

JOINING FORCES



SEQUENCE FOR DREAMING By Miles Reid

From video transcriptions: [Sequence For Dreaming](#) (Brasil Fall Practice 2024)

[Sequence For Dreaming](#) (Europe Spanish Spring Practice 2024)



1. INTRODUCTION

The Sequence for Dreaming

The Sequences for Dreaming are to prepare the state to enter any dream, to be available for, as I said, the dream is everything, to be available for life.

Tony Robbins, who does huge seminars on personal development, says **everything starts with changing the state, the vibration, the energy.** What state am I in? High or low? Am I vibrating high or am I in a perceptual prison?

How do I enter my state? This is to prepare. I'm introducing it here, and we will reinforce it in other practices. We will have a series of dream passes as units, which you can assemble in infinite combinations. There won't be a single Dream Sequence but rather, for example, Luis's Dream Sequence, the Dream Sequence from Brazil, or the First Week of May Dream Sequence, etc.

So, we're going to make a series of vocabularies. We're not worried about the sequence itself. But we know that, like the jaguar, all these units can be combined in any way you like. We're going to understand the vocabulary a bit and explore these active principles.

So we now have two different creative forms: **A Sequence For Dreaming, to enter the state, and a specific dream that is the Jaguar.** For now. This is a better combination. It will give more power to the jaguar, it will give it more solidity

Because those who have practiced the jaguar, I am sure have already had the experience that the jaguar is not always the same. It depends on how you enter, sometimes it's super powerful, and sometimes it's something else, and sometimes it's not much of anything. And it

has to do with the variations of: *How did I enter? What with?* **So, working on the state, on how I enter life, into dreaming, is good, it is a necessary part.**

2. GUIDELINES FOR PRACTICE

First Guideline: The Shoulder Blades

The Assemblage Point is back here [*points at shoulder blades area*]. The shoulder blades are like floating, it's a very interesting bone, it's not stuck, it's actually floating and can move in all directions. So, there's the trunk, the ribs, the [*thorax*] cylinder, and the shoulder blades are like sliding over the cylinder. We do this a lot, we lean forward, so the shoulder blades move a lot like this [*moves shoulders up and down*]. And in general, we're often hunched over like this [*shoulders up and forward*].

And then we have how we handle daily stress, how the thoracic structure at the level of the shoulder blades is regulating or getting stuck, because the presentation of the world today, as you know, from here up is sort of fixed, right? Like pressure. All my patients have hard trapezius problems, the head is forward. There is the tension of the musculature here, the sternum is down and the shoulders are down and forward. I became aware of doing this twenty years ago and I am still working on it!

That's the 21st century position, right? So, that makes the shoulder blades kind of stiff and we want to maintain fluidity. What I was talking about the other day, I won't repeat it, but we're looking to move the shoulder blades horizontally, laterally, so we can bring fluidity to the Assemblage Point that's back there.

So, the shoulder blades are quite stiff and lifted up. There's a muscle called the levator scapulae that pulls the shoulder blades up, and we all have those muscles very short because, of course, we're like this [*hunched over*], we're stressed, overwhelmed, oversaturated. If we're relaxed, what happens? The shoulder blade rotates down and settles. Now, this movement is good, and it mainly needs to be fluid, because what we don't want is for it to be stuck up here [*shows the movement*] and not even for it to go down, because going down isn't good either. It's good to be more relaxed.

What we're looking for is the lateral movement, for the shoulder blade to slide laterally [horizontally]. That's what disengages the Assemblage Point. Moreover, this movement is good for being a bit more open, giving us a perceptual change, like the Assemblage Point moves to the side. So, these two sequences are passes that invite to a horizontal rotation of the shoulder blades.

Second Guideline: The Psoas-iliac & the Earth

First we have the psoas. Look, there are like two parts. It's a double conversation. **The psoas is planted in the earth and is receiving information from the earth. And it transmits it through the groin here** [*points to the groin*] **to the vital organs** [*points to the liver, pancreas, kidneys, and adrenal glands*]. The psoas is well planted. And then, the shoulder blades are fluid, rotationally, laterally, linking with the heart. The energy from the Earth is transmitted through the mycelium. The mycelium, which is this whole network, the mycelium network, of the fungi on the planet that communicates, transmits and transfers information and nutrients all over the planet. Now, we know that. And then, from the mycelium, Boom! From there we go into personal individuation.

I connect with the magma, then with the mycelium, with everything that is around me, and Boom!, the energy enters the feet. And from the feet we connect it with the psoas-iliac system, which are the main flexor muscles of the groin. And there, the transmission of the vibration and the energy of the Earth, through the feet, is transmitted to the vital centers in the trunk, through the psoas-iliac.

And here we are, Boom!, the energy is now in the vital centers. We bring it in, we reorganize it, we potentiate it, and the psoas transmits that quality to the diaphragm, because the muscle extends from the femur in the leg to the diaphragm itself. So it also regulates the breathing.

Third Guideline: The Vital Centers and the Obliques

We MUST engage the oblique muscles in order to open the pouches of energy into the centers of life and vitality in the trunk. Once the rib and hip binding is freed, energy can flow and redeploy into the organs. Then the breathing regulates naturally, the shoulder blades become mobile, and the assemblage point fixation releases its grip.

Disassociate the rib from the hip bone. Disassociate, don't let them be stuck together [shows that they're stuck together]. If this is like this, nothing happens here. It has to move separately, well separated. My two hands [one hand on the hip and the other on the ribs each pulled into opposite direction] show how that they separate. If the ribs and the hip are together, the energy center doesn't open. If I separate them, it does open. And so, I have to engage these oblique muscles to separate. Rotation of the trunk without rotation of the hip to open the energy center. The rotation is not simultaneous. No, it's disassociated. So, from the hip down, we're like oaks, like a tree. And here [the trunk] we're fluid. This area represents our stagnant self, our holding, our stiff views. And, conversely, this fluidity then also brings the fluidity to the shoulder blades. These two areas.

Fourth Guideline: The Breath

And then we also have a breathing pattern, like the jaguar. Here we enter the human apparatus system to have fluidity in the perception point. The energy and fluidity of the earth

starts to regulate the breathing. That is the very component for The Sequence for Dreaming, which is a breathing pattern.

In this sequence we are interested in the deliberate command of our breathing pattern. Then we have fluidity in what we see, what we perceive. **The breathing pattern is constant. It has to be fluid. Just like the Assemblage Point.** That's the idea, the breathing of the Dreaming Sequence, for it to flow, for everything to move, right? So, keep the breathing, as if it were a part of you, focused on not cutting off, not interrupting, not starting or ending anywhere.

Just as the Jaguar has a particular pattern, this state of fluidity, this pattern, is circular. It is without beginning and without end. It is abdominal and repetitive, and with an expectation of what will come next. The next breath will be the same as the previous one.

So perception relaxes in that anticipation, because human perception is always anticipating a moment ahead. It is always, in fact, a little bit in the future, impressively, because it is trying to anticipate what is going to come. So it uses all this sensory apparatus to be able to send out constant hypotheses. This is what is going to come in the next second, in the next X.

So the system prepares for that expectation, that hypothesis, and then it's confirmed or adjusted, depending on what happens. And we're always hypothesizing what's going to happen. So if there is this expectation that the breathing is going to be similar to the previous one, and then the autonomic nervous system relaxes.

We have to basically be pulling our autonomic system towards the parasympathetic all the time. Because just as socialization pulls our Assemblage Point towards rigidity, it also pulls our autonomic state towards stress. Then, when we are stressed, we can engage in either fight or flight, for example; up-regulation, too much activity, or the opposite.

Fifth Guideline: How to Use the Eyes

And then, finally, we bring in the eyes. The eyes have to be in a particular shape to use them. When we want to focus, when we want to stalk, when we want to focus on something, we engage the gaze to the center and out. So centered, right?

And in this case we want to do the opposite. We want to pull back our gaze, open it up so that it is kind of illuminated with information, and is more peripheral and not focused. Then, this visual receptivity also makes perception become fluid. We must try to disassociate the cervical muscles from the orbital muscles. That is what has been found, and we'll talk about it in a moment.

Scientists have studied the eyes and it's about certainty... the certainty of something. And in the dream, certainty is not what we're looking for. We can have small certainties, but temporary. Because everything is constantly changing. So, we aim to get out of certainty. There are many ways for the eyes to affect us.

There's a functional correlation between the visual apparatus and the perceptual point. The focused vision, the central part of the retina, is for fixing, it's for stalking. The central vision of the perceptual field is for stalking. The lateral, panoramic vision, is for dreaming. Because what does this do [*moves eyes horizontally*]? Everything becomes more fluid, less fixed, less concrete, which is the ideal position for dreaming, fewer certainties.

So, peripheral vision, constant, circular breathing, and then we have the psoas planted with the earth and the Assemblage Point rotating, spinning, going. Those are the parameters.

Corollary of Guidelines: Fluidity across the Body

This sequence... we have the Jaguar form, and now we also enter The Sequence for Dreaming , which is how we align with the state of fluidity.

In dreaming, we attend to fluidity because we live on the Earth. It's interesting, we would have to see what happens when, for example, we colonize Mars. How is the dreaming there on Mars? But in principle, I think that maybe we stretch our connection with the Earth to Mars because of the fact that we are human beings. But that is an interesting energetic speculation.

But let's say that, since we are an extension of the Earth, and we belong to the Earth, the force to move the Assemblage Point comes to us from the Earth. Yes you can bring energy from the stars. But we'll put that somewhere else for now.

So, those were the energetic parameters that we're now going to do together.

A Visualization Practice to Assemble it All

Sit comfortably. Close your eyes and take 2 deep breaths...Boom! Send the attention inside, then all the way down your feet into the ground, into the earth, all the way into the center, into the magma, feel that the fluidity and that energy...

Then bring the attention back to yourself. And now you are on the surface of the earth with this intelligence, the interrelated network of this being: the mycelium structure on Earth. We have now discovered that they are our brothers that organize everything on the planet for us at the level of resources, nutrients and everything that constitutes our physical body. And now the feet are receiving all that.

The fluidity and the intelligence, it goes into the feet, through the psoas, There it is, it is transmitted, the energy is entering the vital centers, the breathing is well regulated, very soft. Feel the area behind your shoulder blades, warm, maybe it feels a bit like menthol, a menthol sensation or it can also be like a vibration. A little something special, something vibratory that

you can feel there, a little bit more active, more awake, more available. And then, nice soft throat, soft breathing there too, and soft eyes.

So, eyes closed, but soft, they are soft inside. Open your eyes, keeping that line, but here, here, right? Here I am. We are here, but we are also in that state. Yes

Q & A

"When I propose to move from the state of the fixed Assemblage Point to unfixing it, in all cases I'm gripped by a little bit of anguish, and a tremendous desire not to move anywhere."

Miles: Yes, yes, yes. The right body has to be tricked because it is used to being in control, and when we move it a little bit out of its domain, without consulting it or without its permission, it gets very angry. What counts are the ways in which this resistance shows up.

So, what you do is, you have to sort of throw bread crumbs to the right body, appease it. So, for example, if you have a little bit of apprehension or resistance, you stop and you do, for example, some passes with a formal count, because the right body likes to count and predict. So, you're like, okay, I'm going to count to 20 and 1, 2, etc. And then you do something a little bit more rigid for a moment to relax, and when you feel that you are ok, then you return to the state of fluidity. But it's a matter of working on it a little bit at a time. That's why the Nagual always said, "We appease the right side a little bit so that it lets us pass."

It lets us pass and we go to the left side, but, usually, we have to trick the right side. It doesn't give us the pass by itself.

3. DISCUSSION

Fluidity as a State: A shaman's view

The context of the assemblage point in the modern world

Yes, the mystery of perception lies in this configuration, in this idea of the Assemblage Point. I'm not sure if other disciplines have it quite like the shamans do. It's something that can be verified through direct experience by feeling the energy directly and is conceptually in line with the current understanding of perception and reality from a quantum physics perspective. The Assemblage Point is a description that fits perfectly because it relates to the perceptual state.

The moment determines the type of physical reality perception, which depends on where we are perceptually. Our interpretation of reality is thus defined, and if perception

changes, the interpretation also changes. Therefore, the Assemblage Point provides us with a means of navigating life.

I currently have a patient whose perception of reality is very coherent and has a high self-awareness of his state, but perceptually cannot move out of a particular projection. This person is not crazy only his Assemblage Point is fixed in that place. The mind tries to get out, and perception changes, but as the Nagual said, the Assemblage Point operates like an Australian boomerang. You throw the Assemblage Point [*he made the motion of grabbing it from behind and throwing it forward*], it travels, and then “boom!” it comes back, returning like a “yo-yo” to the known point. It takes a lot of energy to dislodge it from that place. However, when we exit that perceptual state, the perception changes, and when the Assemblage Point returns like a boomerang, we are back to the same perceptual place.

The world is in the position of the Assemblage Point. The Assemblage Point is in a particular place, and the world is like that, and there is no other way to understand that everything we experience in our lives is a corollary function of where our Assemblage Point is. The Assemblage Point gives us the map, so the task is to learn how to move the Assemblage Point. This is critical because it allows me to participate in my life actively, otherwise it’s like I’m adrift on a wooden raft in the ocean.

Part of the mystery of perception is that, although we are like nothing in the universe, we can still have an opinion and navigate, co-navigate. So, I want to talk to you about the **Art of Dreaming** because I would say it's the art of the 21st century. How do we manage our perception in a world where we seem always at the mercy of demands? There’s always something, a huge list, generally larger than we think we can handle. At every moment, we have this list, these demands. Our perceptual point pulls us due to our everyday organization.

How can we create another perceptual initiative? I am now entering the universe of stalking, which would be once we move the Assemblage Point: *What do we do with that new state? How do we make it functional? How do we understand it? How do we derive actions and knowledge from it?* **For now, let’s open a line of practice for moving the Assemblage Point deliberately—the Art of Dreaming.**

Discussed from a functional point of view, not just under the name “Dreaming”, because the word is limited. Just like the term *seeing* energy is limited and confusing since it gets stuck in the idea that the experience of energy must be visual.

Dreaming gets stuck in the idea that it only happens when we go to sleep, but that’s not the case. The shamans propose that everything is a dream; we are always in a dream.

Let’s close our eyes for a moment to affirm the perceptual point. Look around; everything in this world, where I am now, is a dream. Everything is a dream; I am in the middle of a dream. **This is the first point of perspective, that the dream is constant. I can be awake in the dream or asleep in the dream.** So, not only is everything around me a dream, but I myself, Miles, am a dream.

I am a dream; all that seems so concrete and defined about myself is actually a dream. **Everything is a dream, and I am a dream. Not only am I a dream, but I am also dreaming. I am a dream that dreams, dreams itself, and dreams the world.** Not only am I the product of

a dream, but I can also dream in kind. It's an active proposal. How do I relate to the world? It's not static.

This dream that I am in and that I am myself is constantly being reformulated. **I am constantly updating my dreaming. Within this updating, I can dream things, places, and other people.**

For example, we're joining forces in this global project and one of the things we are undoubtedly doing is dreaming each other by the fact of being united in a common purpose. There are guidelines on how we organize our practice, relate to each other, how we behave; we are forming a dream sustained by all the practitioners involved. We feed the dream and also draw energy from it. As we navigate, the state we are in is crucial.

From this perspective, if we open your eyes, we are in a completely dynamic world. Everything is potentially redefinable, including ourselves, who we are, how we see ourselves, our history, how we look at the world, and how we describe it — everything is a product of something dynamic. We are in this dance.

So, to prepare for Summer, for our Global Practice, we will add the Dream Sequence to the Jaguar Form that we already have. This sequence prepares us because the jaguar is a dream, but we also want to deliberately work on how we create the appropriate perceptual state to enter the jaguar, for example, and for whatever you want, because entering the jaguar is a proposal of a particular dream. We bring this being to the human and dream ourselves as human jaguars, with the attributes of the jaguar that we're already getting familiar with. It's a dream, one hundred percent.

Now, when we do the Jaguar Form, we assume: *Oh, yes, well, I do it and it works.* But what if I am very stuck with a problem, I do the Jaguar and can't connect, can't bring it forth, can't move the Assemblage Point? It's too fixed at that moment with the same daily issue. It seems the Jaguar didn't work, but what didn't work was that I couldn't stalk the appropriate Assemblage Point state beforehand. So, we will add this because we are also attending to how our state of being works. **The state we are in, the current state is key.**

How do we prepare our state for dreaming?

We are going to outline some additional parameters of the sequence to prepare for dreaming. And in terms of energy, what that means is, how do we prepare the Assemblage Point to transform it into a fluid state? From a rigid state to a fluid state. Because the usual alignment of the everyday world is that the Assemblage Point is fixed, rigid. And so are our ideas and so is our description of the world.

I once had the gift opportunity to spend New Year's Eve with Jane Goodall, you know, the scientist who studied chimpanzees? Super famous. An incredible being and very serious, in a way.

And, anyway, during this meeting, she described how her son moved objects with his mind. And, I don't know, it's Jane Goodall so it was legitimate, right? So, she was saying that the child was living with her in Gombe, which is the National Park in Tanzania, where she was studying chimpanzees.

And he was not, shall we say, educated in the Western world. He just lived with her there in the National Park. So he didn't have any... he hadn't learned any kind of boundaries. Like, for example, that the human being cannot move objects with his mind. That's a tonal impossibility, right? We have an agreement in the world, we can all say, from the tonal that no, one cannot do that.

And yet he was doing it.

And right from the start, as she described what he was doing, she had the attitude that this was completely normal, as if he was just going to drink water. So there was no dissonance then for that child to move the Assemblage Point to the place where you can move objects.

For that child, moving the Assemblage Point to where you can move objects was second nature.

And then at one point, I think at the age of seven or something like that, she related that she had to put an educational system in place because of a logistical issue, etc. And she related that within six months of starting school, he had lost the ability forever.

So, there it is, there's what they told you all along. The ones that have guided you, what they've guided you about was socialization, how they've set the Assemblage Point for us. That's what they did to us. And then we enter into an agreement that this or that is not possible. And then, in fact, it is not.

So that's the process of how the Assemblage Point becomes rigid. So, to go into Dreaming we have to reverse that. And how can we practice pulling the Assemblage Point toward fluidity? Because the socialized world pulls it towards rigidity.

To maintain fluidity we have to work on it, it doesn't come by itself. So, we're going to give some additional guidelines, how we can enter (into Dreaming). Let's see what you think.

It's About Energy

"Dreaming is a real thing. It's a condition that engenders energy." - Carlos Castaneda

Dreaming is the whole state of how we live. The more we align perception in a particular place, the more we enter into that dream. And what interests us in any dream, is "Where is the energy? Where is the energy? What items in this dream generate energy?" And if I follow them, then my energy goes up. But if I put my attention on items that drain energy, what happens to my energy? It goes down.

It's quite simple, it's physics. It seems that energy also follows some physical and mathematical principles.

So we always seek, in any dream, to track the energy. And so, if we are in a dream sleeping, and if elements appear to us, we are always wanting to find and pay attention, to see where the energy is. So we go here, nothing happens. Then we go here, nothing happens. And suddenly we go over there, and we get transported somewhere else because there was energy there.

It's the same in everyday life. If we are in a situation and on this side there is no energy, but on the other side there is a lot of energy, where do we go? To that side. And then that begets even more energy. That is how we dream, the Nagual said, searching, tracking the energy.