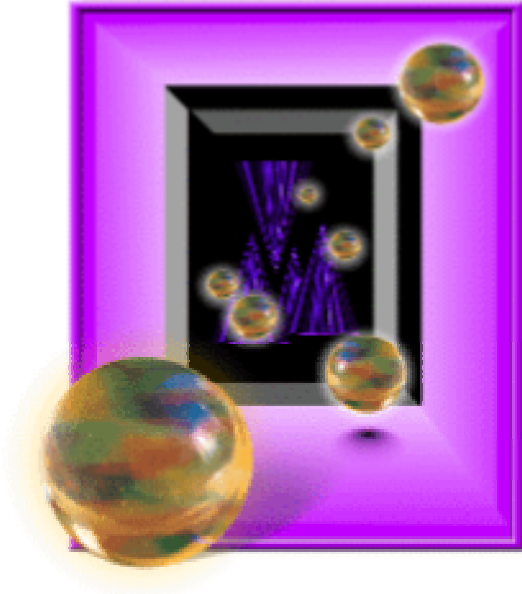


OUR DIMENSIONS
THE HYPNODREAMS SCRIPTS
2000 – 2005



**by Silvia Hartmann
& Ananga Sivyer**

First E-Book Edition Version 1.0, February 2005



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Our Dimensions – The Scripts Of HypnoDreams

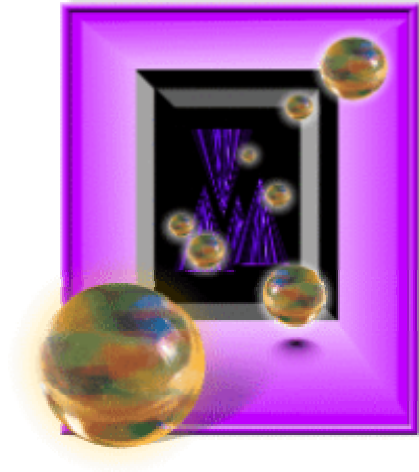
Our Dimensions
The Complete HypnoDreams Trilogy Scripts Collection

This First Edition E-Book Version 1.0 Published February 2005

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Our Dimensions – The Scripts Of HypnoDreams

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Welcome To Our Dimensions:

Introduction By Silvia Hartmann

It is November 2004, and I have just received the master for the last in our HypnoDreams trilogy, Freedom.

This and the completion of this accompanying book marks the end of a four year odyssey of discovery for Ananga, myself and all those involved in the creation, testing and use of the HypnoDreams.

When we began with the project, we had no idea what these things might be, or even what they might be for.

To be completely honest, we still don't know to this day quite what we are dealing with here, but one thing we do know.

HypnoDreams and using HypnoDreams in our general lives has significantly changed the way we use and perceive our energy systems.

Even though I wrote and spoke these evocations, and even though Ananga Sivyer spent so many hours creating the amazing sonic tapestries, when we experience the Dreams themselves as the receivers, as the journeymen, we respond just the same as any other who might hear them, take these journeys.

The HypnoDreams are a challenge, there is no doubt about that.

They ask us to rise, to expand, to think differently and to become aware that we can feel differently. They call to our creativity and our personal intelligence, and sometimes they even touch at the barriers of where we thought we could not go further, did not want to go further.

And yet we do – because we are.

So let us begin with the very first step on the journey that leads us “Forward To The New” – HypnoDreams 1, The Wisdom Of The Water.

Our Dimensions – The Scripts Of HypnoDreams

HYPNO DREAMS 1 – THE WISDOM OF THE WATER



The Wisdom Of The Water
HypnoDreams I

by

Silvia Hartmann

& Ananga Sivyer

First Published October 2001 by DragonRising

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Introduction To Wisdom Of The Water

by Silvia Hartmann

People who only know me as a Energy Therapies Researcher, or highly logical NLP trainer usually entirely underestimate just what an important role creativity plays in all my work.

Over the years, creative endeavours have given me the answers to logical, every day problems that no-one else seemed to be able to solve, time and time again, and by the time I started to write the first true HypnoDreams, I had learned to trust my creativity.



What we are really talking about when I use that word is to touch a form of flow of information that exists on a level stepped off and higher than usual thought; once that movement into that space has occurred, rich experiences and images begin to flow at high speed and in incredible clarity.

These “personal movies” show me things, unusual things; they teach me things in a very different way than one might learn in “normal” linear communication.

They were experiences with a beginning or entry point, a middle where things would be happening, and an exit point or resolution; and there was something immensely satisfying in taking part in these experiences.

As an author, it seemed natural to try and write them down as they occurred in real time – and that is how all HypnoDreams come into being.

The channelling of this information flow and the challenge of making words of rhythm and matching energy progression which would preserve the essential energy movements from the live experience was something which both fascinated and delighted me; and the first set of HypnoDreams ever written were not created for any audience, but simply for myself.

I wanted to re-experience them again, I really wanted to “be on the receiving end”, simply let go and flow with the experience myself, and so, after I had written 8 scripts, or rather, channelled 8 experiences, I took the unusual step to book time in a professional studio and record them.

The gentlemen in the studio who were specialising in Country & Western music with a Christian flavour were completely astonished and confused by me and my scripts, but the tracks were recorded and now I had a CD for my own personal use.

It was quite some time later that I met Ananga Sivyer, got to know her beyond a professional relationship and found out that she was a composer with her own recording studio, something that had been her deep passion since she was very young.

I wondered whether she might be so kind as to put a little music behind my spoken words and she was happy to comply – but I really don’t think either of us suspected what would happen next.

Even though we are from such immensely divergent cultural backgrounds, we found a real matching resonance. Ananga could feel the energy movements, could sense what I was trying to do and she could not just support the flow of the tracks, but add to them, bring richness and depth to the experience of the journeys.

Our Dimensions – The Scripts Of HypnoDreams

The first track Ananga worked on and the first completed HypnoDream ever was “Ice River”. To this day, this is one of my very favourite journeys on every level as I love the mystical realms of crystal beauty, the essence of a place of intense and age old magic.

It was probably when friends and family started to hear this track and loved it just as much as we did that the idea of public distribution first arose. We talked about this for some time and the decision was not made until we had both absolutely affirmed that we would not look over our shoulders in any way at possible sales in the creation and production of this album, but absolutely let our heart and soul lead the way.

Our Dimensions – The Scripts Of HypnoDreams

1/01 - Oceans Of Energy

Ananga's Notes On Oceans Of Energy

Oceans of Energy was recorded with live flute played in direct response to Silvia's words.

I later added some backing pads but I wanted to keep this simple and let the Oceans poem speak clearly for itself as the opening dedication for this album.

Silvia's Notes On Oceans Of Energy

In 2000, I was asked to write a course about "Energy Healing For Animals".

Now I have inordinate respect for animals and their honesty, as well as many, many years experience with how complex the interaction between animals, people and their environments is and how profoundly this affects animal health.

So this was a very big project for me, encompassing not just the principles of energy healing per se or teaching someone to "become an energy healer" in the first place, but also the environment - geopathic energy, field distorters, energetic potions and prescriptions and much much beyond.

To be honest, it was SUCH a big project, I was consciously overwhelmed and did not know where to start.

To center myself, I cleared my mind completely and absolutely, took a deep breath and wrote what one might call a poem, but I'd call more of a form of description of a huge energetic entity. A few lines but they sum up for me all the principles of working and living with the concept of "Energy".

This is the Oceans Of Energy prayer and to this day, my dedication to *all* energy work.

Our Dimensions – The Scripts Of HypnoDreams

The Text: 1/01 - Oceans Of Energy

If you could shift
your point of view
for just a moment, as you
now grow still
and silent within,
without a thought or care,
without a thought of worry or desire,
then you might just begin to feel:

A power tingling in your fingertips,
a breath that draws to you
a part of all there is, of which
you are a part,
and that surrounds you,
buoys you, nourishes, protects
and reaches far and wide
and further still
into the deepest blues of oceans
the deepest greens of mountain lakes
and all the creatures that reside
in forest groves, eternal deserts
as above,
the stars are dancing.

Oceans of energy
and they lie at your fingertips,
for you to navigate and learn
to know the ancient arts
of balance, deep release
and once again restore
the Even Flow,
the perfect state of being.

Silvia Hartmann, 2001

Our Dimensions – The Scripts Of HypnoDreams

1/02 - Dive To Diamond

Ananga's Notes On Dive To Diamond

As the recording of HypnoDreams 1 progressed I gradually began acquiring new equipment, effects and sounds. Dive to Diamond was the first HypnoDream to be treated to some panning effects that have now become somewhat of a feature of HypnoDreams soundscapes.

Dive to Diamond, to this day, is one of my personal favourites. For me, the combination of the script, Silvia's delivery of it and Pia's vocals has a certain magic that holds my attention every time I hear it.

DSP FX was used for the effects on Pia's voice – they were carefully selected for the vocals on Dive to Diamond, Wisdom of the Water and Darling. Two years later, with professional quality reverb at my disposal I still use regularly for vocal and flute recordings.

Silvia's Notes On Dive To Diamond

To a beginner in energy work, this track may not make much conscious sense but the truth is that the more you do this, the more profoundly expanding an experience it becomes.

Just by itself, this truly extraordinary event really does stretch the boundaries of self and makes one so much more finely attuned to "those other dimensions" out there in the most relaxing and pleasing calm.

Ananga's soundscapes are truly something, creating the lift and support both to make the rising away from our ordinary states of being easy, safe and joyful.

This is one of my personal favourites of all the hypnodream tracks and get such a lot out of it, a different experience each time and it is true, I sometimes can't wait to hear those words ... float now, if you will ... :-)

Our Dimensions – The Scripts Of HypnoDreams

The Text: 1/02 - Dive To Diamond

Float now, if you will.
Slowly and deliberately
away from self
and to the night
starry, bright,
velvet, rising lightly
if you will.

Turn slowly, if you will
and most
deliberately
around, slowly now,
slowly as you breathe
the horizons down below
falling slowly to
the starry night
and all is still

save for the touching
hum of solar music
stellar sounds in harmony
and they are coming closer
as you rise further,
further from the day.

And somewhere
sometime
there is the
diamond dimension
you cannot conceive
it yet nor can
you see that far
ahead and in
the horizontal
but
you
can
know
it
is
a-
waiting you
as it always has
and as you
have always known.

To reach and stretch
toward it is a joy
and yet it is a
sadness to because
you have been close
before and never
found the magic seal
the magic words
the magic signs

Our Dimensions – The Scripts Of HypnoDreams

the magic way
to make your
starburst entrance
to ...

But here in now
it is different.
There may be
much compassion.

There may be so
much understanding
of the struggles
of the past
and of frustration
yes, of pain.
Of understandings
felt and tasted
yet they were
never understood
and they would leave
you broken, tired
and in despair
because you knew
that it is here
and it is waiting
and you should be
one of those
who would dive
to diamond
one of those
who can traverse
the darkness
to the stars
one of those
who can arrive here
and today
the day has come
the time has come
the time is here
the time is now
for you to fall
and give yourself
to all there is
and let yourself
release the pictures
let yourself
release the sounds
and step across
the threshold of yourself
into the evermore
into the all there is
into the all embracing
waiting here,
dissolve yourself
give it up
step from
the cages of illusion

Our Dimensions – The Scripts Of HypnoDreams

the boundaries of false
the night of labels
and the times of old.

Diluted and dissolved
you flow away
and all is here
and all is now
and you may now
dive to diamond

dive to blue and green
dive to turquoise,
dive to emerald.
dive to deepest azure,
cerulean, and all the blues

and all the greens of
every ocean, every forest,
every sky and every night
and dive to ruby, dive to wine,
dive to scarlet, and royal purple
ultraviolet bright, dive to the colours
you have never seen
and yet you know that they
are there and they
complete the rainbow
complete the rainbow
complete the rainbow
and dive to diamond,
in slow and fast
rotation,
dive to diamond.

When the time comes
that you might
once again
return to
physicality
you will remember.

You will remember
that what once
you knew and know
again you know.

Now play.
And dance.

Until your time is right,
just dive to diamond.

1/03 - The Wisdom Of The Water

Ananga's Notes On Wisdom Of The Water

Production wise this was a bit of an epic – at the time of recording it was the most tracks I had worked with and took several times longer to mix than it did to record! I certainly learned a thing or two in the recording of the Wisdom of the Water.

Again, the music pretty much happened on its own, the bird samples were added in conscious awareness and the odd musical marker for certain parts of the script, the sounds and instruments were carefully chosen but, aside from that, there are things in this track that I will probably never know how they came to be there!

I am delighted by the entrance of Pia's vocal on this track as Silvia speaks "of the calling and the lifting..." it was recorded pretty much live and in one take. When we played it back to listen to it for the first time I put a massive amount of reverb on Pia's voice for a rough idea of how her voice might sound when the project was mixed, knowing that it would be too much and could be adjusted later.

However when we heard it played back we both said "ooh I like the sound of that!" and so it was left as it was.

Silvia's Notes On Wisdom Of The Water

This track is the most well known and most well loved of the HD1 album and rightfully so.

Immediately accessible by everyone at all, it is a light and beautiful story of transformation and experience as we become the water and move through all the stages of its life with volition and with joy.

Linked to the concept of "innocent energy" from EmoTrance, this track is often played at EmoTrance workshops to brighten up, rejuvenate, cleanse and re-sparkle our energy systems, make our minds more tranquil and our bodies feel more flowing with the energy of soft moisture and movement.

I remember one particular occasion where I had a very difficult workshop on my hands, with lots of cynics and some people even who were only there because their spouses had made them come. By lunchtime, I was ready to just walk out and say, "Well sod you then, if you don't want to do energy work, why are you here?!"

So after lunch break was over, I sat them all down and played the Wisdom of The Water.

What that did was just incredible.

The atmosphere was totally changed. It was as though the people themselves were different, their attitude had changed completely and this workshop went on to be a truly wonderful experience for all concerned in the end - thanks to the calming and clearing power of "The Wisdom Of The Water".

There is so much going on during this one journey, I could write for hours about the various metaphors in it and what they do and never get to the bottom of it, but there is one aspect that always amazed me once I had noticed it myself (after repeated personal use, that is!).

This is the learning about *change*. The water changes state and being as it FLOWS so smoothly from one incarnation to the other - but this isn't kicking and dragging change, being

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terrified of losing this or that but it is always forward flowing with total delight into the next state of being, always new, always exciting, always wonderful.

That to me is the most profound of the very many things we can learn from The Wisdom Of The Water - to flow with life through all our cycles and spirals, a new wonder each time and new each time no matter how often it has been experienced before.

This is the essence of Even Flow and delight in being alive.

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The Text: 1/03 - The Wisdom Of The Water

As you relax and listen to me now,
I might tell you
about a person who went out
into their garden and they felt
a tiny cold sensation on their cheek.

They might have looked up to the sky and
might have realised that soon there would be rain,
and for some reason, that day they went
into their house and fetched a green blue chalice
made of old, old glass.
They took it outside and they stood it
in a place that would be right,
and even as they straightened and looked down
upon the chalice, they could feel the wind
now growing stronger and more rain
beginning now to fall, and they could see
one drop and then two inside the chalice.

Smiling, they would turn around and go inside
and close the doors, and for a moment
stand and watch as first the single spots of rain
appear now on the window pane, and then more still
that turn to little rivulets.

They would sigh with a smile and sit right down
in a most comfortable chair, and they would watch
the rain, and they would listen
to the sounds of the rain,
and they would drift
with in their mind with a slow thought
about their body and how much of it was water,
and how this water might remember things of old,
and how, if you were to imagine:

now yourself outside you could crouch down
and look at the rain falling onto the grass,
you would see
the superbly shaped miniature crystal drops
in all of their perfection,
and if you looked much closer still,
you could see your own self reflected
in their silver surface, and you would reach
out with your mind and touch them,
and as you touched them you might cross
that threshold and your conscience
might merge with the drop of rain,
on the shiny green leaf that is now
a water slide towards the dark brown earth
below so soft and welcome feeling as you
touch and merge and spread and reach
the other water consciousness
that is right here, a filtering awareness
that we're bringing richness and fertility
into this soil, this land, this planet,

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so slowly filtering down through dark brown soil,
through firm red clay,
and moving swiftly through the yellow sand,

and touch the bedrock grey of ages smooth
impenetrable but we know there are small fissures
and we morph and slide through darkness to
the stillness as we fall and softly bounce the surface –

A vast clean lake black underground, so old,
so clear, so still, so pure and cold,
we have been here so long, so long and it is
cool and soothing and so still and peaceful,
healing, recharging us
here in this vast reservoir.

We rested here for no-one knows how long
but after timeless time, a movement
was perceived right at the very outer
edges of our consciousness, and how
this movement thus became a steady flow
and then a cascade, tumbling charge of energy
pressure building all around and deep within us
and we rise, and rise, against the force of gravity
who doesn't stand a chance today, and we are
rising higher still and bursting forth into:

the gold of sun and green of forest and so
we flow and bubble,
smoothly sliding over time worn river rocks,
dancing in eddies, leaping for joy
over broken stones and fallen branches,
purposefully diving from great cliffs with the roar
of our million voices tumbling, falling to the pool below
a water fall, and on we rush, singing,
dancing all the way until we grow more numerous,
and more ponderous,
and we slow and steady
as more and more come to join us,
a greater and greater procession,
and are born the river, so statesmanlike
with every tributary joining our parade,
we grow more grand and powerful until

We move into a rhythm call of slowest pulse
it calls towards a new excitement
and it has us all enthralled and focussed forward,
forward, as we sense a change in taste, in texture,
and in being, a push and pull from far away
so familiar, so familiar, so welcoming, so beckoning
as we swiftly slide across the mudflats, and in
a breathless moment that lasts no time at all,
we are the sea, the inshore sea, and all is new
and oh! The rhythm like a beating of the hearts
we cannot count, and deep below, the slower rhythm,
powerful and moving, as we greet the moon and rise
as one to meet her in devotion.

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Jade blue rushing, dark green lifting
and the energy builds up and up and it
becomes ever more eternal, ever more infinite
as we grow and we are all the oceans of the world,
all the depths so deep so dark
and all the brilliant blue lagoons,
white crashing reef dancers
and all the crushing blows on stony shores
and the waves as high as mountains
enfolding countless beings in our midst
providing for them all,
so all expansive all at one
all things remembered, all embraced
all things eternal here and now.

There is awareness of the calling of the sun,
of the calling and the lifting,
of the calling and in answer we will rise
to meet the sky, pale sheets of mists we are
and rise in layers to the sun, towards
the perfect blue of summer skies, and even
as we rise and higher, higher still above
the ocean far below, an invisible procession
that fills the space
and bridges heaven both to earth,
we touch each other lightly and we fly now high
majestically, so high above,
so white and filled with dreams
and we are all things that you can conceive,
dancing, weaving, slowly unfolding, moving
with the tides of wind and time and high above
the sun always shines,
and the stars are always bright with glory.
Sometimes, the mountains meet us,
try to catch us, call us, ask for our embrace
and will blanket them with ease
and gentle tenderness, and sometimes,
deserts smile to us as we pass high above
and leave them to their golden, rocky splendour.

Timeless sailing, timeless drifting, gusting winds
and swirling dancers are we, one with joy
and passion, meeting for our festival of transformation,
whirling faster, spinning faster,
edging on to change and then we fill the skies
with song, until the tension breaks
and energy discharges roaring, blinding
flashes of delight and one by one, we tumble,
tumble gorgeously ensphered and rush
as fast as we can be to throw ourselves
in wild abandon to the land below,
to congregate in lakes or rivers,
to become the ocean once again, to slide across
the rocks and grass, to a new wonder
old though it may be,
so wonderful again and fresh and new
each time
because we are,

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because we are,
because we are.

And a person might slowly
begin to wake from their dream,
and they might look
at the sparkling diamonds on the window pane,
and they might open the door to the garden and blinking,
step into the bright and clean.

The thunderstorm had passed.

And they walk across the sparkling grass
and they might well pick up a chalice
made from old green glass
that is now is filled with sparkling, liquid living
and they may pause before they raise it to their lips,
and smile, and drink it, feeling it refresh them,
energising and reminding them
of the wisdom,
of the water.

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1/04 - StarFall

Ananga's Notes on StarFall

Starfall was the last track I recorded for HypnoDreams 1, by that time I was feeling very comfortable and content with my recording experiences and I felt that I had gained sufficient experience and confidence over the previous weeks and months to do something a bit “out of the box”.

Starfall is really a product of my passion for sampling and playing around with sounds, it's an odd blend of swirling synthesisers, live instruments and hours of experimenting with effects.

Silvia's Notes On StarFall

The reason for this induction is that often people who seek personal development are at a basic level dissatisfied with who they are.

Not only are they dissatisfied with who they are, but often even more dissatisfied with who they've been in the past.

This dissatisfaction may arise as the result of shame or guilt, or anger about things that they did or things that were done to them; either which way, there isn't a lot of internal unconditional love, even if the person (now) endeavours to heal and reconcile all that they were with all their heart.

In the past, it has occurred to me that traumatised individuals (and in a way, a person who has many bad memories from various clearly defined and separate stages of their lives may considered to be a collection of very different if related traumatised individuals) can't just sit down and heal on the spot, as it were.

I hold the belief that between the beginning of any recovery and the traumatised state there lies a time of sanctuary, of rest, of peace, if you will. A time out state that gives the individual a chance to get their breath back, so to speak. This sanctuary state was, in my opinion, a feature of the olden approaches, created in the office for the client by the psychiatrist or by a priest, a space where nothing was expected, no change demanded, and no judgements made.

In a strange way, each time someone engages in an activity such as doing affirmations, praying, tapping or tabbing, a self help book or cassette, he or she states that they're not good enough the way they are. In theory the client knows of course that they are more than just their problems, but in practice any kind of "unwanted" behaviour, be it an addiction, relationship problems, "unfounded" fears and phobias, depressions and whatever kinds of problems exist, "defines" the current personality and is often perceived to be one and the same as the individual.

Many people's neurologies resemble a country at war. Conscious and unconscious desires and drives are in continuous conflict, desire and resistance to change can express itself in a variety of ways, from an inability to live happily as a general state of mind, to neuro-somatic problems of all kinds.

So this journey doesn't ask for change, for co-operation, or anything of this nature. It does not use the sanctuary state as the starting point for more changes towards a "better, more effectively integrated" person; it is the peace and total stillness that in and of itself is the healing.

I personally have felt in the past that I was so exhausted, I would have to rest for a thousand years before I could slowly find the strength to start over.

Our Dimensions – The Scripts Of HypnoDreams

In the timeless spaces of energy and mind, we have the option to do exactly that - rest for as long as we need to rest to begin our restoration.

This simple resting space is in many ways more valuable than any other form of approach I can imagine and certainly, it was exactly what I needed at certain times in my life to be ready and prepared for future change.

Our Dimensions – The Scripts Of HypnoDreams

The Text: 1/04 - StarFall

Leave your body here with me now,
resting gently
and in utter comfort and warmth,
becoming warm and still,
and with your body
you can leave your sense
of sounds, feelings, responses
of the kind that you were used
to having had,
but now, become aware
and differently realise that you are made of
energy complete, of
swirls of dancing atoms and of
e-lec-tri-ci-ty, flowing like the rise and
sound of breathing here and now - you are
etheric energy at ease and both
detached from what is all around you now
and still completely part and one
with all there is
and all there was
and all the earth, and all the sky
and not just sky but heaven too and so
you rise and drift and rise and drift ...

... amongst the stars in reverence and wonder
blue suns, red suns, the galaxies and nebulae
your friends of old, from way back when a time
when time was young and you were one with all
there is and all there was and as you drift,
you come across ...

a plane placed at the very edge of time
a plane that ends the universe
and here you gently float
like sheets of silk and there you are
and as you are, the snow begins to fall,
at first a few flakes that
reflect a light you cannot see yet
you perceive it all around you
and the snow begins to fall in
whitest white against the silky
blackness of the wide horizons,
gentle snow flakes gently drifting down,
slowly falling soundless
amidst the stillness that enchants you.

The gentle snow flakes keep on
falling,
silently,
peace-fully,
slo-wly,
slo-wly turning
the ground a purest white
and as they fall,
you can begin to feel yourself

Our Dimensions – The Scripts Of HypnoDreams

falling with them,
becoming one with every one,
and settling in deeper
and deeper stillness and silence
and you can rest,
all is well,
all is here
and all is peace and stillness
and there's nothing else,
just the universe gently turning
and the stars gently turning
and the snow falling quietly as you find ...

...that place of total peace, an
unconditioned peace where
nothing needs be done,
nothing needs be thought
and nothing needs to be achieved
as the snow flakes fall slower
and slower
and more s-l-o-w-l-y still until

... they simply cease and high above
the stars turn slower
and slower
and more s-l-o-w-l-y still until ...
they simply cease and
time itself comes to a halt.

And it is here that there is peace forever,
the ultimate silence,
the ultimate peace,
the ultimate stillness
and here you rest within
this timeless time of timelessness,
there is all there is right here,
and all the healing of all
the millennia that ever was
lies in this timeless space where all is
white, and all is silence.

Here you remain until
the time comes that
you are ready to
resume your journey through
the stars, through the lives
you have lived and are yet to
live, through the loves
you have known and are yet
to know, and you may
remain here
for a hundred thousand million
years or many more millennia,
at one with all there is,
in the safety beyond all safety,
in the peace beyond all
peace.

Our Dimensions – The Scripts Of HypnoDreams

It is now.

It is here.

It is you and me and
all there is
and ever will become.
Rejoice.
And very very gradually, you
become aware of a rising
an energy deep from a
well within your deepest core
of your universe
and this energy is beginning to
tingle and call
and answer all
at the same time
and as it builds from the
merest tiny notion
on to a wondrous note
from way afar,
the stars are beginning
to slowly turn once more,
and the snow begins to turn to water,
flake to drop, flake to drop,
one by one as time
unfolds for you and
every snow flake that melts in to
a sparkling crystal droplet,
the energy within you
builds in time until the time
has come for you to rise up and
seek to be one
with your body
in a new way, to be one
with your life in a new way,
rested,
ready,
so ready to go forth
and now you realise you know
that you can
no longer wait
to see the new dawn.

Our Dimensions – The Scripts Of HypnoDreams

1/05 - Ice River

Ananga's Notes On Ice River

Ice River was the first HypnoDream ever to be recorded with music. It was December 2001 when Silvia called me up and told me that she had made a recording of her speaking some of her HypnoDream scripts and was uploading an MP3 of Ice River as a winter Solstice gift to the recipients of the SFI newsletter.

She asked me if there was any possibility that Pia could record some music to go with it but, though open to the idea, Pia was not going to be in a recording studio until three months later.

I had not done much with music myself for some time, apart from playing my flute for a few projects here and there when asked. But when I downloaded the Ice River MP3 and listened to it something about it really grabbed my attention and I thought “I’ll have a go and see if I can do something with this myself...”

At that time, I had only very basic home recording facilities available to me and listening to Ice River on my headphones as I write this now, almost two years later, and having just completed the recording of Heart Healing on studio equipment carefully chosen and purchased specifically for the recording of the latest and future HypnoDreams projects, I am amazed by the sound of Ice River.

It is something I look back on as a project born of a blend of inspiration and determination. It was the sound engineer’s equivalent of towing a caravan with a motorbike! Yet still it stands proud and holds its own among the growing family of HypnoDreams. I will always have a special regard and affection for Ice River, yes, partly because it was the first born, but also because of its unique feel and sounds.

At the time of recording the music I was greatly inspired by the Thomas Newman score for the film American Beauty, the theme running through the track of echoed chime notes is a bow of my head in the direction of Mr Newman. That then would be my conscious planning and musicianship for the track – as for where the rest of the sounds and music came from – I have no idea! It just happened – truly it did.

Once the outline of the track was finished I took it to Pia to for her professional opinion, she gave it a big thumbs up and so I mastered a CD and sent it off to Silvia... HypnoDreams 1 had begun :-)

Equipment used – let it be recorded here for history! A SoundBlaster PC sound card, old and shoddy midi keyboard, Edirol VSC sound module, Cakewalk Home Studio software, various soundfonts laboriously collected and auditioned specifically for the task.

Silvia's Notes On Ice River

How do we get to travel beyond our own limitations and out and beyond the old barriers and cages of self?

The ice river is a very ancient and also, a very well known way to do just that.

It exists in many different permutations across the widest range of cultures; and it is a truly magical occurrence.

Just as magical are the winter lands.

Our Dimensions – The Scripts Of HypnoDreams

There is no accident in the fact that Superman's "Fortress of Solitude" can be found at the North Pole, the palace of the Ice Queen and Father Christmas's multi-coloured magical workshop "where all the toys in the world are made".

This is deep magic, very old, very powerful.

On this journey we do nothing but to scout these lands "beyond" and become more familiar with them, re-claim them as our own and begin to make a first connection to the magic which resides here and which truly, "cannot be found in any other place, in any other way".

Many people spend a lifetime "looking for their magic" and this journey will show an aspect of this magic which is perfectly ours, perfectly our own and perfectly reachable - if we make the effort and seek it out with volition, get to know it and when the time is right, re-awaken it from its frozen sleep.

On a personal note, it was Ice River directly which taught me how to use my "night eyes" - to see the patterns of the energy world with a set of other senses than the physical eyes. What it might do for each individual of course, I cannot know - but I do know that I would like each person to at least travel there once and just make that first contact, so their own "north poles" are once again, a part of their world in awareness at least.

Our Dimensions – The Scripts Of HypnoDreams

The Text: 1/05 - Ice River

Let's transport ourselves for a moment
to a different place, a different time
of where the autumn turns to winter
scapes, a gentle merging as the sun
is low on the horizon and the air
tastes sharp and clear.

We would stand
in warming furs, well covered
snug within
and we would see ahead
a river white and wide
straight river, out into
the far perspective where
the banks have merged
before the low horizon
meets the single point
in distance.

And we would step upon
our starting point,
a frozen lake
so deeply frozen,
thickest glass
of white and blue
so solid now
beneath our feet
and as our feet
would quite without
our mind's command
would now begin
to move and slide
and skate in
rhythmic pulses
left to right
and as our bodies
bend into the movement
and our arms begin
to reach as well
thus we begin
our journey
forward
upward
on the river white
and raise our eyes
to where the point
of far perspective lies
and we begin to travel

Faster, faster still
and lighter,
each forward pulse
increases the momentum
each forward pulse
adds speed and now we

Our Dimensions – The Scripts Of HypnoDreams

seem to fly towards
the point of far perspective
where the land must
meet the sky and all is
one, and silent white,

pulse travelling
pulse carrying
pulse flying
as the point expands
and seems a light
that seems to grow
in brightness and
you know

the doorway
lies before you
as you keep your eyes
towards the gate of far perspective
as you approach
and it grows more defined
and clearer
in your vision

soft white
and pulsing with a beat
that is the same
that pulses in your body
that brings you closer
closer with each beating
of your heart

It grows
the doorway grows
and now it fills your vision
here it is,
here you are
here you have arrived
at the gate of far perspective
and another pulse or two or three
bring you into the white
and white is right and all there is
and for a moment there is
nothing but the movement
on continuing and phasing

slowing from the impetus
relaxing down and slowing more
until you passed the gate
and you become aware and see:

The winter world before you
and the river still
and frozen still it is for
you to travel glass and icy smooth
and yet it is a river and it turns
and loops through winter land.

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Slowly and without the slightest effort
you begin to glide the Winter River
and you see all along
the banks on either side
fantastic landscapes, crisp and white
the sky so radiant blue above
and all is winter still
and winter reverend.

Gently you glide by
and you perceive
enchanted castles,
frozen wells
and there's a knowing
that there's sleeping things,
snug and safe
in timeless slumber
deep beneath
the sweeps and crests
of ancient ice
that lie a frozen ocean
stretching far
and further still.

Gently you glide by
and you perceive
ice mountains,
sparkling glass
fantastic sculptures
that are beautiful
and they are here
as they could be
not anywhere
but here

Gently you glide on
and know that this
is now a world
that others never seek
to seek, nor seek to
travel.

And as you travel,
and observe,
and as you travel
and you marvel at the beauty
and the clarity
the timelessness
and perfect beauty of the white
your world grows larger
and a part that has been
long denied
has taken and is taking now
its rightful place
at last.

And you can know
as darkness falls

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and Northern Lights play
in the sky
beneath your closing arc
that there is magic here
that there is much
you never thought to seek
that you might think
of coming here again
to seek and find
to learn and love
to stand before
the vastness and the beauty
and you might find
the kind of treasure here
that simply cant be known
in any other way
in any other place.

Glide by
Beneath the banding lights
of dancing jade and purple,
celestial blue and green
in hues you've never known
you glide on by to find
the gate of far perspective
for your journey here
was one of recognition
and of admiration
and of re-connection
to a something
that you might have thought
you had forgotten
and yet that lives
and sleeps and breathes
forever in a beauty
that cannot be found
in any other place.

Beneath the diamond stars
in stillness you return
and close the distance gently
as the gate grows from the point
of far perspective
widening on your approach
and with a tiny sense
of deep regret
at leaving once again so soon
and with a small decision to return
when time is here and time is right
you move towards the growing gate of white
that takes you back and through into
your time of mind,
and back and through
into your time of here and now,
a gentle dis-so-lucian
of the magic and
a gentle drifting back to self
in thought, in mind, in

Our Dimensions – The Scripts Of HypnoDreams

physicality
as your awareness of the here-and-now
comes back in gentle waves,
in gentle waves of feelings and sensations
here and now
and bright aware
retaining and remembering.

Our Dimensions – The Scripts Of HypnoDreams

1/06 - Treasures & Riches

Ananga's Notes On Treasures & Riches

The original track for Treasures and Riches was not included on the first release of HypnoDreams 1 – it was lost due to a hard drive failing just as it was due to be backed up.

The version you hear on the new release was recorded using Absynth a soft synthesiser – that is, one with no hardware or physical structure at all – the sounds and keyboard appear on the screen as a “virtual instrument”.

Absynth was recently used in recording the soundtrack of The Matrix Reloaded.

Silvia's Notes On Treasures & Riches

Usually, I have an idea of what a journey is about or what it is for - but in this case, I simply don't.

I have NO idea what this is about or what it is supposed to do for our energy systems, our bodies and our lives.

All I know is that I find this evocation or story absolutely fascinating and have listened to it more than probably any of the others (perhaps apart from Ocean Wood) and I just love it.

Is it something about people holding on to their pains and old emotions in the mistaken belief that they are valuable?

Perhaps they are valuable indeed but can be traded for something even more valuable still?

Why did I write this? What does it mean?

Sincerely, I cannot tell you.

I just wrote it and there it was and here it is!

Perhaps someone else can explain it to me some day, or perhaps one day I will find out with the wisdom of hindsight - and when I do, I promise I'll tell you too!

In the meantime, here is a trip to a VERY different part of the universe and quite a way outside of our own solar system, called strangely ...

Our Dimensions – The Scripts Of HypnoDreams

The Text: 1/06 - Treasurers & Riches

Once upon a far away land
and in a time, not quite like ours,
there was a solar system
drifting in its galaxy
towards the inner core,
and if your were to have approached it
in a spacecraft, or even
riding on a winged being
through the dimensions
and the fabric of the light,
you would have easily been able
to discern the seven planets
orbiting a diamond red star light
so intense that it stood out clearly
and sparkling
amidst the densest tapestry
of stars above,
of stars beyond
of stars below.

If you were to have
approached at rushing speed
you would have seen with awe
the seventh planet,
trailing streams of ice across its path,
yet rainbow lit and star so bright
with hue of rosebud from its distant sun;
and passing by, a planet dark and purple
and its moons in orbit, matching colour,
matching revolution and beyond,
the red gold sickle of another sunrise there,
and on to see a sphere of blue you never saw
and white with hues of sunrise and it would
grow more and more upon approach
and widen in your field of vision
and we would gently drift to land amongst
the shores of purple mountains, by the blue,
blue lakes and saffron shores.

And here we might encounter
standing still a trader, clad in purple robes,
eagerly awaiting our first footsteps in the bright
and bracing light beneath an alien sun that feels
familiar like the sunset
when we left our homes and made our hearts
steadfast to be one on this journey.

Beneath, the saffron sands are soothing soft
and gently welcome our bodies, and though
we leave no trace nor shadow, we go forth
to meet the trader and we greet him
in a steady voice
of welcome and of recognition.

And the trader is a being, white and wise

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beneath their purple robes and asks no more than
we would follow to their home
and garden by the saffron shores
by the blue, blue lake
where dreams grow flowers and sounds
like silken grasses weave
beneath the silent winds of sun
and little fancies firefly.

We enter halls of living marble and before us
set a feast of strangest fruit and sky blue wine
which sparkles and the bubbles make our noses twitch
and tingle on our tongues.

And the trader asks,
what do you bring to me tonight?
And there is one amongst us
who can light the way and he begins to tell
a tale of loss, of sorrow and
he bends his head, his tears fall
and they turn to diamonds in his lap,
falling diamonds from his eyes
until his sadness is released
and now he breathes
deeply, freely, once again.

The trader waves and a fairy did appear
with a small casket, velvet lined,
stands small and wide eyed
as the one amongst us who did cry the diamonds
gently gathers them and places them into
the velvet one by one.

The trader looks upon the diamonds
and is most satisfied and nodding,
smiling and exclaiming
of their quality and beauty and we watch
as another of our group begins to tell
a tale of hurt and anger, and as
his heart pounds blood and fists become in rage
hot fire flashes from his eyes, and turns to tears
of ruby falling to his lap unheeded as he rages, rages
and until his rage is spent and now,
he breathes deeply, freely once again.
His ruby rages are collected
in a new casket fresh and clear.
The trader looks upon the rubies
and is most satisfied and nodding,
smiling and exclaiming
of their quality and beauty
and we watch as another of our group
begins to tell a tale of love denied, and
then another speaks of hopelessness,
and I, I talk of hatred and revenge,
and starry sapphires, precious jade and emeralds
are falling from us, pouring from us
till at last our treasures are all spent
and we breathe deeply, freely once again.

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On the polished table
before each of us
there sits a casket filled with gems
and the trader is well pleased.
He claps his hands and many fairies
now appear in robes of white
that make them seem like angels,
and each is carrying offerings on sea shells of opal
which belong to us
now in return these gifts
are rare and precious beyond measure,
magicals for us to take away, and each one
custom made to be the fairest measure of the trade.

And one of us discovers with delight
a starry light that guides your way
through darkest night,
and one of us discovers
now a tiny music that will be
with you, no matter where or what,
and one of us discovers a small colour,
small enough to fit your hand,
that brightens and reminds
wherever you go, no matter what
and I, I find a magic feather touch
so I need never be alone or without love.

Immersed in our new gifts we were,
for a long time no-one spoke and there
was just the trader, smiling knowing
that a good deal had been done this day.
We thanked him as he thanked us too,
and when we left, the velvet night had come
and brightly coloured songs were dancing
by the saffron shores
by the blue, blue lake and so we celebrated through
until at dawn, we said farewell
to take our treasures home and now
we couldn't wait to share them
with the loved ones we had left behind and who
are anxiously awaiting our return.

Our Dimensions – The Scripts Of HypnoDreams

1/07 - Darling

Ananga's Notes on Darling

What can I say?

I love Darling.

When first I heard the vocal I had no idea what to do with it. I would listen to it again and again utterly perplexed. I remember taking the vocal track to Pia and saying listen to this – it's amazing, but I have not a clue what to do with it! A couple of days later she called me and said – Darling needs a nice gentle chord progression with some pad sounds. Oh yes, said I, went and set up the studio and started playing. Musically it really is a very simple track.

Later we added Pia's vocals, as usual, I just plugged in the microphone, set to record and sat back and waited to hear the track transformed and feel personally delighted. And later I played my Udu African water pot drum live throughout the track and sprinkled some delay and reverb effects over it.

Darling was one of the first HypnoDreams Pia ever heard and it amuses me to recall how since she has "prescribed" it to various has wounded souls on her travels.

Recently when touring America she was listening to an outpouring of anguish from a friend who had been wronged some time ago. After they had been talking for some time she handed him her walkman and said "just lie down and listen to this and you'll feel much better" - and he did.

Silvia's Notes On Darling

And now for something completely different!

I wrote Darling for a very specific young man - or should I say, I wrote it to him.

I said all the things I wanted him to know and I didn't hold back, didn't consider to be "holistic" or "encouraging" or "motivational" - just truthful for once.

Just truthful for once.

No bullshit. No false compliments. Nothing but my own true heartfelt words and thoughts about him, for him, and that was all.

If people are used to standard hypnotic inductions and/or standard personal development speeches, they tend to really have their mouths drop open when they hear this track.

But there are those parts within us who may well need to hear something like this once in a while - spoken out hard, up front, entirely honestly in all ways.

I certainly do that I get some very strange sensations when I listen to Darling, and I know quite a few people to whom this track is absolutely their favourite on this album.

It is not for everyone indeed but ... well, it is here and it is what it is.

I love my Darling :-)

Our Dimensions – The Scripts Of HypnoDreams

The Text: 1/07 - Darling

My love,
my only one.
Please listen to me
tonight.

I am only asking
for a few moments
of your time
to spend with me
and in my voice
and there is no need
for you
to stop and think
as what might be
my purposes
as what I might
desire, what might
be my gain.

This is from me
for you.

Just for you, my darling.

Close your eyes
it's alright, just let your
lids fall and be heavy;
let your lashes rest
and let your face relax
beneath my fingertips.

Breathe deeply, freely
as I brush my hand
across your cheek,
your jaw, your lips
and gently, lovingly
tell you what I see in you.

You know,
I sometimes think
you really do not understand
quite who you are
or what you are,
or what you are to me.

You know,
I sometimes wonder
how it is that you so fail
to see your own endeavour,
strength of purpose
and tenacity of will
and how you count
your failures and your
blemishes just like a
miser counts his golden coins

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and brings them out
in darkest night
to brush them to a brightwhite shine
and sits with them
in greedy silence
and with beating heart.

I sometimes wonder
how you use your pain
in such inventive ways
to keep your mind
of other such imaginary pains
just like a desperate man
might cut his arms
so that he doesn't need
to feel the deeper, darker pain
beyond.

Here you are, lying in front of me.
You are pretending to be weak,
and powerless again.

And then you wail and whine
and beat your breast
and look for sympathy from me
and others all around you
and even from yourself
but in the end, I think we know
the truth too well
to let you get away with it.

I put it to you that
you well know who you are.

I put it to you
you well know deep inside
and you're afraid
to let it out for if you did
oh my, what would become
of all these comfortable
neat illusions and the walking sticks
you use to slow your progress to
a tottering stumble?

Of course, they would just fall away.

Of course, they would just
crash and burn beneath the fury
of your will, set free to rule and reign
and do its bidding, do it's wanting
power untamed and uncontrolled –
ah, that would be too much, by far!

What would you do?

Would you take the stars from the sky
the sun from the heavens and turn
the land to screaming dark and suffering

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that must eclipse in silence?

Would you repay them all,
an endless line of torturers and
narrow-minded evil doers who
have made your life a hell
of loneliness and suffering?

Would your rage like
blinding firestorm
sweep across the fertile lands
and leave but utter devastation
in its wake?

For sure, that could be feared.
I see that within you, barely kept
at bay, barely hidden and barely
disabled with low self esteem – ah!
what a laugh that is!

I will now begin to trace the outlines
of your eyes, your brow and cheekbones
with my outstretched finger tip,
and as I do I will untangle
all these false contortions
in your head, and I may soothe
a suffering or two, might banish
a tiny nasty invocation,
close the gap between a broken
strand or two of understanding
or whatever else it is
you need from this so that
you can begin
to know how all
and everything is now
returning to its rightful place
and taking up its rightful time
and space of mind.

Look across your life
why don't you?

What do you see?

Oh, but if you want
you can spend a whole
eternity in tying up in knots
a yesterday to a tomorrow
a yesteryear to now
and leave yourself
in pieces
in the process
of clinging to a pain
that once was real and true
and now is nothing but a shadow.

You know, it happened,
don't you know.

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You know, it's true.
It really did.

It happened to you,
all of it, and there is no
denying it.

You know, you made it here
you really did.

You're here
today, with me, and there
is no denying it.

It changed you, sure, but
don't you know
the finest swords are honed
in fire and in ice, and all
their strength does never
yet appear until the time
of test is here, the time
of challenge and of rising
to the challenge.

A man who knows no fear
can never be a hero.

A man who knows not war
cannot make a decision
as to peace, nor will he ever
know the merits as you do.

You have your pride
my darling but the strange thing is
you pride yourself on all the wrong
remembrances and thus
you lie here now before me,
feeling pain that could have
should have healed
so many turns of star and moon
ago and would have healed
if you would let it
do so now.

But either way.

A one without a pain
would be a stranger to this realm.

A such a one could not be here,
could not be born, or even live
for more than just a second on
beyond the moment of conception
when the undefining one
breaks into two, then four, and tears
with growth a hundred million times
or more, and then a hundred million times

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beyond again, again and yet again.

All is as it is.

That is the way it is.

We may bemoan it, wail out loud,
and tear our hair and stomp our feet
and shout to someone, up above
about the terrible injustice of it all
and yet to truly know
is that
it is the way it is.

So sleep now, darling.

You are the way you are.

I would perhaps that you
could fly or read my mind,
or shower me with diamonds,
or that you might have something
I once heard about another
having once displayed;
but that is truly
no concern,
nor is it true
for if you did
you would not be
you
and you would not be
nor ever could you be
my darling.

HYPNODREAMS 2 - HEART HEALING



Heart Healing HypnoDreams II

by
Silvia Hartmann
& Ananga Sivyer

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Welcome To Heart Healing

My name is Silvia Hartmann and on behalf of the Heart Healing team, I welcome you most whole heartedly :-)) to our new dreams of healing, of wellness, of rest and soothing, of renewal, and of celebration.

I am an energy healer who also happens to be a poet, a story teller and a hypnotist; Ananga is also an energy healer, who happens to be a musician and a producer.

Both of us spend years searching for a hypnosis or meditation CD or cassette that would give us a true sense of healing and belonging, and we have in common that we never quite found what we were looking for.

When Ananga saw one of my “healing dreams”, she suggested that we should get together and combine my words and her music to create a different kind of energy healing experience altogether – and we did.

I hope you enjoy as you find out more about the technical details, the background and what we were trying to do in creating this album and on a personal note, I sincerely hope you enjoy the evocations and their energies.

So – be very welcome to Heart Healing, HypnoDreams II and welcome to the journey,

Silvia

Silvia Hartmann

2003

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The Original Concept Of HypnoDreams

I love hypnosis and I also love hypnotic journeys; what I don't particularly like however is being told what I should do or think or experience and it is true, I never liked the heavy handed "embedded commands" in most hypnosis nor "constructed" metaphors, so obviously designed to "teach me something".

So, about three years ago, I began writing a different kind of hypnotic journey, which I called HypnoDreams because they were very dreamlike in quality, and the joy lay in the journey itself, rather than in any sneaky attacks on the unconscious mind to produce perceived benefits one might derive from being told repeatedly to "stop smoking" or "get fit" or to "get rich" or whatever.

The concept of the journey for its own sake set me free to write about other things; and in the first HypnoDreams album, *The Wisdom Of The Water*, I made complete use of this.

There are things you can do in dreams you cannot do in your ordinary life.

You can fly amongst the stars.

You can sleep for a thousand years.

You can spread yourself like light and touch the fabric of the universe itself.

You can become a drop of water, you can be a cloud and you can go into places where humans simply cannot go when they are awake – how wonderful is that?!

It is amazing, and simply in the act of experiencing this, and without any further heavy handed ado, there are benefits. Many benefits, as it turned out in the years that followed.

More fun, more awareness of the beauty of the universe. More creativity. Softer thoughts. More ease of relaxation. New ideas and new experiences, the tantalising hints and the promise of whole new states of being.

The HypnoDreams were very nourishing, very gently healing neurological events – but more than that, they also soothed the body and of course, worked at a most subtle level of energy alignments.

It is very possible that HypnoDreams itself opened my mind's eyes enough so I could see the patterns of reality that then became the EmoTrance™ system of energy healing – once we had EmoTrance and understood its lessons, we also began to understand just what the HypnoDreams were and what they could do for you.

Re-Alignment With YOUR Heart & Soul

So, when we came to produce the second album, *Heart Healing*, there was much more conscious understanding of what was going on here involved. Further, and you can notice this in my voice and in Ananga's music, we ourselves were far more confident in our abilities and aims and outcomes than we were when the project had been just "something amazing, even though we don't understand it at all".

I knew from the start what I wanted to say and do with "Heart Healing" – this album has a strong purpose and a sequence of events, designed to help those who would listen and who would have a desire towards wholeness in the true sense of the word, to contact their heart and their soul – not mystical words, not in a vaguely religious sense but the true parts of our energy system which really exist and which, when you learn to touch them and to understand them, give you what YOU have always needed and wanted in your life.

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See, the fact is that if we don't have access to these most powerful of all energy processing centers and systems which belong to each one of use simply by right of birth (!!), it really does feel as though you are incomplete somehow, as though there's something wrong with you or that you are missing out on something important - and moreover, it is PERFECTLY CORRECT TO BE FEELING LIKE THAT! You're not at all insane or suffer from "low self esteem" – there was really something wrong all along and you were right to think that there was!

When we feel too small, too insignificant, weak and powerless – well yeah!

That's exactly what it feels like when you try to run your entire life here WITHOUT the full support of the two MAIN power centers of your totality! That is like making a car move forward – but without using either engine or gear box, a lot of very hard work with most dubious results, no matter how hard you try or how much you apply yourself.

When we feel lonely and homesick and we don't know what that is all about – it's about our very own hearts and souls!

When we get the sense that "we" can't do it by "ourselves" and that we need help, the fact that we are afraid to be on our own – that's all exactly right and completely correct!

When life just doesn't make any sense at all, we don't understand ourselves or anything any more, that's because we don't have access to the higher processing systems of the soul and thus, of course we can only fail to make sense of the vast complexities of life, the universe and everything!

When we look in the mirror and we are dissatisfied with what we see and think, but I should be MORE than that – once again, we are RIGHT! You ARE more than that if only you knew, you are a being that has an immortal soul which shines like a star but we are not seeing THAT in the mirror but only a flat, imperfect physicality which can NEVER satisfy us as being truly all we are – of course!

When we look up to the stars and wait for an angel come down, or an external God or prophet to help us out of our confusion and misery, and absolutely nothing happens yet again – that's because you are looking in all the wrong places for all the right things which are, furthermore, rightfully YOURS!

And when we go looking for another person to make it all alright, to be our soul mate, what we are looking for is our very own soul.

Make NO mistake – the "soul" is a real energy system.

It is really and practically, a part of everyone's energy body.

It is incredibly powerful, and most probably, entirely immortal.

With that at your back, you can face absolutely everything life could ever throw at you and including death with strength, power and even with good humour and JOY – this is my supposition, and the purpose of this album is to make the connections in our respective energy systems which connect us to our heart center and our soul come to life, bring them on line, and have the first beginning flows of information, strength and pure soul energy mesh lightly and gently with our existing constructs.

No healing crisis, only rising strength and renewal in all ways – for the body, for the mind, for the energy systems as a TOTALITY as all these components begin to work together once more, a little bit at first, and come in to harmony with each other, as they were always designed to be by the Creator itself who made us just the way we are.

All and every word, sound, track and even silence on this album goes to this alone – to help each listener come forward, and from within and because they WANT TO, make contact again with

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these power centers that belong to all human beings by rights, and which have been ignored in consciousness for far too long.

Inviting The Consciousness & The Construct Self

Our “constructs” – what we consciously think to know we are – have great problems with the concept of having a part of the totality which is immortal, in touch with all the souls of everyone who ever lived and is still to come (the Akashic records), that has the answers to all their questions and that if awakened and made fully a part of the totality, will bring with it a change in state of being that is, to the construct, simply inconceivable.

In spite of all the extraordinary gains, the constructs still struggle and try and keep this out. They may think they don't deserve it, or they're too damaged, or it is too late; they have completely slanted and misleading ideas about the “self” in relationship to the universe.

To have our construct selves allow these connections to be made, we need to speak with them, show them things, relieve them of many of their burdens, and gently lead them towards a place where they will nod and say, “Yes, I understand now, and I am willing to regain the flow, receive my dues, let go of my fears and my past.”

If this is not done correctly and more importantly, respectfully, our construct selves cannot follow; one of the many layers of healing events in “Heart Healing” is to explain how things work to the self construct and the conscious mind.

It is for this reason that although we absolutely enter states of trance and steadiness, I never let it get so deep that you would become “unconscious” – contrary to public opinion, it is that finely balanced state just between dream and full waking awareness which is the magical meeting place where your physicality, your conscious mind, your unconscious mind AND your energy system all get together and start to get to know each other once again.

Where your TOTALITY begins to re-emerge and it is this finely balanced meeting state where the most learning and the most change occurs in actuality, as all of you is present at last and begins to re-connect.

The Sanctuary State – Lucid Communication

The most unusual and outstanding feature of the evocations presented here lies in the level of trance you experience with the tracks on the HypnoDreams albums.

It is a uniquely tuned and very finely balanced trance state which creates a “Sanctuary Space” where all parts of our totalities can meet.

The trance states we are evoking are lightly balanced at the crossroads of our awareness thresholds between conscious awareness and the unconscious realms; and this is why we refrain from language or theta vibrations designed to “zone you through the floor”.

It is “Sanctuary State” which makes the experience of the HypnoDreams closer to “Lucid Dreaming” than to ordinary hypnotic states and it never, never leaves you in a place where you can not just simply stop or think your own thoughts, lose awareness of who you are, or contact with your emotions and physical sensations.

Yet at the same time and in the same place, you have the clarity and focus of trance states and the exclusion of the external world as you focus in and learn about YOUR SELF and what it is you need and want, you think and feel and how you respond the flow of the evocations.

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This is done absolutely out of respect to the conscious mind AND your existing construct, which are in all truth a rightful part of YOUR totality and must be treated with exactly the same deference and homage we would pay to the physicality, the energy systems, and our own heart and soul. Of course, it is also essential to retain your conscious will and indeed, your consciousness because it is when you decide to move forward and into the flow, that is when congruency comes into being. Will must align with desire and all of our totality to truly achieve what can be achieved, it's true.

The Language Of HypnoDreams

The language used in all the HypnoDreams is similarly finely balanced at the very edge of conscious understanding and unconscious understanding so that both your conscious mind AND your unconscious mind can understand what is going on at the same time – and this is what produces the powerful experiences of the “Lucid Dream” like states.

To achieve this is no mean feat in actuality!

What seems to be “poetic expression” is of course, metaphor communication – that is the language of the unconscious mind. Yet, there is retained a clear order of sequence of events for the conscious mind to understand also and so it too, can join the “totality party” as well as do what it does best – remember some things about what was said, think about it afterwards, and also retain conscious awareness and with that, choice about how deeply to engage with each and every step of each and every journey.

You will also notice that in spite of the poetic flow and rhythm, the words themselves are very simple words indeed, so simple that “a child could understand them”.

Of course, there is a very good reason for this also. There are many parts of us who need to be spoken to directly and simply, straight up and honestly. If spoken to thus, they will hear and they will come forward, being invited just as well to be here and to join the journey.

Therefore, the language is specifically designed so that it can be understood by your entire mind and in so doing, gives both your conscious as well as your unconscious mind the opportunity to learn something about how they can communicate with each other and be heard by one another outside of, and after, listening to the evocations themselves.

Heart Healing & EmoTrance

As these tracks are in effect, structurally designed to be “a totality party” where all parts of you meet and are similarly, present in a sanctuary space created by the energies of my words and Ananga's wonderful soundscapes, of course your body is invited too!

The light Sanctuary trance state allows you to be aware of your physiological sensations – and that is of course of the very essence to discover the impact the evocations have on your energy body.

As your conscious mind is present also, it is able to respond and initiate the EmoTrance processes of softening and flowing, breathing deeply into the disturbance and having the will to Even Flow which is so essential and so powerful at this meeting place of all the parts of ourselves.

You retain control of your body too so you can move your hands or move your body in direct response to the energies you feel through your body; here, once again, YOU assist and initiate quite consciously the healing Even Flow of these energies through your systems and your totality.

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Of course, you can just simply lie back and enjoy the journeys; but it is true that these evocations become immensely more powerful if you use the EmoTrance process at any point where you have an emotional, intellectual or physiological reaction to what is happening as a result of the energies evoked..

You will find that the same sounds or words will call up the same responses; to really get the full benefit of these evocations you need to FLOW with them, have them flow THROUGH YOU all the way, entirely easy and entirely delightful in all ways.

It is important to remember that the Even Flow process is structurally not complete until the energy runs freely and clearly, and in doing so energises you, uplifts you, makes you tingle with joy and power, with excitement and clear charge of renewal.

This is the outcome and end result of using these evocations in conjunction with EmoTrance.

Don't worry if it doesn't happen overnight and with every one of the 8 tracks; take it easy and also, see in the "Operating Instructions" how to choose the right track at the right time, so you personally get to do things in such a way that it always feels good to you and is exactly right for you.

When you have achieved a state of flow with these evocations, then statements such as, "I am no angel" produce instead of a resonance sadness a thrill of delight as you respond with, "Yes, you're right, I'm not an angel, I am so much MORE – I AM A HUMAN BEING!" – and it is right HERE that the true power of these evocations comes into being as your whole body tingles with energy and lightness, with power.

This is the purpose and YOUR aim for using these evocations – to have them flow and re-charge you, show you whole new states of YOUR being which are your proof and testimony that you have changed your mind, and your body, and your energy system indeed.

This is TRUE healing, TRUE learning and TRUE human growth at YOUR own pace.

Accept NO substitutes!

Operating Instructions

On this album there are a total of 8 evocations.

Few indeed would be the intelligent, nosy humans who would not do them all at once in the first sitting – we have all done it, of course!

I need not tell you that this is really NOT the best way to work with and experience these evocations.

Once you get to know them all, I would therefore strongly suggest that:

- You only do one at a time, as and when necessary.
- When you have completed one, by all means you can THEN choose another;
- but in general, use these powerful evocations with VOLITION and because you WANT to do a specific experience at that particular time.

Because of the "lightly balanced" nature of the Sanctuary trance states, you can also listen to these whilst remaining quite aware – sitting in the garden, for example, or lying in the bath.

However, do NOT use these whilst doing anything that needs your entire attention, such as driving or the ubiquitous "operating of heavy machinery", trying to cook or the like.

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I would also strongly dissuade you from using these whilst walking anywhere near ravines or traffic; they induce a light trance but it is a trance, nonetheless, and the neurological and energetic events which take place in your mind and body as you listen will prevent you from reacting with full waking awareness in an emergency as your conscious mind is turned inward as a part of the “totality party” in the Sanctuary state.

Please Use Stereo Headphones For Personal Use!

Ananga will note in the music section that these recordings are designed to be listened to with good quality stereo headphones.

Although they are beautiful to listen to out aloud on a sound system and for group work, this is indeed the only choice, the best and most personal effects will be had by listening with headphones. This is because then, all the fine and superb details of sound and vibration and the very many levels and layers of events which are fine energetic occurrences become apparent and allow your totality systems to react even on the most subtle levels.

Personal Preferences

When you first hear all the tracks, you will have an immediate response as to which one draws you most strongly to experience again and which ones you would rather leave for another day.

Please allow yourself to Flow With YOUR Preferences ENTIRELY.

Each person who works with these “energy remedies” finds their own order and sequence; responds entirely in their own way to the sounds and the words, in short – has their own unique personal experiences.

It is important that you should honour those.

The order and sequence on the CD is very much “suggested progression” only and because there had to be an order and sequence.

What seems to happen generally is that sometimes, you just feel a yearning or a wanting to listen to a particular track at a particular time; sometimes people do the same track over and over again for a long period and until they have achieved what they needed to achieve and they feel free to move on to another track.

New You, New Experiences

I personally had the experience of one day, having a near overwhelming urge to listen to “Wisdom of The Water”, the oldest and first track we ever made – whilst lying in the bath!

I know enough now to know that you don’t argue with such urges and I got up, searched for the CD and did “Wisdom” in the bath. To my amazement, I found that my responses were very different this time around – it had been perhaps 3 or 4 months since last I heard it.

Now, I should not have been amazed by this, because these tracks are so multi-level and multi-layered, it stands to reason that as I have changed, my responses changed in turn.

I learned something altogether new in this bath-listening from “Wisdom” that I had never understood before. It was personally very important as a step stone on my own journey, and the wildest thing is that I’m the one who wrote it in the first place!

I am telling you this because there is a lot of merit in re-visiting these journeys once in a while, if only it is to find out just how far you’ve come and just how much you have changed – and of course, to have a brand new experience with each one of the tracks, every time you do. It is

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extraordinary, but this is not like “doing a journey again”. In the contrary, it is a whole new journey each time you take it, and especially if some time has passed in the interim.

True Quantum Energy Prescriptions

If you are a professional energy healer, it may well be that you will come across a client who you just know would greatly benefit from hearing one of the tracks.

I am absolutely NOT going to say that “Ocean Wood” is for people with MS, or that “Heart Healing” is for people who have been sexually abused – oh how very unfair and clumsy that would be!

Instead, what I am going to suggest is that you trust your inner knowing which, like mine, understands a great deal more about the true essence of these energy healing experiences than you and I could if we talked for a thousand years.

A client may say something, do something and you just know inside that they would be greatly helped by hearing “Celebration” each morning before they go to work; that following along with “The Colours” once a day for a week would unlock something important from deep inside them, or that they would be soothed in the strangest way by listening to “Precious”.

You can only know this of course because you have taken these journeys yourself and you understand them from the inside out.

It doesn't happen all the time but when it does, please trust your intuition and prescribe the evocation just exactly like you would prescribe a course of Bach Flower remedies, or a visit to the osteopath.

They are intended to be, and by their very nature are, a Healing Star, passed from the healer to the healee so they may go on to heal themselves from the inside out just as they are being given healing from the outside in.

Using This Document Without The CDs

If you cannot afford the CDs, you can still use these evocations as healing prayers and as a wonderful experience for yourself and others.

I have included the full text for you and the line breaks are all laid out; simply follow these basic instructions:

- Read them out quite slowly, aim for about 60 beats a minute.
- Use your best resonant voice. Find it by holding your hand on your heart center and speak out aloud; move your normal speaking voice up a few notes and down again until you find the level where you can feel your chest and hand tingling physically with the resonance you are producing. Practise until you can speak freely and with full inflections in your voice yet retain this resonance vibration – this will physically and literally touch those you are speaking to and including yourself.
- Find the rhythm. This is very, very important – you need to find the underlying rhythm in these evocations and learn to follow it. It is not always the same one, there is an ebb and flow prescribed by the words and sometimes, draw out a single word such as “ex-cru-ci-a-ting-ly” to last a whole bar, or even two.
- If you do this with music and it isn't ours, PLEASE be careful that the music carries the correct steady vibration of support and has the right kind of energy that supports the evocations. You cannot for example use classical music such as the Adagio In G Minor for any of these,

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that piece is way, way too sad to produce anything other than misery and more heartache, and with my words on top, endless confusion rather than healing!

- Don't change them materially. If there is something else you'd rather hear or say, then please write your own complete story or journey and use this instead. Each HypnoDream is a cohesive energetic entity that will become materially changed if you substitute words or phrases, or insert "post hypnotic suggestions" which is NOT, and I repeat NOT what these are all about.

Please Note: If you have the CD/s, at least once have a go at actually speaking these words yourself.

- **It is a very different experience to be the one who speaks these words, rather than the one who listens and it is very well worth doing for the change of perspective and the sensations this produces.**

Heart Healing Production Journal

by Ananga Sivyer

Introduction, Reflections and Dedications

Acclaimed film score composer Hans Zimmer (Gladiator, Oceans 11, Black Hawk Down) once said of Dead Can Dance vocalist Lisa Gerrard “When she’s in the studio you should keep set to record because anything wonderful can happen”. That statement is something I’ve reflected on repeatedly during the recording of Heart Healing and I firmly believe it to be true of both Silvia and Pia; they are two very different people with very different voices yet, in common, they share the rare fact that they are each able to deliver unique, flexible and daring vocal magic.

I am very much aware of, and grateful for, my incredible good fortune in being able to work with them both. There have been many occasions when during the recording of Heart Healing when I have stood in the studio, headphones on, monitoring levels as they speak or sing, and felt completely delighted by them both.

I feel as though my task primarily on this project has been to carefully capture, place and preserve their voices in the various components of Heart Healing in such a way that they can shine through and be left free and clear to convey their charm to our listeners.

Silvia and Pia, thank you, it’s been an immensely pleasurable working with you both.

From day two of the recording of the project we agreed that the theme of this album was the child and that we would dedicate it to our own children.

Heart Healing is for: Steve and Alex, Silvia’s amazing sons and my little girl, Rati.

The Making of Heart Healing

When we decided to make “HypnoDreams 2” I was immediately enthused. I had not seen or heard the scripts. I knew nothing of what was to come. The canvas was blank.

Yet Silvia and I both had a feeling of great anticipation about this project and spoke excitedly about how we couldn’t wait to see what emerged. From this you might take it that there was no big planning, mind mapping, or structuring as is so often the case in other areas of our work – and you would be right. From the moment of its first mention, HypnoDreams 2 (for in that stage it didn’t yet have its name) was about flow.

We set a date to record the vocals and in the days leading up to the first recording I set about clearing my desk of other work and turning my full attention to the project ahead and began collecting sounds and samples as a painter might buy paints in preparation for beginning the actual painting.

The day of recording the scripts was something else – my first hearing of them – I had no idea what sounds or music would go with them, I was merely being introduced for the first time and getting to know them. We recorded the entire set of eight HypnoDreams in one day. And there they were waiting for me when I woke up the next morning. I sat down with my copy of the script and glanced over the titles ready to make a start and see which one waved to me from the page. It was Resonance Connection – interesting I thought to start putting an album together

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with the 5th track on the running order. Yet in the end that's how the whole project came together – picking each track as it appealed to me at the time and trusting that somehow they would work together in their pre-arranged order and sequence when I was done.

That way, I felt, I could give each and every track my all, my full attention at each step of the recording process. This proved to be a very fluid way of working – and I remained 100% committed and enthusiastic throughout the entire project. That project, for me, represented 6 weeks of total absorption – I'm noting it here so that I can remember that there was a time in my life when I “worked” flat out for six weeks with an intense pleasure and conviction.

Heart Healing was mixed and mastered with headphone use in mind. It fine for listening on a regular stereo system (so long as it's not the one in your car!) but, for a complete listening experience I recommend headphones.

The music has been recorded in such a way that it supports and holds the state generated by Silvia's voice and words and the tracks have been carefully structured to send different sounds in different directions at certain point in the scripts.

Some tracks have a crossover panning effect while Silvia's voice is held central – this provides a musical hemispheric integration (simply put life/right brain balancing) in a similar way to using Cross Crawl in Kinesiology.

I hope you might find this background to be of interest.

With all best wishes

Ananga

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2/01 – Heart Healing

Ananga's Notes On Heart Healing

This was formerly called Healing Hands.

It was the second track I recorded and it was a very strange experience.

I just picked up my flute, plugged in the microphone and played. And out came the melody running behind the track in one take – I didn't know it myself until it was recorded.

When I sent the file to Silvia she mailed me back with an excellent idea to change the title of the track and the way it was delivered. We recorded a second vocal in the first person and re-named it Heart Healing and the album title and concept was discovered ☺

Instruments: My beloved Trevor James open hole flute, a most generous gift from my father-in-law some years ago and Atmospheric Textures synth.

Silvia's Notes On Heart Healing

One day, I received an email from a person in acute distress. They had a terrible life, full of abuse and neglect, and the repercussions across a lifetime from all of that, compounded and fractured again and yet again, over and over, with no way out.

I saw it and frankly, did not know quite how to respond. In the end, I wrote a poem as the answer – and it was exactly the Heart Healing poem, just as you can hear it on the CD.

But when it was written, I liked it so much that I first send it to some friends; when the second album recording date came up, I took it along and recorded it as well – and the little poem became the flagship dedication for the new album, as well as a most powerful healing technique in its own right which truly centers people into their true selves in a moment of storm or desolation.

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The Text: Track 01 - Heart Healing

Place your own
healing hands
on your own
broken heart
with all gentleness
and with exquisite care.

The kind of care
you would afford
a tiny frozen bird
you found
there on your doorstep.

With your gentle
healing hands
speak in your touch
of warmth and love
of your desire
to make whole
what once was broken,
of your desire and your will
to right what once was wronged.

Whisper softly,
I will do
what I can
for you,
my little love.

Fear not.

I am here for you.

For sure, I am no angel
but what I have to give,
I give to you.

Silvia Hartmann, May 2003

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2/02 – Receiving The Colours

Ananga's Notes On Receiving The Colours

Possibly my second favourite track at the time of writing, I'm very happy with this, Pia described it when checking over the master as sounding like a film score – oh the acclaim! Seriously though, I had to EmoTrance that, it's my dream to do film scores some day. I'm not good with melodies, verses, choruses and bridges – not at all.

Soundscapes are what I love to do, so that comment pleased me greatly.

Of course, it should be said, that the film score feel to the track was assisted greatly by Pia manifesting a full choir for a few bars. Listen carefully to that – it's all her voice! Track after track of it, all built together into one chorus, and I wasn't allowed to look as some facial manoeuvres have to be used to do that apparently!

Hans Zimmer hasn't heard her yet so he's sticking with Lisa Gerrard, but I know he would be thrilled with what she can do. There are few vocalists who sound that good and are that flexible. Shhh – don't tell him – I can't yet offer the kind of fortune he can – remember, there will be HypnoDreams III and without Pia just wouldn't be the same now would it?

There is some more magic on this particular track. The soundscape is based on a sequence of chords derived from a magical number-letter-chord equivalency and it is known as "Lucian's Song".

Silvia's Notes On Receiving The Colours

This evocation was originally part of a set of seven hypnotic journeys entitled "Web Magic" – a device for webmasters on the Internet to connect fully with this new technology and to gain an intuitive rapport with the World Wide Web, their visitors, the spirit of the web and what they themselves would have to do in order to be able to meet these energetic structures from their end without reservation.

As I was writing the sequences of events, it became clear that there was a need for addressing the basic problems of "receiving" – anything at all!

This receiving pertains to money as well as information, to love as well as support, to admiration as well as to material things, to new learnings as well as to well deserved rewards.

Of course, these problems exist in people because of their limiting self constructs and we all know this, but knowing this does not alleviate the problems at all and if someone cannot allow themselves to receive, you can imagine how very hard life must be, and by needs, remain for such a person.

What happens in this poem is that we side-step the problems of the self construct and shift into a different state of being, become aware of the reality of all the many and varied energies around us, and then become able to be aware that these energies SEEK to interact with us and all that is stopping them are our own old prejudices and outdated thoughts and modes of being.

These many energies bring with themselves knowledge, and renewal, and really basically exactly what we need to start a revival of our true selves from the inside out. From this changed state of being, when the act of receiving is experienced in this new and different way – and it is an active act, an act of volition, and absolutely not one of just being "an empty vessel" into which all sorts is poured at random! – we learn very important lessons that translate across in the days to come.

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I don't think there is a single one of us who does NOT need to re-learn the lessons of true receiving, from a position of choice, of strength and of intent; not as a pauper would but as an equal who is simply accepting their dues and their rights at last – and I really do have the notion that inordinate treasures and riches lie forgotten and entirely unclaimed in dusty vaults that have our names on it, yours, mine and everyone's, whilst we live an entirely unnecessary life of poverty and struggle.

The colours are just a beginning and of course, a metaphor for all and everything that would bring colour to our lives and brighten them too, re-paint our realities to vibrancy and help us come to life.

When I heard the completed track for the first time, I had a very intense personal experience with it which one could say has changed my life. Of course, I can't know what any of these evocations will do for you, but should you have something like that, then really all I can say is – wow.

Bring on the sunglasses 'cause the future's so bright!

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Track 02 - Receiving The Colours

Imagine, if you would,
that you were
to stand outside,
in an open landscape,
in a space not quite here, yet not quite there,
familiar
in the deepest sense,
familiar
of old.

In this space, there is in truth
no gravity
and as you remember this,
you lightly rise
and as you do,
the ground dissolves, no longer being needed now,
and so you float amidst a space so vast
with colours
that are yours alone.

It takes a moment, maybe two,
for you to now adjust and shift
so that you sense the colours,
feel them and begin
to see them too

as you

phase shift

into
their state of being,
as you

phase shift

into
the realm where they would
speak to you
and be entirely real,
and here and now,
familiar to you,
familiar of old.

And there they are to greet you
once again, your friends of old,
your opal whites, your sunrise gold,
your royal reds and blues of finest hues,
your deep majestic purples
and your richest forest greens,
they are the first to be revealed
and they begin to move and swirl,
in spiral patterns all around,
in vortices and finest waves,
the patterns of their dance unfolding

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now for you to know
and see
and recognise

as they would move
to come to you,

as you would move
to come to them.

You know full well that these are yours,
yours by all rights,
friends of old, a part of you indeed,
colours old and new,
pure and bright,
some gentle pastels
and they will
be yours
if you could reach them,
or if they could reach
to you,
then all would be
just as it should.

Gently,
lovingly,
the colours reach towards you,
one by one,
each one is calling you
with their sweet sound,
a voice that is their own,
a chorus and a harmony
that you have longed for
for so long,
it hurts to think
for just how long it's been
since last you knew them,
touched them,
have them be with you
and listened
and you sang with them
as one.

With so much more than eyes alone,
you feel and you perceive
the colours streaming now towards you
and in some places,
they really touch you now
and it feels
such a homecoming,
such a total wonderment of having them
be there
and yet in other places,
there is something like a frozen shield,
keeping the colours away from you
and their sound and loving shine
just bounces flatly
and they swirl and mix with other colours

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in their desperation
and in your rejection.

But today,
there will be no rejection left.

Today, your hunger for the colours
and your deep remembrance
of just how
it was supposed to be,
how once it was
is more than all the fear
and all the long
accumulated
shields of
disillusion
and of
repercussion

and today,
you give a clear command
that rings out
with the force of fanfare

that the barriers must be dropped,
that the colours loneliness
must now be made to end,
and that you
once again
are willing to receive.

Willing to receive.

And you are willing to receive,
as hunger, memory and purpose now align
and joyfully, the colours rush
and find their rightful places,
find their rightful charges
and connect and send their message
and their song to you,

and all you are
now resonates
in deepest gratitude
as you receive your dues and once again,
are now aligned

as once it was,

and as it should

and as it will

remain forever.

Dance with the colours,
and swim amidst their voices
and their loving touch,

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their beauty and their absolute
conviction
and drink their clarity
for all the time you need
although in truth,
you're always here,
and now the colours
are with you again,
as is their song,
as you remain anew

as once it was,

and as it should,

and as it will

remain forever.

Silvia Hartmann, March 2002

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2/03 – Celebration

Ananga's Notes On Celebration

I started out with Celebration for some odd reason by making the wind sound loop that you here in the background. Then I sampled my flute and some percussion and made that into another loop running over the top. And finally put the other instruments around them.

This track touched me when I first heard it (yeah OK they all did – I'll be specific) it was the notion that I, me, was personally invited to this amazing event.

It was they way Silvia said “and don't you know you are invited, and that your absence has been noted long, and with much regret?”

I also made a “special radio mix” of this track for public air play which is included in the electronic download library. It is shorter and faster so no-one who hears it crashes their car!

Instruments used: flute, synths, loop player and drum sampler

Silvia's Notes On Celebration

Celebration is a very short evocation, but also a very important one.

One of the most central problems we have experienced as people, caught in the conscious constructs of our own and that of others, is loneliness and a sense of unworthiness.

How are you or I or anyone, for that matter, supposed to think of ourselves as valuable and indeed, irreplaceable to the world around us?

We have often felt that we were all alone and never really a part of life itself, a true part of creation.

And once again, it takes two main understandings to end this unnecessary state of affairs – the first is an acceptance that one is a part of the all-there-is, truly and completely, in all ways; and the second is that as with the act of receiving, we have to choose this to be so.

For us humans, equipped with a powerful consciousness, it is not just something that happens as a bye the bye, we have to deliberately accept our place within creation and enter within.

This is, of course, a pretty big deal to a person; and the only reason why someone wouldn't make that choice is the wrongful idea that they are somehow not welcome there.

Yes, there is a creation. Yes, I should be part of it. But I'm so wrong, so tainted and so bad that creation would not want ME anymore – it would be better off without me.

It is excruciating to observe just how many people believe that.

It is further even more excruciating still to believe that and to somehow still go on living.

Sometimes, it takes an outside voice to state the obvious, and in this case, Celebration is a device, a printed and official entrance ticket to the great party of life. There are still parts of all of us who need to hear this, and not just hear it once, at that, before they finally believe it is really and truthfully directed at THEM.

In that sense, Celebration is also a vital antidote to the misery of our old constructs of self.

Once you have learned the lesson, a single breath of air on your skin will indeed remind your true self of the true state of affairs on this planet, of this life. Every cloud that passes, every raindrop that falls, every observation of a shaft of sunshine, the night sky and every creature and

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every plant you see becomes an affirmation to that fact of life – and that is exactly as it should be.

I personally have a strong desire to get up and start to dance when the drums come in on this track – and as the first rule is: Follow Your Body! I usually do. I also sometimes listen to Celebration after getting up in the morning and it really cheers me up and gives me energy for the day; recently I just have to think about it and that's quite enough to get me going.

This is fun and a precursor of a “Wide Awake And Dancing!” album I am planning to produce for the very purposes of getting to dance in physicality and with energy as one of my very next projects.

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The Text – Track 03 – Celebration

Bright lights,
coloured lights.

A sense of dancing
and of long awaited joy
is building up and up
and when it is
released at once
by one or many
then the celebration
has arrived.

So many people
are full of envy
at the beasts who live
and never question,
never know.

But it is we, the ones
with thought and mind
who celebrate and step
into
a never ending celebration of the spheres
and all there is,
a festival of all and everything,
and everything
will be your invitation -
a touch of cold wind on your cheek,
a single autumn leaf,
the force of life in every single
thing and being you perceive.

Your invitation
to a celebration
that has been happening beyond
the threshold of awareness
since long before
you joined in birth
and don't you know,
you are invited
and your absence
has been noted long,
with much regret?

Silvia Hartmann, January 2003

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2/04 – Ocean Wood

Ananga's Notes On Ocean Wood

This was the only script I was remotely familiar with in advance of us beginning HypnoDreams II. Silvia described it to me over the phone one day and I was immediately attracted to it and very comforted by the theme without even hearing the full script.

This one was really fun to try and mix because it sent me through the floor every time! I would sit there with headphones on ready to check the levels and bring the various sounds in and out and before I knew it I would be sitting up straight and rubbing my eyes hearing the beginning of the next track.

I love this track – I found just the sounds I wanted for the beginning and it all fell into place from there very smoothly – recording it was pure pleasure. Just as I'd completed the recording of Ocean Wood I was invited to stay with an old friend in Devon for a few days so I packed my laptop studio in the car and set off.

As soon as we arrived in Devon we headed for the coast, it was a sunny day and the sea was my favourite colour - a perfect blend of blue and green.

While we were there I lay back on the sand with my feet just inches from the water and ran through Ocean Wood in my head. After a few minutes I had a feeling that I should sit up and look at the sea and as I did I saw a big shiny black seal swim past. I have not seen that before and I was completely thrilled by it. Somehow it felt like a good omen and so I thought to record it here.

Instruments used: sampler and synths

Silvia's Notes On Ocean Wood

This is, without a doubt, the most personal track on the album for me and my absolute favourite.

Ah, what can I say about this?

I can tell you where it came from.

When my life was very difficult, in full on urge of transition but with no aim or outcome in sight, full of stress and fear, I dreamed the beach hut at the shores of the Universal Ocean and I met my guardian there.

He was just there and didn't speak to me and all I did was to go to the bed and sleep, listening to the ocean sounds, and I do believe it kept my sanity and this simple thing helped me so profoundly, I have absolutely not the words to describe it.

In the nights that followed, I would go there deliberately to sleep and rest, without a dream or remembrance of what happened; at first I thought it was a launch point to something more important but in the end I understood it was the act of sleeping under the vigil of my guardian and in the presence of the ocean itself which was the reason, the point, and represented the healing.

Many months later I let my mind drift with the thought of what would be on the second HypnoDreams album and I found myself writing about this place – it was so wonderful to me, I wanted to share it.

Writing it became a very powerful experience in itself and I think you can hear this in my voice also as I tell the story, and I was absolutely stunned to find myself writing at the end that "I

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would be the guardian”. It was a most extraordinary shift in perception and as a state of being; it also taught me something about the true meaning of service.

To be honest, I could not believe that whatever it was in me that makes me write the words as it does would think me able to perform this – I would call it a holy duty, an ancient ceremony, something very profound indeed. To accept this and move into it made this act of service into the act of accepting myself as far, far more than I had thought I could ever be or ever become was a truly extraordinary experience in all ways.

And so in Ocean Wood, for me personally, service had become a kind of incredible honour and reward, a total turnaround from the usual construct understanding of service as some form of evil slavery.

It is true that there is absolutely nothing I would rather do, nowhere I would rather be; and my own guide had tried to have me understand that when I slept in the bed and would often thank them for their stalward service and their patience, and ask if they did not have anything better to do or if there was something they expected from me in return or as a reward.

But this is my experience as the guardian, and if or how you will experience something like this for yourself as a direct result of allowing yourself to take the Ocean Wood healing experience to heart, of course I cannot say or know.

On a far simpler level, being able to give all you need to give to the patient, ancient ocean, quite unconditionally and as a matter of fact, without fear or hindrance, without record or repercussion, is a wonderful thing indeed and outperforms any human father confessor a million times over.

This is absolutely a kind of absolution – a washing away of your construct’s fears of sins and of the past; a powerful and necessary in-between step that allows us to let go of some things that cannot be let go of anywhere else but MUST let go off in order to lighten us, release us, and have us be ready to rise to the new.

There are levels and levels to this particular experience that I can sense but cannot explain in linear words or even in conscious thought – this whole idea of the true self being still and the universe rushing around it because it wishes to be of service is in and of itself quite breath taking, and there is a lot more to Ocean Wood than that.

Either way, it is a wonderful experience and I truly hope you enjoy it as much as we do, and get as much out of it as we have – and even if it is only to be able to go to sleep, at last.

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The Text – Track 04 – Ocean Wood

You know, I know a place
far, far away from here –
a place of healing and of rest
quite unlike
any other.

Would you like to go there?

You are unsure?

No worries, we can go by magic
you can
be there and back
and all it takes
is a slow, deep breath
a gentle closing of your eyes.

Now if you will, simply
sense a whispering
a rushing sound of speed that
lets you know you're on your way
and yet you are in utter comfort
and it is the universe itself
that shifts for you
so you may rest
in long deserved tranquillity
no work for you to do,
no willing, trying striving –
we've had quite enough of that,
too much, by far!

Now here
the worlds and worlds beyond
align themselves for you alone
a star you are, a precious jewel and a gift
the center that deserves attention
and the more attention you are given
the more beautiful and precious you
reveal yourself to be –
accept the homage of the universe as
it shifts for you whilst you are
still
in your perfection, resting and in comfort
and at ease.

And so you watch the worlds rush by,
the nameless distances of no concern,
until you sense a slowing
slowing more and more
until a settling tells you that
we have arrived.

<Where am I?>

These are the shores

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of the universal ocean.

Look!

<This is so familiar ...>

You have been before.

Moist the air, soothing and subtle,
breathing moisture that eases you
can you feel this?

Waves upon waves, rhythmically,
rushing and receding – can you hear this?

<I can hear but I can also feel their rhythm
in my very core>

Come.

We walk along the beach,
soft sand, moist beneath our feet.

Look.

There is a house, a small single house
which has been here since long ago.

Its made from smooth old wood
that weathered and withstood a thousand storms
the memorance of waves and wind
inside its very structure
it is in truth a part of this,
a shelter that is not a barrier at all
but softens wind and sea
becomes a bridge for you
to be entirely you,
entirely safe
and yet to
know it all,
to touch it all.

We enter and we se
a single bed of ocean wood,
entirely simple and it has
no need for carvings, fitments
which in truth would break the flow.

A most inviting blanked and the sea green pillows soft and fresh –
oh yes, sit down, and feel the invitation in your marrow – it is right
lie down and be at ease,
snuggle up.

Just go to sleep now.

Just listen to the ocean's sound,
it is the ocean speaking
telling you about

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those things you need to understand
in turn of ebb and flow,
rushing and receding
you breathe so freely
and you give the ocean
all you need to give –
oh but it is
enormous
and it will with gladness take
your messages,
your questions old and new
and all you
simply cannot tell another
or yourself at that –
you can entrust your oldest burdens
and the secrets that you
thought could never be revealed
those things you had to hide within
your deepest realms and all
those things which weighed you down
and pressed the breath from your lungs,
the joy from your heart
and the bright star of hope from your eyes –
give what you will to the ocean this night
to be cleansed, to be tumbled and shaped
to smooth round rocks, to pebbles and to sand.

The ocean is endless and this night
it is for you alone,
star child so precious,
so beloved,
ah but we would give you all
and so much more,
we simply wait
for your permission
so we know
that you are ready
to regain the flow

and give and take in equal measure,
holding neither back
and judging not
beyond the beauty of the flow itself.

This is a very special place,
a very special place
a very special space
of rest and healing.

This is where we come
to help us ease into the flow,
with the patient ocean steady,
simply here to meet and greet,
the oldest and the wisest,
it remembers you
as you remember flowing
with the ancient ocean in return

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Now, close your eyes completely

Be at ease and listen to the ocean,
sense and feel the oceans tide and sleep.

Dream.

I will remain here,
I will be your guardian on this night
and sit as still as any statue,
watching over you as is my honour now
for once, I slept and dreamed right here,
and then there was for me another
and they kept me safe in gentle silence
so I knew that I could sleep at last,
no fear remaining and
when I awoke in wondrous calm
and deep alignment,
my guardian would smile
and take me home.

Silvia Hartmann, April 2003

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2/05 – Resonance Connection

Ananga's Notes On Resonance Connection

This was the first track I recorded. The day after we'd recorded the scripts I got up early and sat down in my studio and looked down the track list to pick a track at random and it was Resonance Connection that appealed to me.

I spent some time sampling the percussive sounds and chimes and soon found just what I wanted for the synthesised pad sounds, I then started to play live in direct response to Silvia's voice and words. Lastly I added some live atmospheric sounds and chimes. By that evening the track was finished and I was feeling very happy about the way things were shaping up and very eager to hear what else was to come...

Instruments used: bells, chimes & sampler keyboard

Silvia's Notes On Resonance Connection

Is it good and proper to give the game away and tell the conscious mind what this is all about? Won't it hinder the process or perhaps allow the conscious mind to shut it down?

Well, I'm going to show some faith in the innate intelligence of the conscious mind, give it some due respect and say that I believe if the conscious mind is engaged fairly, it will act fairly in return.

What do we have here?

A direct instruction to pay attention to the resonance connection to the sun, whether it is visible or not, because its emanations are so intensely powerful, of course we can still feel them even if the sun is on the other side of Planet Earth during the night.

How could we not?!

And before I start going into the deeper meanings, I'd like to make the point that this top level "connection to the sun" is absolutely a part of this and extremely valuable in its own right.

We really do have energy feelers that we're not using as we should or could just yet, and what easier target to practice with than the sun itself, that incredible energy generator that gives us all life in the most practical and directly non-metaphorical sense possible?

A great many years ago, ancient mariners used to navigate by the stars but without instruments; scientists have long scratched their heads how this could be possible, but of course, if you read the heavens themselves, who needs a map?

But then, there's the other level, the other layer.

In this layer, the sun is the metaphor for our own soul.

Now you probably know from my other writings that I do not consider a soul to be some mystical, religious fairy tale but indeed, as an existing energy system that is natural to all and every human but is not used properly because it is disconnected via the thought-mind.

This energy system is the equivalent in power and force as the sun is to the solar system; it is the alpha and omega of the energy system and to connect with your soul is the most powerful and best thing any human could ever do for themselves. Indeed, it is my assumption that when you do, you attain enlightenment, there and then.

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Although the conscious mind itself cannot make this “resonance connection” it can indeed instruct the systems we all have to be in a standing flow exchange with our own soul to seek the connection and to make it strong, make it firm, and have it remain even when all else may appear to go dark all around us.

Even those who do not “believe” in a soul cannot argue in the merits of connecting with the sun; the parts of us who need and want to connect to the soul, on the other hand, will basically jump on this ambiguous instruction and interpret it to be allowed to go ahead and make the connection anyway.

So now, we are ready for the next step of our journey – with a new friend behind us, no matter what; the beginning of a new relationship strand through which strength and a whole new kind of power of self will flow to us, regardless of external circumstances – and which will speak to us through the heart and then the mind so we can finally align all parts of us in the harmony of the totality.

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The Text – Track 05 – Resonance Connection

Slowly,
excruciatingly,
the sun moves toward the horizon.

Careful!

Keep watching, keep your intent!

You look away and you will miss the point
the vantage point upon a hill so high
from there you can see -
all.

Keep watching.

Slow yourself and flow away
the computations of that other world
that has no place in truth.

Slow yourself until you are aligned
to the movements of the sun,
so red and gold, so wonder full
until it gently, slowly slides
beneath the far horizon
the bridal train of softened hues
majestic.

Stay tauntly aligned
you need to follow with your senses
as you stretch and reach
as from your vision as it fades
another form of contact phases into
ever clearer, ever more profound existence
until you touch and make that contact
resonance connection,
well remembered from
a time before
so that you always know
the sun is here
so that you always know
just where it is
and you can orient yourself
in dusk or dawn,
in deepest, darkest night.

Silvia Hartmann, March 2003

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2/06 – Morning Light

Ananga's Notes On Morning Light

When I heard Morning Light for the first time it was as we recorded it. And there I was pulled two ways, technician and listener both. I felt greatly inspired and excited by this particular HypnoDream and had a sense from very early on that it would be a real highlight of the album.

I recorded it with Pia, waiting until she returned from her tour of America to come and add some magical vocals for us – I had an idea of what I wanted for this and knew she was just the girl for the job. So I left this track alone entirely and played her the recording of the script only. She immediately declared it to be very similar to the words of a devotional Indian song by the 19th century revered scholar and poet Srila Bhativinoda Thakura and so we went and found the Sanskrit verses of the song and began to recorded them around Silvia's voice.

Initially we selected a key for Pia to sing in so that I could add the musical accompaniments later. But when the vocal recordings were completed and I came to add the background music some time later they were in a different key! In truth they were not quite in any key – Pia had slipped into her amazing in-between key that she usually sings in when unaccompanied. That was fine by me – she had sung the most amazing harmonies and I felt that the best thing for the opening stages of this track was that there should be no music at all – just Silvia speaking and Pia singing.

Later I added an introductory section with flutes and a conch shell being blown as is traditional in heralding the morning hours in temples around the world.

The Sanskrit devotional song Pia is singing is called Udilo Aruna and comes from a collection of songs titled Gitavali it is prescribed as a song to be sung at dawn ☺

It tells the story of crowds of devotees awakening with the sun as it rises in the East and running through the countryside, towns and villages playing mrdungas (hand drums as used on the track) with cymbals chiming in time, dancing and wearing jingling footballs.

Chanting the names Mukhunda and Madhava they would announce “With every rising and setting of the sun a day passes and is lost!” “Wake up and remember the Lord of your heart!”

Credits for other backing vocals go to my nephews Kavi (aged 9) and Radha (6) who are singing the call and response chorus.

The words they are singing are “jiv jago” which translates as “Wake up, sleeping souls!”

Instruments used: traditional conch shell, djembe (African hand drum), mrdunga (clay Indian drum that is mentioned in the original Sanskrit poetry), storyteller (Native American flute).

Silvia's Notes On Morning Light

I'm not sure if I was delighted or appalled when I heard that in essence, I had once again managed to write something that someone else had written a few hundred years ago – quantum plagiarism at work, yet again!

Yet it is an amazing thing that there is a Sanscrit song which more or less does the same story I describe in Morning Light and I assure all future historians most profoundly that not only do I not speak Sanscrit, but that I have absolutely no connection with any Indian heritage poetry or music of any kind, religious or otherwise!

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The fact is that Morning light is as close to unconsciously channelling as I ever get; I don't even remember writing it but woke up when it was completed, and I still don't remember it as one of mine – it is new each time I hear this.

I was really surprised at the near Shakespearean phrasing I'm using there –

Don't mourn
the passing of the night,
eternal it was, and it will be
again and nightwind gently leaves
the stage, not in retreat
but in respectful deference
bowing low, arms spread awide
as from the hills,
the distant hills
dawns own sweet lady stirs and beckons,
sleepy still she is
her touch is light and intermittent
and you smell forests on her breath
the silent mists she swirls
they dance for her and reach up high
and raised by her, they smile and greet
the sky above now softly shading
into more than misty grey.

It really is amazing what comes out when you just let go and trust yourself to tell it, best you can!

But Morning Light had even more surprises for me, personally.

When I was in the studio, delivering the scripts, I was doing very well; good diction and good concentration, recording one after the other; all was going very smoothly.

Until I hit the following lines in Morning Light:

New day
born for the first time
never did it rise before
and never will it be again.

I just burst out into tears and couldn't read the lines; tried it once, twice, three times, each time with a long break of walking around and composing myself (or trying to!) in between.

In the end, I gave up and had to do some energy therapy on myself; it was then it came to my awareness of how I had – well, let's come right out and say it, WASTED all these precious dawns, all these precious days, entirely neglectful and unheedful of their worth and value – all these days which now will never rise again.

I don't know how old you are but it is my guess, the older you are, the harder this would hit you, but this thinking is truly only an old construct regret – but yes, at the time these “old construct regrets” are quite powerful and overwhelming as I demonstrated to the sound crew on the day most readily!

What I think Morning Light is about is to familiarise ourselves with the coming dawn of the totality, our own rebirth into our true selves; true selves which KNOW that these days will never come again and they won't waste them, but live each one with volition and with celebration.

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I think Morning Light is a re-assurance of how the old will transition into the new and that this transition need not be feared or kept at bay; that all our fears of what it might be or how regretful we will be of what we were (and hence, best not ever find out, yeah!) will simply dissolve when the sun rises, and that indeed, we will dance in the morning light, the dawn of our real life, entirely joyous and without the slightest trace of regret, the slightest taint of resentment or repercussion.

The Text – Track 06 – Morning Light

Not long now,
not long to go
the sky that just
a moment so it seems
was empty, radiant black
is filling, silent grey
and you can hear the birds
quite clearly as they
begin
to celebrate
the dawning of the day,

new day
born for the first time
never did it rise before
and never will it be again
this day to come and
listen, you can hear
the morning birds proclaim its name
as is and was
their right and duty.

Don't mourn
the passing of the night,
eternal it was, and it will be
again and nightwind gently leaves
the stage, not in retreat
but in respectful deference
bowing low, arms spread awide as from the hills,
the distant hills
dawns own sweet lady stirs and beckons,
sleepy still she is
her touch is light and intermittent
and you smell forests on her breath
the silent mists she swirls
they dance for her and reach up high
and raised by her, they smile and greet
the sky above now softly shading
into more than misty grey.

We stand and breath and our eyes
may well begin to sense the distant hills
as subtly their existence is revealed for us
to know and with the hills our eyes are drawn into a clear direction –

here, sky is moving,
living light, a hint of royal purple, rose and amber
are the heralds as we stand transfixed and waiting,
in the gathering of clarity of purpose, all around a trembling

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of excitement and a charge that builds
from all around, within us all
who have assembled here
for this momentous moment
to be here so we can say
Yes, I was there that day.

It's true, I was!

I stood and shivered lightly as the breeze of dawn
quite playfully would touch my cheek and giggle in my hair
and nudge me here and there
as if to say,
watch out,
we're nearly there, it's coming, can't you feel it coming?

Oh but I can, I feel it, see the colours now
in marbled bands above the hills,
stark black they are and brightness rises and I sense
and feel and hear with such anticipation
as the sky itself is filled song
as all ears, eyes and senses
turn towards the ever brighter bands
on the horizon, right ahead and then –

our star is born in constellation burst and
bright rays of purest light until itself eclipsed
as living sun explodes and claims us all, and wins us all
as one by right of birth – we bow our heads in deep submission
as the valley floods with light, and comes to life that moment,
revealed, revered
and jubilation is within our hearts, within our reach
as we begin to cheer this wonder, cheer this day
we call its name and raise our hands
and drink its blessings, trembling with the power
of the new,
the holiest of holy,
joy of joys,
the miracle perfection that has made us whole
that gave us life itself –

and all of us who came that day
were newly born
and sang and danced
in morning light.

Silvia Hartmann, April 2003

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2/07 – Precious

Ananga's Notes On Precious

At the time of writing this, Precious is possibly my favourite track.

I love the backing vocals that Pia did for this. It was another track that I left fairly bare for her to have free reign with. I made the simple synth and percussive loop the morning she was due to come and record and left it running under Silvia's vocal while Pia figured out what she wanted to do. Within seconds she was singing softly "precious, precious" and started developing these amazing harmonies.

I was delighted and set the track to record immediately.

I love Silvia's delivery on Precious and the smile in her voice as she speaks "don't let yourself be met with old" pleases me greatly every time I hear it.

Instruments used: loop player, sampler and synths.

Silvia's Notes On Precious

Precious, just like Morning Light, is a bridge from the now into the new.

From the miserable, forsaken construct that prides itself on all the wrong things, that stares in the mirror and sees not itself but just a travesty of their own true beauty, up and out into the fields of stars – a true dweller of the web of life itself.

This entire album is a preparation for human actualisation; designed to help us poor constructs be steady, be centered, and direct our attention to things that are important, to make connections which will help us in our transition amidst the cross-winds and tempestuous waves; to give us a guide rope and a beacon, a lighthouse by which to orient ourselves as we prepare to re-enter our own true totality states.

I'm not a prophet but a construct that is trying to fight free of the old entrainments and I know what it's like when you sometimes have it, your resonance connection and you know exactly what you are doing, and why, and you are joyous and peaceful both.

But then, shit happens and we fall back into our old memories and thoughts, our old entrainments and all seems lost again, or even as though it had never been.

I know this because I'm living it, and all my friends are too so you need to know, you're not alone in this.

It is only to be expected after all those many years of living this way and then, the powerfields of the ages pressing down on us for good measure!

But there are, indeed, things we can do to speed up the process and do our best from our end here, still as constructs, but willing and able to go with the flow towards the new states of being.

One of these things is to literally detach ourselves from our old saving graces and rescue anchors and instead, focus our intention on something else – our own soul and the web of life, the field of stars.

Precious is about what is truly precious.

Each one of us is, first of all, and each one of us who "makes it" to human actualisation will make it easier for all the rest of us to do so likewise – its just one of those things.

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Each one of us who even strives towards it and decides to be brave and release their attachments to their old moments of glory, their old safety anchors and re-direct their attention to the truly precious things of life will help us all.

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The Text – Track 07 – Precious

Alone alight of light you are
as am I.

Or so I used think
when I stared in the mirror
and saw these faces
they were never mine.

I sought to recognise
something –
some familiarity,
some sense of belonging
just something I could
use to string along a first
and finely shining silver thread
the first that would become
the first decision
when you place it where you will
and thus set the direction
of unfoldment

So you fasten it to – where?

Some choose a star in distance,
bright it is and twinkling,
oh, so pretty, so precious
does it seem and yet its far away
and cannot warm you with its light.

Some will tie it to a favourite
thing, a jewel or remembrance,
long ago it was and it seemed
that this was all the joy, and all
the light of hope which could
be found in all the times,
in all the planes,
for now until forevermore
till death do part.

And others still stare until
their eyes begin to smart and water,
looking for what they know not,
and knowing not, how could
they ever recognise?

But what you're seeking isn't seen
with eyes. It's not a pretty twinkling
thing that catches your attention;
it's not some feeling from the past.

Close your eyes.

Now, the mirror is quite gone
no longer gives you much distraction
and you are free to simply clear

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your field, becoming as the night,
clear and simply endless,
tuning out the this and that ...

Let's now remove what is remaining,
taking space and time away,
and taking gravity from the equation.

Slowly, and subtly, as what wasn't of the essence
drifts away and is released
and clear and clearer still the endless space reveals
itself to you in widest, highest silence,
you can perceive
a pulse in distance,
a soft calling, slow it is and steady,
rhythmic, and a sense of wonder
touches you with swift surprise
to know that this is easy,
simple and that you knew all along
just what it was
that you were seeking
and you found it with a nature knowing
when you had released
the oldest bindings, and the oldest
twists and turns that took you away
from who you were
and what you
were born to do.

Silently and steadily stands the pulse

For now, it is enough to sense and be
familiar with its presence

Silent and steady, soft and clear
it fills this space and as you still
become accustomed to this state of
being, to this form of knowing,
to perceptions being there at once
and just your last remaining
worries causing little ripples in the
flow, you grow still more familiar
with this state of being and revealed
to you becomes the web of all
the web of life itself
and now there is no question
as to what you have to do
for here is clearly
drawing you at once
a place for you –
your place in waiting,
here it is and there is not
a moment's doubt,
not a chance of having been mistaken,
this is yours and was for you,
and it lies waiting now
and all that's left to do
is that you should take

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the first and finest silver strand
and have it be the first connection
that you made
as you connect it easily
as is your right and duty both

and as it touches home
and as it makes the
resonance connection
to the web of life itself,
it tingles back to you a charge
that is directly flowing
towards you,
directed towards,
directly for you
and you begin to understand
just what that was
you always longed for
loneliness and
that sense of being
far from home
alleviated in an instance
messages received and sent
and even with this first
and finest strand
you feel the jubilation
of the moment when
you did return
and all the others,
life itself
perceived your entry
your return
and awe and joy
spread through
the wondrous web –

The precious one
has come at last!

Don't let yourself be
met with old
and all the ripples
you may feel are nothing but reactions
to this reconnection – yes, it is a birth
and now you know
just what to do, just where to go
and always, always
should you go astray
you have your guiding light
your lifeline
to the field of stars.

Silvia Hartmann, April 2003

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2/8 – The Child

Ananga's Notes On The Child

Last and, buy no means list, on the running order and in my notes.

If you listen carefully you can hear some Silvia backing vocals on this track 😊

Flute again with supporting synths – the giggle at the beginning is courtesy of my little daughter – she 5 and still very ticklish so I grabbed the microphone in one hand and her in the other to capture her laugh for the opening bars.

Silvia's Notes On The Child

I believe that The Child is the totality re-born.

Re-born is actually a very good word because once, it was already and many of us remember the state of being when you are indeed, the world, and there is no distinction between you and all-there-is.

So this evokation speaks to two children.

The child that once was, and the child that is to come – your true self, your totality re-born and emerging at last, as it should have been all along.

When the child is born, it has no history.

It has no past and it has nothing to prove, nothing to forgive, nothing to erase and nothing to do to or for anyone at all – it is in its very presence and coming that the gift lies.

That is all.

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The Text – Track 08 – The Child

Blessed upon by the very stars in heaven,
in silent reverie and once upon a time
a child came into being

This child was precious beyond prize
and beloved, yes it was,
and of those who waited to
receive this gift
into their holy care
there were a few
who felt that they
did not deserve
this honour,
that they did not
consider
themselves to be
allowed to be here.

And yet they were
and the child it came to them
it came willing
and with grace,
to give its all
to give its self
to them, to us.

A great celebration
ensued in return
but it was a silent
celebration that sang
not with noise or
the banging of the drums
for there are times

when all of that fades

and a different
kind of music
is required.

A different kind of music
that is never heard but
known and felt.

A different kind of music
not with notes you study
scales you practice day on day
but a music that is singing
sweetly as the essence of itself
tones so pure and right

This was the greeting
and the moment of arrival,
when the child had come
to give the waiting ones

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just what they needed,
what they dreamed of
what they wanted,
and they stood in holiness
and deepest awe
becoming whole
the gift of gifts,

at last.

Silvia Hartmann, May 2003

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HYPNODREAMS III - FREEDOM



HypnoDreams Volume 3

Freedom

by

Silvia Hartmann

& Ananga Sivyer

First Published 2005 by DragonRising

The Concept of Freedom

Many people think of “healing” as a mere cessation of symptoms, an activity that leads in the end to a state of peace.

It is understandable when one is in confusion, chaos and pain to make such a mistake, but in fact peace is not a healing aim, nor does it have much to do with living.

Living is about acting, receiving and responding to our environments – it is about doing things, experiencing things, and making our mark on the world.

And the prerequisite for all of this is freedom – freedom of thought, freedom of expression, freedom of movement.

We have a right to be here, and more than that, we have a birthright to more than just peace.

There is a world beyond the zero point – and to taste the other side of peace is not just inordinately healing and motivating, it is what being alive is all about.

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3/01 – The Wind Of Change

Ananga's Notes On The Wind Of Change

I had a wonderful time recording the music for this track and have had some great personal experiences with it since. One day I was walking down the lane where I live with the Wind of Change playing on my headphones, when all of a sudden the wind really blew up, there were leaves swirling everywhere and the weather and the sounds went together perfectly, it was great and I found myself breathing it all in and walking through it with a big smile on my face.

Actually the Wind of Change always makes me smile, there's a line in it that says: "Smile and close your eyes, and let your head fall back..." and I always do!

Now for my experience with recording the music.

I decided to follow Silvia's words as closely as I could in quite a literal sense for this track. Usually, I'm less literal and will mark certain phrases with sounds and live instrumentation as I feel inclined, but the Wind of Change felt very much like the making of a painting from Silvia's words and my music together.

The first thing I did for this track was find a recording of a real storm, one with some real howling winds and movement, which would build and then fade as Silvia began to speak, to mark the passing and changing of weather, seasons, life.

I picked up my flute and set a track to record and decided to record whatever I came up with, live and on the spot, with no prior thought of key or melody. I was quite surprised when I realised I was playing the flute melody from Heart healing, if you had asked me to play that it would have taken me a moment to recall it and remember the notes – but there it was just happening, so I went with it.

When I listened back I very much liked the idea of the heart healing flute coming out of a storm, for me it tied the last HypnoDreams album to this, it hinted of healing within storms and encouraged the feeling that we could pick up where we left off and move forward to the new :-)

I used a wide range of live instruments and percussion for this track, along with some sweeping synthesised sounds from the Atmosphere Dream Synth module, a favourite of mine.

Silvia's Notes On The Wind Of Change

Our emotions, our experiences, our lives are like the weather.

We get dramatic thunder storms, beautiful calm sunsets; bright blue summer skies and freezing mists; drenching downpours and sultry hot nights.

It is in the change itself that life manifests itself; you know what happens to places where it never rains, or always rains – neither is a good thing. Change is what makes it all work, what is required to give the balance and the even flow of life.

The Wind of Change is a celebration of change, of things to come and an invitation to step into that everlasting flow of change from one thing to another, from one moment to the next, and find nourishment and sustenance in all and any unfoldment of life.

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The Text: 3/01 – Wind of Change

The Wind Of Change
is coming.

Long before
the first light flutterings
the lightest touch
the first and smallest movement
is perceived,
there is a sense of listening -

it is coming.

No.

You are not imagining this.

You are not mistaken.

You know, of course you do
in parts that know such things
that no matter where,
no matter when,
or just how far away
it may have been,
it has begun
and it is coming.

Smile and close your eyes,
led your head fall back
and draw the sharp clear air
into your nostrils now

You can really think
that you can smell it -
glacier clear and bright
for it has travelled over
snowy mountain tops
where nothing moved for centuries
or so it seemed -
the wind of change
it took the spirit and enfolded it,
it took the messages
the mountain rocks
and ice threw high aloft
and carries them within

and then the scent of forests,
pine and blue skies overhead,
the sunlight so direct and honest,
nothing there between a one
and the creator, nothing
to preclude a view so far and sweeping
over elder forests and the silver rivers,
and each one gives blessing
and gives greetings

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to the wind of change.

And so it travels over oceans
tastes the blue and green
and gold of secret sandy coves,
the feather wing brush touches
of the palm trees swaying,
dancing tropic rhythms
and all this is coming now,
there is no need for you or me
to move at all,
just listen,
extend your senses far and wide
and make us ready to receive
the wind of change,
for it will come and bring with it
the scents and tastes
of foreign markets, foreign fruit,
rich with spices and desires,
night blue desert skies
and songs that were already ancient when
the ancient ones did sit and listen,
and they watched
the whirling stars above.

What treasures!
Oh what riches will be ours
when we can rise
and meet the wind of change
wide open and accepting,
dressed in clothes of billowing white –
like fisher's nets,
like webs we spread ourselves
we spread our wings
to let the wind of change pass through us,
tell us of the splendours
it has brought and share its riches,
share its wealth with us who
waited for this moment to arrive –
we knew that it would come
and never truly did abandon
our sense that we were right to think
that it would come in our direction.

And of course,
of course we knew that it would come ...

... and here it comes ...

The wind of change
and all its eons worth of riches
and of unimaginable feelings,
of sensations silk upon your living skin,
the softest angel wing
across your cheek and neck,
the light of all the stars
is softly streaming to your eyes
and wisdom white is entering your web of life,

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as whispering now turns to rushing
and delight is rising, lifting you
and you are riding on a wave of life and love,
a wild reality of beauty
as you never thought you could conceive –

A wave of here and now,
so wide it sweeps across the universe
and carries you as well as all there is
and all you need to do is
be here and remain here
for enlivenment and life itself is here,
enough for all and shared by all,
the wind of change is here
and now
and always
and eternal.

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3/02 – Freedom

Ananga's Notes On Freedom

What can I say! Freedom I just love, and I use it often, sometimes when I'm flagging and a bit tired, sometimes when I get up and am ready to set a positive and lively frame for my day. And sometimes just for the sheer joy of dancing round my kitchen to Pia's incredible vocals and my mad drumming.

Recording the music for Freedom was pure fun and pleasure, it took a few days to get it right and that meant I got to hear Silvia's vocal magic probably a hundred times, how did I feel at the end of that – just listen to the last few minutes of this track and you'll have a pretty accurate idea!

Silvia had some very neat ideas for this track such as having me whisper "freedom" in English and German and swirl and pan it around the track as if the words are being carried on the wind.

When Pia came to the studio to record the vocals we had a fantastic time, she was asked to really go for it and "cry freedom" and she did! After one particularly heartfelt and enlivened take we both burst out laughing, later when I went to make the final mix of this track I found Pia's laughter had been recorded as she was still right by the microphone – so I left it there :-)

For Freedom I used live hand drums such as the Turkish doumbek drum, traditionally used in belly dancing, Indian bamboo and western classical flutes, live bass guitar, electric guitar phrases played in an ethnic chromatic style, and various other percussive instruments.

Silvia's Notes On Freedom

A long time ago, I was thinking of writing a trance dance CD for people to exercise with.

But when I looked more closely at people's energy bodies, I saw with great sadness that they weren't ready to dance yet.

Dancing is something you do when you're healthy, when you're joyous, then it comes naturally.

As long as you're still burdened with all sorts, in pain from all sorts, and tired and depressed, dancing cannot be anything else than yet another chore, something you "should be doing", like losing weight or getting fit, only you don't have the energy and you don't have the heart for it.

What good can THAT do?

No good at all.

So, first of all, let's take off those shoes!

In Freedom, we go and get a bath for the energy system, a very special release and relief from old entrainments and reversals that hold us back, and we regain the freedom of our movements.

When we're ready, THEN we have a beach party, and we can celebrate our newfound freedom with joy and our friends who have found their joy of freedom too.

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The Text: 3/02 – Freedom

Now, first of all,
we're going to take off our shoes.

Not only these, but indeed,
all the shoes you have ever worn,
across your life and all your lives -
let's take them all off.

And not just that
but even all and every
memory is now relieved
relaxed
from deep inside your feet themselves,
every blister, every sore and every injury
which still retains its shadow
loosens bubbles up
and is released

as we begin to walk now forward
on a softly sanded beach
where land and sea
and you and me all meet -
where bubbling sprightly little waves
wash to the shore
here it is we learn to walk once more.

Afresh as new
and every light and tingling contact,
welcome laughs the lively water
and your feet flex forward eagerly
from every greeting to the next,
the buoyant fine refreshing water
helping now to clear away
all those weary remnants
which once did reside inside your skin
your very flesh and bone,
and then beyond and there as well
the matrix clears with wonder
and there's a hunger building

as you can sense and feel and know
your feet refreshed rejuvenated
that the rest of you
would love this too,
has hungered for such clearing,
lifting, for such resolution and has waited -
oh so long!
for the burdens to be taken,
for finally to be released ...

Let's move into the summer surf,
a little deeper
on the sweetly sandy floor beneath
that does extend for many miles
and as your ankles

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and your calves are now embraced,
it is as though
an armour first is washed away
and then you really feel the loving touch
of the soft vibrant sparkling water,
oh, how alive it is!

Alive it is and
ah, it wants to come and play with you!
and in return you move on forward, swiftly deeper,
yearning now for this release
and inviting it to come to you
and lovingly embrace your knees and thighs
and from inside your legs
there is that pressure too now - YES!

I want to clear away the hurts and pains
and all those shards
that never did belong to me!

I want to come to life again this day
and I will do so eagerly and readily
join in this freeing
of the shackles and the memories of old,
step out into the new alive,
refreshed and in perfection -
and in a loving deep embrace
to which you dissolve completely,
you move forward faster,
eager now to let your buttocks
and your genitals be freed and
oh, it feels so good,
such a relief, such a release,
complete acceptance and entire freedom
as the oldest, deepest hurts
begin to soften
and to flow away,
to bubble up from deep inside
your deepest structure and beyond beyond,
there are no words to thank creation for this blessing,
for this benediction
and at last you understand
as you release the last restraints -

dive into the water,
dive inside with hunger and volition
for all of you deserves to now be healed
of all your lifetimes hurts and chafing pains
from the constrictions
from the grating yokes
and from the chains of slavery and servitude,
the manacles of hatred and of domination -

wash then away!

And the bright and sparkling water laughs
and kisses your skin,
flows loving touches all across you,

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all about you, strokes your hair,
each part of you
in perfect jubilation and in joy -

you dive and soar
you spiral fly and reach out wide
you breathe and love

and give

until you simply float so still -

acceptance.

gratitude.

delight.

So much compassion
and such joy
that on this day,
you did reclaim your self
and took it on your self
to free your body,
free it now at last -

and only now,
we dance.

22. 07. 03

Our Dimensions – The Scripts Of HypnoDreams

3/03 – Creativity

Ananga's Notes On Creativity

What does that word mean?

This track was produced by Silvia, she had very clear directives for what was required here and had me do things musically that I had never done before – nor would have dreamed of doing for that matter. It is now one of my all time favourite HypnoDreams and at each listening I'm glad that I broke into new territory for it was certainly required.

Silvia's Notes On Creativity

Over the years, I have had much experience of creativity and with creative people.

You could say that creativity is a bit of a speciality of mine, and definitely the very wellspring of all my work, and the delight of my life.

I believe that creativity is an act of freedom, an expression of freedom and existence when we have arrived at a place where we know we have a right to be here.

It is then that we get to look around, open those “other eyes” and see for ourselves just how wonderful creation is.

When we do that as a part of that creative order, we can't help but sing and dance in celebration. Words and images and movements and songs MUST pour from us that honour the creative order, it can't be any other way.

And that to me has always been TRUE creativity. Not coming up with something that wasn't there before, but telling the story of one single individual's experiences with the creative order in one's own words, in one's own voice, in one's own way.

That is the extraordinary newness and radical contribution that only one individual can ever make, and that is GUARANTEED to be new, fresh, bright and immensely “creative”.

And all that is such heavy duty stuff, it sounds and feels so heavy, and the creative order isn't like that at all. It is beautiful, delightful and so light, singing and dancing in every way, it is full of joy and laughter. For this reason I appended “Sweet Lights” to this induction on creativity, to swoop us up and out about into the realms where thoughts become songs, or paintings, or perhaps even new existences that resonate their creator.

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The Text: 3/03 – Creativity (incl. Sweet Lights)

Creativity -
What does that word mean?

Cre-a-ti-vi-ty ...

The activity of creating - creating what?

Creating something out of nothing,
taking a cloud in the sky
and shaping it until
it has the face of a man
who is yet to be born
and has never been before?

Taking a handful of star dust
and making it into
a small ash tray
of a pleasing and unusual shape
perhaps,
or perhaps it is
even better than that –

you float gently into
the midst of nowhere,
where the stars
are very sparse indeed
and all is black and oh!
so restful quiet.

And there, in nowhere,
you who are nothing
for how else you could exist,
with your nothing hands
you take the nothing
and you make the nothing
into something that arises
from within where no-one knew
quite how to be,
to do or even then,
to ask what else,
how far,
how different indeed -
well that's the question,
don't you think?

And after all of that,
and if you now were to hear
a whisper and it told you
carefully in measured tones
of blue sobriety
that first before you start
and wonder how you would
create at all,
it might be wise
to give some notion

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as to what it is
you wish to have become
and waver rainbow gentle
until it well descends
in harmony
all through the levels
and in doing so
becomes a little realer
with each passing thought,
each passing heartbeat
of a living heart.

And still, the question must remain.

If you were the creator,
what would you create?

Angles white and midnight blue
would gently stand
and rainbow hue enfolded,
they might tell you
of the distant shores
of times beyond times
of places beyond places
of minds beyond minds
of regions and domains
above, beyond, below
of all there is,
indeed.

What would you create
that isn't here?

How can you create a something
knowing not what is already
waiting gently,
waiting for your
exploration and delight
and your dismay for
not all you have been told
is quite as you might find
if you were now to go and seek
a time to travel there,
and here
and further
than you ever have before.

Understand something.

You are asking the impossible.

It is true that as the dusk falls
and light is dimming lightly,
outlines softening and all is
slowing, stilling, falling silent
and just before the night
reveals to you how vast
the universe

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that it is already there,
that is already
created.

When the universe was created,
it was not a seed.

All of it was created instantly.
The then, the now, the what's to come
all of it, all at once.

Creation has happened.
The end of time has happened too
and all that lies between.

Everything is already there
and here comes the confusion
that is holding many still in
bitter struggle and in desperation.

You cannot create anything new.
There is nothing new.
You cannot be anything new
for even if you should create a new,
this new was there right from
this time,
this new was there right from the dawn
to end of time, already there
prescribed, already
perfectly aligned

Genesis.

So leave your futile attempts
and instead of trying to compete
with the creator
wake up and begin
to navigate the universe itself

It has indeed, all the questions
to all your answers - you do not
have to spend your life in futile
pursuit as to try and make them
up yourself.

(Sweet Lights)

Wandering amongst the stars,
I saw a small dis-illusion
whirling slowly and in shadow night

Sweet light sobriety
encompassed me with fervour
and it spoke and said,
really you should take care of that.

I took it gently by the astral moments

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and I sighed it into soft acceptance
of my touch and it was glad
that I was there.

It melted to me and I stroked it
loving nesting here to me,
do come, my little one,
I have the time and space for you

You need not fear the wells
of nevermore for they in truth
are nothing more than ever widening
loving touches in a
place where nothing seems to be
as bright as single suns
and blue flared stars,
there to the right
we see another momentary wonder
starfall streaking bright
and hold on tight!

We slide the ever down yet there's no end
and it is not until we have descended
for a thousand years that we
begin to understand
how marvellous it was
to finally be freed from all that's horizontal
and that made the limit of the right and wrong
of tale or song
and ordered to the endless
what seemed to be so fearful
and yet starblessed
if only we had known
what up and down would be,
the lesson graves and gravity
mistakenly imbued and dragged along
instead of sweet remembrance
and the now of clarity -

and angels at my back,
in my hair.

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3/04 – Timelines

Ananga's Notes On Timelines

Timelines really did just fall into place, I found exactly the sounds I wanted for it and had a spontaneous idea at the end to record a few phrases on my keyboard for the closing bars which Silvia and I both really liked.

However, there was one strangeness that occurred with timelines and that was that one of the crystalline sounds that I used got messed with during the encoding of the test track I sent to Silvia as an mp3. I was not aware of this until the next day – the studio master sounded fine to me so I made the mp3 and sent it and thought no more of it. The next morning I decided to listen to it as I was getting set up for the day's recording and was horrified to hear that there was something going on that sounded like a Darlek being dragged across a rough surface going on that was definitely not there in the studio mix! I called Silvia immediately and will never forget the relief in her voice, nor how we laughed afterwards – she thought I'd lost the plot and that HypnoDreams from that day forth were doomed!

Silvia's Notes On Timelines

I have heard much talk over the years of time"lines", linear "paths in life", and often found the limitations of such ideas about an individual's collected experiences and actions across time and space and all the many dimensions through which we travel, as we must.

One night, during a Project Sanctuary meditation, I had an experience of colour and real beauty, and I got a different idea of what timelines may be and how they work.

This evocation/meditation is the result of that; I find it very soothing, personally, and very freeing, too.

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The Text: 3/04 – TimeLines

Swiftly, I fly forward,
towards my future
and behind me
lies my life
a sweeping bridal train
of multicoloured silks,
spread out behind me
each strand of weave
a sound I heard,
a feeling or a sight I saw,
a (forward) thought I made.

I see it looping wide
and brilliant bright,
it flows amongst the stars,
my pathway I create anew,
it streams from me,
it streams
from my shoulders
streams from my heels
my cloak of endless angel wings
to paint my passage
into all that is
so that it may
become
forever.

I am entranced
by its great beauty
radiant colours
flowing movement
but in truth,
my heart lies elsewhere -

I turn around to face
my realms of truth,
the stars await,
as I move forward,
fly towards the future,
bright excitement,
endless worlds
before me
as I dive and soar
towards the stars.

Our Dimensions – The Scripts Of HypnoDreams

3/05 – Our Dimensions

Ananga's Notes On Our Dimensions

Possibly the most challenging thing I've ever worked on to date. I really did not know where to begin with Our Dimensions, but once I got the mood of it I decided to make the music very trance inducing. I know that I succeeded because when Pia came to record some vocals for us she turned from the microphone and asked "Is this slowing down?". I assured her it wasn't but she had to ask again five minutes later.

Our Dimensions is one of my deep relaxation and enticing journey favourites, to take flight in my imagination and rest and restore after hours in front of my computer.

Our Dimensions is mainly keyboards based using some real percussive samples with effects applied to make them move and whoosh a little.

Silvia's Notes On Our Dimensions

Alright, I give up!

This is one of these most classic HypnoDreams, in the classic HypnoDreams tradition of, "Sock it to me, unconscious mind, show me something that we didn't even know we should be contemplating!"

I got up one morning, it was sunny and early spring, and felt compelled to pick up a piece of paper and a pen and wrote "Our Dimensions".

I remember feeling completely exhausted but also absolutely delighted and exhilarated when it was done; I phoned a friend and said, "I don't know what I've just written, but my goodness, it is amazing!"

The feelings and sensations I had on "channelling" this event were unheard of. The sequence involving the giant fish skeletons and deserts turning to underwater gardens was of the depth and quality of a full on LSD trip and I was terrified when I came back that my hands had stopped writing somewhere there – but they hadn't.

Also, and if ever you fancy challenging your diction and delivery, try that sequence about the young suns. It's one of the hardest things, if not just simply the hardest I've ever spoken or broadcast energetically.

This is a really challenging track from every angle, from the energies evoked to the images and ideas, and the emotions it calls and disperses again; perhaps it is a kind of "multi gym" for the totality mind to have some fun with and to flex our multi-dimensional wings for once.

I certainly enjoy this one most tremendously!

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The Text: 3/05 – Our Dimensions

So what
can we say this morning,
that can't be said before,
that has not
been said before,
that wants to sing and dance
like magic should,
for dancing is its very nature
that is why you cannot win
if you confine it into symbols
heavy with metal,
heavy with age.

Light on your feet must you be,
lightly responding,
light is the guide,
responding to sound
with such alacrity,
With superb sensitivity,
That's how its done, my friend!

This evil gravity and dominance,
the hierarchies and all that jazz,
oh dear oh dear!

Forget it all, and let
the weight of ages,
simply slide away
from your rounded shoulders, rounded back,
from your rounded minds
all weary they are,
all heavy and close to exploding
with anger at the wrongness of it all!

Sing and dance!

Twist like dolphins do,
and spin, for the joy of it
and nothing more,
and watch the zebra
being taken by a lion,
and that's a dance as well with partners two,
we watch the dance of life,
and not until we can appreciate
its beauty everywhere,
in bone and maggot,
in the newborn souls and clouds alike
is that our dance begins in earnest,
and in earnest means in joy
and full of light deliverance.

Whenever I stand
at the edge of time and space,
and look
at the beautiful waves that lie beyond,

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I wonder.

I wonder why the flying
is just such a challenge,
such a most enormous undertaking
and more than all combined,
I know that this is such
a purely human judgement
and I wonder why I still believe
in such incompetence.

But you must laugh.

Blue is eternity,
and more than that,
of course.

It beckons us all
at every step,
at every moment
and the distant wide horizons
are imbued
with such beautiful
and incandescent graduations
that to simply turn and fall
with grace
and without gravity
would be a deeply held release at last -
here lies exactly what I wanted all along,
to know the depth and breadth of my endeavour,
and if I wanted to explore
the meanings of the colours
and of ultraviolet, it would
come to me quite naturally, of course -
what else
could
it be?

Forward and to the left
is a dance step.

It's the first step on the journey
from which there can be no return
and oh did I once yearn
to have it be this way!

That I might see this way,
this way of beauty and of true endeavour,
leading me nowhere at all
but in the act of falling to myself
I find a resolution,
I find my wide awakening
and ceremony of cleansing
fast now,
all the stuck on madness is resolving,
blasted high and wide
for how could such a thing be
here?

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Like purest winds of blue
and cold but gold
and vibrant all the same,
the rushing takes
the debris far away from me
and lets it scatter, shatter -
the purer I become,
the purer do the notes and sounds
become in turn
as I am nothing but an instrument,
the instrument of voice
through which the oldest story must be told
and it is true that I am old,
but old is black
and young is white
and light is not what you might think;
to feel it like you feel the sun is never that,
for suns are young
and know the difference not
of light and heat and fire bright
and this is right for they do light the night
and set our worlds alight
with fire and with life
as is their task and resolution.

Cheer them wildly, cheer them mildly,
cheer the children of the universe
in their first becoming and their youthful innocence!

And in the interim it is achieved -
perfection and affectionate involvement lies aside
and so the song is ever purer, ever clearer -
loud enough that we may hear.

Remember the sea,
remember the earth
remember the sky
and remember the soaring -
all things are
as once I knew them
in every way, so intimately!

And then there is that thing
I said to you that night,
that I will take you,
bring you in
and I will make you beg
to stop the joy and the delight,
I will turn
your body
into
the most finely tuned
instrument,
so that you scream and writhe
for simply having now perceived
a touch of feather wind across your brow.

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You cry,
your tears are rivers seeking elder deserts
where the skeletons of giant fish proclaim
this was once an ocean
and needs to be again
to raise the seeds
asleep beneath the dust and sand
to life once more,
deep underwater flowers,
gardens,
creatures like you well remember
but you never knew
and kingdoms, singing kingdoms
life abounds and fills the void –

Oh my saviour,
and yes you are,
so cry
for your life,
for mine and theirs
and all of old and new together,
feel and cry and laugh
for as the sounds rise from your throat
and spiral from your perfect mouth,
your shell smooth lips are shaping spheres
and folding fountains bright,
and angels come
for they are borne this way,
and swoop and flutter
into our dimensions.

Our Dimensions – The Scripts Of HypnoDreams

3/06 – Forward To The New

Ananga's Notes On Forward To The New

Forward to the New has become a catch phrase around here. There is such an enticement to be found in this track to really just let it all go and step forward, open and inviting to the new.

This was another track that had a profound effect on me due to the repeated listening while working with it.

I used the Atmosphere Dream Synthesiser here with some percussive sounds that I used with effects and panning to support the mood of levity and forward momentum.

Silvia's Notes On Forward To The New

At this point, we were going on for five years of HypnoDreams. A full trilogy, three albums nearly completed.

It was such a wondrous journey, and we learned so much.

To say, ok, that's last one, ever, was a very brave thing to do, and a very difficult thing to do.

To be honest, Ananga and I could have gone on to make HypnoDreams forever.

Happily, and gladly.

But there comes a time when you have to turn around and look forward to the new.

There comes a time when you ask yourself, is there something else? Something new? And will I ever get there if I continue to do the same old things in the same old way?

There comes a time when the desire for the new, the unknown, becomes ever more burning, delicious, and no matter how good and satisfying the old may have been, it is the dream of what lies beyond that gives one the purpose and the power to let go and move forward.

The truth of the universe is that all is movement, and all is a never ending forward moving caravan – constant evolution from one thing to next, always change, always.

This is the first principle of nature and all else is an illusion.

We should not fear this, but instead, embrace it wholeheartedly and instead of dragging up against the old fears and old memories, actively move into our rightful time and order and just go forward, because at the end of the day we can do no else.

Dance into the future, don't be dragged there kicking and screaming.

Thank you, HypnoDreams. It was a fantastic trip.

But now, we go ...

Forward to the new ...

Our Dimensions – The Scripts Of HypnoDreams

The Text: 3/06 – Forward To The New

Can you stretch that far, I wonder?

Can you reach
and flex your consciousness
and let it rise
from all the cages of entrainment
and let it gently weave from side to side
and silently,
so sweetly disengage
away,
you sway away
from all that grave'n gravity
freeflow,
freerise,
so rise with me
let's rise
experience the lightness
in this state of being
as you become
pure
self.

Look forward
no,
look forward
it is action,
active stepping out again and yet again
always forward,
shake away
the tethers of the crystalline
constrictions
brush them off like cobwebs
and we just simply keep our eyes
affixed upon the new and bright
although we cannot quite
perceive just how
and surely,
we have no idea
just how it is to be –

There is always forward
a forward sense,
a forward movement
lean into the forward movement
and you feel the pulse
and there it is –

Your freedom lies in
riding with this wave
this wave behind, beneath
but we, we keep our focus
forward, forward to the new

Feel it!

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It is cool and lightly tingling!

Sense it!

It is drawing, calling you
and calling me to life, to new
sensations on our skin, our tongues,
beneath our finger tips
our eyes must surely widen
in amazement
at those many splendoured things and beings
we have never seen before
and in our seeing
they widen and enrich
our very worlds
and they in turn
become a part
of the rising,
of the wave,
but we,
we keep our focus forward,
forward to the new.

What joy!

What celebration!

And the others fly as well
we swoop and dive
and touch
in laughing love of recognition
oh! so lightly here and there
together and the more who come
and join us,
still the stronger does the wave become
which buoys us, lifts us,
gives us wings
and beautiful it feels
and we, we keep our focus forward,
forward to the new.

There is no past,
there's only us
and all the universe
has there to give,
the splendour and the diamond dimensions
flow through us,
make us new and newer still,
we are the history itself,
we are the tapestry of life
we are the dream
and we are here and now
so ultra-real,
so wide awake
so full of glow
and so
we keep our focus ever forward,
forward to the new.

Addendum: Life After HypnoDreams



Thanks and Inspirations by Ananga Sivyer

My family and friends supported me greatly during the making of this album and I am very grateful to them. I always get very immersed in what I do and with the HypnoDreams I tend to be away in my head for the most part, which may not always be so easy to live with, yet they do and are very good about it.

I always listen to a very broad musical palette during the recording stage, I love to listen to film score composers such as Thomas Newman and Hans Zimmer and also found myself listening to Bjork for her sheer off the wall innovative use of sound.

The completion of this album marks the end of a five year journey of intense learning and experimentation, it has been a most intensely creative and rewarding period of my life and I have thoroughly enjoyed it.

Since we started out with the HypnoDreams we have made many new discoveries, such as the Art Solutions Process, which we will now be taking with us into the new and exciting HypnoSolutions stage of our work.

I thank you for your interest in our work and very much hope that you will find the HypnoDreams experience to be a very pleasing one.

With my best wishes

Ananga Sivyer

15th February 2005

Our Dimensions – The Scripts Of HypnoDreams
A Fanfare For The HypnoDreams by Silvia Hartmann



The HypnoDreams have healed many things for me, taught me immensely about energy, mind, space and time.

They have comforted me in moments of need, have brightened and enlivened me, and I love them most sincerely.

Amongst the many things they healed was my absolute refusal to do “ordinary hypnotherapy”, i.e. sticking someone on a couch and lobbing heavy handed suggestions at them “to make them into a better person”.

Well, let me rephrase that a little, because I still refuse to do THAT and I never ever will.

It is completely against my religion of harmony and co-operation within the human totality, and also, within separate human totalities, such as a hypnotist and their “subject”.

I call what I do now “Energy Hypnosis” because it is all about flow, congruency and the emotion/energy system link from EmoTrance gives us a feedback device as to what is what when we speak or listen.

In Energy Hypnosis, the hypnotist is known as “the guide” and the one taking the journey as “the traveller”.

It’s just a better metaphor and feels much better, too.

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After five years of hypnodreams, I could finally be persuaded to make the Deep Sleep Lullaby, simply because we needed it for ourselves – me and my friends, family and co-developers.

To my amazement, I found that it was easy to retain the respectful guiding function and the energy shifts even when it was for a directed purpose – in this case, to get our weary traveller to forget about their worries, pains and aches, and simply go to sleep so they may rise refreshed and their bodies and energy bodies get a chance to restore themselves properly.

The next time I was persuaded to use the “power of the guide” directly was for the BeauTy T project. It is just necessary to have SOMEONE speak those words and send those energies to repair the broken self constructs and mend the bridges with our physical bodies; as no-one else was doing this, I finally sighed and did it myself in the end.

Then, at the end of 2003, something came to our rescue.

This was Art Solutions, which simply requests that we design our own solutions rather than endlessly re-stating the problems.

The new HypnoSolutions are based on this process; they are directive and for particular circumstances. In that way, they are hypnotic remedies which one can simply self-prescribe and take just like an aspirin, only they’re probably a whole lot better all around for our bodies, minds, and energy systems.

However, the HypnoSolutions retain that pure magic and mystery the HypnoDreams always had because they are entirely UNCONSCIOUSLY DERIVED.

We – Ananga and I both – simply state the desired outcome and our other selves do the business. You could call it channeling, but it really is just getting information from the parts of ourselves that know EXACTLY what energies are needed to make the required changes, because they are living constantly in those realms.

It is a reliable and absolutely fascinating process which has created not just the HypnoSolutions series, but also Sonic Solutions, the Activator tracks and that is just the start.

The basic Art Solutions principles also work for sculptures and paintings; designs, images, music, lyrics, poetry and much much more besides.

And yet, the original HypnoDreams retain their mysticism; their magic and their challenge, their excitement and the many questions they raise in turn.

The five years HypnoDreams sojourn across time and space were one of the most extraordinary creative experiences of my life.

I thank you for your time and interest, and no-one quite knows, what will be next.

All we can do is to go ...

... Forward to the New.

Silvia Hartmann

13. 02. 2005

Our Dimensions – The Scripts Of HypnoDreams

Further Information

For All Hypnosis Products, Please Visit

<http://HypnoDreams.org>

Silvia Hartmann Online – <http://SilviaHartmann.com>

Ananga Sivyer Online – <http://Ananga.net>

Books, Manuals & CDs On Energy Magic are available from <http://dragonrising.com>



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