

INTO THE WILD

Deprogram Your Conditioning

This active meditation includes five stages. Maintain your eyes closed for the entire process. **The key is to be total.**

1. Shake

Relax. Be loose and natural and gently shake your entire body. Let go of any tensions, any stress, any blockages. Shake them all out and let go of any thoughts in your mind.

2. Dance

Let your body guide you as you move ecstatically, wildly: use every muscle, every fibre. Let your body disappear into the music while you maintain complete awareness and observe the energy arising inside.

3. Catharsis

Take your dance to the next level. Give permission to yourself to become a wild animal, uncivilized, untamed and free. Feel and express your emotions fully: scream, growl, punch a pillow, laugh, cry, crawl, jump. We generally block the expression of our emotions, and wildness is normally punished severely by society. That is understandable, society doesn't want madmen on the loose and the energy inside you can be dangerous when it's released unconsciously. Unfortunately when you suppress and repress your natural urges they become poisonous prisoners within you and create innumerable complexes, disorders and diseases. So here you have the opportunity and sacred space to let yourself out of your own cage. Release the repressed anger, sadness, joy, ecstasy, madness. **When you consciously connect with and understand the wild madness within, you take the first step towards empowering your sanity.**

Don't transfer energy with others, don't interfere with others, don't touch or look at others.

4. Gibberish

Sit down comfortably and make sounds, whatever comes out of your mouth let it out. Don't use a language that you know, use words that you've never spoken before. Watch your mind as you speak in conversations that make no sense to you. This is a powerful technique of deprogramming mental patterns and thoughts.

5. Meditation

Come to complete silence. You are the witness, the watcher. Relax, observe and meditate. Assimilate and incorporate the experience and any understandings you have into your consciousness.

A fire purification of your body, emotions and thoughts

This powerful process teaches us to become masters of our thoughts and emotions rather than their slaves. Normally our lives are dictated by fears and desires that lead us around in unconscious circles of suffering and mediocrity. Our minds are dominated by thoughts that do not serve us, that we didn't even choose to have, but we've been conditioned to identify with them. Let them go and empower your life with your own experience of clarity and freedom.

