

DEEP STORY I

The
Womb
Workshop

HOLDING THE SPACE
IN THE HISTORICITY
OF SPIRIT

Vision:

The Baby is Our Story

The Birth Vision is the inverse of the Life Review that takes place during the Near-Death Experience or the NDE. Instead of “seeing our whole life flash before our very eyes,” various people who get to experience the NDE lengthily share how we are to perceive our next life after reviewing the one we had just lived. The Birth Vision in the womb looks at an entire life synchronically, where multiple possibilities that can occur in one possible incarnation are perceived in just one momentary wholeness.

The Birth Vision signifies life patterns are caused by a meaningful purpose that causes events to unfold as they do.

In the innerdance, the Life Review and the Birth Vision are one and in the same.



*In the
lightness of
dark*

*we were
wide
awake...*

We Birth a Vision

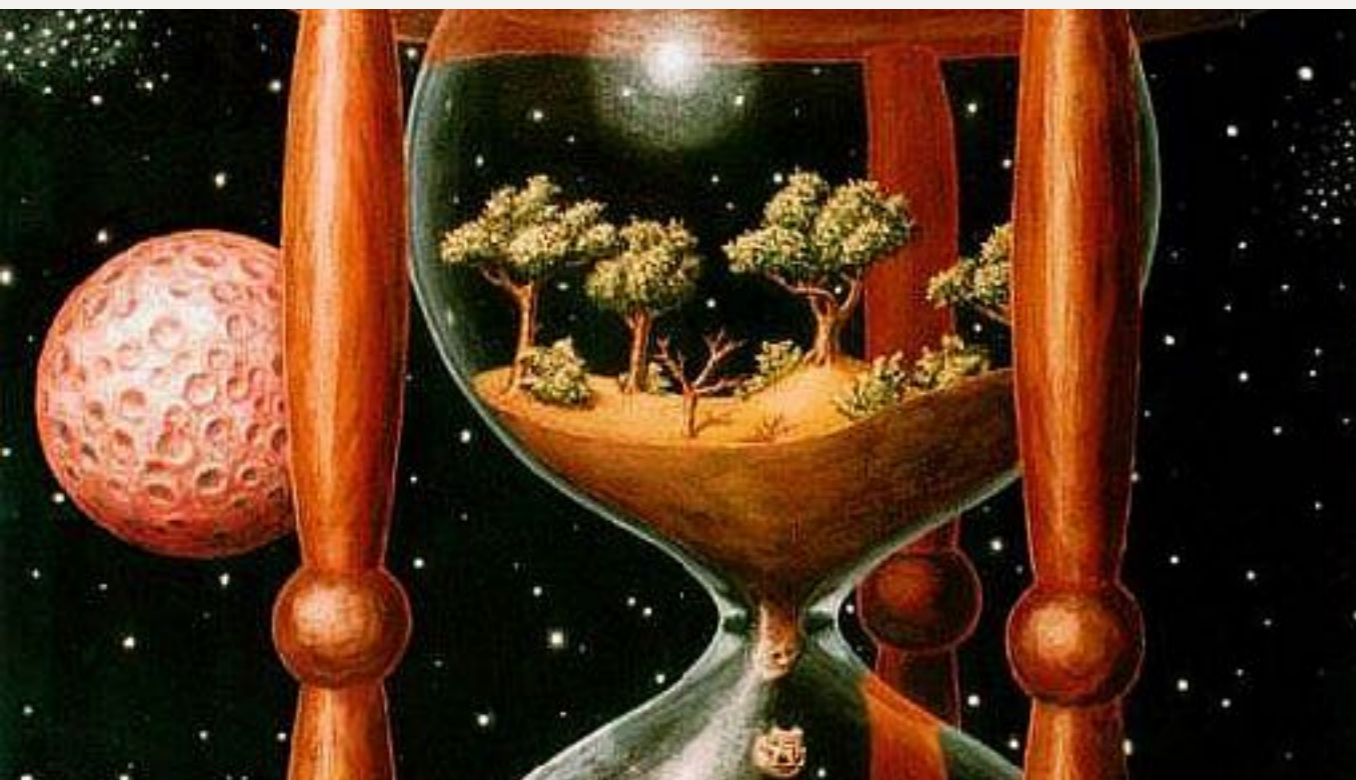
A person is a Story. This is what is birthed.

In the innerdance, a Vision appears.

From the flurry of visions, a story emerges.

As the story comes alive, so does a person.

The circle closes. A Story Is That Person.

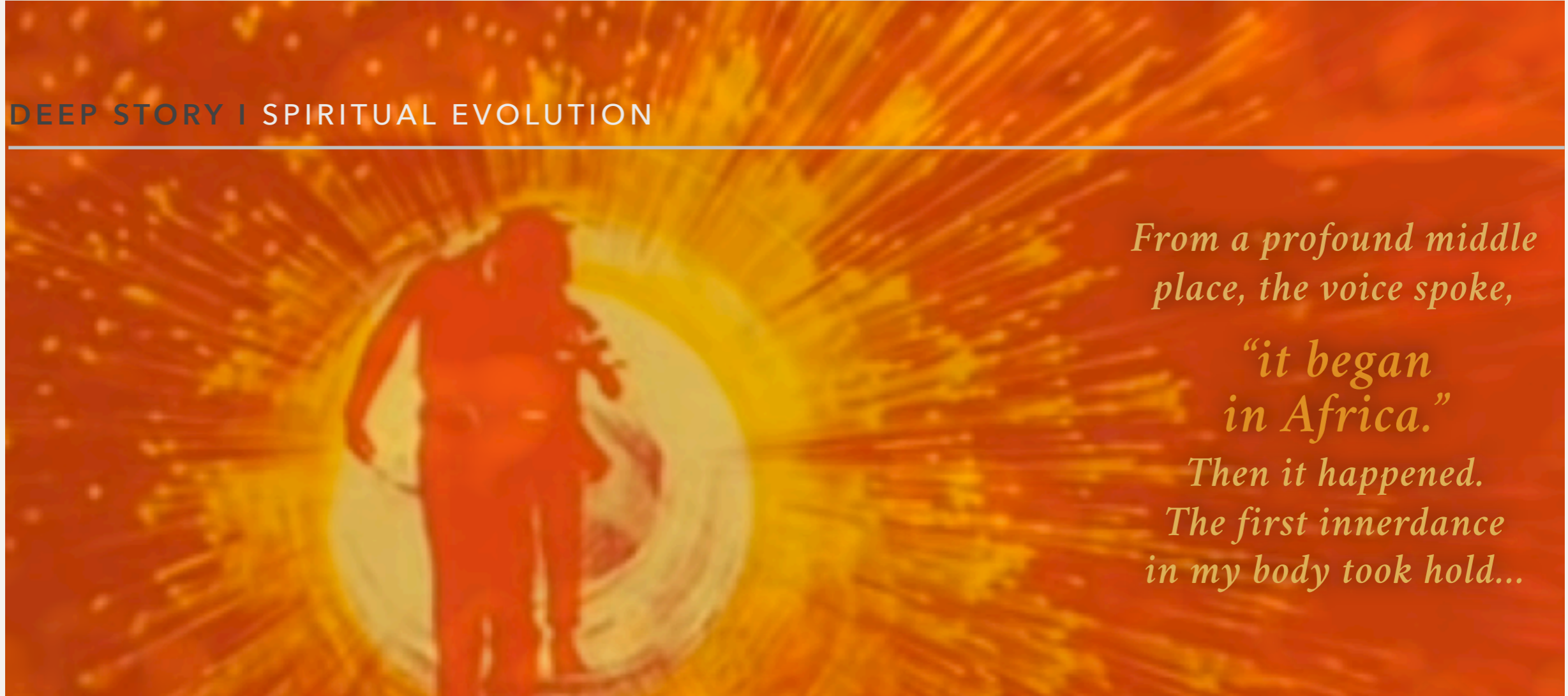


Any story has a beginning, a middle and an ending. Through these elements, we wander. In the beginning, we awoke within a Story of all Stories called a Language.

Through Language, an infinite middle could slowly emerge over eons, ages and epochs, holding the space for the stories that span histories, geographies and dimensions. What happens now is the great inversion. Rather than we awake in Language, it awakes from inside us.

“Language is awakening to its own awareness of itself.”

The innerdance hearkens the awakening of a Language becoming conscious of itself.



*From a profound middle
place, the voice spoke,*

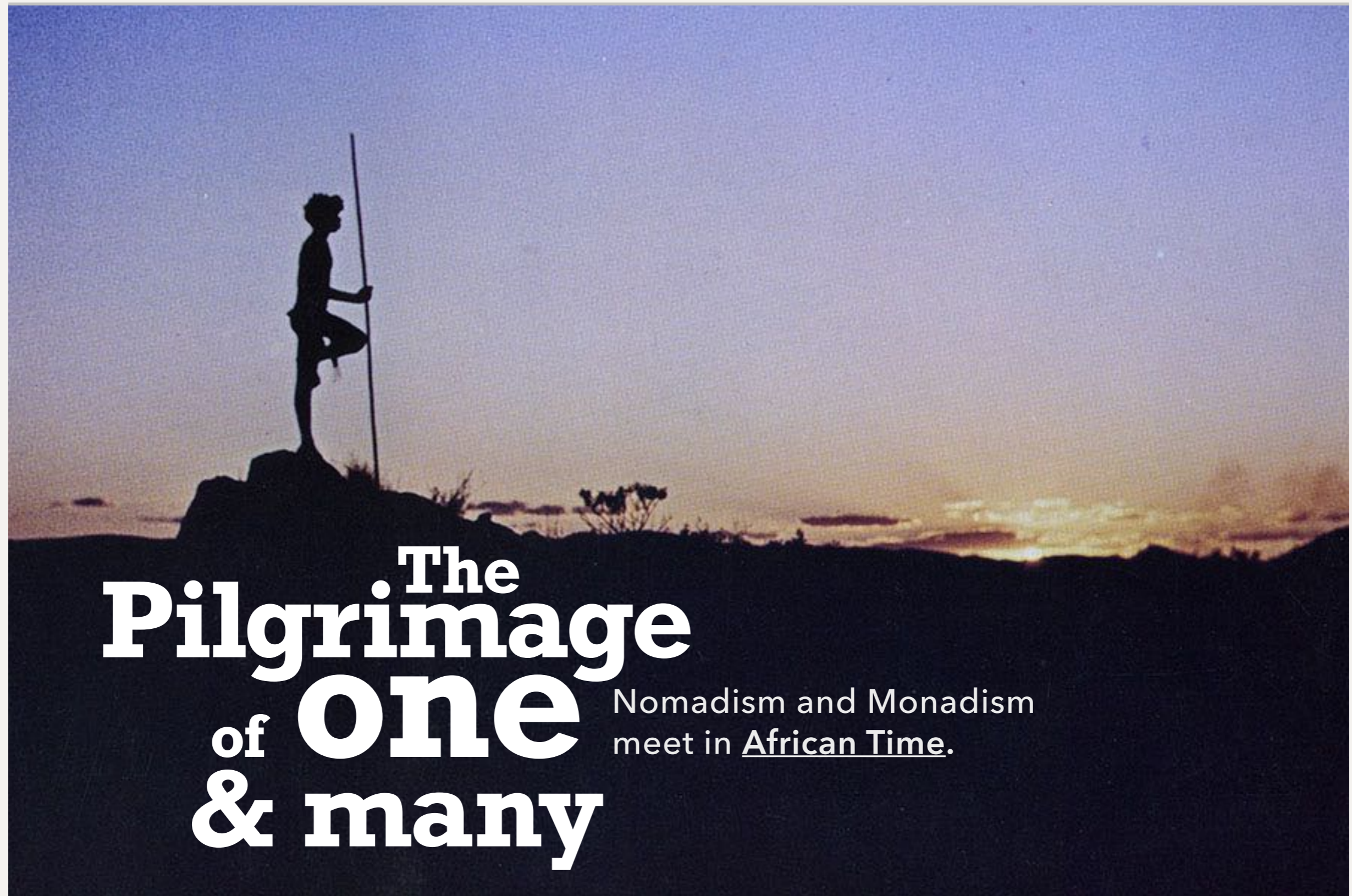
*“it began
in Africa.”*

*Then it happened.
The first innerdance
in my body took hold...*

Spirit & Synchrony

In the innerdances that unravel now across the planet, Africa isn't a place or a culture as much as it is a common point of origin. It is a Deep History.

A flurry of sound drew from my own, a spectral low to high array of utterances punctuated by my arms and legs rhythmically slamming the bamboo slats of the small hut. An innerdance was spontaneously exploding in my body for the first time in one fell swoop. It was as if every day I had lived became a one day. Time stopped, all places were just this one. All the people I had ever encountered was just a one us. I lost a sense of a self, and I was being moved to a space and time when we were all moving as one mind and body.



The
Pilgrimage
of **one**
& **many**

Nomadism and Monadism
meet in African Time.

The Nomad walks the earth, making of home wherever here finds the now. The Monad in philosophy is the irreducible, what indivisibly has no parts; the essential particle representing absolute reality.

The Nomad's search is for the Monad

The Monad is thought at its basic, Being at its essential, the single point of origin. The Monad is the totality of all things. As it has no parts, the Monad is the sum of us all.

The innerdance traces back in time, our long aboriginal walkabout, our extensive nomadic vision quest for the start and end of an infinite monad.

Our old memories trace the fluid orientations of our global mindspace. The spiritual remembrance in the walkabout recalls how creation itself is created. In the innerdance, story and story-teller meet each other, bringing forth our awareness of the Point.



A Theory of Evolution for the Spiritual

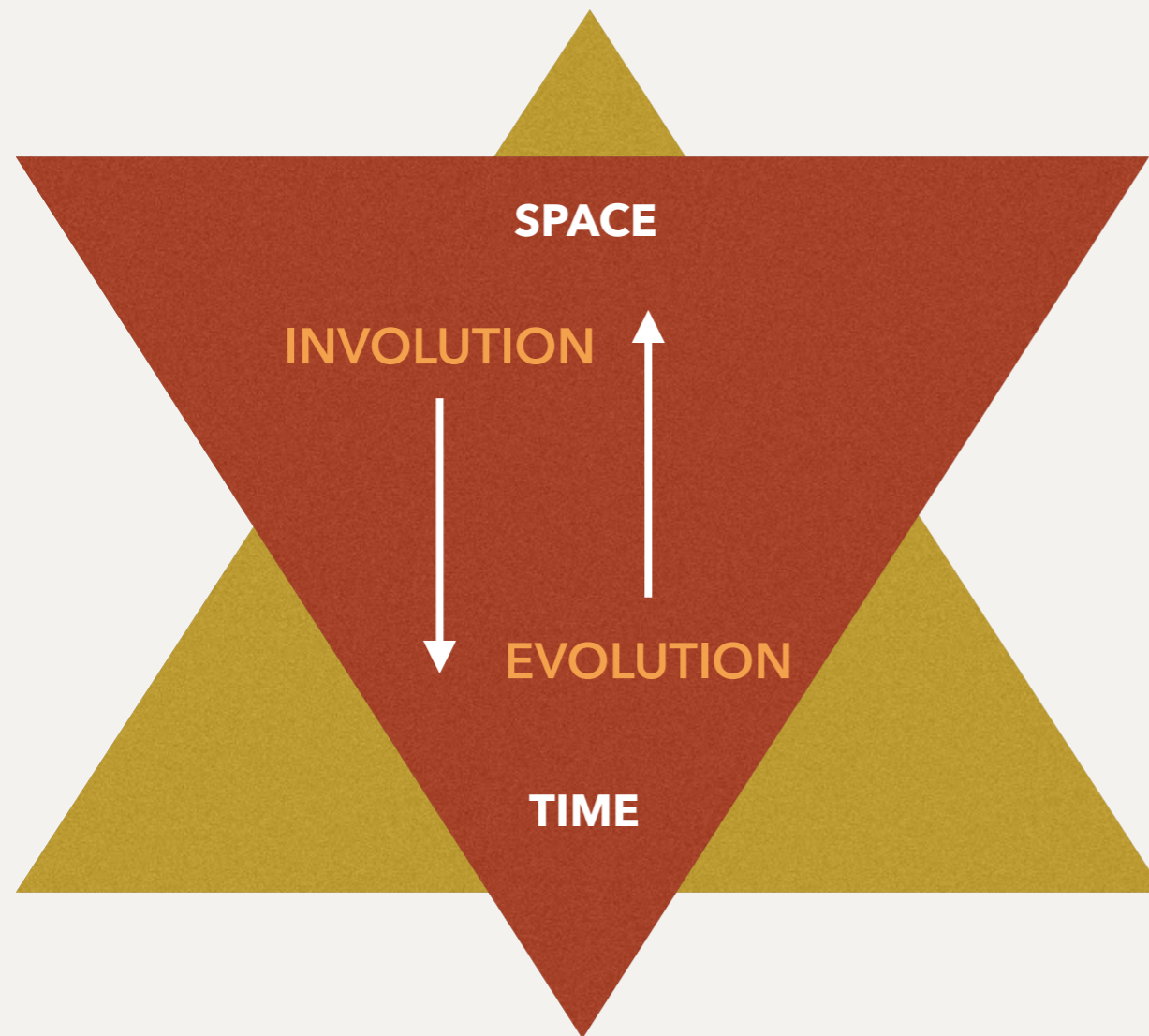
In the Awakening process,
the mind perceives the
world in the absence of time.
Change happens in time.



Synchrony in linguistics and philosophy describes our awareness of language and cognition in a present moment without taking historical evolution into account.

Levi-Strauss wrote: “*Language could only have been born in one fell swoop ... a crossing over came about from a stage where nothing had a meaning to another where everything possessed it.*”

In innerdance, everything is happening in one synchronic moment. What is unfolded point-by-point in language and thinking is all of a sudden just a one enfolded reality – making it difficult to describe the experience later in diachronic speech, one word at a time. Religious and mythical accounts describe the world was created synchronically. Founded on the Creation Myth, our reality is seen to be created from Space, rather than to evolve through Time.



Involution

Evolution happens in Time while
Involution happens in Space.

In spiritual cosmology, Involution is the process by which spirit actualises unto matter once the universe's vibration is made dense and slowed down. Infinite volumes of space are enfolded into finite Time packets, allowing life to unfold in a sequence of finite moments, making Evolution a possibility. Involution preconditions evolution.

The innerdance moves from evolution to involution, making what was dense, a "heavy lightness"; we shift from what was time into space, bringing about our remembrance of all moments in Time, all in one Space.



The
innerdance
perceives the
awakening
process
as a sudden
awareness of life
in a simultaneity.

It can be both a blissful and a frightening event when the timekeeper breaks. What people describe as felt emotions and energies are infinite elements spread out in non-linear space, what trickled only sequentially as single particles in time through the hourglass that organises the past, present and future.

“Everything was a haze. I could see faint watery outlines but with zero detail - no letters, no figures, no forms. Did I just go blind? Losing my eyesight is my greatest fear and I couldn’t believe it was happening to me. Despite the blazing rays of sun outside, I couldn’t see anything but blobs of hazy, dim light. It was like my eyes stopped assimilating light from outside.

“Is this really happening?” was the question that kept repeating itself in my mind. Later, we came to Bahay Kalipay and had an inner dance session. My vision didn’t come back after the session, but there was a significant shift in me just by being around people who didn’t feel scared for me and trusted that this was part of the process. I went to rest after the session, and the moment I closed my eyes, an intense explosion of visuals appeared behind my eyes.

It was the most amazing visual show I have ever witnessed in my life.

**Sometime
in the early part
of 2017,
Joyce lost her
vision
after attending
another
innerdance
energy school.
Not for hours,
or days but
for weeks.**

“Fair enough”, I sheepishly muttered. I woke up in the morning and my vision was only slightly better. But I felt so different.

I started writing this thing this afternoon. It is now nighttime. I have just opened my eyes after an hour of lying down with eyes closed, watching all kinds of things dance behind my eyes.

As I write now, I hear the waves roar loudly, I hear the air whisper softly, I hear my A beat quietly, I hear the moon sing delightfully, I hear the earth pulsate rhythmically. I hear all of this inside me, and through these sounds, I see clearly.

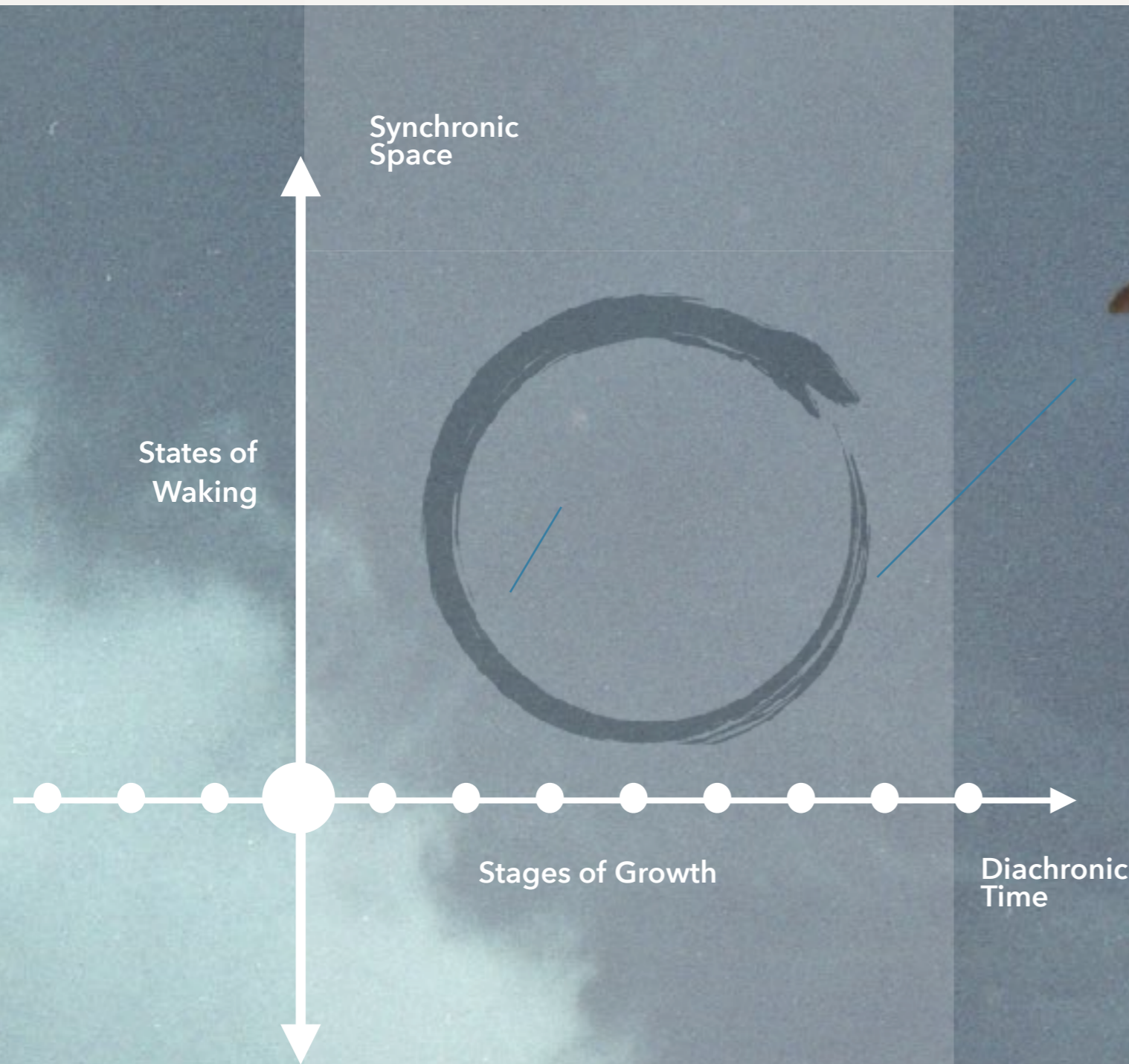
There is nothing to see and yet I see everything. I can live like this forever.”

“

I lost my ‘normal’ vision, but I didn’t really lose my sense of sight.

I realized I have always been seeing not just through the eyes. I see with my hands. I see through sound. I see in so many ways. Everything is my eye. I am everything.

”



Submerging in States Emerging in Stages

Our States of Waking Up are happening within our Stages of our Growing Up. What is our involution into Space, even as we evolve into eternal Time?

- Share on writing, audio or video past experiences of your own (or those who shared these in your sessions) of a time spent in the womb.
- Similarly, what are the oldest memories of the Earth collective that was made accessible to you and your community during previous innerdance experiences?
- To a baby and early humans, what is Time in relation to Space?
- What is the Birth Vision in relation to the Life Review?
- Let's talk about the tactile nature of the energy field in the outer spaces around the body containing an expanding inner consciousness.
- What is the origin of Story?
- What are the ways to facilitate a Womb Workshop?

dialogue, research & documentation

[UPLOAD CONTRIBUTIONS FOR DEEP STORY HERE...](#)

WOMB

VISION

BIRTH VISION

LIFE REVIEW

STORY

LANGUAGE

SYNCHRONY

DEEP HISTORY

AFRICAN TIME

NOMAD

MONAD

EVOLUTION

CREATION MYTH

SPACE

TIME

INVOLUTION

INNERDANCE

THE STATES AND STAGES OF
CONCIOUSNESS

Content

The Womb Workshop

CREATE A WARM, CONTAINED ENVIRONMENT, SAFE FROM OUTSIDE INTERFERENCE. MAKE SURE IT'S DARK.

Feel free to use this week's playlist for personal process or for groups.

The track features the following elements:

- Condensing in 1.5 hours the rhythms in the foetus through a one-day cycle while in the womb
- White noise is a sound that contains every frequency within the range of human hearing in equal amounts. This holds a prolonged fourth stage in a 5-stage wave.
- Birth Vision aspects are primed through time-displacing methods of slowing down the music in intervals.