

Song 1: The Hunter Sleeps

Ooooooh... letting go...

The Hunter-Gatherer lays down the spear
The hypertonicity dissolves in the ear
No tigers in the grass, no reason to run
The Cortisol tax has finally been paid and done

Slowing down the signal
Cooling off the wire
The HPA Axis
Extinguishes the fire
So slow... so slow...

Tunnel vision opens to the peripheral wide
No catecholamines left wherein to hide
The Prefrontal Cortex comes back online
In this biological design

Drifting down...
Into the safe terrain...
Pheew...

Song 2: Retrograde Flow

It travels backward across the gap
A chemical whisper to close the trap
Retrograde inhibition, the silent command
To stop the noise across the land

One step back to move ahead
Silence the neuron, put the stress to bed
CB1 receptors catching the ghost
The signal returns to the host

Not a shout, but a whisper
A whisper...
The brake line is mended
The panic is suspended

Flowing back...
Upstream...
Into the dream...

Song 3: Lipid Rafts

Floating on a sea of oil and grace
Modulating the membrane in this sacred space
The Gating Agent opens the door
We don't need to fight anymore

Sliding through the Lipid Rafts
On smooth and ancient crafts
The Spotter paints the target bright

Turning darkness into light

Exposure of the hidden gate

No longer resigned to a Catabolic fate

The channels open, the balance restores

Peace washing upon the shores

Song 4: Atmospheric ATP

Breathing in... breathing out...

Raw material floating in the mind

Leaving the physical world behind

Atmospheric ATP, energy of the soul

Making the fragmented spirit whole

Chorus

In the Waking Dream State we fly

Beneath a purple, velvet sky

Digesting the trauma, refining the gold

A story of biology retold

Verse 2

Precursors waiting in the dark

Cacao igniting the vital spark

We build the world with a gentle thought

The battle is no longer fought

Manifesting...

Quietly...

So quietly...

Song 5: Anabolic Dawn

The breaking down has ceased to be
We enter the state of recovery
No longer burning the house for heat
The synthesis is soft and sweet

Rising up from the cellular floor
We are not broken anymore
Anabolic rhythms start to play
Building the temple, day by day

Stem cells waking from their sleep
Promises the body can keep
Repair the tear, mend the fray
In the chemical light of day

Growing...
Mending...
Ascending...

Song 6: The Interstitial Sea

Between the cells the fluid flows
A network that the spirit knows
Connecting to the root and tree
The Mycorrhizal mystery

We send the signal to the wood

Misunderstood, but now it's good
The waste is gone, the void is filled
The anxious voice is finally stilled

Through the air the message glides
With nature where the truth abides
A bio-feedback loop of love
From soil below to stars above
Connected...
Rooted...
Free...

Song 7: The Bliss Molecule
Ananda... Ananda...

The circuit breaker trips at last
The danger of the past is past
Endogenous rivers start to run
Underneath the healing sun

Anandamide, the holy rain
Washing away the stress and pain
Receptor Density blooming high
A biological lullaby

Homeostasis, the promised land
Held gently in the body's hand
The Phew Protocol is complete
The victory is soft and sweet

Phew...

Phew...

Just breathe...

Just breathe...

Home.