

LOTUS

- 0.00.00 Same Suki - Bosa
- 0.02.27 Odalie - La nécessité d'être
with "Yo no sé cómo saltar" by Juan Ramón Jiménez, read by wild growing sky
- 0.07.58 METSA KENE Estonia Meets Amazonia - Shawanawa (feat. Dona Francisca)
- 0.09.16 AURORA - When the Dark Dresses Lightly
- 0.12.40 Atman - Dance (1)
with an interpretation of the "Song of the Mud" by Mary Borden, read by Rebecca Hare
- 0.18.41 AURORA - Nature Boy (live at Vierlive/Somewhere Else Festival)
feat. Tao Okamoto & Brian Reitzell / Colin Stetson - The Six / AURORA - Churchyard
- 0.25.37 Clarissa Pinkola Éstes - The Story Brings Night /
Hans Zimmer & Benjamin Wallfisch - 2049
- 0.28.53 Kate Bush - Under Ice (2018 Remaster)
- 0.31.09 John Lunn & Eivor - Lívstráðrir / Clarissa Pinkola Éstes - Mother Night
- 0.36.09 Windy & Carl - Crossing Over (original remix feat. AURORA)
- 0.40.41 Clarissa Pinkola Éstes - The Medial Woman / Dobrawa Czocher - Zima (Niklas Paschburg Rework)
- 0.44.43 Clarissa Pinkola Éstes - The Erbkönig / Anne Müller - Being Anne / Colin Stetson -
Drawing the Lightning / AURORA - It Happened Quiet (Live at Nidarosdomen)
- 0.54.30 L.U.C. & Rebel Babel Film Orchestra - Catharsis / Koniec Lata (feat. Kwiat Jabłoni
& Beata Komoszyńska)
- 1.00.42 Trevor Morris - The Seer Gives Lagertha a Prophecy feat. Gillian Anderson
- 1.02.23 Same Suki - NoName
- 1.05.19 Burt Norton II from "Four Quartets" by T.S. Elliot read by Jeremy Irons / "we are
still going back home" by Tomek Kowalski read by wild growing sky / Floex - Taste Of Tea
(Cosmic Version)
- 1.11.45 YANA - Aquarius / Reggie Ray - Into the Earth
- 1.16.52 Norah Jones - My Heart Is Full
- 1.19.51 Kila - Mébh's Tune feat. Juliette Caton
- 1.22.46 Clarissa Pinkola Éstes - Life-Death-Life Nature / Trevor Morris - After the Raid
- 1.24.54 Sainkho Namtchylak, Eyadou Ag Leche & Said Ag Ayad. - Melody in My Heart
- 1.28.30 Atman - Fly-Why Not! / "feeding your demons" by wild growing sky
- 1.31.05 Natalia Przybysz - Królowa Śniegu feat. Hania Rani (MTV Unplugged)
- 1.35.47 Mela Koteluk & Hania Rani - Odprowadź (Piano Version)
- 1.42.31 YANA - Blackbird
- 1.46.09 Reggie Ray - Branches / Elliott Tordo Erhu - On the Nature of Daylight
- 1.52.33 YANA - Light / Clarissa Pinkola Éstes - The Feather (feat. Listening Planet)
- 1.56.50 Hania Rani - Dancing with Ghosts (live at Studio 1, Warsaw) feat. Hugh Dancy &
Mads Mikkelsen
- 2.02.31 Wardruna - Himinndotter / Ana Roxanne - A Study in Vastness
Reggie Ray - The Depths
- 2.14.19 Clarissa Pinkola Éstes - The Skeleton Woman
Laboratorium Piesni - Białoza / Visions & Phurpa - Fohat / Wardruna - Isa (original mix)
- 2.26.31 Sandrayati - Bending Birch

wild growing sky

THROUGH

THE DESERT

0.00.00 Bing & Ruth - Starwood Choker
Chögyam Trungpa - Maddison Avenue style / Alan Watts - No Merit
0.06.04 Thom Yorke - Unmade
0.10.24 Hania Rani, Colin Stetson - In All This Heavy Blue
0.14.35 Keaton Henson, Daniel Herskedal - Try / Reggie Ray - The Purpose of Spirituality
0.18.26 Thom Yorke - A Silent Scream feat. Scarlett Johansson ("Lucy", Luc Besson)
0.19.47 Sandrayati & Sohn - Unwavering
0.23.16 Colin Stetson, Sarah Neufeld - Flight
0.24.34 Anne Müller - Aarhus | Reminiscences / Reggie Ray - End of the Line & Growing Up
0.29.34 Hania Rani - Don't Break My Heart
0.34.38 David Allred - Ahoy / Ludwig Göransson - Can You Hear the Music
0.39.04 Minini - Tokaido / Chögyam Trungpa - Reinforcing Our Existence
0.43.35 GoGo Penguin - An Unbroken Thread of Awareness / Alan Watts - Being a Person
0.46.23 Mitski - I'm Your Man
0.49.32 Sontag Shogun - no.4 (Sonar) / Chögyam Trungpa - The Hoax
0.52.43 AURORA - In Boxes / Roberto Benigni, Tom Waits & John Lurie - Scream ("Down by Law", Jim Jarmusch) / Ólafur Arnalds - Partisans / Chögyam Trungpa - Samsara
1.00.13 AURORA - Temporary High
1.03.48 Thom Yorke - The Big City / Chögyam Trungpa - Big Joke
1.08.48 Leonard Cohen - Almost Like the Blues
1.12.09 Colin Stetson - The Lighthouse IV
1.14.05 Ólafur Arnalds & Nils Frahm - Life Story
Reggie Ray - Letting Go of Compulsive Need for Confirmation
1.19.37 Max Cooper, Sarah Aristidou, Kim Sheehan, Tom Hodg - Palestrina Gabriel
Reggie Ray - The Ego
1.24.52 Nick Cave & The Bad Seeds - Fireflies
1.27.58 Hania Rani - Zero Hour (live at Invalides, Paris, for Cercle)
1.35.13 Hildur Guðnadóttir - Bathroom Dance
1.37.13 Ólafur Arnalds - What We Had (from Surface)
Reggie Ray - Learning How to Be
1.42.51 Gyða Valtýsdóttir - Cute Kittens Lick Cream / Chögyam Trungpa - Surrendering
Trió Mediæval, Agnès Vesterman, Garth Knox, Sylva - Just (After Song of Songs) /
Andrew Franklow - Older Than the Universe
1.52.30 Sofi Paéz - Hammers / Reggie Ray - The Refuge (feat. Cillian Murphy)
1.56.30 Son Lux - Live Another Life

May 2024

HOLY NIGHT

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- 0.00.00 JFDR - Hátíðir að höndum ein
- 0.01.43 Niklas Paschburg - Arctic Teal (feat. Lhasa de Sela)
- 0.07.10 Max Cooper - Order from Chaos
- 0.11.12 JFDR - Bell II
Reggie Ray - Only in the Utter Darkness
- 0.13.37 Jon Hopkins - Emerald Rush / Björk - Aurora
- 0.19.20 Niklas Paschburg - Opera
- 0.24.01 Ludwig Göransson - Gravity Swallows Light
Reggie Ray - Reemergence of the Light of Life
- 0.26.47 Sophie Hutchings - Dreaming the Stars
T.S. Elliot - Ash Wednesday (V part two), read by Jeremy Irons
- 0.30.52 Arve Henriksen - Migration
- 0.36.26 Chögyam Trungpa - There's Nothing to Understand
Odalie - Attendre l'éclaircie
- 0.41.07 Sam Torres - Part Two
Reggie Ray - Behind Every Emotional Pain
- 0.47.01 JFDR - Higher State
- 0.51.16 Kiasmos - Ø
Chögyam Trungpa - The Dawn of Enlightenment
- 0.53.53 Max Richter - Three Worlds: Music from Woolfs Works. Orlando. Genesis Of Poetry / Love Songs
Chögyam Trungpa - Shunyata Doesn't Make Any Sense / The Stars Are Mocking You with Truth
- 0.59.55 Hania Rani - Whale Song
Chögyam Trungpa - Ripped Off / Buddha Nature
- 1.04.50 Odalie - Orages intérieurs
feat. T.S. Elliot - Ash Wednesday (V part one), read by Jeremy Irons
- 1.08.43 Yosi Horikawa - Stars
- 1.14.45 Daniel Herskedal - The Lighthouse
Reggie Ray - The Sacredness of the Winter Solstice
- 1.19.42 Wardruna - Andvearljod
feat. Reggie Ray - The Unseen World
- 1.29.45 JFDR - Valentine IV
- 1.32.52 Yosi Horikawa - In the Wind
Chögyam Trungpa - True Loneliness
- 1.37.11 Sebastian Plano - Soul II (Elan)
Reggie Ray - Dark Knowledge / It's in the Heart
- 1.40.42 Ludwig Göransson - Destroyer of Worlds
Reggie Ray - Heart's Journey of Relationship
- 1.43.28 Max Cooper - Repetition
- 1.49.11 Niklas Paschburg & Hania Rani - Winter Born
- 1.53.02 Thomas Strønen - Fugitive Places [Vinyl]
Reggie Ray - Beyond the Control Mentality
- 1.58.01 A Winged Victory for the Sullen - Requiem for the Static King Part One
- 2.00.33 Jeff Buckley - Halleluyah (Outtake)
- 2.08.33 Leonard Cohen - Listen to the Hummingbird

December 2023

LONG NIGHT

- 0.00.00 Lisa Morgenstern ft. Canea Quartett - SPACESUIT (The Wind Tunnel Session)
- 0.04.36 Ludwig Göransson - Ground Zero feat. Joanna Macy
Reggie Ray - All the Pain We Have Blocked Out
- 0.08.48 Ludwig Göransson - Theorists feat. Polly Gray & Tommy Shelby
Reggie Ray - Pain is the Face of Trauma
- 0.11.56 Apparat & Soap and Skin - Goodbye
- 0.16.14 Hania Rani - Oltre Terra feat. 9Bach - Llyn Du / Maxine Peake
- 0.18.46 The Bad Plus feat. Wendy Lewis - Comfortably Numb
- 0.25.13 Brambles - In the Androgynous Dark
T.s. Elliot - The Burial of the Dead / Hollow Men (read by Jeremy Irons)
- 0.29.48 Moby feat. Brie O'Banion - We're Going Wrong
- 0.34.05 Thme - A Perilous Delight, an Endless Burn
Chogyam Trungpa - Heart of Meditation / Gentleness
- 0.39.59 Robot Koch - Hideaway (Julien Marchal Remix) / Ben Frost - Nina
Reggie Ray - Pain is an Independent Being
- 0.46.17 Josin - Burning (For A New Start)
- 0.50.05 Sean Tinnon - Equilibrium (feat. Catherine Rosman)
feat. Reggie Ray (We Have Not Been Willing) & Mad Mikkelsen
- 0.54.09 Ólafur Arnalds - Við Vorum Smá... (Dyad 1909 Version) / ... 05 Lengra
Reggie Ray - The Journey and Our Pain
- 0.58.27 Brambles - To Speak of Solitude
Reggie Ray - Life is a Process of Dying, Being Born, and Dissolving
- 1.01.44 Aska - Ascending / Odalie - Battements
Reggie Ray - Pain is a Teacher
- 1.07.05 Hania Rani - Utrata feat. 9Bach - Llyn Du / Maxine Peake
- 1.11.11 Nik Bärtsch Ronin - Modul 48 feat. Tommy & Grace
- 1.17.47 Hania Rani & Dobrawa Czochar - Scream
Reggie Ray - Storylines
- 1.22.21 JFDR - Puzzling the pieces together feat. wild growing sky
- 1.24.55 Ludwig Göransson - Oppenheimer
- 1.27.08 Kiasmos - Paused feat. Jeremy Irons (reading T.S. Elliot, The Hollow Men) &
Joanna Macy (reading Rilke)
- 1.32.16 Ólafur Arnalds - Back to The Sky feat. JFDR (live in Paris)
- 1.36.24 Aukai - La Joya
Reggie Ray - Looking for Comfort
- 1.39.56 JFDR - Karlotta feat. Reggie Ray (We Are Judging)
- 1.41.13 Leonard Cohen - The Coal
- 1.42.17 Nick Cave & The Bad Seeds - O Children / JFDR - Heart Collapse
- 1.49.50 Nick Cave and The Bad Seeds - Sun Forest
- 1.55.21 Christian Löffler - Pastoral
Reggie Ray - offering the pain
- 1.58.50 JFDR - Valentine
- 2.01.42 Jon Hopkins - Feel First Life
Reggie Ray - They Have Been Waiting for You

FIRST NIGHT

- 0.00.00 Nina Simone - You Don't Know What Love Is feat. Tom Bedlam
- 0.04.51 RY X - Trouble / 間 MA - The Space between all things
- 0.09.59 Robot Koch - Instructions for Time Travel (Dera Remix)
- 0.14.27 Leonard Cohen - What Happens to the Heart
- 0.18.48 Volker Bertelmann - Dog Tags / Buried and Found // Robot Koch - Sun Storm (Walte Beckenbach Remix) & Reggie Ray - The Dark Night of the Soul
- 0.26.45 Massive Attack - Paradise Circus
- 0.31.31 Brambles - Deep Corridor / Hollow Men (T.S. Elliot read by Marlon Brando)
- 0.35.15 Leonard Cohen - You Want It Darker
- 0.39.51 Volker Bertelmann - Remains
Reggie Ray - Hopelessness
- 0.42.28 Tony Anderson - Chasm / T.S. Elliot - What the Thunder Said, read by Jeremy Irons
- 0.48.00 Gustavo Santaolalla - Blackout / Leonard Cohen - Who by Fire
- 0.51.38 Ryuichi Sakamoto - solari (Jóhann Jóhannsson Rework) / R.M. Rilke - Go to the Limits of Your Longing, read by Joanna Macy
- 0.57.33 Gustavo Santaolalla & Mac Quayle - Unbound / Longing (Redemptions)
Reggie Ray - Being with the Pain
- 1.00.55 Lisa Hannigan and s t a r g a z e - We the Drowned
feat. Reggie Ray / Dorje Tröllo
- 1.06.10 Francesco Tristano - Grey Light (Christian Löffler Remix) / What the Thunder Said
part II, read by Jeremy Irons
- 1.12.12 Ólafur Arnalds - Frá Upphafi / Lokaðu Augunum (Dyad 1909 Version)
Reggie Ray - Every Mind State is Workable
- 1.17.15 Hania Rani - Home feat. Staszek Czyżewski
- 1.21.25 Max Richter - SLEEP: Tranquility Base (Alva Noto Remodel)
Reggie Ray - The Dance of Reality / Chögyam Trungpa Rinpoche - Meditation: The Open Path
- 1.28.30 Hania Rani - Moans
- 1.32.52 A Winged Victory for the Sullen - The Slow Descent Has Begun
Reggie Ray - There's no holding back
- 1.37.41 Josin - Evaporation
- 1.42.16 A Winged Victory for the Sullen - Steep Hills of Vicodin Tears
Reggie Ray - Reality is loving
- 1.46.25 Ólafur Arnalds - Particles feat. Nanna Bryndis Hilmarsdottir
- 1.50.13 Hania Rani & Dobrawa Czochar - Ouverture feat. wild growing sky

wild growing sky

INTERLUDE | GUOSY

0.00.00 nie ma dróg...

Cye Wood and Lisa Gerrard – Earth & Sky

0.05.35 siedzę w ciemności... / I sit in the dark...

FIN project – Rising Thoughts

0.11.58 skąd jestem... / where do I come from...

Dhafer Youssef – Diaphanes | Hania Rani – The Boat

0.21.49 Lisa Hannigan ft. Loah – We the Drowned

0.25.07 wspólna jesień / one autumn together | siedzę i słucham... / I sit and listen...

Nils Frahm – Souson (edit)

0.28.36 tęskno – woda (tęskno gra poezję)

0.32.59 spotkać się znów... / to meet again...

RY X – Sweat (Live from the Vibiana)

0.42.37 tak naturalnym... / the meeting of our bodies...

Sean Tinnion – The Calling

0.46.51 i jeśli kiedyś spotkam cię znów / and if I ever meet you again

Lisa Gerrard – Go Forward

0.50.36 ta pieśń... / this song...

Amin Varknoyi – Grace feat. words by Gregory Colbert (whales do not sing...)

0.59.32 Hania Rani – Ghosts (live at Invalides, in Paris, France for Cercle)

1.03.10 to find home...

The Cinematic Orchestra feat. Ludo Rhodes – Crimson Skies

July 2023

wild growing sky

SPACE

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0.00.00 Hania Rani - 24.03 (live at Invalides, in Paris, France for Cercle)
0.05.40 A Winged Victory for the Sullen - Atomos I
Reggie Ray - Groundlessness
0.15.43 Sigur Rós - Glóð
Reggie Ray - All Dharmas agree at one point
0.19.22 Bonobo feat. Andriya Triana - Stay the Same
0.24.03 Bonobo - Migration
0.29.22 Sigur Rós - Mór with a poem by Chögyam Trungpa Rinpoche
read by wild growing sky
0.34.38 Jocelyn Pook - Metallic Sonata
0.41.39 Chögyam Trungpa Rinpoche - Surrender
0.42.59 Ana Roxanne - Take the Thorn, Leave the Rose / Jon Hopkins - C O S M
feat. Reggie Ray (freaking out)
0.53.12 Nils Frahm - Talisman & Reggie Ray - Ekajati
0.57.08 Hania Rani - Journey / At the Hospital
1.02.20 Nils Frahm - Harm Hymn / Jon Hopkins - Immunity
Reggie Ray - Space Itself
1.11.33 AURORA - Into the Unknown
1.14.51 Jon Hopkins - Form by Firelight / Fading Glow
1.18.39 Jon Hopkins - Deep in the Glowing Heart
1.28.41 Alan Watts - Love of the Ocean
1.37.03 Richard Bona - Eyala

July 2023

wild growing sky

SPACE ° °

- 0.00.00 Sigur Rós — 8 feat. Alan Watts
- 0.05.01 Kevin Wrenn feat. Ape Chimba — Prayer for the Last Human & Alan Watts
- 0.10.34 Nils Frahm — Says & Reggie Ray — Space turning up
- 1.18.40 Hidden Orchestra feat. Jon Hopkins — Skylarks / Wingbeats
Reggie Ray — Please arise from space
- 0.27.47 Hania Rani — Come Back Home feat. Reggie Ray — Protectors
- 0.32.20 Lisa Gerrard — See The Sun feat. Reggie Ray — Ekajati is experience
- 0.35.42 Clann — Caves // Jocelyn Pook — How Dare You
& Reggie Ray — Calling the protectors
- 0.37.49 Sigur Rós — Hlur / Reggie Ray — Compassionate Space
- 0.43.24 Hania Rani & Patrick Watson — Dancing with Ghosts
- 0.48.18 Sigur Rós — André feat. wild growing sky (violent loving waves)
- 0.52.14 David Abram — Creaturely Migrations on a Breathing Planet & Sigur Rós — Blóðberg
- 1.02.05 Ólafur Arnalds — Brot / Only the Winds (live from Hafurfell in Iceland for
Circle) & Chögyam Trungpa Rinpoche — Sanity of the Earth
- 1.11.48 Chögyam Trungpa Rinpoche — Earth as witness & Sean Tinnion — Mother Earth
- 1.18.12 Sigur Rós — Skel
- 1.22.06 Hania Rani — Glass
- 1.27.39 Chögyam Trungpa Rinpoche — Relationship with the world & Nils Frahm — Some
feat. Tom Waits
- 1.30.29 Hania Rani — I'll Never Find Your Soul

wild growing sky

THE UNIVERSE IN ME

BEGINS

- 0.00.00 Ólafur Arnalds - undir (live in london) feat. 9Bach - Llyn Du / Maxine Peake
- 0.02.54 Kevin Smuts & Matthew Dennis - My Octopus Teacher Opening Titles
feat. Alan Watts (we came out of this world)
- 0.04.31 Massive Attack - Teardrop
- 0.09.49 Fink - We Watch The Stars (Horizontalism Remix) feat. Lhasa de Sela (when we are
born) and Kingsley Ben-Adir (from The OA)
- 0.12.39 Sigur Rós - Ég anda / Reggie Ray (Absolute Emptiness)
- 0.17.54 AURORA - All Is Soft Inside Intro (Sky: Concert in the Light) /
Inhale Exhale (A Touch of the Divine)
- 0.21.23 Fáerin - Earth Mother feat. Osho & Alan Watts (the Big Bang)
- 0.25.58 Hania Rani - Hello
- 0.30.56 Kiasmos - Bent (Life on KEXP) feat. Alan Watts (existence as a function of
relationship) & Lhasa de Sela (when we are born)
- 0.44.28 Anne Nikitin and Jessica Jones - Journey / The Moon
- 0.46.43 The Cinematic Orchestra - Breathe feat. Reggie Ray (aligning ourselves with the
sacred process)
- 0.53.14 Hugar - fall (Hania Rani Rework)
- 0.57.36 Reggie Ray (the wisdom of the Universe) / Anne Nikitin and Jessica Jones - A Long
Time Ago
- 1.00.55 Ludovico Einaudi - Divenire feat. Alp Akmaz (Reimagined by Merçan Dede)
- 1.08.10 Catrîcia Hiebert "somewhere i have never travelled" by e.e. cummings /
R. Carlos Nakai - Becoming Human
- Rival Consoles - Spirit Loop 1.10.30
- Sandrayati - Rise Warrior 1.14.20
- RY X - Your Love 1.19.13
- Ólafur Arnalds - Gleypa Okkur 1.24.02
feat. Chögyam Trungpa - Warrior's Heart
- Anne Nikitin and Jessica Jones - Magnetic Field 1.29.32
- CLANN - Her & the Sea 1.30.48
Reggie Ray (the trustworthiness of human life)
- Nitin Sawhney - Broken Skin 1.34.23
- Reggie Ray (commitment to our own experience) 1.38.29
Ólafur Arnalds - The Final Chapter / In the Water
feat. 9Bach - Llyn Du / Maxine Peake
- Choying Drolma & Steve Tibbetts - Shengshik Pema Jungney 1.44.31
- AURORA - Soulless Creatures (Instrumental + Live in Bergen 2020 mix) 1.49.50
feat. The Way of Water

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THE UNIVERSE IN ME

ENDS

Anne Nikitin and Jessica Jones - Our Universe 0.00.00
Saddufat - Nebosvod / Carlos Castaneda -- A Warrior's Perspective 0.01.06
Joe Pass - A Time For Us 0.07.02
Kevin Wrenn - The Calling of the Bird Tribe / Reggie Ray (Universe as a mirror) 0.10.12
& Carlos Castaneda - The First Enemy
Moloko - Familiar Feeling / AURORA - You Keep Me Crawling (feat. Osho & Saturn) 0.16.01
Hans Zimmer - Stranded / Ólafur Arnalds - Revelations 0.25.33
and Reggie Ray (why do it)
Gustavo Santaolalla - Tema Amores Perros + Actama / Moderator - Words Remain 0.30.40
(Vinyl Extended Version) / Ólafur Arnalds - Kinesthesia I
feat. Joanna Macy - Onto a Vast Plain (Rilke) & Saturn
Nick Cave and The Bad Seeds - Bright Horses 0.37.58
Nitin Sawhney - Beyond Skin 0.42.45
Anne Nikitin and Jessica Jones - The Sun / The Earth Spins 0.46.29
feat. Joanna Macy (world is lover, world is self)
The Cinematic Orchestra - To Believe (Lucinda Chua Rework) 0.49.22
Garth Stevenson - Passage / Reggie Ray (awareness) 0.53.29
Alice Phoebe Lou - Orbit (Live Session) 0.59.08
Anne Nikitin and Jessica Jones - Rebirth / Monblume - Alquimia 1.03.29
& Joanna Macy (hands) / Alan Watts (the game we're playing)
1.08.48 Annie Lennox - No More I Love You's
1.13.36 Ólafur Arnalds - remember (live in Harpa) / Alan Watts (it's not serious)
1.19.36 WEG DES KINDES (but the hands...)
Lisa Gerrard - Go Forward / Garth Stevenson - The Plains / Inkarnation - Garden Of My Soul
1.32.03 AURORA - A Different Kind Of Human
1.36.04 Reggie Ray (there's a call) / Jocelyn Pook - Sacrifice (heartbeat)
1.42.18 Hans Zimmer - Chevaliers De Sangreal
1.46.22 Reggie Ray (meeting other people) /
Ólafur Arnalds - Öldurót ft. SinfoniaNord, Atli Örvarsson
1.51.03 Thirteenth Doctor and Yaz (Jodie Whittaker & Mandip Gill)
- nobody got to be us
1.52.08 Sandrayati - Found (Live Session)
1.57.18 Kevin Wrenn - Riding the Merge Home / Reggie Ray (stop judging)
2.07.54 Ólafur Arnalds - The Journey /
Reggie Ray (being touched by our experience)
2.14.53 CLANN - Closer / Reggie Ray (the deeper you go)
2.19.05 AURORA - Mothership and The Cinematic Orchestra - Wait for Now
(feat. Tawiah) [Pépe Braddock's Wobbly Mix]

June 2023

wild growing sky

UNDER THE SNOW

0.00.00 Lhasa de Sela - In the Beginning...

0.00.57 Garth Stevenson - Drift

0.02.44 The Cinematic Orchestra - Breathe (Susumu Yokota in Conversation with Peter Berkley near Yoyogi Park) / Robert Frost - Acquainted with the Night

0.07.39 Clarissa Pinkola Estés - Singing Over the Bones & Reclamation
Maneesh de Moor - Forest Cathedral

0.11.11 Mari Boine - Eagle Man/Changing Woman

0.16.49 Clarissa Pinkola Estés - Knowing in the Bones/Moisty Aspects of the Feminine
feat. Šaddufat - Gliese Šaddufy

0.20.04 OTYKEN - Storm

0.23.48 Clarissa Pinkola Estés -
Being Natural
feat. Šaddufat - Nebosvod

0.29.41 Jon Howard - In the Air Tonight

AURORA - Blood in the Wine 0.32.29

Clarissa Pinkola Estés - Moistening 0.35.31

Things Up / Mari Boine - Geasuha
(Irresistible)

AURORA - Winter Bird 0.40.36

Lhasa de Sela - Con Toda Palabra 0.44.50

Clarissa Pinkola Estés - Three Golden Hair 0.49.16
feat. Laboratorijum Pieśni - Rosna Livada

Clarissa Pinkola Estés - The Point of Reclamation 0.59.57
/ Mari Boine - Ahccai

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WITHIN DARK BEYOND

... one

0.00.00 Kenji Kawai - Making of Cyborg (Chant I) feat. Alan Watts
0.04.45 Ben Frost - Nicht Deine Martha feat. Gregory Colbert
0.06.25 Reggie Ray - Meeting the Unknown
Kevin Wrenn - Rebirth of the Remembering / AWARE - Yeaku
0.18.20 Ben Frost - Anderer Mensch - Anderer Schmetterling
0.19.52 Leonard Cohen - By the Rivers Dark
0.24.58 björk - sorrowful soil
0.26.36 OLOX - Ascention (feat. Andreas OM)
0.28.10 Saïnkho Namtchylak - electric city
0.33.59 Reggie Ray - The Embodied Journey
Ben Frost - DARK / Apokalypse
0.38.56 Hania Rani - Home
with words by Reggie Ray and Scott Glen
0.43.48 Pomplamoose - Extreme Ways feat. MOBY
0.46.51 Reggie Ray - Being with the Journey
Ólafur Arnalds - I Could Have Stopped It
0.51.04 Everything But the Girl - Missing (2011 Remaster)
0.54.57 Hans Zimmer - Atmospheric Entry feat. Gregory Colbert
0.56.21 AURORA - Take Me Back Home (Live on BBC Proms)
1.01.40 Soname - The Sun and the Moon feat. Akram Khan Company
poem by tomek kowalski, read by wild growing sky

December 2022

wild growing sky

WITHIN DARK BEYOND

... two

0.00.00 Nessi Gomes - As You Will (Hine Ani)
0.06.30 代青塔娜 & HAYA樂團 - Ongmanibamai feat. Reggie Ray - This Fire
0.08.13 Bruno Culais - Tinkle et l'enfant
0.10.37 AURORA - Hunger
0.13.19 Alan Watts & The Cinematic Orchestra - Become as a Child / Workers of Art
0.19.34 Bruno Culais - Northern Bound feat. Estas Tonne
0.22.27 Reggie Ray - The Maps and the Territory (Realm of the Inconceivable)
feat. René Aubry - Mémoires Du Futur
0.27.40 代青塔娜 & HAYA樂團 - 青海湖 (Qinghai Lake)
0.32.11 Flying Lotus - Auntie's Harp
feat. Alexandra Steward/Chris Marker (Sans Soleil) & Tom Waits/Roberto Benigni/Jim
Jarmusch (Down by Law)
0.39.24 Michael Kiwanuka - Beautiful Life
0.44.43 Reggie Ray - The Body as the Sacred (Fire of Existence) / Hans Zimmer - Dreaming
0.48.26 Peter Gabriel - Passion feat. Gregory Colbert & Maxine Peake (9Bach - Llyn Da, Yn
dy lais, In your voice version)
0.55.54 Mountains of the Moon - The Purl
1.00.51 Reggie Ray - Dark Knowledge / Hans Zimmer - Where We're Going
1.08.24 RY X - Come Back feat. Ezra Pound/Tom Hiddleston
1.14.01 Dido - Here with me (acoustic)
1.17.47 Reggie Ray (Realm of the Inconceivable) / Ólafur Arnalds & Nils Frahm - Wide Open
1.22.56 Susanne Vega - Tom's Dinner feat. Brad Pitt & Sandra Bullock (Bullet Train)
1.26.48 Flight with the Birds feat. Gerry O'Driscoll/Pink Floyd (Dark Side of the Moon),
Ridley Scott/Philipp K. Dick/Rutger Hauer (Blade Runner) & Alexandra Steward/Chris Marker
(Sans Soleil)

December 2022

wild growing sky

WITHIN DARK BEYOND

... three

0.00.00 Sainkho Namtchylak - Kaar Deerge Chouvulangning / King Crimson - Moonchild
0.07.08 AURORA - The Seed [Greenpeace Action All Areas]
0.12.18 Kiasmos - Burnt feat. Alan Watts & Reggie Ray
0.18.37 Mountains of the Moon - Some Kind of Berry
0.22.34 Hania Rani - Zero Hour
feat. Mary Oliver (I go out to the shore...)
0.28.06 RY X - Thunder
0.31.11 Reggie Ray - The Ground of Vajrayana
feat. Hans Zimmer - What Happens Now
0.32.56 The Sweeplings - Carry Me Home
0.36.34 Matthew Herbert - Calling
0.40.04 Ólafur Arnalds & Arnór Dan - Stone by Stone
0.43.25 Reggie Ray - This Is Not Spirituality / Lisa Gerrard - Sorrow Seas
0.48.15 The Cinematic Orchestra - To Believe feat. Moses Sumney
0.53.40 Ibeyi - Transmission
0.56.51 Reggie Ray - Before the Five Skandas / Every Mindset is Workable
with Sarah Neufeld & Colin Stetson - And Still They Move / Hania Rani - Eden
1.04.33 Estas Tonne - Bird's Teardrops feat. Peia (Ashland, Oregon 2018)
feat. Reggie Ray - Trust and the Fire
1.09.09 Reggie Ray - Stay with the Darkness / Ben Frost Daniel Bjarnason - Snow
feat. Johnny Depp
1.11.14 Iggy Pop - You Want it Darker / feat. Maxine Peake (9Bach - Llyn Du / Yn dy lais
in your voice version)
1.20.18 Christian Löffler - Lys (feat. Menke)
1.24.32 HIDDEN ORCHESTRA - Strange / feat. Maxine Peake (9Bach - Llyn Du / Yn dy lais In
your voice version)
1.25.51 HAEVN with Neco Novellas - Trade It For The Night
1.30.32 Lyla June - One Earth Live / Ólafur Arnalds - undir
1.36.54 Ajeet - When She Rises
1.42.33 Reggie Ray - This Is Our World / Julianna Barwick - Forever

December 2022

wild growing sky

MOTHER

0.00.00 AURORA - And with Her (A Touch of the Divine)
0.01.55 Nina Simone - Westwind (Organica Remix)
0.06.20 Lhasa de Sela - When We're Conceived / AURORA - Intro (A Touch of the Divine)
0.07.17 LACRYMOBOY - Blairo / Reginald A. Ray, Pele - Primordial Fire
0.13.47 Wardruna - Laukr / I will fight no more, Katherin Winnick / Akram Khan - XENOS
0.19.12 Sainkho Namtchylak - The Road Back (feat. Eyadou Ag Leche, Said Ag Ayad, Ian Brennan) / The Cinematic Orchestra - Every Day (Intro) / Lopön Charlotte - Green Tara ... Go With Your Feeling
0.24.51 Hans Zimmer - The Fall / Reginald A. Ray, The Womb of Infinite, Boundless Space
0.27.18 AURORA - Heathens (Live from VEVOSTUDIO)
0.30.59 Gotan Project - Paris, Texas / Reginald A. Ray, Invoking the Primordial Fire
0.37.29 CLANN - Hosts of The Air
0.42.25 Hans Zimmer - Kopano part II / Reginald A. Ray, The Journey of Vajrayana
0.44.47 Forest Swords - Panic / Horror, Apocalypse Now (Marlon Brando)
0.49.32 Akram Khan - in the mind of Igor / AURORA - Churchyard
0.53.29 Clarissa Pinkola Estes - Reclaiming Your Wild Side / Hans Zimmer, Still Reprise
0.54.54 Eivor - Tröllabundin / Clarissa Pinkola Estes, A Woman's Soul
0.57.34 RY X - Fumbling Prayer / Clarissa Pinkola Estes, It Will Cower You / Reginald A. Ray, Honoring the Life Within Us
1.02.55 Feist - Caught A Long Wind
1.07.36 AURORA - The Murder Song (5.4.3.2.1) / Clarissa Pinkola Estes, The Soul's Need for Expression / Hans Zimmer - Gom Jabbar
1.13.28 Nitin Sawhney - Homelands / Ibeyi - I Carried This for Years / Clarissa Pinkola Estes, Why Find the Wild Woman?
1.20.42 Delilah - Go [RAK Session]
1.24.14 Reginald A. Ray, The Burning Quality / Hania Rani - Wildfires (from Truth in Fire)
1.29.30 Kalandra - Borders
1.34.42 Forget the bottle / Hugo Kant - Black Moon
1.39.53 Reginald A. Ray, The Warmth Arises as a Fire / Kalandra - Nerver Live session & Helheim (Extended)
1.46.55 AURORA - I See It So Clearly Now (A Touch of the Divine)
1.48.21 Hans Zimmer - Yekeleni part II - Carnage / Reginald A. Ray, Who We Are Is Life
1.56.07 The Cinematic Orchestra - Everyday
2.04.59 Clarissa Pinkola Estes, Unmasking the Wounded Healer
2.06.44 Portico Quartet & Hania Rani - With, Beside, Against
2.10.44 Reginald A. Ray, Dismantling Judgementalism / Max Richter - She Remembers
2.14.39 AURORA - Why did we (A Touch of the Divine)
2.16.05 Hans Zimmer & Steve Jablonsky - The Jablonsky Variations on a Theme / Deep Breath
2.24.50 Ólafur Arnalds & Nils Frahm - Four / Reginald A. Ray, Fire of Experience

April 2022

wild growing sky

MOTHER

reprise

with music by

Wardruna / Skagge

AURORA / Artemis

Soriana (with Ashkelon Sain) / Chocatiuh, Ticochitlenhua

Eivor and John Lunn / Blood Moon

the magic carpathians project / Fat Moon

Kayah & Atanas Valkov / Czarna Polana

with stories from

Akram Khan Company

AURORA

The Witcher (Freya Allan,

Niamh McCormack & Mécia Simson)

and

Clarissa Pinkola Estés

("The Story of Vasilisa")

April 2022

WATCH OUT FOR THE WINTER DARK

wild growing sky

- 0.00.00 Lhasa de Sela - What Kind of Heart feat. Nina Simone ("To Be Free")
- 0.02.27 Nick Cave & Warren Ellis - Martha's Dream
feat. Willem Defoe / Babs Olusanmokun
- 0.05.29 This Is All Going to End Badly / Wax Tailor - How I Feel
by Jim Jarmusch, Bill Murray, Adam Driver and Chloë Sevigny
- 0.09.52 Reginald A. Ray - Our Trap
feat. Emancipator - The Darkest Evening of the Year
- 0.11.09 Leonard Cohen - It's Torn
- 0.13.57 Gustavo Santaolalla - Vitaliy Zavadskyy
- 0.17.33 Storm - Kafka on the Shore, Haruki Murakami, read by Oliver Le Sueur. /
Hidden Orchestra - Disquiet
Feat. Reginald A. Ray + Jim Jarmusch, Bill Murray, Adam Driver and Chloë Sevigny
- 0.25.01 Ólafur Arnalds - For Now I Am Winter feat. Reginald A. Ray & Wendell Berry ("To
Know the Dark") read by Brian Paul Allison
- 0.29.48 Joan Baez - House of The Rising Sun
- 0.32.29 RY X - Salt (Live from the Vibiana)
- 0.41.06 Reginald A. Ray, Life Force / Yaima - Dust Moves Again
- 0.46.11 Sainkho Namtchylak - Runnin' Tapes / Gotan Project - Queremos Paz
feat. Jim Jarmusch, Bill Murray, Adam Driver and Chloë Sevigny
- 0.57.17 The Cinematic Orchestra - Dawn / Reginald A. Ray - Disregulation
- 1.01.10 Sainkho Namtchylak - Boomerang
- 1.08.26 The Kilimanjaro Darkjazz Ensemble - Adaptation of The Koto Song (Hungary, 2011)
feat. Reginald A. Ray - Have Confidence in Your Life Falling Apart
- 1.13.04 Federico Albanese & Tara Nome Doyle - Too Lost to Be Found feat. Reginald A. Ray
& Cillian Murphy / Tadi feat DJKR - Seven Diamond Lines
- 1.22.27 Skapel - not too bad
feat. Jim Jarmusch, Bill Murray and Adam Driver
- 1.25.41 Queen - Another One Bites the Dust
- 1.29.11 Fever Ray - Keep the Streets Empty For Me (MaJiKer's Remix)
feat. Jim Jarmusch, Bill Murray and Adam Driver
- 1.34.45 Jeremy Wamsley - Moment feat. Cillian Murphy & Annabelle Wallis + Reginald A. Ray
- 1.43.49 Kaleo - Way Down We Go
- 1.47.21 Ólafur Arnalds - Hands, Be Still / LP - Muddy Waters [Live Session]
feat. Reginald A. Ray - It's One Without the Second
- 1.55.10 Gustavo Santaolalla - Endless Flight
feat. Reginald A. Ray - Reckless Love
- 1.59.42 Imogen Heap - Cumulus
- 2.04.18 Ólafur Arnalds - A Stutter / Reginald A. Ray - Are We Willing
- 2.08.56 Katheryn Winnick & Jennie Jacques - Nothing to Protect
- 2.09.56 The Cinematic Orchestra feat. Lou Rhodes - Crimson Skies
- 2.13.13 Max Richter - She Remembers / Reginald A. Ray - Become What We're Not
- 2.16.55 Katheryn Winnick & Jennie Jacques - On the Other Side of the Shield Wall /
Nick Cave - To Be by Your Side

December 2021

SONGS FOR,

SONGS FROM

wild growing sky

0.00.00 Alan Watts - Silence is Golden

0.02.31 Moby - Walk with Me

0.05.31 Kate Bush - Hello Earth
with words by Mereba (River)

0.11.53 Hushpuppy/Quvenzhané Wallis / Kate Bush - Aerial Tal / AURORA - Gentle Earthquakes

0.14.07 The Cinematic Orchestra - A Promise (feat. Heidi Vogel)
with Alan Watts gong

0.25.42 Gustavo Santaolalla - Deportation/Iguazu
with words by Reginald A. Ray ("Awake Heart") / and memory of the Monument

0.30.13 Wardruna - Synkverv

0.34.56 AURORA - God is a Woman

0.38.23 Samaris - Góða Tungl

0.42.20 Dictaphone - The Conversation / Ólafur Arnalds & JFDR - Back To The Sky
with words by Mereba (The Jungle Is The Only Way Out), Joanna Macy & Rilke ("Let This
Darkness be a Bell Tower") and Hushpuppy/Quvenzhané Wallis

0.50.14 Dzigar Kontrul Rinpoche - Bodhicitta Provides the View
with music by r beny - Crystal & Graves

0.56.17 M83 - Wait

1.01.50 Ólafur Arnalds - RÖR
with words by Reginald A. Ray

1.06.17 AURORA - Infections of A Different Kind (HAIK Concert 2019)

1.11.10 The Cinematic Orchestra - Wait for Now/Leave the World (feat. Tawiah)
with words by Hushpuppy/Quvenzhané Wallis

1.18.15 Moby - Walk with Me (Reprise) / Mereba - Kinfolk
with words by Mary Oliver ("Wild Geese")

1.23.19 Alice Eather - 'My Story Is Your Story'

1.23.54 WILLOW and Jahnvi Harrison - Gajendra

1.26.56 Moby - Pale Horses
with words by Reginald A. Ray

1.30.48 Mereba - Get Free

1.32.46 Black Pumas - Touch the Sky

1.37.09 n u a g e s - Dreams

1.42.38 Emancipator - Safe in the Steep Cliffs /
Sainkho Namtchylak - Introduction / Lisa Gerrard - Empty Water
with words by Hushpuppy/Quvenzhané Wallis & Reginald A. Ray

1.50.42 Damien Rice - I Don't Want To Change You
(SiriusXM The Coffee House)

1.55.33 IMADO MUSIC - VII

2.01.09 Deya Dova - The Jasmani Garden
with words by Reginald A. Ray

2.07.39 The Cinematic Orchestra - Time and Space /
Ólafur Arnalds & Nils Frahm - Al
with words by Reginald A. Ray

2.22.14 Xavier Rudd - Spirit Bird

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0.00.00 Kevin Wrenn - Ascension
with words by Jay Cocks, read by Johnny Depp
Fran Walsh, Philippa Boyens and Peter Jackson, read by Kate Blanchet
and Alice Eather from Yaya Karrabura - The Fire is Burning

0.11.23 Röyksopp & Robyn - Monument
with words by (((O))) - Nature's Joint

0.18.14 The Cinematic Orchestra - All Things to All Men
with words by Reginald A. Ray and Alan Watts

0.25.25 Rokia Traoré - Dounia
with words by Jim Jarmusch, read by Gary Farmer and Johnny Depp

0.32.29 METSA KENE - Nokumana
with words by Reginald A. Ray

0.37.31 The Cinematic Orchestra - Zero One/This Fantasy
with words by Einar Selvik

0.44.22 Kevin Wrenn - Receiving Recalibration
with words by Reginald A. Ray

0.52.14 Ape Chimba & Jordi Cantos - Babaii Canto al Padre

1.00.26 Cinematic Orchestra - Reel Life (Evolution II)
with words by Alice Eather from Yaya Karrabura

1.07.22 Max Richter - Space 21 (Petrichor)
with words by Alan Watts

1.11.45 alt-J(Δ) - The Gospel of John Hurt

1.16.34 Agnes Obel - Golden Green

WOVEN

Atman - Dance (1) 1.20.26

Sainkho Namtchylak - Tuva blues 1.26.08

The Doors - Strange Days 1.30.15

Nils Petter Molvær - Kingfish Castle 1.33.19
with words by Carlos Castaneda
read by unknown

Lhasa de Sela - My Name 1.37.37

Kevin Wrenn - Unwoven 1.41.45
with words by Reginald A. Ray

AURORA - Running with the Wolves (Vierlive) 1.48.54

Sainkho Namtchylak - Naked Spirit (feat. Djivan Gasparyan) 1.53.21
with words by Rainer Maria Rilke from The Book of Hours, read by Joanna Macy

Ólafur Arnalds - Woven Song 1.57.45
with words by Reginald A. Ray

WILLOW and Jahnvi Harrison - Born to Give 2.00.56

SYML - The War 2.05.55

Ólafur Arnalds - finding some kind of peace (behind the scenes) 2.11.35

Akram Khan - Stop. From the Silent Burn Project 2.13.03

Ólafur Arnalds - So Close 2.14.24

Ólafur Arnalds - Undone 2.18.10

April 2021

wild growing sky

0.00.00 Leonard Cohen - You Want It Darker
with words by Robert Oppenheimer

0.06.41 Jacob Lee - Demons (Philosophical Sessions)

0.11.37 Zoe Keating - Legions (reverie)
with words by Jim Jarmusch, read by Adam Driver

0.14.25 Gary Jules - Mad World

0.17.28 John Trudell - Voices Catching Up

0.21.08 Wardruna - Lyfjaberg (Healing-mountain)

0.29.18 AURORA - Under the Water

0.33.31 Zoe Keating - Legions (war)
with words by Wax Tailor (unknown) and Alan Watts

0.39.26 Yaima - Our Game
with words by Alan Watts

0.45.07 Mountains of the Moon - Caterpillar
with words by Jim Jarmusch, read by Bill Rice and Taylor Mead

0.51.25 Nils Petter Molvær - Water
with words by Alan Watts

0.57.41 John Trudell - I Went So Willingly

1.04.08 Eurythmics - Here Comes the Rain Again

1.08.51 Sheila - One
with words by Alan Watts

1.13.17 Ólafur Arnalds & Bonobo - Loom

1.17.34 Emma Kate - Heroes (David Bowie stripped down cover)

1.24.33 David Bowie & Freddie Mercury - Under Pressure

1.28.25 Ibrahim Maalouf - Beirut
with words by Alan Watts

1.38.15 Alice Phoebe Lou - Ocean

1.42.22 AURORA - Soft Universe

1.46.18 London Grammar - Californian Soil
with words by Alan Watts

1.51.13 Skin&Soap - Me and the Devil

1.54.11 Kalandra - Borders

1.59.44 Lisa Gerrard - Pai Calls the Whales

2.01.13 Max Richter - Mercy
with words by Pema Chödrön

SAMARA

December 2020

wild growing sky

AUTUMN

- 0.00.00 Simon & Garfunkel - Sound of Silence
- 0.03.02 Michael Kawanuka - Final Days
with words by Alice Eather
- 0.07.18 Rubba - Way Star
with words by Nina Simone
- 0.10.50 AURORA - Wisdom Cries
- 0.14.40 Nils Petter Molvær - Soft Moon Shine
with words by Lyla June
- 0.21.15 Agnes Obel - Promise Keep
- 0.25.37 Paolo Nutini - Iron Sky
with words by unknown
- 0.29.56 The Cinematic Orchestra - Into You
with words by Alice Eather
- 0.32.52 Hans Zimmer and Radiohead Ocean Bloom
with words by Lyla June
- 0.38.14 Abi Ocia - Running / Mino Cinelu and Nils Petter Molvær - Process of Breathing / AURORA - Through the Eyes of a Child
with words by AURORA
- 0.45.12 Sufjan Steveny - Mystery of Love
with words by EDEN (rock + roll)
- 0.49.13 Son Lux - Let Go (Andrew Judah Remix)
with words by Chris Barker to Bessie Moore, read by Benedict Cumberbatch
- 0.54.08 Ólafur Arnalds and Nils Frahm - a2
with words by Alan Watts
- 0.58.52 The Cinematic Orchestra - Evolution
- 1.05.25 Max Richter - Shadow Journal
words by Czesław Miłosz, read by Tilda Swinton
- 1.13.01 Lafayette Afro Rock Band - Darkest Light
with words by Gerry O'Driscoll/Pink Floyd
- 1.19.26 Neroche - Moontide Theory (Hugo Kant Edit)
with words by Sophia Coppola, read by Scarlett Johansson and Bill Murray
- 1.26.35 Pink Floyd - Eclipse
with words by Ridley Scott/Philipp K. Dick, read by Rutger Hauer
- 1.28.22 AURORA - Through the Eyes of a Child
- 1.32.48 Dinah Washington & Max Richter - This Bitter Earth/On the Nature of Daylight
with words by Alice Eather
- 1.39.09 Sufjan Stevens - Visions of Gideon
with words by unknown/Jacob Banks, Like You'll Never See Me Again
- 1.43.44 The Hidden Orchestra - Spoken
with words by Gerry O'Driscoll/Pink Floyd
- 1.49.26 Leszek Mozdzer - The Law and The Fist
- 2.00.10 Max Richter - The Waves/Tuesday. Read by Gillian Anderson
- 2.04.04 Lisa Gerrard - All Along the Watchtower / Agnes Obel - Camera's Rolling
with words by Ridley Scott/Philipp K. Dick, read by Rutger Hauer

October 2020

wild growing sky

0.00.00 Miles Davis - Hannibal
with words by Octavia Butler, read by Dee Dee Stephens

0.06.26 Massive Attack - Protection (quiet village remix)
with words by Sophia Coppola, read by Scarlett Johansson and Bill Murray;
and Nina Simone

0.16.26 Moždžer Danielsson Fresco - The O
with words by Gregory Colbert

0.18.25 Agnes Obel - Dorian

0.23.28 Lettuce - Phyllis
with words by Alan Watts

0.31.57 The Cinematic Orchestra - All That You Give
with words by Steven Conrad, read by Sean O'Connell

0.37.04 Placebo - Running Up That Hill
with words by Lyla June

0.42.14 Bjork - Joga / AURORA - All Is Soft Inside

0.46.40 Agnes Obel - Run Cried the Crawling /
TULIA & - Jaskółka Uwięziona

0.52.01 Dhafer Youssef - Whirling Birds Ceremony

0.56.19 The Doors - Riders on the Storm
with words by Lyla June

ECHOES AFTER DARK

Aimee Mann - Wise up (It's not going to stop) 1.03.05

Moždžer Danielsson Fresco - Incognitor 1.06.31
with words by Khalil Gibran, read by John Siddique
and Pema Chödrön

The Jazzual Suspects - This Beat 1.11.17
with words by Pema Chödrön

Bjork - Unravel (Late Night Tales - Midlake) 1.16.31

Esperanza Spalding - Wild Is the Wind 1.19.16
with words by Alan Watts

Imogen Heap - Canvas 1.26.10

Massive Attack - The Spoils ft. Hope Sandoval 1.30.57

Imogen Heap - Cumulus 1.36.45

Ólafur Arnalds - For Now I Am Winter (Nils Frahm Rework) 1.41.22
with words by Joanna Macy

Moždžer Danielsson Fresco - Asta II 1.45.18
with words by Lyla June

September 2020

wild growing sky

HEART THAT LOVES

Michael Kawanuka - Cold Little Heart / Marconi Union - Weightless Part 1 0.00.00
with words by AURORA, Joanna Macy, Khyentse Norbu
Jacob Banks - Slow Up / AURORA - Runaway 0.07.01
The Cinematic Orchestra - All Things 0.14.34
with words by Alan Watts
The Dø - Dust it off 0.20.41
with words by Khyentse Norbu
Craig Armstrong - Childhood 2 0.22.24
with words by Pema Chödrön
Moddi - House by the Sea 0.27.47
with words by Sian Heder, read by Elliot Page and Allison Janney
Sakyong Mipham - What About Me / Thomas Newman - Percheron Stallion 0.32.23
with words by Alan Watts
Galt Mac Dermot - Aquarius 0.39.57
Black Pumas - Colors 0.44.38
The XX - Intro 0.48.43
with words by Alan Watts
Lola Marsh - She's a Rainbow / Sakyong Mipham - Come and Dance 0.53.28
with words by Jicarilla Apache and Diné (KQED Arts/Dancing an Indigenous Future)
Anilab - Warrior (feat. Einar Selvik) 1.02.56
with words by Pema Chödrön
Jocelyn Pook - Sacrifice 1.11.13
with words by Pema Chödrön
AURORA - Different Kind of Human 1.17.42
with words by Khadro Rinpoche
Mooji - Lose Yourself 1.21.33
Nitin Sawhney - Letting Go 1.24.13
The Rolling Stones - You Can't Always Get What You Want 1.28.59
AURORA - Queendom /Loustic Sessions 1.35.29

July 2020

wild growing sky

HEART OF SADNESS

Kate Bush - Nocturn 0.00.00
with words by alt-J 3WW (three worn words) and Sarah Coleman
R. Carlos Nakai - Dull Knife and Little Wolf / He Came from the Black Hills 0.03.36
with words by Joanna Macy, revealed by Chögyal Rinpoche
Matylda Damięcka - Let's Dance (David Bowie) 0.14.14
Björk - Human Behavior 0.17.30
AURORA - Daydreamer / 'It's important to know you're loved' 0.19.46
with words by Pema Chödrön
Alt-J - Fitzpleasure / AURORA - Apple Tree 0.24.53
with words by Sian Heder, read by Elliot Page and Allison Janney
Sting - Desert Rose 0.28.09
Diego Israel/Osho - El loco Taoista 0.32.49
Stories - Black Hole Sun (ft. Jennah Bell) 0.35.05
R.E.M. - Losing My Religion // Lo Moon - Loveless 0.39.06
with words by Alan Watts
Pink Floyd - Speak To Me _ Breathe / The Tanuki Project - The Stream 0.50.52
with words by Matylda Damięcka
Peter Gabriel - Heroes 1.01.24
Estas Tonne - Internal Flight 2013 / Sting - Fragile 1.05.21
with words by Sarah Coleman
Sting - Shape of My Heart 1.13.46
Jocelyn Pook - Butterfly Song 1.18.17
with words by Sarah Coleman
SIGUR RÓS - Varuo 1.20.12
with words by Alan Watts
Nahko Bear Medicine for the People - Aloha Ke Akua 1.23.58
AURORA - Warrior (Live at HAİK) 1.28.40

July 2020

wild growing sky

WISDOM RISING

0.00.00 Clarissa Pinkola Estés - La Loba
/ Silence - Garden of Dreams
feat. Lo Moon
and Jonna Jinton performing Kulning

0.07.41 Kate Bush - Aerial

0.14.42 Jocelyn Pook - The Calling
with words by Tsultrim Allione

0.17.50 Massive Attack vs Portishead - Teardrop on Roads

0.25.47 Eivør - True Love
with words by Tsultrim Allione

0.30.53 Sainkho Namtchylak - Who Stole the Sky
with words by Octavia Butler, read by Adrienne Maree Brown

0.33.22 AURORA - The Seed
with words by Clarissa Pinkola Estés

0.38.24 Wardruna and AURORA - Helvegen
with words by Clarissa Pinkola Estés

0.44.17 Sade - Warrior of Love /
Sampa The Great - Energy (feat. Nadeem Din-Gabisi)

0.54.52 KOLINGA - Earthquake
with words by unknown

0.59.29 Barbara Lahr - Mother Earth

1.04.11 Tash Sultana - Synergy
with words by Maya Angelou

1.08.28 AURORA Running with the Wolves
feat. Jonna Jinton performing Kulning

1.12.16 alt-J - Adeline
with words by Pema Chödrön

1.18.07 The Cinematic Orchestra - Familiar Ground
with words by Pema Chödrön

1.24.30 Tash Sultana - Notion
Live at Pigeons & Planes
with words by Pema Chödrön and Tash Sultana

1.36.00 AURORA - All Is Soft Inside

1.41.04 Jocelyn Pook - Death on the Mountain
feat. Tsultrim Allione

1.42.16 Lisa Gerrard - The End feat. Lyla June

May 2020

wild growing sky

0.00.00 Jocelyn Pook - Halleluyah
0.04.32 Atman - Wild Way / Chod power by the nuns from Nari Gompa and Asura
0.09.09 Samiya Bashir - FIELD THEORIES (four)
0.09.54 Elvør - Salt (Live performance in a train warehouse)
0.14.04 Thomas Newman - Any Other Name feat. Clarissa Pinkola Estés
0.15.16 The Cinematic Orchestra - The Awakening of a Woman
with words by Gregory Colbert
0.17.26 Kate Bush - Cloudbusting / Lacrymosoy - Honjidad
with words by Sophia Coppola, read by Scarlett Johansson and Bill Murray
0.23.37 Moloko - The Time Is Now feat. Yoda
0.28.17 Wardruna - Solringen feat. Clarissa Pinkola Estés
0.34.44 meow - Do kogo biegniesz
with words by Reginald A. Ray

B A R D O

Ryuichi Sakamoto - Only Love Can Conquer Hate feat. Alan Watts 0.38.56
The Hidden Orchestra - Antiphon / Hugo Kant - I don't want to be an emperor 0.42.08
Kapela Hanki Wójcik - Zima 0.53.29
alt-J - Interlude 1 0.58.20
with words by Sophia Coppola, read by Scarlett Johansson and Bill Murray
alt-J - Interlude 3 / Endless Melancholy mixed by Ambientologist 0.59.59
with words by Reginald A. Ray and Alan Watts
Billy Porter - For All We Know 1.03.04
Endless Melancholy - Sunflower Wilderness feat. Reginald A. Ray 1.05.42
Kate Bush - Running Up That Hill 1.07.05
Daria Zawiałow - Jeszcze w zielone gramy 1.11.59
Jocelyn Pook - Storm Engine 1.17.07
with words by Charles Bukowski, read by unknown
El Buho - Calchaqui (Nicola Cruz Remix) feat. Reginald A. Ray 1.20.23
The Cinematic Orchestra - Breathe 1.26.26

wild growing sky

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by Constantine Cavafy
read by Alexia Paraskeva
music: Yungchen Lhamo

May 2019

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EXPLORATION

0.00.00 Ayub Ogada - Kothbiro
with words by T.S. Eliot, read by Jeremy Irons

0.06.53 The Cinematic Orchestra - Freedom (Exclusive Cover Version)

0.11.28 SÍGUR RÓS - Valtari (from mystery film experiment no. 14)
feat. Pema Chödrön

0.21.18 Ibeyi - Waves

0.24.20 Lhasa de Sela - Anywhere on this road
feat. SÍGUR RÓS - Ekki múkk/Aidan Gillen

0.29.18 Ane Brun - This Voice 2013

0.33.10 Alice Merton - No Roots (Akustik) feat. Pema Chödrön

Kapela Hanki Wójciak - Matulu / Seafret - Oceans 0.38.07

Lisa Gerrard and Patrick Cassidy - Pasadena 0.45.26
feat. Pema Chödrön, Alan Watts and Auli'i Cravalho

Ray LaMontagne - Be Here Now 0.51.52

Jason Mraz - Song for a Friend 0.58.02

The Cinematic Orchestra - To Build A Home 1.06.03
feat. Pema Chödrön and an anonymous poet

Kapela Hanki Wójciak - Moja mantra 1.14.27

with words by Simon Cleary, read by Benedict Cumberbatch

Wolf Larsen - If I Be Wrong 1.19.45

May 2019

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ON REVOLUTION

take two

Jacob Banks - Unholy War / What About Us by Pink and Alex G 0.00.00
feat. Oh Wonder All We Do

Max Richter - On the Nature of Daylight feat. Greta Thunberg 0.05.23

Jacob Banks - Chainsmoking feat. George Orwell 0.09.40

Hammock - Miles to Go Before Sleep 0.13.01
feat. Gil Scott - Heron - The Revolution Will Not Be Televised
with words by Alan Watts and Sam Esmail, read by Rami Malek

Dire Straits - Brothers in Arms 0.18.16

Phantogram - When I'm Small 0.22.29
with words by Jim Uhls, read by Brad Pitt

Jocelyn Pook - Dionysus 0.26.36

Bear's Den - When You Break 0.31.11
with words by Alan Watts

Judi Jackson - Still / Trevor Green - This Must Be the Place (Naive Melody) 0.28.54
feat. Reginald A. Ray

Fisz Emade Tworzywo - Biegnij dalej sam 0.47.48
with words by Alan Watts

Dhafer Youssef - Un Soupir Eternel 0.52.11

Fever Ray - Keep the Streets Empty for Me 0.57.12

Les McCann - Burnin Coal feat. Alan Watts 1.02.47

George Michael - Freedom! '90 1.10.22

1.16.42 AMO AMO - The Only Thing I Got to Live For Is Love

1.21.49 RagnBone Man - Skin / HELLE THUN - Kulning over vinden / Danit - Aliento

1.31.33 Ed Sheeran - I See Fire

1.35.49 Sol Seppy - enter one feat. Alan Watts

1.41.42 Glen Hansard and Marketa Irglova - When Your Mind's Made Up

1.45.19 Ryan Adams - Wonderwall

1.49.21 Cat Stevens - Trouble

1.52.01 Tash Sultana - Featherstone (on FedUniLive) feat. Alan Watts

1.57.59 Melba Moore - The Flesh Failsures - Let the Sunshine In

2.01.15 Ane Brun - Jóga (Björk cover live 2010) feat. Mqoji

2.07.06 alt-J (A) - Taro feat. Reginald A. Ray

February 2019

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LATE NIGHT TALES

winter solstice edition -- side B

- 0.00.00 TULIA - Nieznajomy
- 0.04.26 Rumi - My Soul is From Elsewhere (The Journey of Purpose)
- 0.06.12 Oi Va Voi - Refugee
- 0.09.47 Alan Watts - You Are a Miracle
- 0.10.37 Michał Lorenc - Mro ilo
- 0.12.37 Alan Watts - You're Ready to Wake Up
- 0.13.16 Burrow & Smiths - Wonderful Life
- 0.17.38 tomek kowalski - no title feat. Estas Tonne / 生长genesis
- 0.24.22 Gregory Colbert - Ashes to Snow / Severija - Zu Asche. Zu Staub
- 0.32.40 Jocelyn Pook - Sacrifice
- 0.37.47 David Sylvian - World Citizen - I Won't Be Disappointed/Looped Piano
feat. Mooji
- 0.44.16 AsaChan - Minkara feat. the ocean and Mooji
- 0.52.25 Alef - Sol
- 0.59.02 Thomas Newman - Brooks Was Here feat. Alan Watts
- 1.08.13 R. Carlos Nakai - I Will Fight No More

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LATE NIGHT TALES

winter solstice edition -- side A



0.00.00 Paolo Nutini - Iron Sky [Abbey Road Live Session] feat. Alan Watts
0.06.13 Sky Dancer (Jody Kemmerer/Khandroma Kunzang Wangmo) / Dickon Hinchliffe -
Tatiana / Nina Simone - Sinnerman
0.11.46 AMO AMO - When I Look at You
with words by Alan Watts
0.16.16 Michael Kawanuka - Love & Hate
0.23.56 Madonna - If You Forget Me by Pablo Neruda / Ben l'Oncle Soul - I've got
you under my skin / Lisa Gerrard and Patrick Cassidy - Vespers
0.30.48 Gregory Colbert - If You Come to Me / Peter Gabriel - Mercy Street
0.37.51 Hammock - Before the Celebration feat. Alan Watts
0.39.47 AMO AMO - When We're Gone
0.43.53 Ludovico Einaudi - Una Mattina
0.50.24 Ólafur Arnalds - Say My Name (feat. Arnór Dan) feat. Chögyam Trungpa
0.57.37 Jocelyn Pook - Upon This Rock feat. Alan Watts
1.03.20 Björk - All Is Full of Love

Dezember 2018