

A Guided Journey into the Heart of a Transpersonal Psychedelic Experience

Workshop at Breaking Convention 2019
with Mark Waking Light, Jenni Roditi, and Alistair Smith

*“The story wishes to see how beautiful it can be.
The story can never capture its moment of sheer rapture,
only what comes before and after, only the tears and the laughter.
The world is as clearly apparent, as the mind is utterly transparent.
Once you see your original face, you cannot ever look away from its embrace.
Once you know the source of the flow, there is nowhere else left for you to go.
Once you know what the pattern is seeking, wherever you are looking, you see it peeking.
Once you know it when walking down the street, in everyone you meet, you feel your heart beat.
In the wonder of this moment, life is complete, its taste unique, like chocolate, bittersweet.”*

Summary

This workshop is a guided meditation, a poetic journey accompanied by live harp music and vocal improvisation, which takes you into the heart of a psychedelic mystical experience. This is an open invitation to encounter transpersonal non-dual awareness, making the essential shift from person to presence, awaking to the timeless recognition that you and I are one. Beyond the familiar story of a lifetime attached to your name, this is an exploration of a deeper mystery alive in everything you see. Capturing the step-by-step process of how a life transforming experience unfolds, this workshop is based on a true story of what happens when you come as a man treading a path winding through the forest and leave as the forest unwinding a path trodden by a man.

Team

Mark Waking Light runs workshops on navigating spiritual experiences based on 25 years of experience with transpersonal trance and sacred plant medicines. He is a strategy consultant and also a poet.

Jenni Roditi is a composer who has specialized in creative and experimental voice work. Among her output are two lyric operas. She founded Vocal Tai Chi in 2012 and The Improvisers' Choir in 2015.

Alistair Smith is a musician, sound healer, teacher, writer, published composer and tutor for the College of Sound Healing. His passion and purpose is to share the beauty, magic and sacredness of sound and music.

Feedback

“A relived remembrance of soul.” — Nico

“The harp and Jenni's singing where spine-tinglingly awesome!” — Gabriella

“I felt pure bliss navigating with the words and music. Deep inner connection. Thank you!” — Jose

“I would love to conduct similar workshops with people in my different social circles.” — Claudia

“Very powerful, deeply moving. Fully connected with the space, the other, feeling one. Combination with music and vocal was fantastic.” — Jessica

“The poem was incredibly touching and transcending, full of love and beauty, allowing us to surrender into oneness.” — Nadia

“Very deep. Felt like I left my body at some point. Almost an OBE. The amazing power of soul connection. Miracles happen when you dive within.” — Sofia

“Very powerful, calm, relaxing and opening. I felt connected to love and deep emotions stored within me that started to flow out beautifully. Cleansing. Spoke to my own previous spiritual and mystical experiences so much and it was so powerful to be able to connect to that again.” — Anonymous