

Audio Transcript: *Shasta Geaux Pop: Blended Therapy*

Created by Ayesha Jordan & Justin Hicks

Preshow

Alright so here we are you and me and you all of us yeah together. I'm chatting with you before we start this fiesta and I'm speaking with the accent very poor one it's fun today and I'll probably switch it up momentarily. But in the meantime I would like to say that we are in a bit of a predicament with very interesting time the last year plus three starting from 2017 from 2016 or starting from March/February up until now this message is coming to you prior to November 3 2020 um and depending on what country you are located in this will be a very important date. I'm coming to you not knowing what has happened yet to this point because this is a prerecorded message from the Future Past into the future present time. Anyway so this is a bit of a Time Travel if you know what I mean hopefully the results are what we must have you home soon watching this because you know that's just the way it goes wanted out of you who may be don't agree with me um... anyway yeah, so I'd like to say that I am really um hoping that uh as we put all this together anyway there's today you are witnessing a very special event unlike any other coming from ya girl Shasta and J.U.S.E. and crew and I would just like to say that you should be prepared for the Sterling. Ok it's a little different so would like to give you a little bit of time a little bit of instructions for setting up yourself and your space and everything around you so chicken really dig in and settle in and feel free to share them be free in not merry and merry want to make sure you've got your secrets because connected are you listening to headphones yet perhaps you tell me I don't know if you using Chromecast or AirPlay or something. If you've got some nice speakers I recommend you use if not it's alright we do our best to make it sound good no matter what. Also I suggest you grab yourself a glass of water get to some water if you don't have access to water let's see how can we solve this problem? We should find a way. Might take me a minute but we'll figure something out. I think I hope and um if you cannot hear this hopefully these subtitles are accurate and if you cannot see this I hope that uh your sound is accurate and yeah who wants to move about you can if you see the one place that offer great wherever you are whoever you are however you are its fantastic and it's 100% the most beautiful thing ever ever in the world on the planet dammit. Uh... is there anything else you need any snacks in a chips and popcorn and suggest you also take some time to grab that and prepare to clear your mind body soul spirit heart chakra crevices in between cleaning getting playing we're going to give you a couple minutes to get yourselves and enjoy the tunes the sound that we played for you in the meantime maybe I'll talk to you maybe I won't maybe I make that my accent and numbered among the dum de de de de de get ready. Enjoy, get ready we'll be back in just a moment.

[Countdown 60 seconds]

CHROMO

Music: What You Came Here For

Whatchu want, why you came here tonight? Were you looking for a light? Were you hoping for a light? It looks like you and your field of vision, and grand intentions have been reduced to a digital condition. Plagued and made to reconsider our decisions...Shasta...thought she knew, but she guess she didn't...

Heyyyyy!!!! Watchu came here for? Huh? What you want when you came inside? You ready for the tide? Huh? You wanna get washed by the water? You wanna get bathed? Huh? Well, I don't know if you came to the right place. This is just a mission for an answer to a question. Don't know which one to ask so start in a direction.

Heyyyyy!!!! Watchu waitin for? Huh? Think ya know how it looks inside? You better get it right? Huh? (OR) You're gonna to get tossed by the water? You wanna get saved? Huh? Well, I don't know if you came to the right place. This time you gon' have ta reconsider your relations. Rotate update and elevate your contemplation.

HYPNO-GUIDE

Part 1

Close your eyes...

Close your eyes...

there was a song that rang it swung through the breeze.

A feeling about things, that weren't quite what they seemed.

It was a love gone by.... It was a stare or a sigh

It was the laugh of a child, or a hug in the night.

It was the words you said, or a pain in your head

Or your heart, but no matter it's time to tell me. It's time to let it melt away

When the black was peace

At night it sang

When blackness reigned

The truth it brang

Forever swords the stars they slain

Opened into infinity the memories stain

Close your eyes...

Close your eyes...

(If I choose to sleep)

Close your eyes...

There was a song that rang it swung through the breeze.

A feeling about things, that weren't quite what they seemed.

It was a love gone by... It was a stare or a sigh

It was the laugh of a child, or a hug in the night.

It was the words you said, or a pain in your head

Or your heart, but no matter it's time to tell me. It's time to let it melt away

(and let the...)

When the black was peace

At night it sang

When blackness reigned

The truth it brang

Forever swords the stars they slain

Opened into infinity the memories stain

(n let the water creep...)

I think we need to cry together. There is a mass mourning that must occur. A crying. A shedding. A deep exhale that enables us to release *(go ahead and seep, sure it's gotten deep)* A deep exhale that enables us to release all that we are holding. Holding somewhere deep in the forgotten crevices. There is a loneliness I feel we all possess when we realize how little we really have. And how little we really control.

(Can I float)

Be not thee shamed of thy inner selves that speak only inwardly. But, let them blast themselves out into the atmosphere like the spark of a flame igniting the oils that burn matter into ash. Only after we allow ourselves to burn back to the beginning of the nothing that we are, that we were *(Can I float this river)*

Can we look back and see what of ourselves can be repaired and restored? *(quietly)* To see what we must diminish for its lack of earthly or unearthly servitude. Let the flames go. Let the flames glow. Ignite what we know, so the truth can grow...

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

*(Maybe tread it till
I can use my feet)*

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

Ash to coal to diamond to coal to ash to coal to diamond to coal. There is no other way.

*(Have you ever tried
Have you ever seen
Seen a body breathe
Underwater deep)*

*From a dirty sink
From the trough I drink
Is it hell or high
Will it cradle me*

*With a wave a peak
And a valley bleak
Will it fight for me
Will it die with me*

*Yea it gets so deep
Have you ever seen
Seen a body breathe
Underwater deep*

*Have you ever tried
Have you ever seen
Seen a body breathe
Underwater deep*

Part 2

Alright species...specimens be the testament. The redevelopment of your relevance. Inside your betterment are delicate elements that must be treated like excrement. Be exigent with your regiment to remove such said feculence.

1. Beginning with envelopment...Please stand (if able) alternative position is such ...in your excellence.
2. With arms spread be affectionate. Embrace your bones be benevolent.
3. Now, with head hung low, it is to your detriment to be recusant. Speak to your heart and mind and any inner pestilence.
Call out those bits that are deemed impediments.
Blockages be they maleficent, ignorant, petulant, or causing deficits.
4. Now name what you must to make it a nonresident within your corporeal settlement
Take your time. I will give you 32 beats with an accent
(fear, frustration you are no longer relevant...I beat you with a stick and crush you like an elephant)
Alright, speak with yourselves...
5. Okay, now that we have named the negative specimens, we must release them from our integument.
6. Follow me now, and proceed to exorcise and detach from our self-inflicted bedevilment

We're going to release it. Let it go let it go let it go let it go let it go let it go let it go and bring it up to 2 3 4 5 6 7 8 and up two hold it here 5 6 (beat) hug yourself and 1 2 3 4 5 6 7 8 2 2 3 and hold it squeeze hmmmm and release it out and uh exit the body let it exit the body release it from the body must release it from the body and a shake it to the right hahaha and shake it to the left and hahahaha again to the right and shake it to the right that's right hahaha and shake it to the left and hahaha breathe it in take it down, push it out and in take it down Anda push it down and in take it down ahhhhhhh...

Alright what you need to do now feel your fingers around your body oh yes activating the exit strategy you're activating the exit strategy activate the exit strategy yes. Activate it alright now from here push it... Sounds

Let it go let it go

SCREAM

[SOUND/VISUALS ONLY]

LINEAL

ROOTS

A marked body
A privileged body
A limp body
A strong body
A virile body
A broken body
A choked body
An average body
A live body
A dismembered body
A peaceful body
A non-aggressive body
An innocent body
A guilty body
A muscular body
A skinny body
A fat body
A wanted body
A dreamy body
A sexy body
A funny body
A lonely body
An exceptional body
A touched body
A neglected body
A burnt body
A hung body
A starved body
A dead body
A somebody
A forgotten body
A nobody
An anybody

A marked body
A privileged body
A limp body
A strong body
A virile body

*Roots I Can't Lie
Can't Lie I'm So*

*So Low In-side
In-side Why Cry
Why Cry No Sigh
Sigh Pride Flies In No Time*

*A marked body
A privileged body
A limp body
A strong body
A virile body
A broken body
A choked body*

*Roots I can't lie
Can't lie I'm so
So low in my mind
Low mind and I don't know why*

*I gave up what I knew, and then it flew, it flew
I gave up what I knew, and then it flew, it flew*

*Roots I Can't Lie
Can't Lie I'm So
So Low In Side
In Side Why Cry
Why Cry No Sigh*

*So where do you parcel your energy
Will you take what you see, is the joke on me
The body you wanted the one you need
If you're free will you be
Will you be indeed*

*I'm gonna lay down my burden
Oooh, gonna lay down my burden
I'm gonna lay down my burden*

*Roots I Can't Lie
Can't Lie I'm So*

*A long time ago
My heart said yes
Now i stand
In this peace
At ease
In this peace
Now i stand
In my ease
My heart said yes
Finally
A long time ago
My heart said yes*

Now i stand
In this peace

A long time ago
My heart said yes
Now i stand
In this peace
At ease
In this peace
Now i stand
In my ease
My heart said yes
Finally
A long time ago
My heart said yes
Now i stand
In this peace

A long time ago
My heart said yes
Now i stand
In this peace
At ease
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Now i stand
In my ease
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Finally
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