

Grammar of Hidden Playground

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Acts

Super-Powers

The Act of Teleportation
The Act of Flight
The Act of Telekinesis
The Act of Telepathy
The Act of Invisibility

The Self

The Expansion of the Senses
The Expansion of the Self

Dream

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The Dream Awareness
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Harmonizing the Energies of the Self
Cleansing the Energy of Objects
Cleansing the Energy Flow
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Hidden Oil
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Hidden Door Symbol

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Before any Act within the Hidden Playground can begin, the following must be done. All material needed should be identified and prepared. All previous Acts should be cleansed from the Hidden Playground, the energy of the participants should be harmonized and the energy of all materials used should be cleansed as well. Eating and sleeping are considered to be Acts.

Super-Powers

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In its desire to gain super-powers the Self engages in an act of escapism. It is in the core of this continuous and restless act that the Self eventually finds the means to achieve the desired transmutation. In identifying and isolating the nature of this transmutation, the Self is faced with a choice. Either to change itself, its surroundings or to change the objects within it. The first choice being the most seductive one, and the last choice the less violent one. Whatever the choice, the result is a metamorphose of the Self into an archetype, where the consequence is an actual escape.

Acts

The Act of Teleportation

The Act of Flight

The Act of Telekinesis

The Act of Telepathy

The Act of Invisibility

The Act of Teleportation

To move from one place to another without crossing the distance in between.

Number of participants: Two.

Hidden Door Symbol (see Appendix)

Two keys

Hidden Oil

Chalk sticks

Salt

Begin by measuring as big a rectangle as possible within the Hidden Playground. Then draw this rectangle with chalk. Surround it with another one made of salt. Keep in mind that all material needed should be inside the rectangles before they are closed.

Perform the Act of Cleansing the Energy Flow.

Decide where the middle point is on both drawn short sides and position yourselves facing each other at these opposite points. Take one full step forward and mark this spot. Draw the Hidden Door Symbol so that its base line runs parallelly with the short side and has its middle on the marked spot.

The distance between the two base lines of the Hidden Door Symbols is then measured and noted.

Both participants should now take a key and put a drop of Hidden Oil at the base of its back side. Spread this drop along the back side using a finger. When done, touch the middle of your forehead with the same finger.

Stand facing each other with your toes touching the base line of the Hidden Door Symbol and speak the following:

I am the key, the piercing needle

I step through the Hidden Door and pierce space

Hold the keys pointing forward with your eyes closed and focus on the Open Hidden Door Symbol. Start counting downwards from the noted distance aloud and in unison.

On zero, take two steps forward, the first ending within the triangle of the Hidden Door Symbol and the second step carrying you both to the other side.

The Act of Flight

To leave the ground and move through air as through water.

Number of participants: Two (the participants are to weigh themselves in advance).

Glass cylinder

Water

A paper circle (that fits within the glass cylinder)

Hidden Oil

Chalk sticks

Salt

Begin by drawing as big a circle of chalk as you can within the Hidden Playground. Surround it with another one of salt. Keep in mind that all material needed should be inside the circles before they are closed.

Perform the Act of Cleansing the Energy Flow.

Then start to fill in the chalk circle with chalk. The motion of the hands should be focused upon as an intense negation of gravity.

When the circle is completely filled place the glass cylinder at its center. Fill it to its brim with water.

Write both your names upon the circle of paper and dip it in Hidden Oil. Then place it as a lid on top, floating on the water in the glass cylinder.

Stand with the cylinder between you and hold out your hands so that they overlap and form a ring. Each one of you is to have one palm facing upwards and the other palm facing downwards. Hold this position as you downwards start to count the sum of your collective weight in unison. Do so while imagining your bodies immersing in water.

On zero, let go. Lean backwards and float.

The Act of Telekinesis

To move the world by thought alone.
Number of participants: One Man or more.

Wheat flour (about a handful)
Water
Semen
Blood
Needle
Dry cloth
Chalk sticks
Salt

Begin by drawing a circle of chalk as big as you can within the Hidden Playground, do so by standing still and spinning on your own axis. Surround it with another one of salt. Keep in mind that all material needed should be inside the circles before they are closed.

Perform the Act of Cleansing the Energy Flow and then adopt the sitting position from the Act of Harmonizing the Energies of the Self. In this position meditate upon the meaning of this Act and its consequences. Take time to mentally prepare yourself for the task awaiting.

Once you have found your resolve, visualize your will as a dough. Keep this mental picture while mixing the flour with the water. Preferably in a big bowl using your hands.

Start kneading it. Transform this mental picture into reality. When you have achieved a nice and smooth consistency fill the bowl with water. Carefully and gently work the dough in the water, slowly separating the starch from the gluten. This is achieved when the dough has been reduced into a small non-sticky, rubbery substance.

Let it emerge from its milky amniotic water and name it with a secret name that only you may know. Whisper the following to it:

*[Secret name], you are the flesh of my will
The action of my will outside my body
To do as I bid, this is what you are*

Place it aside on a white, dry cloth.

Spill your seed and blood into a bowl, but do not lose yourself while doing this. Mix these fluids with a finger and press it into the center of the flesh of your will. While doing so, whisper the following:

*[Secret name], I give you the power to act
So you can go where I am not and act according to my will*

Close the body of the flesh and make it whole. Consume this body as to make its flesh your own.

Before you break the circles, call upon this power of action to do your bidding in order to bind its obedience.

The Act of Telepathy

To access the mind and thoughts of others.

Before this act is to be performed, the Act of Telekinesis must be executed.

Number of participants: One or more.

Any sorts of nuts

Chalk sticks

Salt

Begin by drawing a circle of chalk as big as you can within the Hidden Playground, do so by standing still and spinning on your own axis. Surround it with another one of salt. Keep in mind that all material needed should be inside the circles before they are closed.

Perform the Act of Cleansing the Energy Flow. Adopt the sitting position from the Act of Harmonizing the Energies of the Self and try to empty your mind.

Place a bowl of nuts in front of you and when ready invoke [Secret name] (See the Act of Telekinesis) into the circle. Speak the following:

(Activate the named sense with the help of the nuts)

*[Secret name], I call you into this circle
You are my will outside my body
Your flesh is my flesh
My bidding is yours to be done
Listen as I teach you this
This is sight as I see
This is touch as I touch
This is sound as I hear
This is smell as I smell
This is taste as I taste
These senses I teach you to know
But not to perceive by yourself*

(As you speak the following, think back and remember the activation of the named sense)

*This is sight as I remember
This is touch as I remember
This is sound as I remember
This is smell as I remember
This is taste as I remember
This I teach you, the pattern of memory
But not to remember by yourself*

The Act of Telepathy

(As you speak the following, think back again but disconnect the sense with its memory)

*This is sight as I remember
This is touch as I remember
This is sound as I remember
This is smell as I remember
This is taste as I remember
This I teach you, the pattern of lie perceived as truth
But not to lie by yourself*

(As you speak the following reflect upon the named emotion and try to feel it)

*This is happiness, as I feel
This is sadness, as I feel
This is anger, as I feel
This is calm, as I feel
This is love, as I feel
This I teach you, the emotion of Man
But not to feel for yourself*

*These things I teach you
So I might call upon you to recognize this in others
And to show them to me at my will
But this I deny you
To sense, to remember, to think, to feel and to know yourself
You are the reflection of my will
And mine only to command*

The Act of Invisibility

To become unseen by the world around you.

Number of participants: Two or more.

A convex lens

Engraving tool

White candles (one big enough to stand without a holder)

Water

Dry cloth

Clear spirits

Chalk sticks

Salt

Begin by sealing the Hidden Playground from outside lights and turn all lights off within.

Lit a candle and with a piece of chalk draw as big a circle as you can within the Hidden Playground. Surround it with another one of salt. Keep in mind that all material needed should be inside the circles before they are closed.

Blow out the candle and perform the Act of Cleansing the Energy Flow.

Lit the big candle in the middle of the circle and in its flame heat the engraving tool. Once warm, engrave the word "LUX" on the side of the candle. As you name it speak the following:

*This light belongs to you, Lux
Who brings forth the seen from the unseen*

Bathe the lens in water and wipe it clean. While doing so, visualize that you are erasing all previous images held by it.

Name the lens and speak this name out loud. This name is secret and only to be known by the participants of the Act. Once named speak the following:

*We are your masters
As we hold you and call you forth by your true name
You are all the lenses that look upon us*

Dedicate the engraving tool to *Lux* by speaking the following:

*Lux, this tool we give to you
To make as sharp as the brightest light*

The Act of Invisibility

Invite *Lux* into the circle and hold both tool and lens in your hands while speaking the following:

*Lux, come into our circle
This we ask of you
Take the gaze of [secret name of lens]
Make it blind to its master's shape
Blind to its master's colour
Blind to its master's form
Blind to its master's motion
So that we, its masters, can move around unseen and unnoticed by others*

Use the tool to engrave the following on the surface of the lens:

*NO SHAPE, NOR COLOUR
NO FORM, NOR MOTION*

When done, speak the following:

*Lux, this we offer in return
That which otherwise would be left within the dark*

Pour a glass of clear spirits to each one and cheer a toast for *Lux*. Take turns to whisper a secret each into the flame of the candle, offering them up as payments. Soot the lens and wipe it clean. Before blowing out the flame, bid a thanks to *Lux*.

To use the lens, hold it in your hand and call it by its true name.

The Self

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The body of the Self has its borders and limitations defined by the mental landscape in which it is positioned. By assimilation of that mental landscape growth and agility are achieved. An athlete of the Self often obtains a particularly well-developed body by engaging in extensive mental training and practice accompanied by a strict educational regime. Whereas discipline in itself is essential, performance can also be enhanced by the use of catalysts.

Acts

The Expansion of the Senses

The Expansion of the Self

The Expansion of the Senses

To expand one's vision, smell and hearing.
Number of participants: One or more.

Hidden Oil (see Appendix)

Chalk sticks

Salt

Begin by drawing a triangle with chalk where each side is about two steps long. If you are more than one person performing this Act at the same time, none of the triangle's corners should point at the other triangle.

Dedicate the corners to *Videre* (to see), *Olere* (to smell), *Audire* (to hear) and write their names clockwise accordingly. In each corner, also place a small plate with one drop of Hidden Oil.

Surround this triangle with another one of salt. Keep in mind that all material needed should be inside the triangles before they are closed.

Perform the Act of Cleansing the Energy Flow.

Start by facing *Videre*, sitting with your back straight and head still. Dip a finger in the Hidden Oil and touch both your eyelids. Meditate and focus upon the act of seeing. Give yourself to the act and strain to see beyond the visible.

Take your time before turning clockwise to *Olere*.

Dip a finger in the Hidden Oil and touch your nose. Meditate and focus upon the act of smelling. Give yourself to the act and strain to smell beyond the smellable.

Take your time before turning clockwise to *Audire*.

Dip your finger in the Hidden Oil and touch both your ears. Meditate and focus upon the act of hearing. Give yourself to the act and strain to hear beyond the audible.

Do not exit the triangles before you feel that you are done with all three senses.

The Expansion of the Self

To achieve extensions of one's personality on several simultaneous planes.

Number of participants: Two.

Hidden Oil (see Appendix)

Earth

Seeds (any sorts)

Chalk sticks

Salt

Begin by drawing a circle with chalk big enough to house two sitting people with space in between.

On the opposite sides, outside the big circle, draw one small circle each. Each smaller circle should be positioned so that the distance between it and the bigger circle's border is one full step taken by the one who draws it.

Draw a spiral each within your circle. This is done by tracing the border of the small circle clockwise and allowing the chalk to spiral inwards as close as possible to the line previously drawn. Do so while imagining that you are tracing a thin wire of your own energy. The spiral should continue until it reaches the center and collapses upon itself.

Prepare two bowls with earth. Put a drop of Hidden Oil on a seed each and plant them. These will be your conductors of potential energy and are to be placed in the center of each spiral.

Trace a line of chalk that follows the edge of each small circle anti-clockwise which spins off and attaches itself to the big circle following it clockwise.

Surround the big circle with another one of salt. Keep in mind that all material needed should be inside the circles before they are closed.

Put a drop of Hidden Oil on your foreheads and perform the Act of Cleansing the Energy Flow.

Social interaction is crucial for this Act to function. Stay within this space talking, eating and drinking for as long as possible. For this Act, Fudge and tea is simply perfect.

Dream

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The Self is a body simultaneously growing and inhabiting two systematically different parts of reality. Under natural circumstances this body interacts with and perceives one system at a time and is in a continuous pendular shift between the two of them. One system is governed by causality (A), the other one is a non-hierarchical system of multiplicities (B). As language is a hierarchical system, a natural loss of information occurs as the body shifts from system B to system A. A loss of hierarchical structure occurs in the shift from system A to system B.

Acts

The Dream Memory
The Dream Awareness
The Horizontal Dream Lift

The Dream Memory

To be able to retain the information of one's dreams.

Number of participants: One or more.

Hidden Oil (see Appendix)

Chalk sticks

Salt

Begin by drawing a circle of salt big enough to hold your body lying down. Keep in mind that all material needed should be inside the circle before it is closed.

Scrape some chalk into a bowl and mix it with two drops of Hidden Oil. Dip a finger in the mixture and put a dot in the middle of your forehead. Put another one onto the floor on the inside of the circle, close to its perimeter. Begin from this dot to write the following text in a continuous line so that each letter is connected to the other and in the end forms a circle within the circle of salt:

*You are the circle of Recordari
This is your name and command
As I sleep my dreams will be written upon your line
As I awake and dwell within you
You will help me to remember my dreams*

Prepare your sleep within it and perform the Act of Cleansing the Energy Flow.

The Dream Awareness

To gain awareness of that one is dreaming whilst dreaming.

Number of participants: One or more.

Ink-of-Will (see Appendix)

Chalk sticks

Salt

Begin by surrounding the Hidden Playground with a line of salt following the perimeter. Keep in mind that all material needed should be inside before it is closed.

Perform the Act of Cleansing the Energy Flow.

Prepare the Ink-of-Will and on the back of your hands write the following:

*When I, [your name] who is dreaming, read this,
I [your name], who is awake, will steer the course*

While you write this, speak the following:

*As I write this on the awake me,
I write this as well on the dreaming me*

Draw a circle with a dot in the middle in both palms of your hands.

With chalk write the following text in a continuous line so that each letter is connected to the other and in the end forms a circle big enough to hold your body lying down:

*You are the circle of Attendere
This is your name and command
As one dreams within you
Attention you will demand
And the dreamer will pay it to his hands*

Prepare your sleep within the circle of *Attendere*.

The Horizontal Dream Lift

Transference of objects from a dreamt part to an awoken part of reality.

Number of participants: One or more.

A square box with lid (per participant)

Ink-of-Will (see Appendix)

Chalk sticks

Salt

Begin by drawing a circle of salt as big as possible within the Hidden Playground. Keep in mind that all material needed should be inside the circle before it is closed.

Perform the Act of Cleansing the Energy Flow. Draw another circle with chalk big enough to hold the box. Place the box inside the circle and prepare the Ink-of-Will. Name the box with affection and write the name inside of it. Identify the four façades and write the following on them:

(First façade)

My spoken words you shall take and hold their breath inside of you

(Second façade)

With a circle drawn and your space marked you shall follow me into dream and back again

(Third façade)

A circle I shall draw and your space I shall mark to find you in dream

(Fourth façade)

And safely you shall carry that which I entrust to you

Speak the following into the box and with each sentence imagine the space inside of it being filled up with your energy:

With breath I write this words upon your insides

With breath I expand myself into you

With breath I will make my dreams tangible

And my breath you will keep

Put one hand firmly on the closed box and with the other hand, trace its base and draw it with chalk in the circle. As you do so, state the following to the box:

This is how I invite you and this is how I find you

When the box is to be used, draw a circle close to where you will sleep, put the box inside the circle and mark its place. While dreaming, draw a circle and mark its space once more to call upon it.

Appendix

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Harmonizing the Energies of the Self

Dry cloth

Bowl of pre-boiled water

Place your body on the floor with your knees bended and the upper body resting over the ankles so that both shins, as well as the back of your feet, touch the floor. The back is to be kept straight and the breathing should be deep and calm throughout the Act.

Place a dry cloth and a bowl of pre-boiled water in front of your body.

Clean your hands and face. Take extra care of the palms of your hands, the lips, the nose, the eyelids, the ears and your forehead.

While cleaning these parts, focus on cleansing your sense of touch, taste, smell, sight, hearing and mind. Once done, with eyes closed and palms resting on your knees, focus on your breathing and empty your mind.

Cleansing the Energy of Objects

Hold what is to be cleansed and blow over its surface. While doing so, imagine the flow of air removing all energies that cling to it.

Cleansing the Energy Flow

Begin by imagining a point of energy in the middle of the Hidden Playground. Then slowly count aloud until number eleven. By each number, imagine the point expanding into a circle until it surrounds the entire space which is to be cleansed.

Cleansing Away the Acts

Sweep the floor of the Hidden Playground. While doing this, imagine sweeping away all previous acts thus performed.

Appendix

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Hidden Oil

A hundred grams of Cinnamon
Twenty-five grams of Lemon peel
Fifty grams of Ginger root
Fourteen grams of Cocoa beans
A hundred and sixty grams of Olive oil

Grind and mash all the ingredients. Mix them with the oil into a paste. Seal the batch in a glass container and hide it away for a month. Let it mature in a dark place and in room temperature. Once matured, pass the batch through a fine filter separating the oil from the leftover pulp.

Ink-of-Will

One egg
One teaspoon of pigment (black or green)
One drop of Hidden Oil
Water

Begin by cleaning the eggshell and drying it off. Crack the egg and carefully separate the yolk from the egg white with your hand. Place the yolk on a dry towel close to its edge and pierce it with a sharp knife, letting it bleed into a bowl. Gently mix the yolk with a teaspoon of water.

Make a small mountain of the pigment in a bowl and with your finger, make a crater in its center. Put one drop of Hidden Oil in the crater and one teaspoon of water. Mix it into a smooth paste.

Add the paste to the prepared yolk and gently stir it into a smooth paint.

Add water little by little until the desired consistency is reached. Use immediately.

Appendix

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Hidden Door Symbol

Magnets

Chalk sticks

The Hidden Door Symbol has one drawn representation (Closed) and one mental representation (Open).

All the lines in the Hidden Door Symbol consist of half a meter.

Begin by drawing the base line, and from the middle of it draw the directional line in a ninety degrees angle. Then, from the extremities of the base line, draw two lines so as to form a triangle. On the point where they meet upon the directional line, the intersectional line is drawn as running parallelly to the base line.

The Hidden Door Symbol is always drawn twice, pointing at each other so that their directional lines form an axis.

To activate this symbol place a magnet on the point where the directional and intersectional lines meet.

The Open Hidden Door Symbol is the mental image of the two drawn representations placed on top of each other so that the base lines and the intersectional lines overlap.