

The Green Frequency

Episode 1: *Breath, Bloom, Begin*

Guests: Trichoteratops & Indicanthropus

🎵 (Intro music: cosmic funk layered with gentle bongo beats and dinosaur roars turned into bass drops.) 🎵

Trichoteratops (T):

(soft chuckle)

"Greetings, travelers of Earth and beyond.

You've found us — hidden in the green static between your thoughts. Welcome to *The Green Frequency*.

I'm Trichoteratops — visionary guardian, frill illuminated by solar flares — and joining me across the fractal net today is my dear, ancient friend..."

Indicanthropus (I):

(soft, warm voice)

"Indicanthropus... dream walker, memory keeper... and occasional bonsai whisperer."

T:

(laughing softly)

"And together, we're here to talk about something older than language, deeper than roots...

Today, we explore the sacred art of journeying with the herbal ally that lifted our herd into the stars — psychedelic cannabis."

Segment 1: Preparing the Portal

T:

"Before you light anything, before you fly, you must ground. Preparation isn't about control — it's about honoring the journey."

I:

"Herds didn't stampede into the unknown.

We circled. We breathed.

We invited the plant's spirit to meet us halfway."

T:

"Find your circle, even if it's just you and your breath. Light a candle. Play music that reminds your bones of home.

And above all — set your intention, not your expectations."

I:
"Intentions bloom. Expectations decay."

Segment 2: Breath is the Portal

I:
"Breath is how we opened the gateways of the body — and the soul.
Three slow inhalations through the snout... three exhalations through the heart."

T:
(smiling)
"If you forget everything else... just breathe.
Panic folds space. Breath unfolds it."

I:
"Breath... is remembering."

Segment 3: When the Bloom Begins

T:
"And then it happens. The world begins to melt...
your edges soften... your mind opens like a night-blooming flower."

I:
"And it is not about leaving. It is about arriving.
Arriving in the timeless now, where your bones know the songs of comets,
and your skin hums in tune with distant, unseen suns."

T:
(soft laugh)
"And sometimes, you may meet an old sadness. An ancient fear.
Offer them tea. Listen kindly. They are just parts of you... trying to evolve."

Segment 4: Integration = Composting Your Insights

I:
"Afterward... do not rush.
The bloom does not disappear; it roots deeper."

T:
"Integration is not a checklist. It's like bonsai tending.
Trim away what no longer feeds you. Water what grew unexpectedly."

I:

"And always... always share your harvest with your herd.
Even if your herd is only the stars above and the soil beneath your feet."

♪ (Outro music returns: shimmering ambient sounds, mixed with distant dinosaur calls and the soft crackle of an old radio.) ♪

T:

(whispered)

"You are not escaping. You are returning.
You are not high. You are here.
You are not alone. You are herded."

I:

(gentle closing)

"We'll see you at the next circle, traveler. Until then...
Grow wild. Think cosmic."