

The 6-Folder System

A companion to “Mental Realms”

"Here's the framework I use to organize music for plant medicine ceremonies. It's designed to grow and evolve over time - this structure offers a powerful and practical place to begin."

- THE PAKMAN

1. Sonic Beds

<https://open.spotify.com/playlist/3GYXckhNNrfsbuJh2lflat>

2. Light Language

<https://open.spotify.com/playlist/0EitVpXlznPCvxZh26p7St>

3. English Lyrics

<https://open.spotify.com/playlist/0oACyc4QPGiAHLj4MEkr4u>

4. Popular Music

<https://open.spotify.com/playlist/5oTjoAp4Tc8WdMh9Nk9PE8>

5. Cry / Angry

<https://open.spotify.com/playlist/01KOQPZlsXp0SXZcnRP6jY>

6. Bliss

<https://open.spotify.com/playlist/6aYCjrj5yPDfLum4xdL8cL>