



**PAINCAKEPATROL**  
**PART I : DREAM**

TRACKLIST & TRANSCRIPTS

# PART I : DREAM

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**D R E A M**



TRACK 01

# SENSATIONS

I KEEP THINKING ABOUT SOMETHING YOU SAID.

Something I said?

Yeah. About how you often feel like you're observing your life from the perspective of an old woman about to die. You remember that?

Yeah. I still feel that way sometimes. Like I'm looking back on my life. Like my waking life is her memories.

Exactly. I heard that Tim Leary said as he was dying that he was looking forward to the moment when his body was dead but his brain was still alive. You know they say that there's still six to twelve minutes of brain activity after everything else is shutdown. And a second of dream consciousness, right, well, that's infinitely longer than a waking second. You know what I'm saying?

Oh, yeah, definitely. For example, I wake up and it is 10:12, and then I go back to sleep and I have those long, intricate, beautiful dreams that seem to last for hours, and then I wake up and it's ... 10:13.

Yeah, exactly. So then six to twelve minutes of brain activity, I mean, that could be your whole life. I mean, you are that woman looking back over everything.

Okay, so what if I am? Then what would you be in all that?

Whatever I am right now. I mean, yeah, maybe I only exist in your mind. I'm still just as real as anything else.

Yeah. I've been thinking also about something you said.

What's that?

Just about reincarnation and where all the new souls come from over time. Everybody always say that they've been the reincarnation of Cleopatra or Alexander the Great.

I always want to tell them they were probably some dumb fuck like everybody else. I mean, it's impossible. Think about it.

The world population has doubled in the past 40 years, right? So if you really believe in that ego thing of one eternal soul, then you have only 50% chance of your soul being over 40. And for it to be over 150 years old, then it's only one out of six.

Right, so what are you saying? That reincarnation doesn't exist, or that we're all young souls like where half of us are first round humans?

No, no. What I'm trying to say is that somehow I believe reincarnation is just a - a poetic expression of what collective memory really is. There was this article by this biochemist that I read not long ago, and he was talking about how when a member of our species is born, it has a billion years of memory to draw on. And this is where we inherit our instincts.

I like that. It's like there's this whole telepathic thing going on that we're all a part of, whether we're conscious of it or not. That would explain why there are all these, you know, seemingly spontaneous, worldwide, innovative leaps in science, in the arts. You know, like the same results poppin' up everywhere independent of each other. Some guy on a computer, he figures something out, and then almost simultaneously a bunch of other people all over the world figure out the same thing. They did this study.

They isolated a group of people over time, and they monitored their abilities at crossword puzzles, right, in relation to the general population. And they secretly gave them a day-old crossword, one that had already been answered by thousands of other people, right. And their scores went up dramatically, like 20 percent. So it's like once the answers are out there, people can pick up on 'em. It's like we're all telepathically sharing our experiences.

## FROM CHAPTER 5 : DEATH & REALITY



TRACK 02

# ILLUSORY

IN A WAY, in our contemporary world view, it's easy to think that science has come to take the place of God. But some philosophical problems remain as troubling as ever. Take the problem of free will. This problem has been around for a long time, since before Aristotle in 350 B.C. St.

Augustine, St. Thomas Aquinas, these guys all worried about how we can be free if God already knows in advance everything you're gonna do. Nowadays we know that the world operates according to some fundamental physical laws, and these laws govern the behavior of every object in the world. Now, these laws, because they're so trustworthy, they enable incredible technological achievements. But look at yourself. We're just physical systems too, right? We're just complex arrangements of carbon molecules. We're mostly water, and our behavior isn't gonna be an exception to these basic physical laws. So it starts to look like whether its God setting things up in advance and knowing everything you're gonna do or whether it's these basic physical laws governing everything, there's not a lot of room left for freedom.

So now you might be tempted to just ignore the question, ignore the mystery of free will. Say "Oh, well, it's just an historical anecdote. It's sophomoric. It's a question with no answer. Just forget about it." But the question keeps staring you right in the face. You think about individuality for example, who you are. Who you are is mostly a matter of the free choices that you make. Or take responsibility. You can only be held responsible, you can only be found guilty, or you can only be admired or respected for things you did of your own free will. So the question keeps coming back, and we don't really have a solution to it. It starts to look like all our decisions are really just a charade.

Think about how it happens. There's some electrical activity in your brain. Your neurons fire. They send a signal down into your nervous system. It passes along down into your muscle fibers. They twitch. You might, say, reach out your arm. It looks like it's a free action on your part, but every one of those - every part of that process is actually governed by physical law, chemical laws, electrical laws, and so on.

So now it just looks like the big bang set up the initial conditions, and the whole rest of human history, and even before, is really just the playing out of subatomic particles according to these basic fundamental physical laws. We think we're special. We think we have some kind of special dignity, but that now comes under threat. I mean, that's really challenged by this picture.

So you might be saying, "Well, wait a minute. What about quantum mechanics? I know enough contemporary physical theory to know it's not really like that. It's really a probabilistic theory. There's room. It's loose. It's not deterministic." And that's going to enable us to understand free will. But if you look at the details, it's not really going to help because what happens is you have some very small quantum particles, and their behavior is apparently a bit random. They swerve. Their behavior is absurd in the sense that it's unpredictable and we can't understand it based on anything that came before. It just does something out of the blue, according to a probabilistic framework. But is that going to help with freedom?

I mean, should our freedom be just a matter of probabilities, just some random swerving in a chaotic system? That starts to seem like it's worse. I'd rather be a gear in a big deterministic physical machine than just some random swerving.

So we can't just ignore the problem. We have to find room in our contemporary world view for persons with all that that entails; not just bodies, but persons. And that means trying to solve the problem of freedom, finding room for choice and responsibility, and trying to understand individuality.

## FROM CHAPTER 6 : FREE WILL & PHYSICS



TRACK 03

# MEMORY

Hey.

Hey.

You a dreamer?

Yeah.

Haven't seen too many around lately. Things have been tough lately for dreamers. They say dreaming's dead, that no one does it anymore. It's not dead, it's just been forgotten. Removed from our language. No one teaches it so no one knows it exists. The dreamer is banished to obscurity. Well I'm trying to change all that, and I hope you are too. By dreaming every day. Dreaming with our hands and dreaming with our minds. Our planet is facing the greatest problems it's ever faced. Ever. So whatever you do, don't be bored. This is absolutely the most exciting time we could have possibly hoped to be alive. And things are just starting.

A thousand years is but an instant. There's nothing new, nothing different. The same pattern over and over. The same clouds, the same music, the same insight I felt an hour or an eternity ago. There's nothing here for me now, nothing at all. Now I remember. This happened to me before. This is why I left. You have begun to find your answers. Although it will seem difficult, the rewards will be great. Exercise your human mind as fully as possible, knowing it is only an exercise. Build beautiful artifacts, solve problems, explore the **secrets** of the physical universe, savor the input from all the senses, feel the joy and sorrow, the laughter, the empathy, compassion and tote the emotional memory in your travel bag. I remember where I came from and how I became a human, why I hung around, and now my final departure is scheduled. This way out. Escaping velocity. Not just eternity, but infinity.

## FROM CHAPTER 13 : DREAMERS



TRACK 04

# LUCID

I fancy myself the **SOCIAL LUBRICATOR OF THE DREAM WORLD**, helping people become lucid a little easier. You know, cut all that fear and anxiety stuff and just rock and roll.

By becoming lucid you mean just knowing that you're dreaming, right?

Yeah. And then you can control it. They're more realistic and less bizarre than non-lucid dreams.

You know, I just woke from a dream. It wasn't a typical dream. It seemed more like I'd walked into an alternate universe or something.

Yup, it's real. I mean, technically it's a phenomenon of sleep, but you can have so much damn fun in your dreams. And of course everyone knows fun rules.

Yeah.

So what was going on in your dream?

Oh, a lot of people, a lot of talking. You know, some of it was kind of absurdist, like from a strange movie or something. Mostly it was just people going off about whatever, really intensely. I woke up wondering where did all this stuff come from?

You can control that you know.

Do you have these dreams all the time?

Hell, yeah. I'm always going to make the best of it. But the trick is, you got to realize that you're dreaming in the first place. You got to be able to recognize it. You got to be able to ask yourself, "Hey man, is this a dream?" See, most people never ask themselves that when they're awake, or especially when they're asleep. Seems like everyone's sleep-walking through their waking state, or wake-walking through their dreams. Either way, they're not going to get much out of it.

The thing that snapped me into realizing I was dreaming was, uh, was my digital clock. I couldn't really read it. It was like the circuitry was all screwed up or something.

Yeah, that's real common. And small printed material is pretty tough too. Very unstable. Another good tip-off is trying to adjust light levels. You can't really do that. If you see a light switch nearby, turn it on and off and see if it works. That's one of the few things you can't do in a lucid dream. What the hell. I can fly around, have an interesting conversation with Albert Schweitzer. I can explore all these new dimensions of reality, not to mention I can have any kind of sex I want, which is way cool. So I can't adjust light levels. So what?

But that's like one of the things that you do to test if you're dreaming or not, right?

Yeah, like I said, you can totally train yourself to recognize it. I mean just hit a light switch every now and then. If the lights are on, and you can't turn them off, then most likely you're dreaming. And then you can get down to business. And believe me, it's unlimited. Hey, you know what I've been working on lately?

What's that?

Oh man, it's way ambitious, but I'm getting better at it. You're going to dig this. Three-sixty vision, man. I can see in all directions. Pretty cool, huh?

Yeah, man. Well, I got to go man.

Okay, later man. Super profundo on the early eve of your day.

What's that mean?

Well, you know, I've never figured it out. Maybe you can. This guy always whispers it in my ear. Louis. He's a re-occurring dream character.

## FROM CHAPTER 10 : DREAMS



TRACK 05

# INTERPRETATIONS

EXISTENTIALISM is often discussed as if it's a philosophy of despair. But I think the truth is just the opposite. Sartre once interviewed said he never really felt a day of despair in his life. But one thing that comes out from reading these guys is not a sense of anguish about life so much as a real kind of exuberance of feeling on top of it. It's like your life is yours to create.

FROM CHAPTER 3 :  
LIFE LESSONS

THE IDEA is to remain in a state of constant departure while always arriving. Saves on introductions and good-byes. The ride does not require an explanation. Just occupants. That's where you guys come in. It's like you come onto this planet with a crayon box. Now, you may get the 8-pack, you may get the 16-pack. But it's all in what you do with the crayons, the colors that you're given. And don't worry about drawing within the lines or coloring outside the lines. I say color outside the lines. You know what I mean? Color right off the page. Don't box me in. We're in motion to the ocean. We are not landlocked, I'll tell ya that. So where do you want out?

FROM CHAPTER 2 :  
ANCHORS AWEIGH

**THE NEW EVOLUTION** stems from information, and it stems from two types of information: digital and analog. The digital is artificial intelligence. The analog results from molecular biology, the cloning of the organism. And you knit the two together with neurobiology. Before on the old evolutionary paradigm, one would die and the other would grow and dominate. But under the new paradigm, they would exist as a mutually supportive, noncompetitive grouping. Okay, independent from the external.

And what is interesting here is that evolution now becomes an individually centered process, emanating from the needs and desires of the individual, and not an external process, a passive process where the individual is just at the whim of the collective. So, you produce a neo-human, okay, with a new individuality and a new consciousness. But that's only the beginning of the evolutionary cycle because as the next cycle proceeds, the input is now this new intelligence. As intelligence piles on intelligence, as ability piles on ability, the speed changes. Until what? Until we reach a crescendo in a way could be imagined as an enormous instantaneous fulfillment of human? human and neo-human potential. It could be something totally different. It could be the amplification of the individual, the multiplication of individual existences. Parallel existences now with the individual no longer restricted by time and space.

And the manifestations of this neo-human-type evolution, manifestations could be dramatically counter-intuitive. That's the interesting part. The old evolution is cold. It's sterile. It's efficient, okay? And its manifestations of those social adaptations. We're talking about parasitism, dominance, morality, okay? Uh, war, predation, these would be subject to de-emphasis. These will be subject to de-evolution. The new evolutionary paradigm will give us the human traits of truth, of loyalty, of justice, of freedom. These will be the manifestations of the new evolution. And that is what we would hope to see from this. That would be nice.

## **FROM CHAPTER 2 : LIFE LESSONS**



TRACK 06

# IMAGES

No matter how degraded and used up the world appeared to us, we knew that anything was still possible. And, given the right circumstances, a new world was just as likely as an old one.

So what are these barriers that keep people from reaching anywhere near their real potential? The answer to that can be found in another question, and that's this: Which is the most universal human characteristic -

FEAR OR LAZINESS?

FROM CHAPTER 8 :  
NOISE AND SILENCE

And once having said yes to the instant, the affirmation is contagious. It bursts into a chain of affirmations that knows no limit. To say yes to one instant is to say YES TO ALL OF EXISTENCE.

FROM CHAPTER 6 :  
FREE WILL AND PHYSICS

TRACK 07

# EXIST

