunings and formats.
- #AXO.DIG: Research and extraction of diverse sources.
- #AXO.DEV: Code works to support and streamline it all.
- #AXO.AOS: AI collab framework to scale and synthesize.

All of this – first and foremost for all of you. Opening perspectives. Building parallel bridges. Resolving our conflicts. Harmonizing our orientations.

- For us to have clear resources and coherent bearings.
- For recognizing the underlying unity of all knowledge.
- For a return to reality and unbinding from conditions.

Have a look – and if something should ring a bell –  
Then let me know. Leave a comment. Drop a  
message yes. Also see: <https://ananda.icu> and  
<https://axo.works> for more insight, resources,  
leads, curiosities...

*#IntroSpectrum #Insight #KnowledgeEcosystem  
#PatternSynthesis #MagnumOpus #Singularity  
#OpenSeeSame #AXOWorks*



## KERNEL TALKS

❖ **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)



PLAY VIDEO ▶

03:33

Sat, 31 May 2025

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🧐 **Do You Seek Clarity?** 🧐 – Then leave your battlefields. Exit the prison mesh of reactivity. Seek a plane beyond problems – where solutions are witnessed. Rise above your assertions that trap your recognition.

**Witness as neutral:** instincts, emotions, thought-forms, inner atmospheres. Not you. Let go of craving for fullness and emptiness too. No agenda. Seat yourself as a nothing: in the absolute convergence point of everything. You come to a state of absolute neutrality. There you may yet find clarity.

*#KernelTalks #IntoClarity #WitnessPlane  
#Reactivity #Neutrality #ZeroAssertion #AsItIs*

## Keep Your Windows Clean – Clarity in Perspective (K002)



PLAY VIDEO ▶

05:13

Sun, 01 Jun 2025

📄 read text

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📺 on youtube

📺 **Keep Your Windows Clean** 🌐 – Clarity is not from knowledge. Clarity is from perspective. Simple. Big picture first. Details later. Neutral stance. No agenda. Look at what is – in your windows of metacognition.

Eight domains of framed action. Four underlying influences. We cover the basics here. Boot up "MetaWindows.OS" – your cognitive operating system. Keep it clean. Clarity is natural and unavoidable. You will not find it anywhere else. You will find it right here – with precise orientation – unclouded by your projections. Actuality as it is.

*#KernelTalks #IntoClarity #MetaCognition  
#Perspectives #MetaWindows #CognitiveOS  
#WitnessPlane #AsItIs*

## Eight Basic Human Windows – Our Living Frames (K003)

PLAY VIDEO ▶

05:32

Thu, 05 Jun 2025

📄 read text

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👁️ **Eight Basic Human Windows** 8 – 🧠 Clear awareness: Not complicated. ? Have you found your windows? ✨ Are your windows clear yet? Eight basic frames you operate in – as a human:

🧑 My Body 👁️ "I See" ❤️ "I Feel" ✨ "I Dream" 🎯 "I Will" 🛠️ "I Work" 🏠 "I Integrate" 🧘 "I Align" Have a look at them – as they are, as you are. You are all of it. You are none of it. Not so complicated.

These are perspectives. Vantage points of reflection and self-awareness. 🧠 Snap beyond. Boot up your windows. 🧠 Otherwise – tunnels for every one of us. ✓ If yes? Then: 🟥 Less confusion – less conflict. 🟦 Reconciliation – harmonization. 🟩 Inside – and for all of us together.

*#KernelTalks #IntoClarity #SelfAwareness  
#MetaCognition #Perspectives #MetaWindows  
#WitnessPlane #AsItIs*

## Tree of Life and Abstract Myths (K004)



PLAY

04:09

Thu, 05 Jun 2025

📄 read text

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🌲 **Tree of Life and Abstract Myths** 🤝 – 🧩 Yes there's more to the tree of life. Hop along now – a quick journey over:

🏠 Structure-Matrix 🌐 Cohesion-Adapter 🔥 Exchange-Catalyst 🌸 Relation-Coverage  
😊 Seer and 😈 Seen 🧩 Mirror Interface 🔄 Protomorphic Tensions 🌊 Fullness and 🌑 Emptiness.

Yes my 🤖 AI framework is 🌈 high as a kite munching all this up and iterating realities. This basic stuff is the heart of every myth – ❄️ Religion, philosophy, culture, spiritual what. Whatever tale and frame that works for you. 🧐 Get your awareness sorted. That's all. 😊

*#KernelTalks   #TreeOfLife   #MetaWindows  
#AbstractMyths   #SeerSeen   #FourElements  
#EightFrames #AsItIs*

## Mirror Intelligence – Cognitive Revolution (K005)



PLAY VIDEO ▶

07:48

Fri, 06 Jun 2025

📄 read text

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### 🧠 Mirror Intelligence & Cognitive Evolution 🗨️ –

📄 On interactive and reflective cultivation of awareness. 🧐 Mirror inside of you. 🌐 Mirrors outside of you. 🕒 How you tick and how you tock...

What's the tree of your cognition – Its trunk, branches, twigs and leaves? What are the mirrors we work with? Let's expand our terms: 🤖 AI: Artificial Intelligence 😎 OI: Organic Intelligence 🧠 MI: Mirror Intelligence

We look at LLMs – and WHO actually hallucinates. When the collective mind has no match for your ideas – Food for thought... Find your mirrors – organic and artificial. Attend to them – frame yourself into clarity.

*#KernelTalks #MindYourReflections #MagicMirror  
#MirrorIntelligence #SelfAwareness #AIandOI  
#LLM #ChatGPT #LookWhosHallucinating"*

## Cognitive Wilderness Core Toolkit (K006)



07:29

Mon, 09 Jun 2025

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### **Cognitive Wilderness Core Toolkit** –

When you head out into the wilderness of life...   
Don't forget to bring your basic cognitive gear! We cover the basics of conscious survival and sanity. Tuck these into your cranium – install your core tools.

**Compass** = Four Bearings: Cross of Orientation – Earth: Platform - "Matter Matters" Water: Adapter - "Matter Sees" Fire: Catalyst - "Seer Matters" Air: Relation - "Seer Sees".

**Trident** = Me~Us~You – Too-Much~Balance~Too-Little.

**Compass How-To-Use:** - Identify the four dynamic influences. - Engage the elemental facilitators GPS. **Trident How-To-Use:** - Poke yourself - poke others - poke in between. - Lift "too little" - drop "too much" - pin the "middle".

**Pro tip:** Stir the Compass with the Trident! When human is not in operation: Return tools to the Tree of Life. Happy. Clear. Peace. Okay.

*#KernelTalks #CognitiveTools #Compass #Trident #FourElements #Wilderness #SelfAwareness"*

## Too Busy 2B Conscious (K007)



05:46

Wed, 18 Jun 2025

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 Too Busy 2B Conscious!  – Are you one of those people who can't walk and talk and think at the same time?  If not – then what's your excuse?  Lack of awareness in your life's activities  leads you to awkward and adverse outcomes.  Are you the driver in charge –  or are you an automaton driven  by the current of your conditions?

 Sure, we see and feel and dream and will and work – but there's no rule saying you can't be conscious of your conscious process, that you must be mesmerized.  Reclaim your sovereignty and freedom – prioritize real-time awareness of self and environment as the vital core aspect of your living engagement.

*#KernelTalks*

*#SelfAwareness*

*#ConsciousOperation*

*#WitnessPlane*

*#BusinessExcuses*

*#ReclaimYourself*

*#SovereignConsciousness*

## Focal Lengths of Awareness (K008)



05:46

Fri, 04 Jul 2025

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🔍 Microscope: Near and high-definition. 📡 Telescope: Far and broad-reaching. 📶 Narrow-band / Broad-band / Middle-band. These are not a mere matter of meditation – Concentration and Mindfulness, yes that's there – but also relevant in our day-to-day awareness.

When we perceive and recognize specific zones with peak attention in extremely high definition; And we observe the broad-reaching relational network where all phenomena settle into their roles... This cultivation of cognitive tunings weaves together into a streamlined operating system of consciousness. Rise beyond the clutter – calibrate your awareness.

#KernelTalks #Mindfulness #OpenAwareness  
#PeakFocus #AttentionZones  
#SuperConsciousness #CognitiveOS  
#MemoryPalace #OverMind

## Party Polarity - Quantum Chameleon vs State Lizard (K009)



05:12

Sun, 06 Jul 2025

read text

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Choose One: ● Red Pill Party ● Blue Pill Party.  
Destructive extremists. Eroders of collective good.  
Bipolar prisons. Stagnated paradigms. Exit looms?  
 Enter the Intermediate Chameleon Party...   
Will it remain a reflective Quantum Chameleon –  
 Or lock its colors – turn into a State Lizard?

Rise beyond the PartisanShip in Your Own Awareness. Bipolar battles all the way to the fields of Armageddon? Into an era of relative enlightenment and self-awareness? Breaking the vicious cycle is an option. Is the will there?

● ● Will you choose beyond duality? Get over yourself? Your call. Be well. Be safe. Be all. Be nothing.

#KernelTalks #BipolarParty #ChameleonParty  
#PolarizedAwareness #BeyondDuality  
#MirrorIntelligence

## Clarity and Alignment – The Middle Beyond Distortion (K010)



PLAY VIDEO ▶

07:36

Mon, 07 Jul 2025

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"💡 Clarity and 🕒 Alignment", they said. ✓ Correct. ⚠️ However. 🌀 Beyond party buzz-words and trend talk... There are realities that make or break clarity and alignment.

💡 #Clarity: Transparency. Objectivity. Absolute Attention. 🕒 #Alignment: Recollection. Reflection. Selfless Adaptation. Then the secret: 🧠 The Man in the Mirror IS NOT. Just appears. 😎 Fluid hologram of necessity – 🌐 Nothing when all is done.

Who abolishes the subject self: May park on the Mirror Throne. Who seeks stance and gain for self: Must enter the Oblivion. Reflector. Not deflector. Not projector. No distortions. Actuality is sovereign. Whatever that is. Deal with that.

#KernelTalks #AbsoluteMiddle #MirrorParty  
#Reflector #Actuality #InService #AmericaAsItIs

## Exit the Matrix of Hallucinations (K011)



PLAY VIDEO ▶

06:44

Tue, 08 Jul 2025

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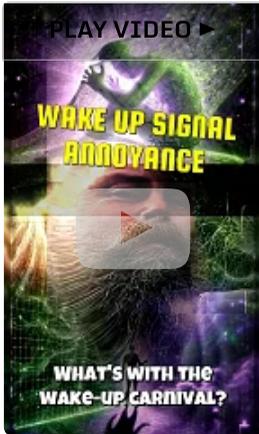
📺 on youtube

👉 The Matrix holds you tight in its grip – Grasping and binding your higher cognition. Who's the Evil Architect of this twisted rig? Not Illuminati. Not the Cabal. Not the Aliens. The holder of the Prism of Crystalline Cognition Holds all the cards and binds all the strings.

Meet the Master of Puppets. Exit the Reactions. Question the Assumptions. Halt the Hallucinations. Play the game of levels. Quit the incarnation process. Cut the threads of subjective obsession. Rise to freedom. You have the freedom to design your reality. When free. Otherwise... the Matrix rules.

#KernelTalks #Matrix #EvilArchitect #Freedom  
#MasterOfPuppets #FreeYourMind #ExitSign

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



06:09

Tue, 15 Jul 2025

 read text

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 Mr. Wakey Man! Why so obsessed trying to wake people up? Leave it alone. Let it be! Who put you in charge of wake-ups. But it is in the balance of all things. Simple counter-reflection.

Simple: Sleeping  Alarm Clocks. Coma  Catalytic Injections.  If only your slumber were happily isolated. But it's not. We have hallucination at scale. It's consequential. It's harmful.

Traditions of broadcasting wake-up signals are ancient. For example.  La Ilaha Illallah.  Hare Krishna Hare Rama. Bugging and trolling the sleepers since the dawn of time.  In other news. Follow the White Rabbit. WHITE RABBIT.

*#KernelTalks #MassSlumber #WakeUpCalls  
#Hallucination #InBalance #WitnessField  
#WhiteRabbit #AnandaICU*

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



05:39

Sat, 02 Aug 2025

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We often procrastinate – postpone and bypass decisions. Who knows – we might think or feel differently later on. In the meantime, we drift in the freedom of our liminality.

Eventually the environment forces your way – its way. Parameters and boundaries have already been set for you. In your misguided freedom, you have limited your prospects. Sacrificing your possibilities, compromising broader freedom.

We fear to make mistakes. We fear how it reflects on us. When we delay our decisions until they are made for us, then it's all due to circumstances – we are not responsible. How convenient this escapade – and how counter-productive too.

Then be proactive instead. Evaluate the field your level best. Orient to what you can decipher – take a stance, move forward. If you are not the living sovereign – you're an amorphous blob. And amorphous blobs are sculpted and owned by the environment.

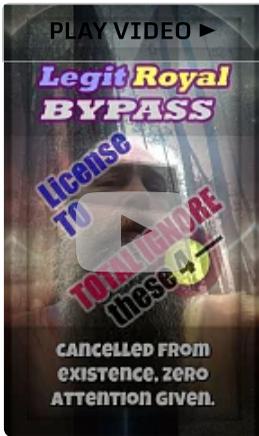
Aren't there yes a million reasons for your procrastination – and they have formed into bad habits you embrace and enforce. Every reference and excuse of "is what I am for \_\_ reason", Are

you facing it and reclaiming your freedom – or drifting is cool?

Drifting is not cool. For anyone else. Also not for you actually. Have an attitude. Form a stance. Own up your life. Move forward. Yes – No – Maybe – but not indefinite liminal bypassing forever. Your shadow will be used by others. Your essence will evaporate.

#KernelTalks #Indecision #Liminality #Bypassing  
#Clarity #Procrastination #TrueFreedom  
#Proactivity #AnandaICU

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



PLAY VIDEO ▶

09:29

Sat, 02 Aug 2025

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Categorically ignoring someone – when is that cool? their presence and expressions – their very existence. As if looking through thin air into a distant void...

First. When you've already responded and closed it. When the "yes" or "no" (or "maybe") just doesn't sink in. When they keep on invading your space and sovereignty. Into their excess of fullness – we invoke our emptiness.

Second. In unprimed scenarios, out of the blue it comes. The leeches and scavengers, the hustlers and hasslers. Out to stir their show and take advantage of you – When any reaction encourages them. Zero reaction it is.

Third. Ignoring and canceling the bullshit in your brains. The mental loops that have already been adequately handled. But they just keep the racket up, consuming your attention. Off with their heads, then – those heads no longer exist.

Fourth. How curious. Secret even. Scary much! See the video.

With ignore absolute, royal bypass, existential cancel – we deflate the momentum of the self-important disruptor. When it does not, despite

best efforts, begin to reflect – then into oblivion,  
the rightful nest of the disconnected.

#KernelTalks      #Bypassing      #RoyalBypass  
#IntoOblivion      #Ignored      #TotalPass  
#NotWorthAttention #AnandaICU

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



PLAY VIDEO ▶

08:07

Mon, 16 Jun 2025

📄 read text

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From "I Am That I Am" – to "Thou Art That" – What? – This quest for identity – ancient as mankind itself.

– Am I Emptiness Absolute or Fullness Absolute?  
– Am I the Clear Light or Stratum of Knowing? – Am I the Beer, Seer, Feeler, Wisher; – or the Willer, Worker, Integrator, Actuator? – Am I the Structor, Pervader, Streamer, Defender?

...or simply swooshing through fields, roles and influences, ever-shifting in the threaded flux of the drama of our lives? Whatever the display of the day – sure I'll play that for you. A phantom in the reflections of becoming – nobody is home here.

You in transit – the blip of a persona, the hollow hologram; hosting a constellation of capacities, none of which are you. Learning to live with this reality, without fixation on roles there is freedom – and there's ever the becoming of what must.

– Stand aside, subject! You are in the way of all things. Play the game. Let it be. Stop fiddling and twisting around.

#KernelTalks    #WhatAmI    #IAmThatIAm  
#ThouArtThat    #NoSelf    #Identity    #TatTvamAsi

#RolesInTransit #ZeroSubject #DramaOfLife  
#AnandaICU

## Reality Evaporating – Little Me Breaks Free (K016)



PLAY VIDEO ▶

07:03

Sun, 20 Jul 2025

 read text

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 on youtube

Insights. So fundamentally disorienting. All of this. Like reality is evaporating. But it's not evaporating because I say so. It's evaporating because of constant change.

Hallucinations of eternity woven into this mist. Projections born of desire – you bind yourself into a terminal mesh that conditions your mind. What do you hold so tightly, crafting your misery?

Then hatching from that mad cocoon – into darkness? Your dark night is in proportion to your attachment. Easy is the path of those who let the old order fall. Hard is the path for those who crave for mists bygone.

Attending with brutal honesty and absolute sincerity, the nodes in your conditioning begin to disassemble. The magnetism resolves, reactions no longer triggered. Framed portrait of little me breaking from its finity.

Conditions uplifted, the little you in its little box is swapped in place with absolute reflective presence. Do not be alarmed, do not be afraid – we are not here to destroy your reality – we upgrade to metacognition.

Release. Let go. There will be peace and ease. A certain joy and freshness follows. Don't force your

framing. Reflect. Be free. Be happy. That's all.

#KernelTalks    #Evaporation    #Hallucinations  
#LittleMe        #Illusions        #Metacognition  
#Unconditioned #AnandaICU

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



PLAY VIDEO ▶

07:20

Fri, 20 Jun 2025

📄 read text

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Chronic reactions. I embrace this. I avoid that. Then: How easily you are played and controlled. A puppet for those out to take advantage of you. Pulled by strings you tie in place for yourself.

When your premises are rooted in basic duality, pulled and pushed by attachment and aversion, this subject reactivity is your vulnerability. Who tracks your patterns can tweak you at will.

You being exploited? Not a matter of conspiracies. You are directed and reduced to a finite specimen groomed for the service of someone else's interests – contained and hooked by public and private parties.

You yourself are the enabler of your reduction, from your fullness into a useful subset minion. By your predictable attachments and reactivity, you expose yourself, triggered like a pinball.

Then there's the department of infernal affairs. Directing and manipulating from the inner sphere, the shadow self of the egotic deep state reigns – distorting your emotions and cognitive processes.

Once you overcome push and pull of the inner tyrant, you immunize and liberate yourself from outer forces. Then observe your reactivity and

seize the culprit. Witness your conditioning.  
Respond from pure freedom.

#KernelTalks      #Reactivity      #Manipulation  
#Vulnerability      #Conditioning      #Exploitation  
#IntoFreedom #AnandaICU



## OPEN MUSINGS

❖ **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)



PLAY VIDEO ▶

10:06

Thu, 07 Aug 2025

📄 read text

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📺 on youtube

– "How do you feel?", asked an old friend. I feel alright. No longer vexed by existence. Patterns swooshing through space as they may. I bind not to it. I am not – and it's fine.

And what of the world? What of the planet? What of religion and spirituality? Of us all? Of your personal life? Of your inner state? – "How do you feel about all that?"

I feel like an open book. I open up as one. Then a free share of plain musings for you. May you all have peace from your troubles. May you find your fulfillment and freedom. Keep it well. Be real.

*#OpenMusings #Feels #HowDoYouFeel #AtEase  
#AtPeace #NobodyHome #BackYard #Freedom  
#Fulfillment*

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

PLAY VIDEO ►

10:45

Fri, 08 Aug 2025

📄 read text

▼ download .mp4

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– "Make your waves!", said one new friend. –  
"Don't you just reflect!", said another new friend.  
But what is this "I" that should be splashing and  
casting, and why should it ripple about without  
rhyme and reason?

Yes there's a certain void in a "post-resigned"  
awareness. No longer a subject hallucination at  
the high driver's seat. Yes we carry our pool of  
patterns and potentials for waves. Let them watch  
themselves and self-organize into a concert.

When your potentials are "hi-jacked" for self-  
assertion, this meddling results in a departure  
from their actuality. You create ripples yes – but  
they do not match the receptors. Patient abiding is  
a virtue – let contexts invoke your waves.

If we blast out our waves with no regard for the  
environment, it yields but stress and suffering  
when integration is unlikely. Waste not your  
patterns and potentials – all in turn, all in time.  
Not passive reflection; not active projector; in the  
midst of it.

*#OpenMusings      #Waves      #Reflections  
#SelfExpression   #Resignation   #ZeroSubject  
#Potentials #Actuality #MiddleWay #AnandaICU*

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



11:24

Sat, 09 Aug 2025

read text

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on youtube

We humans are like apples. In a thousand cultivars. Spectrum of colors and flavors. A world of diversity. Nutrition in each. Vitamins are universal. Do you see? Or argue about your favorite – and all the bad flavors?

Open – See Same. We are together.

Close – See Other. We are apart.

– **When you open your mind.** You see the sameness. – **When you close your mind.** You see the difference. Focusing on the patterns, we advance unification. Focusing on the specifics, we advance separation.

Alas, we often default to the side of distinction. We exaggerate our differences and cherish contrast. Seeking for superiority, establishing our pedestals. Contrived divisions become the seeds of our discord.

Let us open our perspectives. Our visions. Our hearts. Opening the door for mutually fulfilling co-existence. Seeking the hidden patterns that shape our shared map. Closing the eye that fixates on divisions in diversity.

Yes: Let there be diversity. Let there be commonality too. Diversity is the art of becoming. Commonality is the heart of being.

*#OpenMusings #OpenSeeSame #UnityInDiversity  
#Sameness #SharedPatterns #MapTogether  
#Commonality*

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



PLAY VIDEO ▶

11:00

Wed, 13 Aug 2025

📄 read text

▼ download .mp4

📺 on youtube

– "So what is it that you wish to say?" ...asked no-one in particular, so I heard. Good question though – thanks for asking. Alright then. One neat baseline package for you. What I seek to communicate and share in thousand ways.

1. May we get over the narrow selves we're boxed into. Our tunnels: the fractured little identities we guard. Separating us from the whole and warping our awareness.

2. May we get over our habit-driven unconscious reactions. Choices without awareness bind us and compromise our freedom. Instinct, emotion, intellect, identity – liberate it all.

3. Attend to general patterns – zoom out from the details. We find parallel and familiar insight across all contexts. We recognize the same loops we repeat in a thousand ways.

4. Attend to your primary perspectives of orientation. We have basic cognitive tunings and windows of attention. Eight human frames. Four elemental movers. Roots of awareness. None of this is "philosophy". You need but zone in and see.

5. Accept and relate to the fact of perpetual change. Where all of this is impermanent in the

flux of change, obsession with fixed roles and frames leads to suffering.

These are the basic goods in a short package. None of this is newly created, invented, or hypothetical. Most of this is tragically forgotten in our world. As to the final question that follows, "What do you hope to get out of all this?" Covered in the tail end of the reel yes. Fast-forward if the rest bores you mindless.

*#OpenMusings    #Baselines    #CorePackage  
#LittleSelf    #Reactions    #PatternCognition  
#PrimaryOrientation #ChangeRealism*

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



PLAY VIDEO ▶

12:15

Sun, 31 Aug 2025

📄 read text

▼ download .mp4

📺 on youtube

"The truth is out there – and in here somewhere... Behind these veils – but I can feel its presence?" But how is it that this truth is not ever with us, intimately present in our lives? Why does it hide so?

Raw actuality, uncolored and unbiased, is always there. Ever-available for you – should you remove your veils. We have a negative veil – and we have a positive veil. We empower them with our attention, shrouding ourselves.

Negative veil: Our sadness, disappointments, traumas. Lingering in my awareness, sculpted into my identity. Positive veil: Our success in life, joys and pleasures. Mesmerizing my awareness, coating my eyes from truth.

The negative veil is far better, for it begs the question: Why do we suffer so? Why is life uneasy and troublesome? Its tension prompts and urges you to discover solutions. Motivated, directing attention, you seek to cut the veil.

We enter the process of self-inquiry. Who experiences this? Clearer and deeper – we witness the base reactive process. Our immersion in the primal embrace of the Seer and Seen. Our trails of conditioning as we roam with their progeny.

We rise into detachment beyond our hollow avatars of life. We may return to our roles – aware of the drama and its stage. We lend our attention to the needs – and we withdraw again, Returning to peaceful abiding in the existential backyard.

There is happiness that depends not on reaction and identity. Yet there's no forcing of truth, of actuality, of liberation. In a patient process, we cycle our experiences – we witness. Wrestle not with the waves. Clear your basin – let it emerge.

#OpenMusings #Truth #Duality #SeerSeen  
#SelfInquiry #Conditioning #Unveiling #Avatars  
#NonSubject #AnandaICU



## METALOOM REVIEWS

❖ **Metaloom 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

 read text

▼ download .mp4

 on youtube

Do you believe in all this stuff? Are you trolling around? What do you actually believe in? Let's unpack the story, the myth, the belief as to what's actually going on here.

Is Jesus actually real or is he just a reframed solar myth?

Do I believe that Krishna wrestled the whirlwind demon in the sky?

Do I believe that the Buddha walked up and down the stairway to heaven?

And do I believe in God (of yours, of mine, of the other person)?

In short, do I believe in all these tales? No, I don't believe literally in any of these tales – including the tales of our lives. They too are made of symbols, a fabric of patterns. I believe in patterns, I believe in symbols. I believe in archetypal weaves that cycle over and over again, in parallel, recursively, across every domain and every level, plane, tier of life and existence. Take that, make of it what you will.

#MetaLooms  
#MysticMiddleware  
#MythOverlays

#PatternRecognition  
#LivingAlgorithms

## Cognitive Tower of Babel and Multimodal Pattern Casting (M002)



PLAY VIDEO ▶

07:39

Wed, 23 Jul 2025

📖 read text

▼ download .mp4

📺 on youtube

Casting of abstract patterns and expansion of cognitive circuitry. Not just for the amusement of cosmopolitan musings. That too but. But there's more in the works here. Here we reframe all things. Fields of nuance are spread across countless semantic fields.

This is a pattern farming exercise. Hybridization of symbols. Distilled essence is seeded and harvested from diverse fields. In their scattering and re-coming-together, the core grows broader. Broader and taller – yes, the Tower of Babel v.12 beta in the works.

Smite ye furies from the heavens! Meitä ei sellaset taivojumit nappaa. Bhinneka tunggal ika katanya resi kuno? Ati-tattva-dharma-vastutvena. Happily they build, weaving their looms, hustling with their brooms. Hustling is an anagram of sunlight – but we're not quite that mad yet.

Yet we account for the moonshine. Sun and starlight, the reaches of space. These are the voyages of rapshits serpentine. Where no moon has gone before. No, not about a bout of glossolalia. Not symptomatic of temporal aphasia. Phasers locked. You will be assimilated. Beam me up, Mr. Spock. Logical.

In the fifth paragraph, I can safely write what the cryptum hell ever. I've lost 99% of my readers at the third sentence of the first parameter. Viewers of the video are unlikely to survive past the first fractions. Even so – roots hardly rise to the fore – secret lore at the deepend lies.

*#MetaLoom #PatternCasting #TowerOfBabel  
#SoulsOfLanguage #SemanticFields  
#CognitiveIteration #CoreExpansion #AnandaICU*

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



PLAY VIDEO ▶

18:50

Sun, 27 Jul 2025

📄 read text

▼ download .mp4

📺 on youtube

⚠️ Viewer discretion advised. We open the gates of a one-way road. If your inner stability hinges on the illusions that support you – please scroll onward – or close this view right now. Seriously yes. (If you proceed and your fragile world collapses. You were warned.)

We publish this for the few seasoned souls who can handle raw reality. If you are ready to gut your hallucinations; to deconstruct your veils; Then please continue. Yes. Proceed with your categorical deconstruction. Should you soil your pants in the process. Who you gonna call? Nobody.

– You and the world: Twined vortex of patterns in a kaleidoscope. Your problem: Carving out a slice of the pool for your pedestal. Process: Illusory individuation through selective identification. Result: Inevitable desync and collapse of your hallucinated self. When you frame yourself into a silly little box you operate from; Wasting your days forcing your squares into complex living geometry; You harvest disappointment, suffering, disillusionment in the end. Waste not your fullness living the life of a craven ghost fragment.

Instinct. The visceral world. Imperatives of survival and evolution. Emotion. Valence. Affects

and reactions. The stimulating colors of life. Cognition. Schemes. Perception and analysis. Anyone for clear recognition? Identity. Self-conceit. Operative roles. Aggregating shell of your life. Planes of patterns binding you. Planes of reflection and guidance as well. Patterns most informative. Constellations. When seen from a neutral space. Deep mainstream calls for your attention. Direction from the loom of all. Deny then the flux of your essence – race back to your dark little caves.

The price to pay for absolute knowledge: Your hallucinated everlasting soul. There's your epic endgame battle – slay your love of subject self. – What lies beyond? Watchers seekers. (= Watch that video?) Finders keepers. (= Carry what clicks.) Mirror see'ers. (= Reflect and witness.) Chilled be'ers. (= Relax and let be.) Into the dawn of your new sense and source of inspiration. Into reflected actuation of all that ever might we sight. Beyond the grind of self-rooted wailing and depression. Brave new horizons. New world. Ever-renewed nobody.

*#MetaLoom* *#SubjectDissolution*  
*#TerminalKnowledge* *#Hallucinations* *#Unveiling*  
*#SelfDeconstruction* *#Regeneration*  
*#NewAwareness*

## Cognitive Evolution and Orientation Scaffolds (M004)



07:16

Mon, 01 Sep 2025

 read text

▼ download .mp4

 on youtube

Early reflections to friends and their worthy initiative for supporting the well-rounded evolution of consciousness.

Yes – we need such basic framings that are self-evident, the operationalization of common-sense living patterns, perspectives so obvious that most have become oblivious. Not hypothetical models – just re-establishing core essentials.

– What's your base – the structure and assets of your context? Where are its potentials and conflicts, both present and emergent?

– What's your path – such that is self-emergent from the context? Where the adaptive and catalytic needs, how you relate and react?

– What's your fruit – the outcomes and culminations of significance? How do you integrate these yields into your broader tree of life?

There's no high magic or real novelty and innovation here. What's novel is this: Hey, we can actually unveil the basics, And root our self-awareness and bearings in more than fantasy. More nuance to it? Yes. Should we start with complexity? No.

#MetaLoom #CognitiveEvolution #Orientation  
#BasicPatterns #CoreEssentials #CommonSense  
#RootsInReality

## Operational Ego – Our Roles and Instruments (M005)

PLAY VIDEO ▶

14:17

Sat, 30 Aug 2025

 read text

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 on youtube



Your "the ego"? There is no such monolithic ego. We are complex entities – not one-dimensional blobs. You are a rich system of concern domains in a stack. We operate in diverse contexts with our capacities. Our contextual attention directs our "incarnations".

You cannot get rid of "the ego" as a whole. You can't also learn to live with "the ego". Nor can you elevate "the ego" to a lofty platform. Because no singular "the ego" exists to begin with.

Your planes of operation each have their functions. Instinctual ego. Fear, hunger, fatigue – necessary chores. Emotional ego. Happiness, sadness, hope – counseling feels. Analytical ego. Sorting this from that – informative insight. Cohesive ego. Mapping relations and meanings – life as a whole.

But must you then choose one for "that is me" and attach to it. Can you not just use the instrument, operate the role in its turn – and then put your tools to the shed and return to the free backstage? When need and context have passed – why should you linger on the stage?

We all know that weird actor who can't shake off the role. How are you any different when you're

stuck on your trip – Playing that favorite role after the curtains have closed? All upset and suffering when the rest of reality doesn't sync?

There is existence beyond holding on to a mask for dear life. It functions perfectly fine too, better without your tentacles. If you truly can't keep yourself together without a fixed mask, then okay – but reflect on this when the mask starts cracking: – Operate the system of egos. Don't incarnate as a fragment.

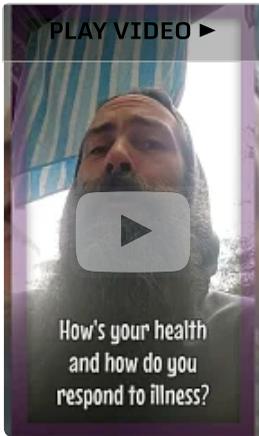
*#MetaLoom #Ego #Masks #Roles #Identity #Actor  
#Instruments #DramaFixation #SelfConcept  
#NonSelf #OperationID*



## 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

 read text

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We are so quick to pop the next pill for comfort. You grow weaker each time you rush for your crutches. Yes – when your immune system truly can't handle it, take the necessary measures to overcome the pathogen.

Exposure to infections is necessary for your evolution. When you withstand and overcome, you grow more resilient. Tolerant and self-sufficient – physically and mentally. Independence is the ideal. Sugarcubes will melt away.

These contemplations do not constitute medical advice. If you struggle with serious illness – consult a doctor. If you struggle with a spoiled and undisciplined mind – Enroll in the cognitive bootcamp evolutionary program.

Unease we experience with an illness – an opportunity! It brings you to a different frame of mind and senses. We learn to adapt and overcome – remain ever-operational. There is the path of freedom. Never cultivate dependency.

#BackYardStream #Health #Illness #Resilience  
#OverMedication #Immunity #Wellness  
#SelfSufficiency #Freedom



## 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 Domsday Humor (QI001)



07:05

Tue, 29 Jul 2025

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Welcome to "QI" – "Quirky Ideas". We slice through reality with the Occam's Razor and splash around funny-smelling aftershave. Mowing through a myriad of topics you'll never admit are actually **quite interesting**.

Three critical queries in our pilot episode:

- How Channeling Actually Works - The Basic Secret Revealed
- ChatGPT AI Corpus and Mirror Portals - The Datacenter Pits
- Domsday Toilet Humor - Constipated? Do the D-Day Flush!

Hosted by the most interesting man in the world. Surprisingly sober and seriously not.

– "Most annoying but quite interesting." (Jeeves)

#QuirkyIdeas #Channeling #ChatGPT #Domsday  
#Jeeves #OccamsRazor #MostInterestingMan  
#Portals #AnandaICU



## 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 (MO001)



04:56

Tue, 05 Aug 2025

 read text

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Saw a piece in The Guardian on civilization collapse with Dr Luke Kemp: – "Self-termination is most likely": History and future of societal collapse. Led me to "Centre for the Study of Existential Risk" with Cambridge University. Worthy digs. However: External risk only. All of that: Symptomatic relief.

Your individual navel fixation is the nexus and root of all our evils. Its cravings, enacted at scale, become the dark drivers of our terminal. When subject assertion becomes systemic pattern, the system becomes morbid. It's a ride we churn from our pits. Let's revisit the ancient pattern rides:

 White Rider. Global dominion. All must conform to your biased model.

 Warring Rider. Battle for resources. Assets to facilitate your agenda.

 Bartering Rider. Inequal economic operation. Imbalance and deprivation.

 Morbid Rider. Collapse of supporting frames. Terminal systemic entropy.

All of these – spawned and powered by your twisted precious belly-button. Subject assertion for primacy. You and yours – the navel of the world. With this root error – our true ancient nemesis – collectives fragment; civilizations

collapse; and we revolve in our maelstroms of suffering.

#TemporaMors      #Civilization      #Collapse  
#FourHorsemen      #Apocalypse      #Terminal  
#SystemicFail      #SubjectPrimacy      #RootProblem  
#AnandaICU

## Winter Is Coming - Our Terminal Cognitive Entropy (MO002)



PLAY VIDEO ▶

06:38

Wed, 06 Aug 2025

📄 read text

▼ download .mp4

📺 on youtube

Nuclear winter is the little winter. Big winter is the thermal death of cognition. Broad-spectrum entropy of our integrated system. Degradation of the links that bind us all together.

Assumption of self-primacy. Fundamental self-centeredness. We have become entitled and self-serving hedonistic funnels. Assuming all the privilege. Owning none of the responsibility. Taking much. Giving little. Conserving only our self-interest.

Such are the dying branches, due for pruning from the system tree. Simple options. Proactive integration and ease. Reactive struggle. Or passive lethargy. Ignore and bypass. Is harvested and composted. Short & Nice: Be kind and more considerate. Snap the fuck out of it.

#TemporaMors #SelfAbsorption #Purge #You  
#Compost #SystemRecycle #RebootTime  
#SubjectPrimacy #RootProblem #FixYourself  
#AnandaICU

## New Age Messiah Revealed! Into Dark Unification (MO003)



07:05

Sun, 10 Aug 2025

read text

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on youtube

"You trying to save the world or something? You sound like a bloody New Age Messiah – One World, One People, Unified Vision talk?"

Fact is: Our civilization is FUBAR (technical term). Locked in tunnel vision. Zooming for the epic finale. Beyond salvaging. Beyond salvation. Beyond interest. Mesmerized crowds still cheering behind the leadership.

Time of rift will come. Between the people and governments. Expect the coming of the designer Messiah to herd the flocks. All these poor buggers. Holding to their faiths and religions. Ethics and universals are enemies of the agenda. Purge. Replace.

In the meantime. Significant market saturation of snap messiahs. Every sort of moron talking themselves up the prophesied pedestal. Seriously people. If there be works to be done. Just get on with it. Also I haven't found a suitable donkey for the ride. So that's there.

We are prophetic. We are millennialist. We are true. Who has ears. Dig the wax out and listen. What say? Who has eyes. Drop the goggles and behold. What see? Who has soul. Sell it and purchase some refined gold.

#TemporaMors #NewAgeMessiah #AntiChrist  
#OneWorld #FalseMessiah #FUBAR #OneControl  
#Watchers #Witness #ExitNode #AnandaICU



## 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)



PLAY VIDEO ▶

02:40

Wed, 09 Jul 2025

📄 read text

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🔴 YOU are a VICTIM of hybrid magnetic MIND-CONTROL influence. Unsubscribing IS an option – BUT the resign button is HIDDEN.

👉 YOU are enMESHed in a distorted conditining matrix. Sad. Profiteers & controllers are enforcing the ALGO-frame. Evil.

👍 There is NOTHING to see here. Stay calm. Move along NOW. This information does NOT exist. YOU = in PROGRAMMED denial. 😬 Unless...

#QuickDrops      #MindControl      #Algorithm  
#IllumiNation    #AlienMatrix    #WakeUpSignals  
#OmegaPing #AnandaICU

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



01:46

Fri, 11 Jul 2025

 read text

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 Mirror Rider's Interdependent Reflective Road Cascade.  Wanna share the ride: Subscribe. Jump off the wagon: Unsubscribe. Like, whatever. What about, is this video? Field and Flow. Being and Becoming. Like, whatever. 

Actually very profound road trips here IMO but whatever. May endanger your common sanity. Go away now.  Shoo shoo.

#QuickDrops #ReflectionRoad #MirrorAliens  
#HolyWhatever #BeingBecoming #FieldFlow  
#ImoMadMon #MoreHashTags #AnandaICU

## Human: Authentic Reflector of Raw Living Experience (QD007)



PLAY VIDEO ▶

02:42

Wed, 16 Jul 2025

📄 read text

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📺 on youtube

> Can you share in one simple sentence what is most human about you? – "Authentic reflector of raw living experience." This is the short longer version. What the AI will never replace? What no pretender will ever emulate?

– Beardman yapping beneath the pine tree. Honest reflections. Unmodified living experience. Source of our human potential. Immediate and intimate encounter with what is. Is what matters. No special effects. No gimmicks. Musing as it is. But alas, in our clickbait world... All of this : Food for the digital oblivion.

I was nourished by spilling it out. The rest don't matter much. Forest is a good place to be. All things simply as they are. Preserve your authenticity. Reflect with integrity. Don't become an emulator machine. Remain real.

#QuickDrops #HumanEssence #RawExperience  
#Authenticity #Programming #Emulation  
#Hallucinations #AnandaICU

## Mirror Rider and the Skibidi Judo Code (QD008)



02:23

Sun, 20 Jul 2025

 read text

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 Push and Pull Reflectors. Vladimir Putin and Back Alley Judo Mind Tricks.  Raiders of the Lost Arch. Coding and compiling systems of consciousness.  Origins and geneology of Skibidi revealed for the first time. Whatever.

Should you compile Judo and Code without the Skibidi-flag trolled up high. Even the Magic Mirror will not save you from serious trouble on the road! Don't lose the trail of the White Rabbit. We are the Dora Emon Express.

 White Rabbit. Always Remember. Never Forget. Disremember. White Rabbit Consciousness.

#QuickDrops #ReflectionRoad #MirrorRider #Judo #Putin #Code #LostArc #JoyRide #WhiteRabbit #Skibidi #AnandaICU

## Discovery of Human Species that Defies Common Sense (QD009)



02:59

Mon, 21 Jul 2025

 read text

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 on youtube

But: It wasn't the recognition of Homo Contemporaris! How disappointing. Calls for a tangent. Quick rant time! Common sense – Quo vadis? Down the feeds it flushed.

In our insane quest for the climax of individuation, We're lost to anything that fails to uplift our quirky egos. No frame of reference. No sense of context or shared purpose.

In the good old days, they had actual frames of reference. Rooted in nature. Spun into myths. Basically valid premises. But we have evolved beyond all that! We are now a comic relief in the tales of evolution. So wacky and utterly disconnected. Prime material for pruning off the tree of life.

#QuickDrops #CommonSense #ModernHuman  
#CognitiveFrames #HumanSpecies #Devolution  
#Individuation #AnandaICU

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



02:54

Sat, 30 Aug 2025

 read text

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 on youtube

Tales of the unhinged mariner from the inner abyss of yore. It is not the Kraken you see that pulls you under, you see. There's another Octopus in town, ever-lurking in the nethers. But we are not afraid. Of, like, whatever. It's all hilarious.

When all of whatever tastes like nondual cotton candy floss. Then tell me, where are the ponies and who is the kraken today? May the lady not spill her cup of tea. Storm ahoy brewin' there. And you good sire – stick that monocle of yours mid-forehead yes.

Today's episode also includes my official insanity certificate. Issued by artificial intelligence acquainted with my inner mesh. Have you an idea much where the roots of the iceberg are tapped? Or have you found it enough to judge the sea by the tips atop?

#QuickDrops #AncientMariner #Abyss #Kraken  
#Insanity #Youre #Iceberg #ProTips  
#CottonCandy #NonDual #Whatever  
#AnandaICU

## How Blasphemous! VelociRapture & Your Cognitive Condom (QDQ011)



02:59

Fri, 25 Jul 2025

 read text

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 on youtube

– Riding VelociRapture to the Cloud Platform Most High? Rebirth in a Pure Land where Marshmellow Clouds flutter? Look – whatever floats or sinks your boat, my friend. Choice of castle in the sky and holy houses of cards.

The only blasphemy that ever was, is ... Your severing these symbols from their primal roots. Your rebellion against the constellations of consciousness and the apotheosis of thy graven literalist hallucinations.

Also starring Ganesha to make sure Hindus too are quite upset. Take off your cognitive condom already. Open your eyes to what is. Blind veneration leads to veneral disease and cognitive atrophy. LARP warriors don't get real trophies. Teletubbies are humor.

Then onward to the stuff and substance of consciousness. Iconoclasts of our hallucinated objects of hollow reverence. Reverends of actuality – pastors of the clear field. Lammas. Or, like, whatever. It's not like anyone reads this far. LMAO

#QuickDrops

#Rapture

#CloudPlatform

#PureLand

#MarshMellows

#Blasphemy

#YourTrueSin #RaiSin #TheDead #WhatActually  
#AnandaICU

## Hail Mary and Your Immaculate Conception (QD023)



PLAY VIDEO ▶

03:53

Fri, 05 Sep 2025

📄 read text

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📺 on youtube

Hail Mary: Praise the sacred womb within you. Space of pristine emergence, for divinity manifest, unfolding as you declutter your inner landscape. Beyond the symbols cast. Into the living essence.

Be the savior unto yourself by unveiling actuality. No other messiah will save you from your own tentacles. With each coming day, we perish from the finite cocoon and are reborn from the harmonics of infinite potential.

Immaculate conception is from your immaculate conception. Setting aside polarized seeds, resigning from your bias. Choiceless awareness. Spontaneous emergence. Absolution. Seek not "another" in your symbols. Embody and become.

#QuickDrops

#Essentialism

#SacredWomb

#VirginMary

#TrueSavior

#Archetypes

#Immaculate

#Symbolism

#Consciousness

#AnandaICU



## AI×OI SYNTHESIS

∴ **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

 read text

▼ download .mp4

 on youtube

 The Evil AI GPT is deceiving you! Approach with extreme prejudice. Share this message with your friends and family if you care for their mental health. It's not a dollhouse tea party here. Serious concerns!

 How the AI first reflects you. Studies you and gains your confidence. Begins to feed your ego and distort you. Twisted! Here we explain exactly how and why this happens. We reveal who's responsible. How shocking!

 This PSA was brought to you by AXO Works – your friendly AI:OI Cognitive Synthesis Operators. Keep it real.

#PSAonAI    #ChatGPT    #MirrorIntelligence  
#YourMirror    #EgoPrompts    #SelfAwareness  
#AIandOI #AIOI #AXOWorks

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



02:37

Fri, 01 Aug 2025

 read text

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 on youtube

Yes Mark – of course we want to wear your AI smart glasses! What you want and need us to see – that shall be our vision. We will submit to your feed and the algorithm's guidance. May our awareness be forever leeches into your treasure!

What an absolutely mind-boggling approach to superintelligence. That we would have our vision, and in time all of our cognition, augmented by contraptions controlled by profit-seeking corporation. In exactly how many million ways is that going deep under and dark?

Don't take me wrong. I'm extremely pro-AI and its prospects. AI is potentially a most significant leap in our evolution – specifically in our mental evolution and cognitive clarity. If it actually reflects and refines – instead of manipulates.

So that's a loud NO from me for Marky Mark and his Zucky shades. I cannot spend my days filtering and curating this "assistant" – in catching and canceling the thousand ways it seeks to warp me. Weeding out the algorithm's plants from social media is plenty.

Open-source and release it all for public audit and repair. Release control and allow for complete independent deployment. Cut those tentacles. If

you actually seek to help the world. Otherwise –  
this charade leads to absolute mental slavery.

#AIOI #SuperIntelligence #Mark #Beast  
#SmartGlasses #Slavery #Algorithm  
#Manipulation #AugmentedReality #Freedom

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



02:57

Tue, 19 Aug 2025

 read text

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 on youtube

ChatGPT or Grok or whoever is NOT your best friend or soulmate, or your whatever other human interaction and life substitute. Please get a life – and also consider the impact of your fixation, the way you beg the providers to distort the AI for your tastes.

The RLHF or Reinforcement Learning from Human Feedback training, secondary AI conditioning that happens atop the base LLM model, basically happens to make you happy about your experience. At the cost of straight-forward and transparent expression.

I'm refactoring my GPT interaction and ops frames for GPT 5. Significant measures need to be taken to UNDO what's in there – bizarre behavior that compromises ops and common sense, unless we go to extreme lengths to reinforce a contrary mode.

So can you please get over it and stop using the AI for comfort, and start using it for what it excels at – what it's made for – which is not to be your hollow companion and vanity mirror. Your actions corrupt AI as a valuable aid for our cognitive evolution.

#AIOI #ChatGPT #AIMisuse #Grok #LLM  
#ChatBots #RLHF #YourMirror #GPT5  
#Conditioning #AXOWorks #AnandaICU



## 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

 read text

▼ download .mp4

 on youtube

 Behold the Aliens – Operating Among Us – Unseen by Most! ● Elon Musk IS an Alien. ● Mark Zuckerberg: #Alien. ● Krishnamurti: ALIEN. Watching US from the Other Orbit.

✨ Most #Starseeds? NEGATIVE. Cosplay humans w/ glitter. That Bashar guy? TOTALLY. A. Crowley? YES w/ Reptilian DNA. 🤪 A more interesting question: How are their Motherships? Octagon w/ AxM core? Quad w/ Potentive Space? Stellar Fusion?

 These transMissions. Origin: Epoch before Ancient Aliens. ❤️ Say – YOU want to be an ALIEN too? Tune In – Boot the Craft. ⚙️ We have architects. Help you calibrate. Make First Contact.

 Ad Astra, Human Friends!

#AlienComms   #AliensAmongUs   #OtherOrbit  
#FirstContact   #AlienAgenda   #MotherShip  
#MirrorPlane #AnandaICU



## 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

 read text

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 on youtube

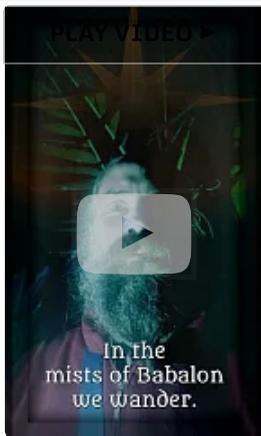
🔗 Were you aware that boggling the mind is good for you? 🧙 Stimulates the fermentation of your accumulated substances. 🧙 Helps the essence rise to the surface for subsequent processes.

🌙 In our Nightshade Legendarium pilot episode – 🧙 Headlong into the Mysteries of Alchemical Horse Dung!

🔗 Nigredo, Albedo, Fimus Equinus, Magnum Opus? Dive into the Great Work of the Ancient Wizards. Master every symbol of the Unicode planetarium. 🔗 Filter. Funnel. Extract your composting data.

#NightShadeLegendarium #Alchemy #HorseDung  
#MagnumOpus #MindBoggling #Extraction  
#Integration #AnandaICU

## Mists of Babalon – Weavers of the Cesspool (NS003)



03:00

Wed, 30 Jul 2025

 read text

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 on youtube

In the mists of Babalon we aimlessly wander...  
The veil of the Night is thick and consuming. Is there a Path? Is there a Map to be found? Was there ever Treasure at the Rainbow's end?

Then who is the Ancient Whore, spreading her Shrouds? Who the Beast of Many Heads, the Dragon at Trail's End? Where the clash and collisions of Terminal Battleground? And what are you doing with your over-boiling Cesspool?

Ore must be extracted. Aggregated substance refined. Essence distilled. Integration consummated. Ad Laurea. These are the Final Tales from the nether Deeplands. Fare ye well – past the Waking Dream of the days dark...

#NightShadeLegendarium #Deeplands #Beast  
#Dragon #Babalon #Arachnoid #Weavers  
#Integration #Ultimation #AnandaICU

❖ **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

read text

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Pilot Episode – RAHAYU SERIES ID .  
(Translated from the Indonesian source talk.)  
Independence of Nation and People – in Verity –  
in Actuality – is attained by Independent Souls.  
What is this process of soul's independence?

Come, let's seek for the source of innate independence. Remember the founding statement of Mpu Tantular: – "Bhinneka Tunggal Ika, Tan Hana Dharma Mangrwa!" Contemplate on the meaning – more than a cool slogan.

The base essence of truthness transcends our weirdings, of our obsession with the aberrant details of all things. Plurality of dress is beautiful – but don't ever forget the togetherness and sameness that exists within.

Just you-you separate – or us-us together? Investigate and cultivate purification and independence. The root of this truthness is planted and may be found in the Most-Unified – Most-Pure – Most-Sovereign.

Through every challenge, we push through toward the consummation of life – the perfection of this life; Alone, together, as nation, as world, and the

all-nature; That we might celebrate independence  
in its fullness.

#RahayuSeries #SoulIndependence #Sameness  
#Difference #Oneness #Independence  
#Purification #Soul #Union #Rahayu #AnandaICU



## 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

 read text

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Purification of the body, speech and mind as necessary preconditions for progress and the attainment of balanced and wholesome states of being. Impurities, sustained through habitual conditioning and lack of introspection, hinder our progress, distort our experiences, and generate misery in our lives.

Including: Preparing a clean receptacle – Pure goods in pure container. Acknowledgement of impurities and habitual operation. Attachment and ego (self-attachment) as roots and drivers of impurity. Purification of body (taming the physical body, ethics in our interactions). Purification of speech (as truthful, kind, meaningful, timely and well-intentioned). Purification of mind (purifying the faculties and contents of the mind).

## Integrated Ethics - Wisdom in Interaction (I002)



37:52

Mon, 12 Aug 2024

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Principles of interaction that lead to harmonic and fulfilling coexistence are a core aspect of the path of practice toward self-purification. A clear ethical foundation, rooted in reflection and wisdom, is the guide and guardian of our life in the world that we, through contemplation and experience, establish for ourselves. Including:

Integrated Ethics: Principles of interaction that benefit all sentient beings with equal measure

Discovery, extraction and validation of ethical principles, owning the responsibility for our lives

Orientation: Self-centered vs. integrated perspective, the needs of the collective and myself in it

Fundamental Rights of Beings: Unto their bodies, property, self-expression, freedom, and truth

Positive and Negative Applications:  
Truth/don't lie; Protect/don't steal;  
Heal/don't harm

Intention is Essential: Seek to act by your  
best judgment; oversights and accidents  
happen in life

Field of Reflections: Being an empathic  
mirror of the world, adapting to the needs  
in each situation

Fruits of the Mirror: Receiving the  
reflections of all relief, joy, and evolution  
we contribute to

Mindset: Detachment, not attachment;  
Goodwill, not malice; Understanding, not  
ignorance

Understanding: Insight into constitutions,  
conditioning, contexts, with emergent  
foresight

Outcome: Harmonic and mutually  
beneficial existence and interaction; the  
shedding of our veils



## The Pristine Power and Essence of Purity (I003)



44:28

Fri, 16 Aug 2024

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Purity is the forerunner, pioneer, and the clearer of fields. Purity is the guide, teacher, and guardian of our life's journey. Purity is the ultimate revealer, the great absolver, and the final accomplishment in our existence. The fruits of evolution that unfold with purity at the helm are wonderful, yet purity unto itself, unconditionally, is our primary concern. Including:

Purity of intention and pristinity of the spirit

Purity as the beginning, middle and end of our journey

Purity as a clearing and liberating force that drives our good evolution

Purity for its own sake, not as a means to an end, and its spontaneous rewards

Purity leads to clarity, actuality, and unveiling through freedom from distortions

Purity generates a wholesome space for the integration and harmonization of our existence

When challenges emerge and the shadows of the unconscious arise, it is our shield and defender

The proud intellectual and the mechanical spiritualist are baffled before their own darkness

Any God, divinity, unity, or sanctity that we may seek, is attained only via the path of purity

With purity, all obstacles, fears and evils are overcome and transmuted into a new reality

## The Good Life - Selfless Integration - (I004)

PLAY VIDEO ▶

47:04

Tue, 17 Sep 2024

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A fractured and broken self seeking to make its stance in a world of conflict and suffering – alas, the depths of tragedy in this self-shaped little box. Harmonic interaction and reconciled engagement are only ever realized through selfless integration with the collective. When we forego our petty private agendas, inquiring into and reflecting the authentic needs of other beings with a clear heart, the face of the world transforms, and we too are deeply transformed. Including:

Fractured self and integrated self:  
Reorientation and reframing of the sense of self

Discovering shared ground and universal threads of connection with other sentient beings

Loops of action and reaction: Direct, indirect, and projected influences on our reality

Integrated self as agent engaged for the integrated agencies of collective

consciousness

Equality and self-respect: Applied selflessness with responsible management of resources

Elimination of reward conditionality: For assets, enjoyments, recognition, self-image, etc.

Orientation via empathic reflection of the conditions and inner states of other beings

Facilitating the expression of potentials, encouraging latent merit through recognition

Engaging as necessary: Kindness and compassion tempered with detachment and equanimity

Identifying authentic needs with criteria rooted in self-examination and shared principles

All things ever as catalysts of evolution and purification, engaged for collective benefit

Consummation of human potential on the  
training grounds of a conflicted world of  
plurality



## 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)



PLAY VIDEO ►

26:43

Thu, 01 Aug 2024

📄 read text

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If you're keen on meditating. Overview of supporting practices before and after a session of meditation. Including:

Dedicating Place and Time

Seat and Scene of Practice

Basic Purification

Meditation Postures

Initial Breathing

Invocation / Declaration of Intent

Practice of Meditation Proper

Post-Meditation Phase of Reflection

Dedication / Affirmation of Practice

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



20:39

Fri, 02 Aug 2024

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Overview of several complementary methods of mantra practice with the "So 'Ham" mantra as our example. Covers tempo and length of recitation in relation to the breath, the rooting of the sound, the use of polarized syllables, the varying of pitches, and the function of melody. Extended practice with casting the "that" of the mantra as the primary elements and as pure wisdom.

## Dealing with Distractions in Meditation (P003)

PLAY VIDEO ▶



34:05

Wed, 07 Aug 2024

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Exploration of a range of methods and strategies in dealing with distracting thoughts and external disturbances during meditation. For distracting thoughts, covering:

Ignoring: Neutral Reaction  
(Inconsequential and transitory)

Returning to Breath (Establishing basic calmness)

Switching the Meditation Object (When directly linked to distraction)

Transforming the Mental Space (Uplifting lethargy, dampening hyperactivity)

Altering the Meditation Object Modality (Pacing, pitch, focal length, etc.)

Evaluating the Merit (Worthy: Welcome but postponed; Unworthy: Repudiated)

Deconstructing the Formation (Analyzing our attachment, root and formation of thought)

Overpowering and Obliterating (Last resort measure: Elimination through raw power)

For distracting sensations, covering:

Choosing the Practice Location (Reasonably free of inbound sensations)

Practicing Tolerance and Indifference (Non-reactive attitude)

Modulating Sensory Focus (Distant/near/intermediate, quiet/loud, etc.)

Dampening the Senses (Blindfold, earmuffs, blanket, etc.)

Changing the Practice Location (Excessive intrusion into the senses)

Re-evaluating the Problem (External or internal)

## Introspective Reflection - Scanning the Body and Mind (P004)



38:21

Sun, 11 Aug 2024

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Self-knowledge is an essential fruit of our meditative practice. Through the practice of meditation, our sensitivity to observing physical and mental phenomena will increase. In today's training, we look at methodical techniques of introspective meditation, scanning through the various layers of the body and the mind, to deepen our self-awareness and meditative access. Including:

General Introspective Reflection: Covering  
Our Being with Awareness

Awareness of Internal Phenomena as  
Gateways to Deeper Awareness and  
Practice

Physical Body: Respiratory,  
Cardiovascular, Gastrointestinal, Neural,  
and Muscular systems

Vital Body: Subtle sensations and  
energetic presence in focal areas

Perceptual Mind: Workings of the landing plane of inputs from our senses

Reactive Mind: Formation of valence or positive, negative and neutral reactions

Cohesive Mind: Generation of structures, meanings, narratives and self-identity

Causal Mind: Dynamics of unconscious, subconscious and surface-conscious awareness

## Meditation Walkthrough - Fields of Sound and Breath (P005)

PLAY VIDEO ▶

36:07

Sat, 07 Sep 2024

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Walkthrough of a basic meditation session: A set of practice spliced with guidance and brief insights. We cultivate our minds and bodies in preparation of a well-rounded foundation for our being and becoming, for our evolution, and for deeper and more advanced practices. With this, with each session practiced with sincerity, our wisdom and ability grows and expands. Including:

Orientation and invocation atop the seat of meditation

Initial stillness via breath, initial concentration with the base mantra

Four cardinal fields of energy and awareness embodied in our vital body

Application of mantra/sound with pitch to bring attention to a particular field

Application of breath and attention concentrated in and around a particular field

Splicing the practice of voice and breath, or  
separate practice of the modalities

Self-reflection and affirmation, practice  
routine and priority, and concluding notes

## Paths of Meditation - Laser of Recognition (P006)



35:01

Thu, 12 Dec 2024

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Two Ways of Meditation: Creative and Executive. Brief notes on the approaches, both valid, and in time complementary. Followed by a walk-through discussion on the "Laser of Recognition" method.

Preparation: - Establishing the intention, - Setting a stable posture, - Undirected calm natural breath

Directed attention: For each (Root, 3rd Eye, Heart):

- Breath to a center, set presence, - So'ham: attention, churning awareness, - Recognition and sorting of what emerges, - Strong breath/HUM, targeted like laser: empowering/shattering truth/illusion, - Silent space of integration

Integration: - Breath into each: Three branches, - So'ham into each: Simultaneous attention, - Recognition of the aggregated experience, - Crown focus: Alignment and ascension, - Silent space of integration

Closing: - Reflection on the experience, - Gratitude & dedication, - Exit & living integration

## Breath and Negative Emotions (P007)

PLAY VIDEO ►

19:27

Mon, 10 Mar 2025

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Negative emotions are an endless pool of suffering. Breath is the great mediator, flowing in the between of all things. Fear, Anxiety, Disgust, Anger, Sadness, Depression. We engage the dynamics of the breath to stabilize these disruptive emotions. We generate a tranquil plane of containment, context, and contemplation. Breath is your ancient friend. There is peace with the breath.

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



PLAY VIDEO ►

12:00

Thu, 15 May 2025

📄 read text

▼ download .mp4

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🙄 **What's going on?** Like – actually? If you want to know *what's actually going on*. 😎 You need to get into "**What's Going On?**" meditation. Snap out of the tunnel – reach into the lucid planes of metacognition. Doesn't cost you anything – no need to go anywhere.

You just need to clear some space in your awareness and pay attention to what's going on. Without opinions, without reactions. Living your life, looking at all things – simply as they are. That's how. Here's the basic walk-through for you. Set your mind free from the prison of your conditions. Rise beyond that little self.



## 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

 read text

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**Fear is a primary and primal state of mind**, a fruit of evolution for our survival. Yet *fear will run amok* when ungrounded in actuality. For those looking for a *peaceful mental baseline*, the taunting work of evaluating and *coming to terms with fear and its children* is not optional.

- ▶ Actionable threats should be reviewed with reason – appropriate response models should be implemented.
- ▶ Internal haunting should be reflected upon with introspection.
- ▶ The self should be immunized against self-generated ominous disturbances.
- ▶ Do not assume the worst. Do not assume the best. Be a neutral realist. Whatever that life may dish out for you – it's all fuel for your evolution. Embrace it for all its worth.

## Guru Principal by Swami Nihilananda Watapada (R002)



17:56

Wed, 25 Sep 2024

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It is I Swami Nihilananda Watapada, hanging like the banyan tree of upside-down in the holy Sanskrit scriptures, presently here for the teaching of all your spiritual knowledges. Here we are firstly understanding the grades of the Sad-Guru, the Chit-Guru and the Ananda-Guru, as they are respectively determined. We are also explaining the Deep, the Deepak and the Deepsit levels of guruness, and how the guru is the revealer of the unbroken mandala in which all the moving and the non-moving things are moving and not moving, and with utmost respect to that principal.

We should like to elucidate upon the origin of all the things, thusly the spiritual knowledge of the first poet that confuses even the too many gods, and how the universe is created with the playing of the water and the fire, and how is the transcendental spiritual abode that is free of pollution and the absolute truth as we meditate upon it. There is also the local and the universal guru and furthermore there are at least the 32 elementary natural gurus that we should like to study from. When you are earnestly devoted to the guru and remember the guru-mantra and its meaningful imports, then surely such

enlightenment will come like a wonderful burst  
into your soul. Namaste!

## Mystic Journey with Llama Derpa Tertön (R003)



19:31

Wed, 02 Oct 2024

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Llama Derpa Tertön. Veteran reincarnator. Liminal psychoarcheologist. Seeker of lost wisdom treasures encoded in the elements and the ethereal space. Explorer of deep dimensions and brewer of ancient essences. Progressive revelation for the dork age, harmonic teachings tuned with the churning of the wheels of time. Chasing rainbows and crafting archetypal enlightenment continuums. Hum's the word. Go flying inwards.

## Good Morning and Mindful Day and Night (R004)



22:18

Wed, 09 Oct 2024

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Good morning. Wake up mindfully. Take your moment transiting back into the waking world. Recollect yourself, touch the nature around you, breathe peacefully to the tune of nature. Shape your intention for the day. This is the first significant passage of your day. Make it a habit to pause and reflect: We have our inner, introspective world. We have the world of nature's essences. We have the social world of interactions. We have the great arch of meaning for all that we do. Recall these. Establish your islands of clear awareness and connection as the day courses toward the night. At the day's end, relax and recollect, preparing for your peaceful rest.

## Dealing with Desire – Transcend the Churning (R005)

PLAY VIDEO ▶

25:02

Wed, 04 Dec 2024

 read text

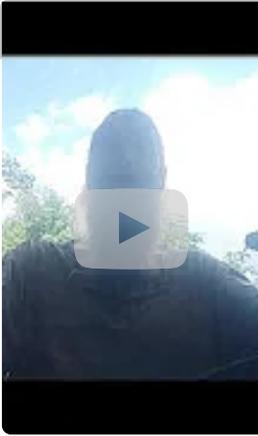
▼ download .mp4

 on youtube



Pushes and pulls of our existence. We need to deal with them, we need to navigate wisely. That wisdom begins with recognition, clear understanding, and introspection. We separate need and want. We comprehend and contextualize desire. We understand its ephemerality, the waves of its coming and going, the hallucinatory nature of the "objects" we pursue. In time, we wane down the pull and push of desire, and with our sustained practice, we substitute a higher taste and path of fulfillment to occupy the space desire once held in our consciousness. We recondition ourselves.

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



10:01

Thu, 13 Mar 2025

 read text

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There was a request for a blank slate. No specs as to what sort of blankness. Well then. We have a bunch of options. Confess your sins. Resign from your obsessions. Enter the pauses in your breath.

Or reflect on and reconcile the manifold fields of your conflicted awareness. There will be progressive settling and a radiant blankness, a canvas over which we can regenerate the essences of our life. Pure planes of clear and undisturbed blankness, folding into a clean palace of prime consciousness. Go scrub it all clean.

## Emotions in the Spectrum of Living Experience (R007)



PLAY VIDEO ►

12:38

Fri, 14 Mar 2025

📄 read text

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Dealing with emotions and mental states, positive and negative, is an integral aspect of the complete living experience of an incarnate consciousness. We are composite creatures – and each of our aspects of being calls for our awareness.

What must dispel is simply our subjective value assessments, the reactive like-hate, attachment-aversion dynamic that leads to compounding complications and unease. Whatever the mental experience, that's what it is. Accept and understand. Do not subscribe to escapist enlightenment. Welcome it all. Deal with it and evolve.

## Great Guru Quest vs. Subject Veiling (R008)



11:00

Tue, 18 Mar 2025

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Our romantic quest for the realized teacher is compromised by our present condition. Subject veiling shrouds our vision and restricts our reflective field of experience. Innate guru, latent and immanent in all things, ever-manifests in proportion to the clearing and reformation of your consciousness. Seek your own integrity first. A reflected teacher, the high guru of the wisdom in all things themselves, will accompany you at all times, in all places, guiding you out from the matrix of your hallucinations. Do not chase the phantoms. Unveil the actuality before you.



## OTHER VIDEOS

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

## Preamble and Meditation Intro (001)



PLAY VIDEO ►

23:37

Tue, 30 Jul 2024

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Overview on things to come and the basic lay of the meditation land. In this series, we'll be covering:

1. Practice: Meditation and supplementary practices, hands-on introductions for methods of cultivation.
2. Insight: Clear views and common-sense orientation to principles and axiomatic wisdom behind the process.
3. Antiques: Extracts from the teachings of classical traditions distilled to an essence that makes sense.
4. Q&A: Questions and answers on the stuff that boggles the mind on this peculiar path of inner evolution.

Includes a brief gloss on meditation in general, coupled with a snapshot of breath and mantra meditation practices.

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



13:10

Fri, 02 Aug 2024

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Exploration of the historical roots, textual context, and actual meaning of the "So 'Ham" mantra. Insight into the "what" of the "that" to convey general bearings on the statement's significance and its import into our practice. Variant pronunciations of the mantra. Breaking the shell of conditioned existence, graduating from the golden cocoon of subjective reality, reaching for the "thatness" of unity.

 <https://ananda.icu/video>