

# *Delusions of Dialogue*

Jaxon



Over spring break when visiting my friend, her mother, who is a ‘channeler,’ had an impromptu channeling/energy session with me. Before the session, she only knew my name what school I went to, and that I have a strange obsession with grapefruit. Channeling energy is when one connects to an extreme frequency of consciousness. She/he is linking the flow of energy, becoming in tune to the encompassing life force circulating amongst and between our atmospheres. This energy he/she draws from is the energy the channeler uses to mend the life they wish to heal. The power of channeling is a gift we all can seek. In some aspects it’s a muscle we have to train. We must strip away our distractions and find the mentality to detach ourselves from the physical realm.<sup>1</sup>

*“Remove all rings, watches and jewelry from your hands before beginning a treatment. It is also a very good idea, as a courtesy, to wash your hands. Do not let doubt interfere. Trust, expect and believe that the energy is flowing. Do not worry—the energy does exist and will flow, if only you allow it. Do not press too hard with your hands. You might think that it is better to press firmly when placing the hands on your patient's body, but this is not the case. Use zero pressure with the hands to maximize the energy flow. Your hands should just barely be touching your patient's body. Be open to the energy flow. Energy channeling is not a practice of the intellect; it is a practice of opening and release to the energy. Just imagine the energy flowing through you and out of your hands, and you will feel a sense of openness to the energy. You will find, if you simply release yourself to its flow, that it comes easily. Do not try to force the energy, but just open yourself and "see," in your mind's eye, the energy flowing through you. Effortless intention alone is sufficient to call in and conduct the energy.”<sup>2</sup>*

Gaining the power to channel is not something that occurs over night; one way to hone into your higher self is by awakening your Kundalini. The Kundalini is the dormant potential force in the human organism. This awakening involves the Kundalini physically moving up the central channel to reside within the Sahasrara chakra above the head (Sahasrara Chakra symbolizes detachment from illusion—an essential element in obtaining the higher consciousness of the truth that one is all and all is one.) Described as a coiled snake, the Kundalini can be awakened both passively and actively. The Kundalini can also awaken spontaneously for no obvious reasons, or be triggered by intense personal experiences. When this awakening occurs, energy rushes and the feeling of electricity circulates through the body.<sup>3</sup>

Energy and the study of channeling derive from a multitude of things. There isn’t just one definition to any of this, and there definitely isn’t just one way of grasping your higher self. In Kabala, for instance, they teach how energy is all around us: each living thing is made up of a divine blend of energies; our light fluctuates through and between everything.

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<sup>1</sup> Wendy Trividad

<sup>2</sup> Stephen H. Barrett

<sup>3</sup> Health Center I.R

*Concepts*

*I'm not in a deep trance, I'm not in the wave  
I'm going to say concepts are you here Jaxon.  
Ideas ideas that make you laugh  
Ideas that make you smile  
Ideas that make you laugh ideas that make you smile  
Full of ideas, thoughts that allow you to escape  
Go with these ideas  
Go with the ideas that make you happy  
Ideas are what make you happy  
There is more beyond this idea  
The creation of your ideas  
Ideas all around you  
You didn't have them there before, but now they're all around you  
The ideas are around you.  
They live around you  
They grow they grow  
They're like your houses  
Your ideas are like your houses  
Stick with your houses they allow you to grow  
Ideas and people in the houses, light and life in the houses  
The memories in these houses  
The memories you create in these houses  
Stick with the houses  
The houses make you grow they make you happy*

*(silence)*

*Frankly speaking we're not speaking  
Let your words come out  
Let your words come out  
Don't trap them in your houses  
Let your words flow out  
Speak speak speak speak  
We're not frankly speaking we're not frankly speaking  
Speak out of your mind  
We can't hear you  
We can't hear you  
Stop silencing yourself  
Frankly speaking we're not speaking  
You're not frankly speaking  
Speak through there  
Speak through there  
Speak through the heart  
It's the veil of happiness  
Speak through your heart*

*Don't let your words hide  
It's a veil a pretty white veil  
Don't let the veil cover your words  
Speak from your heart  
Don't doubt your words  
Speak  
Speak*

*(silence)*

*There's the magic there's the magic  
With the veil there will be no magic  
Looking for magic in your life  
Searching for something different  
Searching for the beauties in life  
Magic trying to find the magic  
You think you can no longer find this magic  
You miss the magic man  
I miss the magic man  
I need the magic man  
He was a magic man  
He could do tricks  
He had tricks up his sleeve  
He stirred you left and right  
Distracted you from finding the pure magic  
The magic you're made of  
The magic you were blinded to  
The magic maker was a trickster and tricky guy  
A tricky tricky guy  
Unknowing weather his tricks were real  
Find closure with the magic man  
He's in your heart he's on your hand*

*(silence)*

*The hat  
I am this and this and this and that  
I can be anything anything at all  
I trick you here I trick you there  
I can be anything  
Follow the fellowship of me  
Follow my flow  
Worship me  
Worship me*

*(silence)*

*Lift me up where I belong  
Lift me up where I belong  
I'm not what I seem  
I can be many many many many things forever  
Forever  
The disguise  
So many things to worship here  
All the colors here  
You don't need to worship  
I don't know what this means but someone thought they polluted the river  
The river is the family  
The magic man is sorry*

*(silence)*

*Shaking like a dog  
Shaking off the past that comes off of you  
Droplets of the past  
The more you shake the more you shake into you  
Shake  
More you  
Shake  
More you  
You constantly go back and forth from being great to not okay  
Up and down up and down  
When you're not okay is when you're soaking wet  
Absorbing the pain that doesn't belong to you  
Soaking wet in sadness  
Just shake it off of you  
See your energy is like a 4 year old  
You look tall  
But your energy is like that  
Like that  
Do you see  
You need to start growing growing into your size  
Energy at 4  
Why is it there  
That's the size  
Your energy is that size  
Do you understand  
When you grow you're not 4 anymore  
Something kept you down here  
Keeping you down  
Down  
Flipped around*

*Flipped around you would be one thing and then flip around  
No stability  
You didn't find the balance  
You couldn't find the balance  
Because there was never any balance  
No balance  
The balance between the female and the male  
There was no balance between them  
You felt the imbalance when you were little  
Did you know that  
You felt them  
The imbalance when you were little  
The imbalance of your parents  
Before 4 before 4 before before  
The magic before*

*(silence)*

*You carried that imbalance  
The imbalance of them into you  
This is mine this is mine  
This isn't your imbalance  
This isn't your pain  
It's theirs  
It was a lesson and it helped you grow but you don't need that lesson anymore  
Now it's bringing you down  
The imbalance the pain was a gift  
A gift that you took  
A gift that you have held on to  
You didn't want it  
But you took it  
You've taken it with you  
Taken it with you  
Taken it with you  
But it doesn't belong to you  
Let it go  
Thank you for the gift  
You don't need it anymore  
That imbalance doesn't belong to you  
Thank you  
Thank you  
But you don't need it anymore  
It was a gift  
You've learned from this gift so give it back now  
You will only grow if you give the gift back  
The pain in you doesn't belong*

*You've held onto this gift for too long  
So long that you're stuck  
You feel helpless sometimes because you're stuck  
It doesn't belong to you  
Let it go and grow  
You don't need it anymore  
He is gone but still around  
And the imbalance has haunted you  
Not having anyone around  
No one around to give the gift back to  
You feel alone  
Because you haven't grown  
I'm coming back I'm coming back*

*You know the characters in the wizard of oz  
They're like your family members  
The wizard of oz  
One has a heart  
One has a brain  
They don't have it all working together at the same time  
One at a time one at a time  
Not together at the same  
You need all of them together  
Working together all of the together  
That's your family the wizard of oz  
They're showing you they're showing you  
You're always looking to extend your family  
Always looking for a family  
Finding the home  
Creating the home  
Building the ideas  
Building these houses these houses in your art  
These houses in your life  
Creating  
Creating  
Ideas forming  
Ideas that sustain you  
Your family  
You all need to work together  
All of it working together  
That is harmony  
All working together*

*(shaking)*

*I'm back I'm back I'm back*

*Your dad  
It's your dad  
It's like he constantly wants to be around you be with you  
Next to you  
And you feel it  
But he's too busy  
You're too busy  
You don't need him anymore  
Give back the gift  
He's always trying to be around you  
He doesn't know how to finally leave  
And it haunts you  
And you feel it  
Give the gift back  
Give it back  
The imbalance you don't need it anymore*

*(silence)*

*I have so many projects going on  
So many projects  
So many projects going on always doing projects  
Very very busy  
Doesn't want to slow down  
Doesn't want to slow down  
One project after another  
Wants to be on the very top of the mountain  
Wants to make it to the top  
Shining bright*

*(silence)*

*Keep doing the thing you love  
Keep doing the things you love  
The ideas the creations the things you love  
You will get far with the things you love  
The things you love will love you back  
You have it good  
You have it really good  
They will love you back  
Did you know things can love you back  
You love them so much you create them with your love  
Allow yourself to be loved back  
You deserve the feeling of being loved back  
Stop isolating that feeling  
You are loved and will be loved*

*Allow you self  
Relieve yourself  
Don't be so hard on yourself  
You will shine on the top of that mountain  
You will shine  
Keep doing those things you love because they will love you back  
Create  
Create create  
These things you create have such a strong energy form  
They shine so bright  
There are so many so many things for you to love  
You will love many many many many things  
Love affairs with many things  
And love affairs with many many many many people  
Many people  
So many people  
There is a long long long love affair  
So many people  
So much love  
A long long long long love affair for you  
It's a long one  
Many many many many many ones  
Then a long long long long one  
Many love affairs*

*(silence)*

*What is chastise  
Chastise  
That's on the female side  
The chastiser  
The duke  
Do you know that  
She was a duke before  
That's the role she plays  
She's a duke  
She's still a duke  
I'm not a dude I'm a duke  
She wants to be treated like a duke  
That's when she loves you most is when you treat her like a duke  
Always needing to be something new  
Always something new  
Always something new  
Moving on the next thing  
Change change constant change*

*(silence)*

*There's art all around you  
Art all around you  
Art in the walls  
Everywhere  
Art all around you  
You chopped your own energy  
You made yourself smaller smaller smaller  
I'm 4 I'm 4 I'm 4 I'm small I'm small  
Constantly chopping yourself  
Constantly telling yourself you're wrong wrong wrong  
Spanking yourself when you don't need to be spanked  
Making yourself smaller smaller smaller  
Asking if you exist  
Who am I who am I  
Making yourself so small when you can be bigger than life  
I'm 4 I'm 4  
What am I  
Lover lover lover lover  
Love him love her  
I told you I told  
The imbalance of them into you  
Send it away send it away it's not yours  
Give it back  
You don't need it you don't need it anymore  
Your energy is imbalanced  
It's tipped  
Tilting way down on the female side  
Tilting down  
You need to balance your scales  
Find the balance inside of your self  
Finding the balance of the female and male within yourself  
The imbalance in their energy is in you  
Balance yourself  
You must balance yourself to find harmony  
You will shine  
You will be on the top of that mountain  
But you must learn balance  
Stop distracting yourself  
Stop allowing yourself to become distracted  
Love yourself and what you do because the things you love will love you back  
Love yourself  
Love yourself*

*(silence)*

I am aware of my defaults and dwell on them to the extent where I can hardly breathe. My chest begins to deflate and I become a droopy demonstration of the harsh neglect I inflict upon myself. I slowly swallow the swamp of regret, the swamp of deprecation. I carefully pick away at my inconsistent tendencies and my scabs that slowly become scars. I dissect myself until I become so bare, so vulnerable that the smallest of light pierces the sheets of my emotion. I belittle myself, so small, into a creature the size of a needle; from that petite creature I mend myself together into the angelic light I once was. This process is a pattern, a pattern that extracts the fluidity in my life, the fluidity I adore. This feeling I embrace is a dense wave that devours me and the energy I elude. I become swollen with discomfort, bursting open, exploding on the ones that I love most. The energy compiled inside of me, the rage that seeps out of my pores, evaporates into the air my loved ones breathe in. It's hard to not take in such extreme energy, it's impossible to not feel empathy to not see nor touch the agony staring back at you. For the majority of my life I have kept my pain in a box so deep in the galaxy of my stomach. This pain from my past strips me from my future; I have not restored the fragmented light I have vigorously exuded from a place of despair. I used to be afraid of being alone, because I would immediately sulk in my sadness. I was my worst enemy, beating myself up for circumstances I had no control over; I had succumbed to the creatures of my void, the creatures that morph me into a raging bull, the person I wish to never be.

The life we live is so magical and so fragile. I wish to embrace it and all its beauty, although for a long while it was hard for me to accept the beauty because I was so consumed by the encompassing pain I kept bottled within me. I'm slowly learning to derail it and resale that unwanted energy. What I encountered through channeling allowed me to reach a point where I'm finally ready to let go.

This experience altered my way of thinking in such a wonderful way. Forever I'll constantly be on the hunt for some form of reassurance that my world will be alright. I insist on knowing what happens next, and with that I find myself never present, darting from moment to moment reviving myself from the pain of my past—the pain that fueled the creativity out of me, the pain that spewed all forms of light into art, the pain that constrained me from proceeding forth in my ever-lush life. I recently acquired a new feeling. This feeling is a mutation of my bipolar needs. The feeling I've acquired is something beyond me. It will allow me to not only accept, but also cherish myself for all the right and wrong doings I have made. I am fearful of crumbling, disintegrating into my masterpiece of distress. I'm constantly worried about my future and my ability to succeed—my ability to reach for that ecstasy of a galaxy. This process of acceptance is still hindering me, although this indescribable, undetectable feeling wallows in my chest. For I don't know what it is, although when it's there my skin feels luminous and solidified, and when it's gone I fragment into the depths of my illusions.