

The Great Work

Lab Journal · one page · seven operations

Listen with headphones. One volume per sitting. After the last note, write the date, the stage, and a single sentence — what burned, rose, stayed, joined, died, lifted, or remained. Do not explain. Do not skip ahead.

DATE	STAGE	ONE SENTENCE
	I Calcination — Burn the Mask	
	II Dissolution — Ashes into Water	
	III Separation — Gold from Dross	
	IV Conjunction — The Marriage	
	V Fermentation — The Dark Bloom	
	VI Distillation — The Raising	
	VII Coagulation — The Stone	
	Repeat / notes	
	Repeat / notes	
	Repeat / notes	

PROTOCOL

Same chair when you can. Low volume. Do not drive. Volumes I–VII in order. First drop: 24 October 2026. A new volume each week. This is ritual music with a binaural layer — not medical treatment.