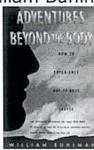
Adventures Beyond the Body HOW TO EXPERIENCE OUT-OF-BODY TRAVEL

William Buhlman



"An intriguing guidebook for those who want to venture beyond the horizon of ordinary reality." --Raymond Moody, author of Life After Life

Explore new worlds without booking a flight! In *Adventures Beyond the Body*, William Buhlman recounts his fascinating experiences with astral travel, connects this phenomenon with current cosmological theories, and suggests that we all have the capability to travel to parallel universes. Don't worry about getting lost--*Adventures* is filled with well mapped methods for finding your way out of your body and into other worlds. Control is Buhlman's mantra, specifically control over our fear of the unknown. He precisely addresses the common events that can occur during an out-of-body experience, taking the fear out of the journey, and allowing you to focus on living the adventure. --*Brian Patterson*

Explore New Worlds . . .

If you ever wondered what might lie beyond the reality we experience every day, if you've ever thrilled to accounts of out-of-body travel and longer to go alone for the ride, this fascinating, practical guide is for you. America's leading expert on out-of-body travel tells the riveting story of his travels to other realms and offers easy-to-use techniques to guide you on your journey of a lifetime, and beyond.

Travel into Parallel Realities . . .

William Buhlman has trained out-of-body travelers in his workshop for more than a decade, teaching people how to project their consciousness outside the limits of their physical bodies and to explore dimensions and worlds beyond everyday life. Now he vividly recounts how own adventures in the parallel universe described in the new-physics theories of Stephen Hawkins, Paul Davies, and Fred Alan Wolf and presents his step-by-step guide to astral travel, including exercises, tips, techniques, and answers to your every question about out-of-body experiences.

And discover surprising Truths about Reality, Past Lives, the Soul, and Life after Death.

Astral travel, Buhlman reveals, not only can expand your consciousness, it can help verify the existence of the soul, teach you about past lives, and enhance your daily life. Find out in this compelling handbook for everyone who wants to venture beyond the body and take the ultimate trip.

Author William Buhlman teaches and lectures widely on out-of-body travel. He is a frequent guest on the nationally syndicated radio shows *Coast to Coast A.M.* and Dreamland, and has been featured on the national television show Sightings. Visit the author online at www.out-of-body.com [Book Description from the publisher].

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Preface

Five hundred years ago, a few courageous explorers crossed an ocean in search of a new land—a mysterious land hidden by an unexplored and uncharted ocean. Many people considered this journey a waste of time and resources. After all, modern civilization had flourished for centuries without this kind of exploration. Against all odds this handful of explorers ventured forward, their burning desire for discovery propelling them into the unknown. They abandoned the comforts of home to embark on a journey beyond the known horizons. Facing both their own and society's fears and doubts, they continued their course, finally achieving their goal of discovery.

Today we face the same kind of exploration—an unexplored ocean of energy waiting to be conquered by individuals who possess the foresight and courage to go beyond the limits of their physical horizons. As in the past, the explorer's vision must extend past the physical shoreline. As in the past, the explorer must possess the internal drive and determination to travel beyond the known limits of society and science. He or she must travel alone, far from the masses who cling to the firm security of land.

As in the past, explorers are driven by one thing—the need to discover for themselves, because accepting anything less than firsthand knowledge is settling for the beliefs and assumptions of the landlocked.

Today each of us has an opportunity to go beyond the physical shoreline and become an explorer. This great adventure is available for all of us to share.

Part 1 - Exploring the Mysterious

CHAPTER 1 First Journeys

The most beautiful experience we can have is the mysterious. It is the fundamental emotion which stands at the cradle of true art and true science. Whoever does not know it and can no longer wonder, no longer marvel, is as good as dead, and his eyes are dimmed.

Albert Einstein wrote these words many years ago, and they are forever etched in my mind. Twenty years ago I firmly believed that the physical world we see and experience was the only reality. I believed what my eyes told me—life possessed no hidden mysteries, only countless forms of matter living and dying.

The facts were clear; there was no evidence or proof of nonphysical worlds or our continued existence after death. I questioned the intelligence of anyone soft-headed enough to accept the illogical concepts of heaven, God, and immortality. In my mind these were fairy tales created to comfort the weak and manipulate the masses. For me, life was simple to understand: the world consisted of solid matter and form, and the concepts of life after death and heaven were feeble human attempts to create hope where none existed.

I possessed the arrogant knowledge of a man who judges the world with his physical senses alone. I supported my conclusions with the overwhelming observations provided by science and technology. After all, if something mysterious was there, science would certainly be aware of it.

My firm convictions of reality and life continued until June of 1972. During a conversation with a neighbor, our discussion turned to the possibilities of life after death and the existence of heaven. I proceeded to present my agnostic viewpoints with vigor. To my surprise my neighbor didn't contest my conclusions; instead, he related an experience that he had had several weeks before. One evening just after drifting to sleep, he was shocked to discover himself floating above his body. Completely awake and aware, he became frightened and instantly fell back into his physical body. Excited, he told me it wasn't a dream or his imagination, but a fully conscious experience.

Intrigued by his experience, I decided to investigate this strange phenomenon for myself. After several days of research I discovered numerous references to out-of-body experiences throughout history. With some searching I found a book on the topic that actually described how out-of-body experiences are induced. The entire subject seemed extremely weird, and I considered the book the result of an overly active imagination.

Out of curiosity, I decided to try one of the out-of-body techniques before sleep. After repeated daily attempts, I began to feel a little ridiculous. In three weeks the only thing I experienced out of the norm was an increase in my dream recall. I became more and more convinced that this entire subject was nothing more than an intense or vivid dream stimulated by the so-called out-of-body techniques. Then, one night about eleven o'clock I drifted to sleep during my out-of-body technique and began dreaming that I was sitting at a round table with several people. They all seemed to be asking me questions related to my self-development

and state of consciousness. At that moment in the dream I began to feel extremely dizzy, and a strange numbness, like from Novocain, began to spread throughout my body. Unable to keep my head up, I passed out, hitting my head on the table. Instantly I was awake, fully conscious, lying in bed facing the wall. I could hear an unusual buzzing sound and felt somehow different. Extending my arm, I reached for the wall in front of me. I stared in amazement as my hand actually entered the wall; I could feel the vibrational energy of it as if I was touching its very molecular structure. Only then did the overwhelming reality hit me, My God, I'm not in my body. Excited, my only thought was, It's real. My God, it's real! Lying in bed, I stared at my hand in disbelief.

When I tried clenching my fist, I could feel the pressure of my grip; my hand felt completely solid, but the physical wall in front of me looked and felt like a dense, vaporous material with form. Determined to stand, I began to move effortlessly to the foot of my bed, my mind racing with the reality of it all. Standing, I quickly touched my arms and legs, checking to see if I was solid, and to my surprise I was completely solid, completely real. But around me, the familiar physical objects in my room no longer appeared completely real or solid; instead, they now looked like three-dimensional mirages. Glancing down, I noticed a large lump in my bed. Amazed, I could see that it was the sleeping form of my physical body silently facing the wall.

As I focused my vision on the opposite side of the room, the wall seemed to fade slowly from view. In front of me I could see a wide, green field extending far beyond my room. Looking around, I noticed a figure silently watching me from about ten yards away. It was a tall man with dark hair, a beard, and a purple robe. Startled by his presence, I became frightened and instantly "snapped back" into my physical body. With a jolt I was in my body, and a strange feeling of numbness and tingling faded as I opened my eyes. Excited, I sat up, my mind exploding with the realization of what had just occurred. I knew it was absolutely real, not a dream or my imagination. My entire ego awareness had been present.

Suddenly, everything I had ever learned about my existence and the world around me had to be reappraised. I had always seriously doubted that anything beyond the physical world existed. Now my entire viewpoint changed. Now I absolutely knew that other worlds do exist and that people like myself must live there. Most important, I now knew that my physical body was just a temporary vehicle for the real me inside, and that with practice I could separate from it at will.

Excited about my discovery, I grabbed a pen and paper and wrote down exactly what had occurred. A flood of questions filled my mind. Why is the vast majority of the human race unaware of this phenomenon? Why aren't the various sciences and religions investigating it? Is it possible that this unseen world is the "heaven" referred to in religious texts? Why isn't our government exploring this apparent parallel energy world? Is it possible that our overwhelming dependence on physical perceptions has led us to overlook an incredible avenue of exploration and discovery?

As the initial shock of my first experience sank in, I realized that my life could never be the same again. The more I pondered the significance of my experience, the more profound I realized it to be. All my agnostic beliefs had been swept away in a single night. I knew that I had to reappraise everything that I had learned since childhood, everything that I had assumed to be true. My comfortable conclusions about science, psychology, religion, and my existence had obviously been based on incomplete information. I felt excited, but also uneasy—my familiar concepts of reality no longer seemed relevant.

Increasingly, I felt in a void. On several occasions when I talked to friends about my experience, they found it too bizarre to take seriously. In 1972 the term out-of

body experience had not even been coined; back then, the most common description was astral projection. No one that I knew at the time had even heard of astral projection, and if you told people you had left your body, they immediately thought that you were on drugs or losing your mind. I quickly discovered that I had to keep my experiences to myself or face some degree of disbelief and even ridicule.

After my first out-of-body experience, my mind was overflowing with endless possibilities and questions. Desperate for information and guidance, I spent several weeks in libraries and bookstores searching for whatever knowledge was available on the topic. I quickly found that little was available; only a handful of books had been written on the subject, and some of these were decades old and out of print. By the end of July 1972, I realized that I was on my own. I decided to focus on the one technique that had worked for me before. This technique involved visualizing a physical location that I knew well as I drifted off to sleep. As before, I pictured my mother's living room with as much detail as possible. At first it seemed difficult, but after a few weeks I could picture the room's details with increasing clarity; the furniture, patterns in fabrics, textures, even small imperfections in wood and paint began to be clear in my mind. I realized that the more I pictured myself within the room interacting with the physical objects, the more detailed my visualizations would become.

With practice I learned to physically walk around the room and memorize specific items that it contained. I also learned the importance of "feeling" the environment with my mind: the feel of carpet on my feet; the sensation of sitting in a chair, walking, turning on a lamp, or even opening the door. The more detailed and involved I was within my visualization, the more effective were my results. Although it was challenging at first, after a while it became fun to make my visualizations come alive in my mind. At this point I decided to keep a journal to record my out-of-body experiences.

Journal Entry, August 6, 1972

I awakened at 4:00 A.M. after three and a half hours of sleep and started to read a book about out-of-body experiences. After reading for about fifteen minutes, I became sleepy and decided to visualize my mother's living room. I selected this because I knew it extremely well. Within the living room are several items I had made in grade school: a metal ashtray, a wooden doorstop, and a watercolor of the ocean. As I pictured the room in my mind, I slowly moved my attention to the items I had made. As vividly as I could, I imagined myself walking around the living room looking at the furniture and the various things I had made. As I focused on the items, I began to see the room surprisingly well. I moved my focus from item to item and visualized myself touching each object. As I became mentally immersed in the sensations and sights of the living room, I drifted off to sleep.

In seconds I'm shaken awake by intense vibrations and a roaring sound throughout my body. It feels like I'm in the middle of a jet engine and my body and mind are about to vibrate apart. I'm shocked and scared by the intensity of the vibrations and sounds and snap back to my body. As I open my eyes, I realize that I'm completely numb and that a strange tingling sensation is spreading throughout my body. Over the next few minutes, my normal physical sensations slowly return. I can't believe the intensity of the vibrations. I lie in bed and wonder what these vibrations and sounds are and what causes them. I know they're not physical sensations. I can only guess that they're somehow connected to my nonphysical

form, possibly my conscious recognition of the transfer of my awareness from my physical to my nonphysical body.

Maybe I'm simply conscious of a vibrational shift or transition that's necessary to have out-of-body experiences. Whatever it is, it can definitely scare the hell out of you. Even so, I'm determined to find out what's behind these strange vibrations. There must be a logical explanation.

For the next week nothing happened. I started to doubt myself and my ability to have the experience. Then one evening about eleven o'clock I dozed off while visualizing my mother's living room. Within minutes I was startled awake by a piercing buzzing sound and vibrations throughout my body. Opening my eyes, I realized that I was half in and half out of my body. My first reaction was fear. An overwhelming panic flooded my mind and I instantly snapped back into my body. Upon opening my physical eyes, I discovered that my physical body was numb and tingling; as before, this sensation slowly dissipated and my normal physical feelings returned. I sat up in bed shocked by the intensity of the vibrations and sounds. I clearly remember saying aloud, "What the hell was that?" As I reviewed the experience I realized that I was completely unprepared. An instinctual fear seemed to flow through me at the first hints of separation.

For two nights nothing unusual occurred. Then on the third night I awakened to a weird numbness and vibration spreading from the back of my neck to the rest of my body. I tried my best to stay calm and reduce my fear, but I couldn't, I felt as though I was completely out of control and vulnerable. Startled, I spontaneously thought about my physical body and the vibrations slowly subsided. As my physical sensations returned, I felt disappointed that I'd missed a great opportunity to explore. In an effort to save the moment, I calmed down, focused my thoughts away from my physical body, and began to encourage the vibrations to return. (I did this by concentrating on the vibrational sensations I had just experienced at the back of my neck.)

After about fifteen minutes, as I gradually relaxed and again drifted between sleep and wakefulness, the vibrations began to return. They started at the back of my neck, then slowly spread to my whole body until I was vibrating at what felt like a higher frequency or energy level. This time I remained calm, my anxiety level decreasing as I recognized that the vibrational sensations were somewhat enjoyable when I was prepared. A high-pitched buzzing seemed to resonate in my body, and I felt energized and light as a feather. With a thought of floating I could feel myself moving upward. I was completely weightless, and for the first time the sensations were absolutely wonderful. I floated up to the ceiling and touched it with my hand. Amazed, I realized that I was touching the energy substance of the ceiling. Pressing my hand into the hazy molecular structure, I felt the tingling vibrational energy of the ceiling. As I withdrew my hand from the ceiling, I noticed that my arm sparkled like a thousand points of brilliant blue and white lights. Out of curiosity, I reached out my other hand and grasped my outstretched arm, and to my surprise it was solid to the touch. Focusing on my arm, I became mesmerized by the depth and beauty of the lights. I realized that my arm appeared to be a universe of stars. It's strange to describe, but I felt drawn into a universe that was me. At that instant I snapped back into my body, and the numbness and tingling sensations quickly subsided as I opened my eyes in awe.

Journal Entry, October 4, 1972

I silently repeat an affirmation, "Now I'm out-of-body," for ten to fifteen minutes as I grow increasingly sleepy. As much as possible, I intensify my affirmations as I drift off to sleep. Almost instantly I'm awakened by intense vibrations and an electrical-like buzzing throughout my body. I'm startled, and an intense wave of fear surges through me. I calm myself down by repeating, "I'm protected by the light." My initial fear slowly dissipates as I visualize myself surrounded by a globe of protective light. I think of floating and feel myself lift up and out of my physical body. I feel light as a feather and float slowly upward. As I float away from my body I realize that the vibrations and buzzing have diminished to a slight humming sensation. Feeling more secure, I open my eyes and find myself staring at the ceiling two feet in front of me. I'm surprised that I've floated that high and instinctively think about looking at my body on the bed. Instantly, I snap back to my physical body and feel a strange vibration as my physical sensations quickly return.

As I lie in bed reviewing the experience, I realize that my thoughts directed toward my physical body must have snapped me back. I know it's possible to view my physical body, because during my first out-of- body experience I distinctly saw it. I suspect the key to observing our physical bodies is to remain as mentally and emotionally detached as possible, but more important, we must keep our thoughts directed away from our physical bodies; the slightest thought focused on the body will immediately snap us back to it. In retrospect, I should have thought about turning over as I floated; then I could have observed my physical body without any thoughts being focused on it.

Journal Entry, October 12, 1972

I wake up at 3:15 after three and a half hours of sleep (two REM periods) and move to the sofa in the living room. After about forty minutes of reading, I become sleepy and begin to do a different visualization. I picture myself as a bright orange balloon filling with helium. I can feel myself becoming lighter and lighter as the balloon expands. I intensify and hold my visualization as long as possible.

Drifting off to sleep I awaken to the sensation of intense vibrations and buzzing throughout my body. I recognize that I'm ready to separate and immediately think about floating. The vibrations and sounds rapidly diminish as I separate and float up to the ceiling. Out of instinct I reach out my arms to touch the ceiling, but instead of touching, my hands slowly enter the tingling vibrational substance of the ceiling. I can feel a slight resistance as my hands and arms move through the ceiling. Moving slowly upward, my body enters and passes through the insulation, rafters, and attic. An intense excitement flows through me as I pass through the roof and float at the top of the house.

I think of standing and I'm instantly upright, standing at the highest peak of the house. As I look around, I can clearly see the TV antenna and chimney. Even though it's the middle of the night, the sky and everything around me are partially lighted by a luminescent silvery glow.

Standing at the top of the house, I have a sudden urge to fly. I spread my arms, glide down from the roof, and fly over my backyard. I slowly descend until I'm flying about four feet above the ground. For some reason I feel as if I'm getting heavier and continue descending until I'm just inches above the grass. I think "control" but it's too late. With a thud I crash face first onto the lawn. At that instant I'm back in my physical body. My physical sensations return and I wonder why I lost control. Why did I become so heavy?

I awaken to the sound and sensations of intense buzzing. It feels as if my body and mind are vibrating apart. At first I'm startled by the intensity of the vibrations, but slowly I calm myself and focus my full attention on the idea of floating away from my physical body. In seconds I float up and out of my body and hover several feet above it. I notice that the buzzing noise and vibrations immediately subside after complete separation. The sound and vibrations are replaced by a serene feeling of calm. It feels as if I'm weightless and floating like a cloud. I think of moving to the door and I seem to automatically float to that destination. I feel an overwhelming sense of freedom I've never known before. Spontaneously I decide to fly and think about flying through the roof. Instantly I fly straight up through the ceiling and pass through the roof like a rocket. I'm thrilled by the response and begin to understand that my thoughts are the energy of my personal propulsion. I spread my arms and level off several hundred feet in the air. Below me I can clearly see the buildings and roads of my neighborhood. I feel a slight tugging sensation as I fly higher and higher over the city of Baltimore. The tugging sensation increases and I think of my body. Instantly, I snap back to my body. My physical body is numb and tingling as I open my eyes.

As my out-of-body experiences continued, I became fascinated with the nonphysical energy structures I observed. With each experience my questions seemed to grow until I became obsessed with trying to understand the nature of the nonphysical forms that I had encountered. In an attempt to comprehend the relationship between the physical and nonphysical environments, I developed a series of crude experiments. For example, every day I would balance a pencil or pen at the very edge of my nightstand. My purpose was to see if I could somehow move the physical object with my nonphysical body. I quickly discovered that this simple experiment was more difficult than it appeared. My biggest obstacle was attempting to focus on my experiment. At the moment of separation my mind would race with unlimited possibilities, and my experiment seemed insignificant compared with the many wonders that were available.

Each experience increased my realization that my nonphysical state of consciousness was extremely sensitive and responsive to the slightest thought. My prevailing conscious and subconscious thoughts would instantly propel me in a specific direction. I quickly learned that my subconscious mind exerts much more influence and control over my actions than I ever imagined. Often, a completely spontaneous thought would create an immediate reaction. For example, if I thought about flying, which I often did, I would immediately fly through the ceiling or wall and glide over my neighborhood.

Gradually, I realized that gaining full conscious control during the first seconds after separation was absolutely essential. To accomplish this I experimented with different ways to gain control. At first I tried focusing my full attention on my hand or arm just after separation. I hoped that this would concentrate my thoughts on a single idea and give me the immediate control that I was seeking. This created a strange sensation of being immersed within myself. Though exhilarating, the end result was not control but a feeling of being mesmerized and then drawn into a sparkling universe of brilliant blue stars. Unhappy with the results, I decided to try grabbing my non-physical arm and focusing on the sensations of my grip. I was somewhat surprised to discover that the feel of my nonphysical arm was amazingly solid. My nonphysical body possessed an inherent vibrational quality; it felt completely solid, but I could feel the mild vibrational energy of my arm's substance. I quickly discovered that my energy-body was indeed "real" in every respect, appearing to be an exact duplicate of my physical body. I also found that when my

thoughts were focused on my nonphysical body I began to feel myself drawn inward, as if I were being pulled into a vacuum deep inside myself.

Over a period of several months I repeated this procedure of self-examination, and through trial and error I learned about my nonphysical body. With repeated observations I began to realize that my nonphysical form was like an energy mold—in effect, conscious energy that had assumed a temporary form. The body I experienced when out-of-body appeared to be the result of my mind's expectations and self-concept. In addition, I recognized that focusing on my nonphysical body created a strong tendency for me to be drawn inward to areas I could not begin to comprehend. I knew that I needed another method for gaining conscious control.

After almost a year I was becoming frustrated by numerous failed attempts to gain full control when I finally discovered that I was making this entire process more involved than it needed to be. During an afternoon out-of-body experience, I spontaneously shouted, "Control now!" Immediately I felt an enhancement of my analytical mind. As I stood by the foot of my bed, my vision improved but remained slightly out-of-focus, so I shouted, "Clarity now!" My vision instantly snapped into focus. I felt a rush of energy and awareness flow through my body and mind, I was thrilled. For the first time I felt in complete control: my entire self-awareness was present, and I actually felt more aware than in my normal physical state of consciousness. My thoughts were crystal clear and vibrantly alive. I suddenly realized that the key to control was simply to demand full conscious control immediately after separation. I also began to understand the importance of focusing my thoughts and the need to be extremely specific when making requests. On one occasion, just after separation, I said aloud, "I request full waking consciousness," and instantly snapped back into my physical body. I found that the controlling portion of my mind takes my thoughts literally. My poor choice of the word waking was immediately interpreted to mean physical waking. After several months of experimenting with different phrases, I began to recognize that I had unintentionally programmed myself to think "control" during each out-of-body experience. I soon discovered myself doing it automatically as I floated up and away from my body. After a year of trial and error, I knew I was finally on the right track.

Throughout this period I continued my pencil experiments. During several out-of-body experiences, I tried to move the pencil balanced on the nightstand and was surprised to find that the vibrational frequency (density) of my nonphysical body seemed to determine whether the pencil or even the entire room was visible to me. Slowly I came to understand that the environment I was observing was not the physical world, as I had assumed. I realized that the structures I normally observed when out-of-body were nonphysical structures. Gradually, it all started to fit together. Now I finally understood why there were slight variations between the nonphysical and physical furniture and other objects. For example, the nonphysical walls were often a different color, and the shapes and styles of some of the furniture and rugs were different. Much of this was minor but nevertheless noticeable.

For me to be able to see my normal physical surroundings, my internal vibrational rate had to be relatively dense, or slow. I also noticed that the very act of requesting consciousness and clarity seemed to automatically increase the internal frequency of my nonphysical body. In an effort to make my experiments more realistic, I balanced pencils at three different areas that I normally passed upon leaving my body. My hope was that I would notice the pencils, at the side of bed or at the foot of the bed, as I moved past them. Looking back, I realize that it probably looked a little strange. On one occasion I remember my mother asking

me, "What's with the pencils?" Just imagine trying to explain this to your mother without sounding like a nut.

After several weeks, I finally focused on one of the pencils after separation. As I moved to the side of bed, I concentrated on the pencil at the edge of my dresser. At first my vision seemed foggy, somehow out of sync, so I said aloud, "Clarity now!" Instantly my vision snapped in focus. I could clearly see the pencil in front of me; however, it appeared like a three-dimensional hazy form with substance. I moved closer, touched it with my hand, and felt a slight vibrational sensation as my fingers passed through the substance of the pencil. Somewhat frustrated, I tried again but experienced the same results. Focusing my attention, I realized that my nonphysical body was obviously less dense than the pencil, and spontaneously said aloud, "I need to be denser." With a jolt I shot back into my physical body. As my physical sensations returned, I couldn't help but laugh: I had received my request. I had to remember that requests made when out-of-body are taken literally. There seems to be little room for interpretation or shades of gray. I would have to remember to be extremely specific with each request. Maybe something like "I wish to move this pencil" would have been more effective.

In a related experience some years later, I was practicing self-hypnosis with a single lighted candle. After separation I stood by the candle and decided to blow it out. To my surprise it went out immediately. Upon returning to my physical body, I opened my eyes to find that the physical candle was still burning. After some thought I realized that I must have blown out a candle in what I now know is the parallel dimension closest to the physical. This dimension is a relatively dense energy duplicate of the physical world. This simple experiment is important because it provides evidence that the environments and objects encountered during out-of-body experiences exist independently of the physical universe. It appears that we are not observing the physical world from a different perspective, as many believe, but are interacting in a separate but parallel dimension of energy.

Journal Entry, June 21, 1973

I wake up at 5:00 A.M. and move to the sofa. After reading for about fifteen minutes I become sleepy and decide to try something new. I grab a sheet of paper and begin to write out-of-body affirmations. "Now I'm out-of-body." As I write, I verbally repeat them to myself. After writing fifty or so I can barely keep my eyes open. As I drift to sleep, I continue the affirmations in my mind. I'm startled awake by a strange numbness and vibrations throughout my body. I stay as calm as possible and focus on the sensations of floating upward. After several seconds, I feel myself lift up and out of my body. I stand beside my body and walk to the window. I feel somehow out of focus and request clarity.

There's only a small improvement so I repeat my request, and this time I'm more demanding: "I need clarity now!" Instantly, my awareness becomes crystal clear. My body feels lighter and more energized. I feel vibrantly awake and aware and decide to try to fly. Stretching out my arms, I take a small leap and fly through the ceiling and roof, until I'm several hundred feet above my neighborhood. I rotate my arms slightly and level off. It's absolutely exhilarating. I feel completely free as I glide over the town of Catonsville. Even though it's night, the landscape is illuminated by a silvery glow. Below me the houses and streets appear like a Christmas garden. Suddenly, I feel a tugging sensation at my back and spontaneously think of my body. The thought of my body snaps me back to it with a jolt. I awaken with a slight numbness and tingling throughout my body.

Journal Entry, July 3, 1973

I awaken to the sound and sensation of intense buzzing. It feels as if my body and mind are inside an engine. At first I'm startled by the intensity of the vibrations, but slowly I calm myself and direct my full attention to the idea of floating from my body. Immediately I separate and float upward to the ceiling.

After separation I notice that the loud, roaring noise has faded. As I float about four feet above my body, the vibrations are replaced by a feeling of calm. It feels as if I'm weightless and floating like a cloud. With a single thought of moving to the door, I seem to be automatically propelled to that destination.

Focusing my thought, I think of the living room and float directly there. I can't believe how easy and natural it is. I think of standing and I'm standing in the living room examining my surroundings. Everything around me looks familiar, except that the walls are now light yellow instead of white and some of the furniture is slightly different from its physical counterpart. For example, an antique lion-head rocking chair looks the same but the coffee table looks different. The physical table is a modern style, while its nonphysical counterpart looks like an eighteenth-century antique.

As I stare at my surroundings I realize that I can see through the hazy outline of the physical walls. When I focus on the living room wall, it appears to become increasingly vaporous in its form and substance and slowly disappears. In front of me is an entirely new environment, a sprawling meadow extending as far as I can see. I step forward several steps and enter the new terrain. As I look out into the meadow I notice the figure of a man standing about twenty yards away. He's watching me intently but does not approach. For several moments I stare in his direction. He has dark hair and a close-cropped beard and wears a purple robe that extends to his knees. He acknowledges my stare by nodding his head and flashing a small smile.

The entire situation is overwhelming. I feel uneasy and unsure of what to do next. Should I walk over and communicate with this stranger or avoid him? My dilemma is quickly resolved when I snap back into my physical body.

As I lie in bed it hits me that this man might be the same person I saw during my first out-of-body experience. The more I review his appearance, the more convinced I am that this man is not just a nonphysical resident "passing by"; he seems to be watching my every move. It is also apparent that he had no intention of approaching or communicating with me. I suspect that he knew that any movement on his part toward me would probably have scared me; just the sight of someone standing there was unsettling enough.

For several days, curiosity concerning this man fills my mind. What are his intentions and purpose? I wonder if he is some sort of guide observing my progress. In addition, I wonder if everyone having out-of-body experiences has someone observing their progress. He obviously did not wish to interfere; in fact, he seemed almost surprised when I finally did see him. I can only speculate that he probably was observing my out-of-body experiences from a slightly different vibrational level in order to remain unobserved. When I focused my attention I must have raised my vibrational rate and was then able to see beyond my normal physical-like surroundings.

Comparing this to my first experience, I realize that they were similar in many respects. The main difference was that my control and vision were better this time. The more I thought about my experiences, the more I realized that everything I believed to be fact or truth had to be reappraised. For example, the long-standing "fact" that our consciousness is the result of electrochemical activity within the brain was now a laughable conclusion resulting from obviously incomplete information. Now I knew that the brain had to serve some other function, possibly

as a biological transfer device between the nonphysical mind and the physical body. It became clear that the physical brain is similar to a computer's hard drive, storing information and memories needed to support and operate our temporary biological vehicle.

As my out-of-body experiences continued, this observation was confirmed time and again. One thing was certain, I could think without my physical brain; I could create, analyze, and recall thoughts. I also recognized that there were definite differences. For example, when out-of-body I was more spontaneous and single-minded than in my physical body. I felt somehow motivated to do things I wouldn't ever consider while in my body. For example, I would often think about flying and then instantly fly out of the room and glide around my neighborhood, or find myself flying over strange landscapes I couldn't begin to identify. I sometimes suspected that I was being directed by a more expansive, unknown part of myself. Often my spontaneous thoughts would lead me to situations and experiences that provided insight into areas or events that were related to my past or present. On numerous occasions I didn't understand the reason for these experiences until weeks or even years later.

The next experience had a profound effect on me. For the first time I truly realized the unlimited potential of nonphysical explorations.

Journal Entry, July 9, 1973

Around noon I decide to take a nap. I visualize my mother's living room as I drift off to sleep. A sensation of numbness and tingling energy spreads throughout my body. I enjoy the sensation and easily lift out of my body. A feeling of excitement flows through me as I move to the foot of the bed. As I look around, I have a sudden urge to see the young woman in the apartment above mine. Instantly I float upward and feel my head and shoulders enter the ceiling. For some unknown reason I encounter an intense resistance and can't pass through the ceiling. For a moment I'm stuck in the ceiling and I begin to panic. I say aloud, "Down," and instantly move down to the floor. With a feeling of relief I calm down and center myself. I walk to my bedroom door and step into it. As I move through the door I feel a slight tingling sensation but encounter no problems; up close the door has a misty, hazy appearance. Walking normally, I enter the living room and am heading toward the front door when suddenly, to my right, I clearly hear a man's voice calling my name: "Willie."

Startled, I look around and stare at a man sitting on the sofa. He appears to be in his late twenties and somehow seems familiar. "Willie, it's good to see you."

I recognize his voice and immediately know that it's my uncle Hilton in front of me. Shocked by his presence, I just stare at him as he speaks. "I bet you're surprised to see me."

He chuckles as he continues. "Had a little trouble with the ceiling."

I step closer and ask, "Uncle Hilton, is that you?"

He smiles again. "Yes, it's me."

I look at him closely. He appears twenty years younger and much thinner than when he died.

He seems amused by my stare and says, "Hey, I'm just as surprised to see you as you are to see me.

His tone becomes more serious. "Willie, how did you learn to do this?"

I'm surprised by his question and respond, "I just tried it and it worked."

"There aren't many who can do what you do. All of us are quite surprised." He gazes at me, waiting for my reply.

As I look at him, the reality of the situation is overwhelming. For some reason I feel a sudden inner need to fly.

"Uncle Hilton, I have to go.

He smiles and nods as I move to the door.

I easily step through the front door and see a broad green field before me. (My physical surroundings are an apartment complex.) I step outside and extend my arms above me. My impulse to fly seems to propel me into the air like a rocket. I spread my arms, level off, and experiment with controlling my flight. As I look around, I can clearly see Route 40 below me. I decide to follow the road and fly west several hundred feet above the ground. Intense exhilaration and freedom radiate from every part of my being.

Looking down, I can clearly see the road, homes, and even entire subdivisions. As I pass over Ellicort City, I feel a tugging sensation at the center of my back and think of my body. In a flash I snap back in my physical body and can feel a slight tingling and numbness that quickly dissipate.

As soon as my physical senses return, I find my mother's old photo albums and search for a picture of my dead uncle. Turning the pages wildly, I finally locate a photograph of him as a young man in his twenties. Without a doubt the thirty-year-old photograph before me is the exact image of the man I just met.

As I review this experience, a couple of things become clear. First, we obviously continue after death. Even though I have known this since my first out-of-body experience, it becomes even more apparent when you actually see and speak with a deceased person you have known. There is simply no way I could be mistaken; the man with whom I just had a conversation was definitely my uncle. Second, it strikes me that my uncle appeared to be in the prime of life—I would guess late twenties. In fact, he was so young I couldn't immediately (at least visually) recognize him. It was his distinctive voice and his calling me "Willie" that really made it clear who he was. My deceased uncle is the only person who ever called me Willie; everyone else called me William or Bill.

When my uncle died, he was fifty-four years old and considerably overweight; yet when I saw him, he appeared young, thin, and vibrantly healthy. It seems likely that after we shed our physical body at death, we assume the energy form molded or influenced by our concept of ourselves. Since I've learned that nonphysical energies are naturally thought-responsive, it seems reasonable that our thoughts and self-image would influence our personal energy. It appears likely that we may assume the nonphysical form that most fits our self-conception.

If this is the case, I can't help but wonder what I look like when I leave my body.

Do I look the same as my physical body? I also wonder if my form would change if I intentionally altered my self-image. It sounds kind of bizarre, but it seems possible that our nonphysical shape and form may also be a temporary vehicle, just like the physical body. I seriously wonder what would happen if (when out-of-body), I concentrated on changing the shape and form of my nonphysical body. For several weeks, the meeting with my deceased uncle filled my mind. I was sure that he had seemed surprised and curious about my ability to leave my body, yet I

also knew that he had appeared to be waiting for me—he seemed to know that I would walk into the living room. Maybe that was the reason I couldn't go through the ceiling when I tried. It's possible that I was being somehow directed to the living room. In addition, I had a strange sense that someone had been sitting next to him. It's hard to explain, but I had felt someone else there, and I was sure that for a brief moment I had seen the subtle outline of a woman.

I continued to follow the pattern that had worked for me in the past. I would wake up at seven o'clock and get ready for a college class at nine o'clock. After my class I would come back to my mother's apartment and read until I became sleepy. Generally about noon I would begin to do my out-of-body technique. I continued to experiment with different methods but found that the simplest one worked best. I would go to my room, lie in bed, and visualize myself walking around the living room examining all the small details associated with the room. Often I would pick out three or four objects in the room and do my best to picture them clearly in my mind. I didn't understand or even think about the mechanics of what I was doing; I only knew that it worked.

An estimated 30 percent of the time, after dozing off I would find myself sitting up, floating, or rolling sideways out of my body. The sensations during separation were normally similar: a buzzing sound accompanied by an internal high-energy or vibrational feeling spreading through my body. At the peak of the vibrations I would mentally direct myself away from my body by sitting up or rolling out of my body. I preferred sitting up because rolling out would often cause a disjointed or disoriented feeling. I discovered that the easiest way was simply to sit up and step away from my body. I seemed to maintain more conscious control over my nonphysical energy-body this way. It's possible that the physical-like movements associated with walking had a grounding effect.

Journal Entry, September 14, 1973

As I become sleepy, I mentally repeat my regular affirmation, "Now I'm out of body." At the same time I visualize objects in my mother's living room. After about fifteen minutes, I drift off. Suddenly, I'm startled awake by the sound of a gunshot near my head. My body is completely numb and an overwhelming flood of energy is flowing through me. I'm scared and instinctively think of my physical body. With a jolt I'm back in my body, looking around the room for the source of the sound. After my physical sensations return, I realize that I've handled this experience poorly. I suspect that the gunshot was an internal sound, probably caused by the act of separating from my physical body, and that I may have separated from a connecting point located somewhere in my head.

There is a theory that all of us are connected to our physical bodies at seven energy locations and that a loud popping sound may indicate a separation occurring at or near the pineal gland. Currently I have no evidence to support this theory, but I must admit that my experience is remarkably similar to sounds reported by Sylvan Muldoon and Paul Twitchell. Little research exists on the sensations and sounds associated with out-of-body experiences. I hope that in the near future this will change. When we consider the vast potential for knowledge available, it's only reasonable that more research should be conducted. I firmly believe that additional research would uncover new insights into the unseen nature and source of consciousness.

I become increasingly relaxed and drowsy as I repeat an out-of-body affirmation, "Now I'm out-of-body." The next thing I know, I'm sitting up in bed completely aware and looking around my room. Vibrations flow through me as I lift and separate from my body, walk through my bedroom wall, and enter a new environment. I am walking on a sidewalk or path of some kind, and all around me is a wide, flat expanse. In the distance a radio tower extends as far as I can see. I have a strong urge to go to it and say to myself, "I must make it to the tower." Instantly I am closer to it. Directly in front of me are dozens of old metal trash cans blocking my way. I begin to push them aside and ask aloud, "What do these things represent?" At that instant, a series of vivid pictures appears in my mind; I can't tell if it's originating from within me or somehow outside of me. "Very good, you're starting to understand. You are in a higher vibratory region, a thought-responsive environment. Your perceptions of your surroundings are created by your mind. Your mind is interpreting the environment according to the reference points and forms it can relate to."

My mind overflows with excitement. For the first rime, I understand the obvious. The sidewalk is my path, the direction of my life. The trash cans are all the garbage that slows my progress: my fears, limits, and attachments. All these things must be removed from my path for me to move forward and achieve my spiritual goals. I stare at the trash cans for a moment; they appear old and battered. With a feeling of intense joy and satisfaction I toss the trash cans out of my way. A surge of energy flows through me as I clear my path of the obstacles. I feel empowered and filled with energy as I step toward the radio tower and discover that I'm directly beside it. I look for the entrance but can't find one anywhere. As I walk around the perimeter, I suddenly feel an intense tugging sensation. I know I have to return to my body.

With a single thought of my physical body I'm instantly within it. I open my eyes and realize that my bladder is full. I'm a little upset with myself for not planning better. Now I'm really curious about the radio tower and exactly what it represented. Why couldn't I find the door? I have an idea but I need confirmation. More important, I wonder about the communication I received. It's difficult to explain, but it was very clear in my mind; it seemed more like pictures than words. Even more important, I realize that this experience is different from all previous ones. I entered a completely different environment, a nonphysical world that appeared separate from the physical-like surroundings that I normally experience. In addition, the surroundings seemed to respond easily to my thoughts. I felt somehow different, lighter, more energized. I don't really understand, but I suspect that this is important.

Journal Entry, November 12, 1973

I feel a slight vibration and a sense of rapid motion. I'm suddenly in an ornate cathedral, standing in front of a tall pulpit. I feel completely comfortable and quickly climb the steps to the pulpit. I'm prepared to address the crowd, but as I look down I realize that no one is present. Confused and unsure of what to do next, I snap back into my body and find myself sitting up in bed fully awake and aware. Surprised, I think to myself, That's strange; I've never had an out-of-body experience while sitting up. Then it hits me—I'm not in my physical body at all. I look around and see that my physical body is lying in the bed, sound asleep. A wave of excitement surges through me as I realize that the cathedral experience

occurred in a completely different energy-body. For the first time it becomes clear: the "feel" of the two nonphysical bodies are dramatically different. The energy-body I'm in now is much denser, almost physical when compared with the lightness of the second energy-body.

With that experience, I realized that the first (dense) nonphysical body is actually an energy duplicate of the physical, while the second possesses a finer vibratory rate, like pure energy, ready to respond to the slightest thought. The more I thought about my realization, the more excited I became. I knew I had made a major breakthrough because now I understood how limited the first energy-body really is. This also explained why my abilities and perceptions varied so much when out-of-body. In theory, I should be able to consciously move from one energy form to the next. In a sense, I should be able to jettison the first body and move to the second at will. I couldn't wait to have my next experience and test out my theory. For a week I tried without success; then finally it happened. After sleeping for five hours, I awoke at 6:00 A.M. and moved to the sofa. After about fifteen minutes of reading, I became drowsy and repeated my favorite affirmation, "Now I'm out-ofbody," forty to fifty times as I drifted off to sleep. I immediately recognized the vibrational state, lifted out of my physical body, and took several steps to the door. Instead of walking through the door as I normally would, I requested clarity and firmly asked to experience my second energy form: "I move to my higher body." I felt a surge of energy and was instantly in a completely new environment. I was absolutely thrilled; it had worked. I felt energized and light as a feather; my mind came alive with possibilities. Out of habit I asked for clarity and my mind became crystal clear. For the first time I truly understood what being conscious meant. My thoughts became faster, more vibrant and alive than ever before. It's difficult to describe, but I felt incredibly expansive, without fears or limits. I realized that the physical state of consciousness is a dull perception, like a hazy dream. In addition, I recognized that the first nonphysical body is very similar to the physical.

Looking back at this experience, I remembered a gradual change of my nonphysical body as I moved inward. It became clear that as I increased my personal energy frequency, I automatically moved inward within the interior, nonphysical regions of the universe. This discovery has significance for all of us. Not only our frequency and density but also our nonphysical shape and form change as we explore inward. After experiencing this change on a number of occasions, I could no longer ignore the importance of the discovery. Our bodies' personal energy frequency is directly related to the frequency of our immediate surroundings. As a result, when we alter our personal energy frequency we automatically move to the nonphysical energy level of the universe that corresponds to our own internal frequency. Once I gained some degree of self-control over my nonphysical explorations, I began to experiment with consciously altering my personal frequency rate. I discovered that this can be achieved by simply requesting an energy change when out-of-body.

For two years I had believed that I was moving laterally from one area to another within the same dimension, but now the startling truth was apparent. I was not moving laterally but inwardly within the universe from one energy environment to another. Lateral motion felt different; it was generally more physical-like in its sensations. After repeated trial and error, I arrived at a series of observations. First, when we request a change in our nonphysical energy-body, it will immediately respond to our focused request or demand. Second, when we make a request to raise our vibratory rate or move inward, our consciousness automatically propels us into a higher-frequency area of the universe. And third, our internal frequency always corresponds to the frequency rate of the new dimension or environment that we are experiencing. With practice it's possible to consciously alter and control the personal vibrational frequency of our nonphysical body. This

process is the key to true control and unlimited freedom when out-of-body. With this knowledge it's possible to move from one energy dimension to another with full conscious control, but more important, it gives us the ability to explore the entire multidimensional universe. This inner motion, when controlled, provides us with the capability to become fully conscious inter-dimensional beings. The following is an example.

Journal Entry, March 12, 1974

I repeat my regular affirmations at noon, "Now I'm out-of-body," and slowly drift off. Within seconds I feel the vibrational state, will myself away from my sleeping physical body, and move to the foot of the bed. I immediately demand "Clarity now!" and my vision improves. Feeling centered, I stand at the foot of my bed and say aloud, "I move inward." I feel an immediate sensation of rapid inner motion—I'm being drawn into a vacuum deep within myself. The sensation of motion is so intense that I shout "Stop!" Instantly I stop moving and realize that I'm in a new environment. I am outdoors in a beautiful park-like setting. My vision is hazy so I repeat my clarity demand, "Clarity now!" My vision and thoughts seem to snap into place. My body feels lighter and vibrantly energetic. I attempt to stay calm as my thoughts race.

I look down and feel my body. I have a distinctive shape and form much like my normal nonphysical body; however, this form somehow feels lighter and more energized than my first energy-body. Excited with my success, I say aloud, "I move to the next level." Instantly I'm drawn inward at incredible speed. I can barely hold on and my fear begins to build. Within seconds the inner motion abruptly stops and I'm floating in another strange environment. This time few objects are visible, but I feel intense energy radiating around me. As I look around, I realize that I don't need to turn my head; I seem to see wherever I direct my thoughts, and I can see in every direction simultaneously. I look down at my body but see nothing that I can describe; I'm a 360-degree viewpoint without form or substance. I feel an overpowering sense of energy and knowledge flowing through me. My entire being is immersed in a sea of pure energy and unconditional love.

For what feels like hours I enjoy the soothing sensations of floating in this ocean of pure living light. Not wishing to return to my physical body, I hold my focus as long as possible. Finally I return to my body and look at the clock. I'm surprised—I was gone for less than forty minutes.

As I reviewed my experiences I tried to arrive at a clearer understanding of my nonphysical existence. Certain similarities and differences between my physical and nonphysical body were now apparent. For example, I realized that my sight when out-of-body was very similar to the physical. The only noticeable difference was in its clarity. My vision just after separation was often blurry and out of sync. I could quickly improve it, however, by demanding "Clarity now." I found it essential to do this during each out-of-body experience and often repeated my request several times during a single out-of-body experience. I noticed that I relied heavily on my sense of sight. The other senses seemed almost unimportant in comparison. In retrospect, I believe this may owe to my current physical dependence on vision. Each of us is different; some of us may focus more on hearing or touch than on vision. I suspect that each of us would probably lean upon one sense more heavily than the others. For example, a professional musician might focus on hearing and a dancer might tend to focus on touch.

I also recognized that breathing was no longer necessary and that the sensations of temperature appeared nonexistent. Even though I experienced no sensation of temperature, I did have a sense of touch and could feel objects and even feel my

grip. In addition, while my sense of hearing remained much the same, my sense of taste appeared to be absent. Later I was to discover that all five senses are available if we focus upon them.

With experience I came to understand that all of our nonphysical senses are created and controlled by our minds. I seriously question whether our nonphysical bodies contain any natural or inherent ability to perceive at all. Our thoughts mold the nonphysical body in accordance to our current self-image. I grew to understand that my physical body was only a temporary vehicle for expression. In time I came to realize that this also applies to our nonphysical bodies. I recognized that my nonphysical form was in many ways an energy duplicate of my physical body. My overall size and shape remained the same; however, the energy substances I was made of were quite different. Instead of molecules, my nonphysical body appeared to be made of countless tiny points of interconnected light. On two occasions I tried to look into a mirror (a physical mirror) when out-of-body but could see nothing. My curiosity about the appearance, construction, and substance of my nonphysical body increased with each out-of-body adventure. Even though I could easily observe my hand and arm when out-of-body, seeing my entire form proved to be a challenge. Finally, after ten years of out-of-body experiences, the following occurred.

Journal Entry, October 2, 1982

I hear the buzzing, engine-like sounds and will myself out-of-body. I step to the bedroom door and automatically request "Clarity now!" My vision improves and I step through the door, into the living room. Still feeling a little out of sync, I verbally repeat my request with more emphasis, "Clarity now!" I feel my awareness and vision snap into place. My thoughts are clear and I make a verbal demand, "I need to see the form I'm in now!" Instantly I feel an intense sensation of being drawn within myself. I'm suddenly different, weightless as though I'm floating in space. As I look forward I see a sparkling, bluish white form. For some reason, I seem to know that I'm looking at my nonphysical body from a different perspective. I stare in amazement at this form before me that shines and flows with energy and light. It looks like an energy mold created from a million tiny points of light; it radiates a bluish glow but appears to have a defined outer structure. The body of light before me is naked and is identical to my physical form. Even though my body looks firm, there is a noticeable energy motion and radiation present. I can see what appears to be an ocean of blue stars throughout my body. It's difficult to describe because the stars are stable, yet moving at the same time; the light and energy of my body appear to change and flow almost like the waves of an ocean. As I stare at the body of light, it hits me that I must be in another body. Yet I can't perceive any form or substance; I'm like a viewpoint in space without shape or form of any kind. As I reflect upon my new state of being, I feel a sensation of rapid motion and I'm instantly back within my physical body.

Lying still and reviewing my experience, I'm struck by an inescapable conclusion: I must possess multiple energy-bodies. The form I just experienced was noticeably lighter (less dense) than even my second nonphysical body. I realize that the traditional view of our possessing two bodies—a physical body and a spiritual body—is far too simplistic; we are much more complex than this. Just as there are multiple nonphysical energy dimensions within the universe, each of us must consist of multiple energybodies or vehicles of expression. Now I seriously wonder just how many nonphysical bodies or forms this involves. I suspect that there must be one within each dimension of the universe and that all of these are interrelated

and connected, just as the physical body is connected to its first nonphysical (spiritual) body.

Journal Entry, October 17, 1983

I feel a strange vibration and tingling throughout my body. Recognizing that I must be in the vibrational state, I focus all my attention on the sensation of floating out of my physical body. Within seconds I float up and away from my body and slowly glide feet first toward the bedroom door. With a sense of absolute amazement I enter the structure of the door and feel its vibrational energy as I float effortlessly through it, keeping my eyes open. The door looks like an energy fog shaped and formed into an ethereal mold. After floating through the door, I think of standing and I'm instantly in the living room, standing next to the sofa and looking around the room. As I look around I notice that a strange small form appears to be following me. Staring, I recognize our beagle puppy, McGregor. I'm amazed because I've never seen an animal when out-of-body. He appears surprisingly natural and solid as he wags his tail and looks up at me. I notice that his eyes are shining and then I see something else: there's a thin filament like a spider's web stretching from his body and extending back toward the bedroom. Out of curiosity I bend down and touch the thin silvery strand. Instantly, the puppy disappears. I'm startled by the rapid change and snap back to my physical body. As my numbness quickly fades, I can feel the dog physically jump up on the bed. I lie still and review the experience, attempting to put it into perspective. Now more than ever, I realize how little we know about ourselves and our world. I feel like a naive schoolboy who has just seen the real world for the first time. It strikes me how arrogant we are to assume we know anything. We, who don't know what we are, why we're here, or even where we go, consider ourselves the dominant, intelligent rulers of the world. It's truly ironic just how deceived we are. It's even more laughable that we hold so many firm convictions and conclusions concerning things we don't see or understand. Now more than ever, I'm convinced that out-ofbody exploration can provide the answers to the many mysteries of our existence.

CHAPTER 2 Meetings Out-of-Body

Any sufficiently advanced technology is indistinguishable from magic.
—Arthur C. Clarke

Journal Entry, February 21, 1985

I enter the vibrational state and feel waves of energy flowing through my body. It's a soothing sensation of energy radiating from deep within me. As I focus on the vibrational changes, I feel pulses of energy flowing through me and a distinct sensation of hands gently touching my body. At first I'm startled, but I quickly realize that the sensation is comforting and even enjoyable once I get accustomed to it. The waves of energy seem to increase and decrease in a rhythmical sequence, and I can feel myself becoming lighter and lighter until I'm completely detached from my body. I recognize that I'm floating just out of phase with my physical body and could easily separate at any moment; however, I also sense that I should remain still and allow the vibrational process to continue, I can feel the subtle touch of hands as they move from the bottoms of my feet upward along my entire body. Each touch creates waves of energy resonating through me. It feels as though my internal vibrational rate is being adjusted to a new energy level or frequency, and I sense that the person or persons next to me are doing a form of "energy work" on me. For over twenty minutes the energy currents systematically move and flow through my nonphysical body. My body and mind seem to resonate with the energy waves, and I feel an overwhelming sense of peace and unity throughout my being. Slowly the waves of energy dissipate and my physical sensations return. My mind is racing with questions: What is this? What is the purpose? What entity or entities are touching me? One thing is certain, I felt noticeably light and airy for several hours afterward. My entire body felt as though it was vibrating at a higher or finer rate. I strongly suspect that I've just experienced a vibrational or frequency adjustment of my nonphysical being. I can only imagine that I may have needed this energy adjustment in order to expand or enhance my nonphysical explorations. Even though no one communicated with me, I know that this process was an important energy adjustment required for my personal development. I also realize that these energy sensations were completely different from the vibrations I normally experience during the vibrational phase before separation. I received a strong sense of direction and purpose as the hands of energy touched me. I believe that it was one or possibly two entities working on me. Like unseen chiropractors, they seemed to know precisely what they were doing; each touch altered my internal vibrational rare at a specific point within my nonphysical body and created energy waves resonating deep within me. Though startling at first, this was a thoroughly enjoyable experience that I know will occur again.

Journal Entry, December 5, 1986

I lie in bed visualizing my living room and repeating to myself, "Now I'm out-of-body," for approximately fifteen minutes. After drifting off to sleep, I feel the vibrations and spontaneously do a sideways roll out of my body. I fall to the floor and open my eyes. Everything is blurry and I feel extremely heavy and out of sync. I crawl a few feet and say aloud, "I'm light as a feather." I feel a surge of inner energy and I'm instantly lighter and able to stand. As I move away from my bed my vision remains poor, so I make another request, "Clarity now." My vision seems

to snap into focus and I immediately stride forward through the wall of my room and into a bright green environment. Looking around, I realize that I'm in an open meadow. I feel somewhat confused by the rapid change of surroundings and spontaneously call aloud, "Where am I?" I suddenly feel the presence of someone close by, and a series of vivid pictures enters my mind. "You have raised your vibrational rate when you asked for lightness and again when you asked for clarity. You have entered a higher-frequency environment that is very close to the physical."

I'm amazed at the clarity of the images entering my mind. It's difficult to describe, but they're visual representations of ideas—not words. The communication is far more direct and precise than words. I understand the meaning and look for the source, I can feel the energy radiation of someone directly in front of me but can see nothing. Out of curiosity I call out, "Who are you?" Again the images stream in my mind. "I'm an old friend who is observing your progress. The feelings instilled in the images are warm and friendly. I'm completely at ease and firmly make a request, "I want to see you." I watch in amazement as the hazy outline of an image appears. A transparent hologram of a man becomes increasingly dense before me. He has dark hair and a short beard and wears a long purple robe. He's about fivefeet-ten-inches tall, and a broad smile radiates from his face. At first I'm startled by the reality of his rapid materialization, but he seems to sense my discomfort and a series of comforting images appears in my mind: "No need for fear. You and I are old friends." I somehow sense his friendship and calm down. As I stare at this man, he seems pleased to see me. He seems to know my thoughts and responds to the questions that fill my mind. "I'm just as you; the only difference is I don't possess a physical vehicle."

"We are friends from long ago and have worked together on numerous projects within the interior.... You and I have explored far beyond the second membrane. Now you are exploring the dense region again.... You have a strange fascination with the physical, one that I don't share." There is a brief pause as my questions form.

"I'm acting as one of your guides. You have several different individuals assisting you in different aspects of your life. In a way, each person assisting you is a specialist in a given area of existence. You and I love to explore inward, so I am here to assist in that part of your life.... You were correct in your conclusion: a guide would never interfere in the natural evolution of an individual's personal development. We realize that we must remain unobserved unless assistance is requested. Even then, we must appraise the situation and its consequences before we act."

My mind is overflowing with endless questions. The being before me seems to understand and anticipate my thoughts.

His calming thought-images pinpoint specific questions as he continues.

"Each person who has an out-of-body or near-death experience has a guide present during the experience. Assistance is always available but it must be requested. . . . There is nothing to fear, but many are still unaware that their thoughts manifest their reality. As you now know, this can happen instantly. The end result can be startling to the novice explorer. Most physical inhabitants possess little control over their thoughts."

After a brief pause, he continues. "As you are learning, thought control and focus are absolutely essential. This is especially true as you explore deeper within the interior of the universe. Your control is getting better, but you still have fears to overcome.... You felt your fears when I became visible to you; I could tell that you were wobbling in your energy field and close to reentering your body. ... Always remember, when we conquer our fears we gain our liberation. . . . Very shortly, you will experience some new ways to confront your fears, both in the dense body and

in your higher-frequency bodies. Each experience will serve a purpose; each obstacle is a blessing in disguise."

At that instant I snap back into my physical body and open my eyes. I feel like I'm being prepared for something to come, but I don't have a clue what it could be. I feel a strange sense of friendship with this man. I sense his positive intentions and feel somehow more prepared to face the unknown. His last images echo in my mind: "Each obstacle is a blessing in disguise." I can't help but wonder if he's explaining my past or preparing me for my future.

As I review this experience, I can't help but notice some similarities between my nonphysical friend and the guide described in Paul Twitchell's books. Even though the two resemble each other, it seems unlikely that they are the same person. Over the years, I have met several out-of-body explorers who have described a similar-appearing nonphysical guide. The reason for this is unknown, but I wonder whether our existing concept of a nonphysical guide or event may influence what we experience when out-of-body.

Journal Entry, January 3,1987

I feel the vibrations and lift out. I'm standing in my bedroom and, looking around, I see that the surroundings are similar but not exact. The woodwork and walls are different from those of my physical home. I move to the door and step through it. Instantly, I'm in a new environment. A woman that I somehow seem to know approaches me. She's tall, with long brown hair and sparkling eyes. She steps close to me and smiles, "I've missed you." Spontaneously I respond, "Me too." She kisses me and warmly takes my hands. Suddenly, we're in another environment. A magnificent park-like setting comes into focus. We stand together at the edge of a crystal blue-green pond. Everything around me—the trees, the grass, the pond—are vibrantly alive. As I look at the woman, an intense feeling of love swells inside me. She stares at me and holds both my hands. "You travel so much. I need you here." I hold her close. "I'm here now."

Her face and body seem to shine like ten thousand points of light. We kiss and a surge of energy floods into my mind. Our bodies and minds come together in an intense explosion of pure energy and joy. Our thoughts merge and touch one another in a thousand subtle ways. I feel immersed in her mind as she and I become as one. The ecstasy is beyond words. For the first time, I feel complete and whole

I think to myself, My God, I don't want it to end. With a jolt, I'm snapped back into my body. My entire being seems to vibrate at a lighter, finer level than I've ever known before. Even my physical body feels different—somehow brighter, lighter, and energized beyond my conception. I lie in bed and enjoy the waves of energy that flow throughout my body and mind. The sensations last for several minutes. I remain still and enjoy every moment. For many weeks after this experience, I pondered its meaning. Was this sex in the inner worlds or was it a unification of my conscious mind with a higher aspect of myself? I feel that I should know the answer, but I don't.

Journal Entry, October 15, 1988

I repeat my regular affirmation as I drift to sleep, "Now I'm out-of-body." Within seconds I'm floating above my body and direct myself to the foot of the bed. Out of habit I say aloud, "Clarity now." Instantly my awareness becomes clear and I spontaneously think about exploring. There's a sense of rapid motion and I'm standing in a magnificent park-like courtyard. As I focus, I see around me a dozen

people riding bikes and roller-skating. The courtyard is the size of a football field, with several large trees and a stonewall border about eight feet high. I notice that one woman is pushing a baby stroller and two boys are throwing a ball back and forth. The entire environment feels happy and relaxed. I'm especially interested in the baby stroller—I've never seen an infant when out-of-body.

To my surprise a smiling, red-haired girl about twelve years old skates over to me and asks, "You're new here, aren't you?" I respond, "I guess I am."

Out of nowhere it starts to rain and everyone in the courtyard scrambles for cover. I'm amazed. In fifteen years, I've never seen weather changes when out-of-body.

The girl stares at me and points to shelter under a tree. "Come on. Let's go over there."

I can't believe how real the softly falling rain seems. As I enjoy feeling it flow down my face, I wonder if this is a consensus environment. Out of curiosity I focus all my attention on stopping the rain. The girl stares at me as if I'm crazy.

"What are you doing?"

"I'm stopping the rain."

Instantly the rain stops. The girl continues to stare and asks, "Are you a traveler?" I feel a slight tugging sensation at the center of my hack and know I have to leave. "I've got to go."

She looks deeply disappointed and says, "Will you come back?"

As I look at her face I snap back into my physical body. A tingling sensation quickly fades as my physical senses return.

Opening my eyes, I can vividly see the girl's face in my mind. For some unknown reason I miss her. I feel I know her but I can't remember how or where. It's kind of frustrating because I know there's a connection. I've realized for some time that coincidence is nonexistent. I also wonder about her question, "Are you a traveler?"

Journal Entry, September 16, 1989

As I drift off to sleep, I repeat my normal affirmation, "Now I'm out of body," thirty to forty times. As much as possible, I intensify and hold my affirmation as my last conscious thought before going to sleep. I awaken to a slight vibration and sense of rapid motion. After several seconds I find myself standing in a multileveled parking structure. In the distance I can see ramps heading up and down. As I look around, an unusual sight attracts my attention. A shiny new car is half-buried in a pile of dirt. It looks so strange that I'm drawn to it. I think to myself, Who would do this to a beautiful new car? For some reason, I have an overpowering need to look inside and begin to brush the dirt away from the windows and doors. As I work, I realize that this is a huge job before me. Even so, I continue to dig handfuls of dirt away from the windows. Finally, a window is clear and I peer inside. Instead of a normal interior, I see a radiant white light permeating the inside of the car. The light seems vibrantly alive with energy and life. I feel an intense inner connection to the light and an overwhelming need to open the car door. With increased intensity, my hands tear at the dirt and slowly clear another window.

Out of nowhere a car pulls up beside me with a young man inside. I immediately sense that we know each other quite well, but I can't remember how or when. He smiles as he speaks.

"You've got a lot of work ahead of you."

Surprised by his presence, I nod in agreement and walk over to his car. "Would you like to help?"

He seems amused by my request and replies, "Each of us must free ourselves."

His words seem to ring in my mind as I instantly snap back to my physical body. My physical senses quickly return as I ponder the experience. More than ever, I realize that my mind is interpreting my out-of-body experiences based upon my current physical concepts, symbols, and images. It's apparent that a higher part of myself is orchestrating my experiences in a manner that's appropriate for my current understanding. I recognize and understand the dreamlike imagery of this experience, but I question whether it is necessary. In my mind, the experience is clear. I am striving to free my inner energy-self, my soul. The dirt represents all the negative trash that I've collected and accepted over the years—attachments, fears, limits, all the negative attributes and emotions I am working to remove. My personal dirt is limiting, blocking, and restricting the light of my soul from shining forth. I can't help but wonder what would happen if I demanded to see the true energy source represented by the form.

Now, for the first time, I fully understand that many of the forms I see when outof-body are created for my benefit. They are manifested for my comprehension. Our minds are obviously conditioned to react to forms, not to pure energy. Increasingly it's clear that my higher mind or soul is creating the outer forms I perceive in order to teach me what I need to know. Now I feel ready to see the reality behind the forms. Next time, I'm going to ask to see the actual raw energy behind all the forms that I perceive.

Journal Entry, January 24, 1990

I feel the vibrations and direct myself away from my physical body. Within seconds I'm standing at my bedroom door. Out of habit I verbally request clarity and quidance. Suddenly I feel an intense inner motion, and within seconds I find myself at the entrance of a large stone building. The size and shape of the building are like nothing I've seen before; the structure extends to the horizon and appears to be extremely old. In front of me is a set of fifteen-foot-high brass-and-wood doors. Upon entering I see an open room leading to an endless series of corridors. I walk through the open area and enter the closest corridor. All around me are huge rooms filled with forms and objects that appear the same. On closer examination, though, I notice that the objects are slightly different; they appear to be a progression, or possibly an evolution, of the same object. In another room are hundreds of toys, each slightly different in form and structure. I have no interest in the objects and proceed down a long hallway. I realize that I'm in an area that is vacant and appears unused. In front of me are timbers blocking a double door. Using all my strength, I push the timbers out of my way and open the door. Behind the door is an engine or power room of some kind. Directly in front of me is a mammoth engine, three stories tall and the size of a football field. Somewhat confused I say aloud, "What does this represent?" A stream of vivid images appears in my mind. "This is the power source behind the forms you see. Your mind is attempting to relate to concepts it can comprehend. True power has no shape or form." The engine fades from my sight, and an overpowering sensation of pure energy radiates before me. Focusing, I see waves of light emanating from a single source.

As I stare, the light becomes blinding. A part of me wants to turn away, but I don't. It feels as if the outer layers of myself are being burned away—my old concepts, beliefs, assumptions, and conclusions are incinerated by the intensity of the light. I can take no more and scream out, "What is this?" Instantly, I'm drawn within the light. My mind is overwhelmed as I realize that I have merged with a greater, more

expansive part of myself. I suddenly understand that I am the engine of my life— I'm the creative force within me. I recognize that I have separated from myself. For several moments, the light and I are one. I feel a deep peace and interconnectiveness I have never known before. For the first time I realize that I can create whatever reality I choose—my creative power is beyond my comprehension. I now know that I have limited myself by the ideas and beliefs I have accepted, and I recognize the need to release all my limits, fears, and expectations. A profound sense of empowerment sweeps through me as I scream inside, I will remember this.

Instantly, I snap back within my physical body. As my physical senses return, I review the experience and realize that I can remember everything in detail but feel a deep sense of separation. I miss the unity, the oneness. As I lie in bed I know that I've experienced a more expansive part of myself. Whether we call it our higher self, our creative mind, or our soul is unimportant. But I absolutely know that this is a part of me that possesses complete access to the answers. For some reason I seem to know that this huge building was similar to a museum—possibly a living record of all forms, or even all things that will be made. I realize that my mind was interpreting the forms I witnessed in relation to my current physical surroundings. It's taken me a long time, but I'm finally learning that it's not the forms we see that are important; it's what the forms represent. This recognition appears to be a major step forward. As strange as it may sound, I strongly suspect that the same holds true for the physical world around us.

Journal Entry, February 6, 1990

I fall asleep without doing any techniques but awaken at 1:00 A.M. in the vibrational stage. I quickly sit up within my physical body and look around. I'm startled by the sight of a man next to my bed looking through my journal. He sees me sitting up and jumps back. I am extremely angered by his presence and yell at him, "Who are you?"

He steps away from my bed, appearing shocked and frightened by my appearance. He is a fat, unshaven, middle-aged man with short hair and stands about five-feet-eight-inches tall. He continues to back away from me as I shout even louder, "Who the hell are you?" A combination of anger and fear explodes from me as I yell, "Get the hell out, get the hell out!"

He turns and runs out of my bedroom and I instantly snap back within my body. I am shouting in my physical body as I return and my mumbled cries awaken my wife. Startled, I sit up and look around.

Slowly, I calm down and review the experience. I realize that I probably overreacted, but the sight of this strange man in my bedroom created an instant self-defensive response. I couldn't sleep the rest of the night, wondering who this man was. Try as I might, I couldn't place his face. He seemed to be extremely interested in my writing; perhaps he was even spying on me. In retrospect, I probably scared him more than he scared me. After some thought, I have concluded that he was probably one of the millions of inhabitants living within the first inner energy dimension. It's possible that my out-of-body experiences made him curious about what I was writing and he was simply checking it out. I can't help but wonder how often all of us are visited by other-dimensional inhabitants. In addition, I seriously question our concepts of privacy. I suspect that there's something more to this experience than I currently understand.

I feel the vibrations and will myself to the door. Out of habit I ask for "Clarity now!" My awareness is remarkably good and I instinctively say aloud, "I move inward." I feel an intense inner motion for several seconds and come to an abrupt halt. My entire being is immersed in a wondrous liquid light. I feel completely peaceful and at home. A warm glowing feeling of total love surrounds me. As I focus, all my questions seem to become instantly clear. A simple request fills my awareness, "I need to see my life." Instantly, crystal-clear pictures appear before me. A series of three-dimensional pictures expands and unfolds; hundreds, then thousands, then tens of thousands of pictures come into focus. I instinctively know that each picture is of me. I focus on one. The picture is alive. I'm a small boy wearing a tunic and sandals; the floors and walls are stone and marble. This is me two thousand years ago. I'm neither shocked nor surprised—I just seem to know. Like a memory of an event long forgotten, this moment in time passes briefly before me. Then I pull back my attention and look at the countless other pictures that come alive before me. Each one is my life: some on earth, others occurring in nonphysical areas of the universe.

As I observe these events they seem to make sense: each event, each life, was a necessary step; each one achieved a specific purpose. Like the pieces to a puzzle, each picture falls into place, each contributing to the whole. Each picture, each experience, was needed to create the sum of what I am today. Suddenly, I'm overwhelmed by the magnificence and wisdom of all that I observe. I see the good and the bad, the triumphs and the defeats. I see my countless weaknesses and faults and my occasional strengths. Suddenly it hits me that I'm witnessing my evolution through thousands of years of living. Each individual life was a step, an experience of growth; each life built upon the previous one. A sense of joy flows through me as I understand the need for hardships and adversity. Each challenge was an important learning situation, a learning environment especially created for my development. I see the wisdom of it all. I'm the student and the teacher; I'm the writer, director, and actor of my life. An inner realization floods through me: the only way to know and understand something absolutely is to experience it for yourself. Anything less is theory and speculation. The staggering truth becomes clear: physical life is an interactive school, a relentless training ground for developing souls.

In fascination I stare at my life before me. Countless years and experiences all contributed to what I am today. The expanse of time was unimportant. I recognize that I am immortal and that time is meaningless. As soul, as pure awareness, I need no artificial device like time to track change. As soul, I never age or deteriorate; I only grow in knowledge and experience. Each of my explorations into matter increased my knowledge. Each physical journey expanded my vision and my appreciation of life. Each physical experience gave me the opportunity to develop and grow, the opportunity to express my inner qualities of love, humility, patience, and strength. I am comforted by the simplicity of it all. It makes perfect sense: experience creates wisdom. Time is irrelevant. Deep within ourselves we keep a permanent record of each experience. Each event, each moment, is recorded in our subconscious mind. As I stare at the pictures of my life, I realize that the physical events were only a small portion of the whole. I lived in countless different forms, in countless worlds. A feeling of compassion flows through me as I recognize the purpose. The entire universe, physical and nonphysical, is a training school for developing souls. I clearly see schools within schools, dimensions within dimensions, all serving as an interactive learning environment. Each energy level of the universe is serving a specific purpose. Each is providing specific challenges and opportunities for growth, for evolution. A sense of purpose and

order becomes clear: I'm witnessing the evolution of consciousness, the evolution of myself through eons of time. My awareness overflows with love and gratitude. For the first time in my life, everything around me makes perfect sense. At that instant I return to my body with a warm feeling of love and knowledge radiating through every cell of my being.

For the first time, I understand my purpose and reason for being. With each out-of-body experience I continued to examine the nonphysical forms I encountered. At first they appeared to be holographic images with substance. On closer inspection, I discovered that they were every bit as real and solid as physical matter. These nonphysical objects appeared to consist of a matrix of light energy instead of molecular energy. For years, I didn't comprehend the implications, but as my experiences continued I began to realize that all life, physical and nonphysical, is interconnected. In addition, I discovered that each physical object around us exists as a multiple-frequency object. Everything around us also exists in a parallel, nonphysical dimension of the universe. Although our eyes see only the dense molecular result of energy, matter continues in a continuum of nonphysical energy beyond our sight. Each form is independent of the physical yet is interconnected by its internal frequency, just as particles of light and waves of light are interconnected as a single unit of energy.

Matter exists as a continuum of energy extending far beyond the crude limits of our physical vision. This is an important realization because it explains the very existence of all form and substance observed throughout the nonphysical interior of the universe. It also explains the multidimensional nature of everything we observe when out-of-body. For example, when we observe physical light, we see only a tiny portion of the entire electromagnetic spectrum. Yet each of us is immersed in a sea of radiation frequencies: X rays, infrared rays, radio waves, and microwaves. Just as visible light makes up only a fraction of the electromagnetic wave spectrum, so visible matter composes only a tiny portion of the entire multidimensional (frequency) energy-universe. The vast majority of the universe is not particle based, as current science assumes, but frequency based. Physical particles of matter are simply the dense result of nonphysical energy frequencies (waves). Just as visible light is not only a particle of energy but also a wave temporarily exhibiting particle behavior, so our entire physical universe is not just molecular energy but a continuum of energy frequencies extending deep into the heart of the multidimensional universe. Simply put, all objects and life-forms are multidimensional in nature. Everything around us is multidimensional, simultaneously existing in different energy frequencies of the universe. Yet all these energy dimensions coexist in the same time and space, just as radio waves, microwaves, X rays, and visible light exist together, each within its own frequency band.

Journal Entry, April 12, 1991

I enter the vibrational state and will myself to the bedroom door. I'm slightly out of focus and say aloud, "Clarity now!" Immediately my vision improves and I step through the bedroom door. I stop my forward motion and decide to explore inward instead of walking around my house. Spontaneously I call out, "I move inward." Instantly, I feel an intense inner motion that lasts for several seconds—it's as if I'm being drawn into a vacuum of space. The sense of motion abruptly stops and I'm standing in front of an oceanfront home. The house sits about ten feet in the air, resting on twelve-inch-thick wooden pillars.

My vision is slightly foggy so I ask for clarity again. My vision snaps into focus and I think about entering the house. Almost instantly I'm inside. As I look around,

everything seems familiar. I feel completely comfortable and, for some reason, am absolutely certain that this is my nonphysical home. The wall facing the ocean is made of glass. As I move closer to the glass I notice that the corners are curved like plastic. It looks like a home of the future filled with things from the past; all the furniture, artwork, and rugs appear to be antiques. Looking around, I clearly see my lion-head rocking chair facing the ocean. As I stare, I recognize that this could be my home in the future. I don't know if it's my physical future or a possible future after my death, but I do know that it's a reality existing now. Feeling completely at home, I walk over to the glass wall and peer out at the ocean. The sound of the ocean is magnificent. Instead of pounding surf there is a strong rhythmic harmony, like a song. I listen intently, trying to recognize the melody. Instinctively, I open the door and step out onto a huge deck overlooking the ocean. The music of the waves is almost hypnotic in its beauty. The sound seems to move through me; it resonates deep within my body and mind. It's hard to describe, but the ocean seems to radiate love. As the music flows through me, it feels as if I'm being caressed by the vibrations of the song.

As I look at the ocean, I'm amazed at the changing colors of the waves. It's like nothing I've ever seen before. Shimmering hues merge and blend to form endless swirls of vivid color. The colors are beyond description, millions of shades and tints changing and mixing to form a flowing light show of indescribable beauty.

My mind is lost in the vibrations and song of the ocean. I feel completely at peace, my entire being resonating with the music of the song. I feel a need to merge with the ocean, but inwardly I'm afraid that I could be swallowed up and drown. My indecision suddenly becomes clear and I recognize my fear; I thought that I had overcome my fears, but now it's obvious that I have considerable work ahead of me. As I try to analyze this realization, I'm snapped back to my body. The numbness and tingling sensations quickly fade as I ponder the experience. I realize that this is the second time I've been in this house. The first time was at a meeting I attended with several people. This house feels so much like home, I wonder if it's where I lived before I was physically born. Even more, I wonder about the ocean of color and music. I suspect that the ocean is my mind's interpretation of something that's beyond my comprehension. I can only guess that it's a sea of consciousness, or maybe my mind's interpretation of God itself. Perhaps both of these are the same. I still don't know, but I'm sure I'm getting closer to the answer.

Journal Entry, October 24, 1992

I repeat my favorite affirmation aloud for five to ten minutes: "Now I'm out-of-body." As I drift off, I intensify the affirmations in my mind. I awaken to the sensations of strong vibrations surging through my body. Immediately I focus my full attention on the idea of floating to my bedroom door. Within seconds I feel myself lift and float to the door. Then, with a sense of exhilaration, I walk though the door and into the living room. As I look around, I realize that I'm in my first (densest) energy-body and have a sudden overwhelming urge to explore. Almost shouting, I verbally make a firm request, "I want to see more." Instantly, a sensation of rapid motion draws me inward. I feel as if I'm being drawn into a vacuum, and in seconds I'm in a new environment. I'm startled and blinded by the intensity of the surrounding light. When I instinctually attempt to shield myself from the radiation, I realize that my body is without form—no arms or legs, just energy. I try to comprehend that I have no shape whatsoever. I seem like light without a distinctive outer form. My vision is endless.

All around, pure energy emanates; there are no shapes or forms, just radiation of light. I'm drawn to what appears to be a column of pure white light. As I move

closer to the light, the sheer power of its radiation is overpowering. I stop and try to adjust. The energy is so intense it feels like the outer parts of me are being burned away. My entire outer self—my thoughts, fears, and concepts—is being incinerated by the light. At first, I try to shield myself. I surround myself with thoughts only to realize that they too are being burned away by the intensity of the light. Unsure of what to do, I instinctively release and surrender myself to the light. At that moment, the light enters me like a warm liquid permeating my body and mind.

My entire being is filled with light, and every part of me seems to resonate at a new frequency. I relax and enjoy the sensation of pure energy flowing through me. Deep within, I realize that something of extreme importance is before me. There is something else within the column of light. No longer afraid, I have an overpowering desire to know and understand the light, I move closer and try to peer inside. The pure energy and power are beyond words; I feel like I'm standing next to a blazing white sun that radiates waves of light. Somehow I know that I'm safe, and I slowly move forward and touch the light. An intense surge of energy flows through my entire being. I'm suddenly immersed in an ocean of pure knowledge. I'm flooded with memories of all I've been, all I've done, all that I am. Everything is now. I'm overwhelmed by the absolute simplicity of it all. For the first time, everything is clear. Everything we are and need is already here. For the first time, I recognize that we have separated ourselves from our source. How foolish we are. We focus on decaying molecular forms when true reality is always here, patiently waiting for us to open our eyes and see. An overpowering feeling of love, a deep feeling of compassion for everything that is, permeates my being. I realize that we are all interconnected in an ocean of living light. The separateness we feel is but the dense illusion of molecular form. My awareness comes alive with the realization that my mind and its capabilities are but another temporary vehicle of expression. We exist beyond thought, beyond time, beyond linear cause and effect.

I'm overwhelmed by endless waves of pure knowledge. My mind is filled beyond its limits, and I realize that this is more than I can ever hope to remember. I scream out, "I will remember this." Instantly I'm snapped back to my body and attempt to open my eyes. I'm unable to move and recognize that I'm in a cataleptic state. Slowly, I can feel a numbness and tingling spread through my physical body. After about a minute, I can move my fingers and toes. I lie still and review the experience with a feeling of awe. I absolutely know that the column of light was really me-not just another part of me, but the pure me, the very essence of all I am. Is it possible that we are really that incredible? Now I feel separated and alone; yet, at the same time, I feel connected to something far greater than I've ever imagined. My mind races with realizations, more than I can begin to comprehend. I now recognize that we as human beings have a natural tendency to attach labels to everything we experience and to filter it according to our physical concepts and beliefs. I wonder if all shapes and forms are really our minds' interpretation of something else—something that exists beyond all form and substance; something so pure and ethereal as to be beyond our minds' ability to classify and interpret. It's possible that our recognition of this is a major step forward in and of itself. Maybe the constant infighting between different religions, faiths, and sects would finally come to an end if we only recognized that all religious beliefs are the physical interpretations of mortals. It's now absolutely clear that God does not care about our personal theology. Our physical beliefs are all rooted in temporary forms and substance; they are all but a passing moment in time.

What really matters is experience, spiritual experience. It appears that the purpose of the entire universe is experience—firsthand, gut-wrenching, personal experience. Nothing can replace it. It's now clear that personal experience is the road to

wisdom that we all share. As I expanded my exploration beyond the first inner dimension, I began to notice some unusual sights. In some areas, clouds of energy dominated the environment. I was especially amazed to see some of these clouds taking specific forms. I saw what appeared to be cars, homes, even cruise ships partially created.

After years of experience, I have concluded that these items are the direct result of human thought. The environments within the nonphysical dimensions are made of thought-responsive energy. Thoughts appear to be innately capable of rearranging the subtle energies that make up the unseen dimensions. I have found that the natural energy-substance of the inner dimensions appears as cloudlike forms of energy. In a sense, this energy is an easily manipulated radiation of light. It appears that the building blocks of the unseen dimensions are not particles (atoms and quarks) but waves or frequencies of energy and light. When I examined the energy clouds, it became apparent that they exist as clusters of raw, unformed energy—much like holograms that are slowly growing and changing in form and density.

Journal Entry, April 12, 1991

I feel the vibrations and will myself to the foot of the bed. I feel a little hazy and out of focus, so I immediately demand complete clarity. Instantly, my conscious mind seems to snap in gear; my thoughts become clear. My mind is alive and racing with excitement as I say to myself, "This is better than my physical brain." Suddenly I feel an intense inner need to discover my past life. Spontaneously I say loudly, "I need to know my past life." Instantly, there's a sensation of inner motion and I find myself in a completely new environment. I'm surrounded by an incredible scene of destruction. As I look down a long city street I see nothing but demolished buildings. I realize that my upper body is extending through the hatch of a tank. Then it hits me that I'm seeing through the eyes of this other man— the soldier. I am this man; I feel his thoughts and emotions.

I'm extremely arrogant and self-assured and feel strangely powerful as I look at the burning buildings and rubble around me. I'm proud of what I've done. I'm a tank commander, a German panzer commander. Somehow I know that the city is Warsaw, Poland, and that my soldiers and I have just conquered it. My tank grinds to a halt at the center of what used to be a major city intersection. Several tanks around me fire, and entire blocks of buildings collapse before me. I am pleased with myself. Holding some kind of device, I bark orders to a tank on my right. As I look at my arm, I notice that my uniform is black and is covered with gray powder. Suddenly, an intense sense of motion, like a vacuum, snaps me back into my physical body. I open my eyes and feel a numbness and tingling as I reunite with the physical.

I'm startled and amazed at the intensity of the experience. I was not just an observer but an active participant. For a few moments I felt what this man felt—I was this man. I feel disappointed with myself; I had envisioned myself as something more than an arrogant German officer. Maybe this explains my current antiwar sentiment and also my fascination with World War II documentaries. If this German tank commander was indeed my last physical life, I wonder just how much of him influences me now. A realization sweeps through me that he may affect me more than I would like to admit. As I look at myself as objectively as possible, a flood of new insights comes to light. I seriously wonder just how arrogant, demanding, and aloof I am now. Do I still bark orders and expect to be instantly obeyed? I wonder just how much of me is influenced and molded by my past. How strong is this influence? It appears that an unlimited amount of self-knowledge is

available if we are willing to pursue it. I can't help but be curious. How many past lives have I experienced? How deeply have they influenced me? How much could I learn from knowing the answers?

Journal Entry, December 7, 1992

I enter the vibrational state and float approximately two feet above my body. Determined to experience my finer vibratory body, I say aloud, "I experience my higher body." After a brief sensation of motion, I'm floating in a different form. I feel calm and energized and sense a smoother internal energy. Inwardly, I know I've shifted to my inner energy-body. But I feel out of sync and my vision is hazy, so I demand complete clarity of awareness, "Clarity now!" Immediately my thoughts are clear. I feel extremely light and overflowing with energy. At that moment, my goal flashes in my mind: "I wish to visit another system." Instantly, I'm moving through a dark void at incredible speed. At first I'm startled by the speed, but I relax and adapt to the new sensations. Within seconds I'm floating in space. I look down at myself and see that there is little to see: my form has no arms or legs: I'm like a spherical form of conscious energy. For some reason, I'm not surprised—it seems completely natural that arms and legs are unnecessary in whatever state I'm in. I slowly rotate and focus on the spectacular sights around me. In awe, I stare at things I've never even imagined before. Clusters of lights are everywhere, thousands of them, like Christmas lights strung across the heavens. I feel as if I'm floating in an ocean of lights.

My attention is diverted to something I have never seen before: a hazy foolike form is visible. The form extends as far as I can see. It looks like an immense curtain of dense fog except that it appears stable, a permanent fixture hanging in space. I ask for clarity and find myself floating at a different vantage point, several miles from the hazy form. Now I see it more clearly. It's larger than my mind can comprehend, stretching across the heavens like an endless border. Suddenly, I sense the vibrational energy of someone close by, an intense radiation without form or substance. I am instantly aware of communication, like a series of clear pictures appearing in my mind.

The following is a little disjointed but as close as words can explain the inner meaning of the pictures.

"Beautiful, is it not?"

I roll over to see who it is. My awareness is blinded by the intensity of the light. I begin to back away and shield myself from the crushing energy. The entity continues to communicate with my mind.

"I will adjust."

The radiation immediately diminishes. I can't perceive a form, only light.

"I have no form as you understand it. Form is unnecessary. Not many of your kind venture this far in."

I am unable to respond—my mind is overwhelmed, and I don't know where to begin. The energy being must sense my dilemma and begins to respond.

"What you see before you is one of many wonders of the universe. The infinity of fog you see is one of the many inner membranes dividing different frequencies of the universe. What you are witnessing is the inner structure of the universe. The stars and galaxies you see in the distance are but the outer crust of the universe. The key to true exploration is the movement through the energy membranes. As you move farther inward, toward the source, your internal energy frequency must change accordingly. You can only cross through the energy barriers that are in accordance with your inner light. What you see before you is the key to stability and structure throughout the universe."

I'm amazed at the clarity of the pictures entering my mind. This being seems to automatically know my thoughts.

"All conscious energy (souls) live within the energy frequency that is in phase with their personal vibratory rate. The membrane before you separates one wavelength of energy from another."

As I stare, I can't think of an appropriate response. I feel inadequate, like a child raking an advanced calculus class. The energy being again responds to my thoughts.

"You are ready or you would not be here. All of us are where we should be. I was once as you and you shall be as I; we are all on a great journey together. Your perception of me is inaccurate. I am but a child compared to others who dwell within the universe. The possible evolution of consciousness is unlimited. My identity is unimportant and labels are unnecessary. Remember well what you see, for the recognition and exploration of the energy membranes will have a significant impact upon the evolution of your species."

I'm somewhat confused by the speed of the information entering my mind and ask for clarification.

"I don't understand. The purpose for the energy membranes?"

"They simply separate different frequencies of energy from each other. You are observing the convergence point of two different dimensions. Energy membranes provide the necessary substructure for each dimension to exist. They are the internal cell walls of the living universe."

"My God, that's incredible."

"There is much to see. Your adventure is just beginning."

"How do you mean?"

"You will see soon enough."

"I still don't understand."

"You will, my friend, you will."

I snap back to my physical body with a jolt. At first I'm out of sync and unable to move. After twenty seconds or so I feel my physical sensations returning.

After twenty years of out-of-body experiences, I have found that there is a natural tendency for our nonphysical bodies to become progressively less dense as the experience continues. It appears that our personal frequency rate slowly returns to its "normal" or natural vibrational state. Our nonphysical body slowly adjusts to the vibrational frequency (internal density) that is our natural state of being. This process of internal adjustment is reported by several serious out-of-body explorers. Robert Monroe refers to this change when he describes his nonphysical form becoming progressively "less humanoid" in shape as the time duration of his out-of-

body experience lengthens. This tendency for us to return to our natural internal frequency rate has another important implication. On countless occasions I've noticed that when I'm out-of-body for more than several minutes, the observed environment slowly fades and a new environment becomes visible. For years I thought my vision was simply adjusting to its expanded abilities to perceive. But now I realize that this is only part of it. When we are out-of-body our nonphysical form is not static, as it may first appear, but is actually an expansive energy system that fluctuates in its internal energy frequency. This becomes especially noticeable as we control and extend our nonphysical experiences. In other words, the nonphysical body is not a body at all but a highly sophisticated energy system that responds to our thoughts. As we prolong our nonphysical adventures, our consciousness has a natural tendency to return to its true nonphysical state. As strange as this may sound, I'm now certain that our concepts related to form, shape, and substance are all temporary conditions. It appears that, as soul, we are without form of any kind. Our true self is not humanoid as we now conceive ourselves. Soul or pure consciousness is without form but can, and does, use various shapes and forms of energy for its purposes.

In November 1993 I developed an acute case of pneumonia and was bedridden for ten days. During my illness I became extremely weak, didn't eat, and slept twelve hours a day. By the third day, I noticed a dramatic increase in my out-of-body experiences. Each time I drifted off to sleep, I would find myself floating just above or near my physical body. As my illness progressed, I experienced a coinciding increase in spontaneous out-of-body experiences. It seemed as if the connection between my physical and nonphysical body was growing progressively weaker as my illness continued. At the peak of my pneumonia and for several days thereafter, I felt a sense of freedom I had never known before. While lying in bed, I would spontaneously slip out-of-body whenever my physical body dozed off to sleep. Sometimes it felt as if I wasn't connected to my physical body at all. I began to use my physical body like a reference point or staging area to regroup between nonphysical explorations. For over a week I became so detached that I viewed my physical body as a necessary encumbrance to be endured. During this time I experienced a dramatic increase in cluster out-of-body experiences—generally, two to five separate experiences occurring in sequence. Each experience was guite short, lasting from thirty seconds to several minutes. On a few occasions, I noticed that the sequence of events seemed to address a related topic or subject. For example, one afternoon I dozed off while reading a book about past-life regressions. Almost immediately I felt the vibrations and was floating above my body. As I floated comfortably, my thoughts turned to the possibility of past lives and I immediately felt a sensation of movement.

Journal Entry, November 29, 1993

I am standing at the ramparts of a castle as smoke rises from below. A battle has raged for several days and I'm exhausted and sick of fighting. I realize that I'm some sort of medieval soldier. We have been under siege for over two months, and for the first time in my life I question why we're fighting. It seems so meaningless. For the last five years I've been fighting and killing and I've had enough. The only things that keep me going are my pride and my sense of duty. After twenty years of loyal service to my king, I own nothing but a sword and the armor on my back. As I look around, I'm amazed at how real this is. I'm more than just an observer: I somehow feel this man's thoughts and emotions, his pain and disappointment. I feel I am this man, yet I know I'm not. I experience a great sense of sorrow and disgust, a life filled with empty victories. I realize now that duty and honor alone are not enough. I know there must be more to life, but I know only weapons and

the art of war. With a sudden jolt I feel a sharp pain and pressure in my back and begin to loose consciousness. At that moment I feel the familiar tingling sensations and recognize that I'm back in my physical body. I think of floating and immediately rise above my body. I'm amazed at the clarity of my thoughts and ponder the meaning of the soldier's experience. I feel a shift of my awareness and a sense of rapid inner motion. Within seconds, I'm in a completely new environment.

I'm seated on a stone floor. All around me are dozens of bald-headed monks sitting in ceremonial meditation. Somehow I know that I'm a Buddhist monk. I can smell burning musky incense and hear bells and rhythmic chanting. Three dozen of us are sitting in a circle around an altar. A thin column of white smoke rises from the center of the altar as a bald-headed boy, about twelve years old, walks around us chanting and swinging a large, ornate incense holder. He appears to be in a trance. I can feel myself rocking gently back and forth as I softly chant a phrase that seems to be a part of me. I and all those around me are wearing orange robes, and as I look down at my hands I realize that I'm very old—my hands and wrists are thin and frail. I am content with my life, completely free of all needs and desires. My mind is at peace. I know I will soon die. With a slight sense of motion I'm back in my bed. Even though I am in my body, I feel completely out of phase with it, as if I'm floating within it. My mind is still focused upon the meaning of the monk experience when I again feel an inward motion. I am incredibly cold. My body and mind are numb. It's beyond my endurance to endure. All around me are the frozen corpses of my friends and fellow soldiers. The ground is too frozen to bury them, so they lie where they fell. My tank has become an icy tomb.

My mind and body are a hollow broken shell of my former self. My will to live is gone. Thirty yards away I see two ragged soldiers pull the boots off a dead man. Beside me, a taunt, nearly lifeless man, a friend of mine, mumbles something to me. I can't hear him so I lean closer.

"For God's sake, kill me."

I cannot. I lack the courage and the strength to move. The snow is falling again and I know I'll soon be dead. A pounding sound is heard in the distance; the Russians will be here soon. I feel no fear, no hate—I feel nothing at all. I close my eyes and slip into unconsciousness.

Whether these three experiences were past lives or not, I cannot prove. I do know, however, that they were as real and vivid as any physical experience I've ever had. It seems wise to remain nonjudgmental when we are exploring new dimensions of energy. Our minds have a natural tendency to be influenced by our physical preconceptions of reality. The key to understanding is to remain as open-minded as possible.

During the time I was ill, I also began to realize how easily out-of-body experiences can be controlled if we just remember to request clarity on a regular basis. The simple, firm request for clarity of thought and vision has a tremendous effect upon our out-of-body state of consciousness. Repeating the clarity technique, I found it possible to prolong out-of-body experiences for several hours. During my illness I would sometimes amuse myself by moving back and forth between my physical body and my floating nonphysical body. While doing this, I discovered an odd state of consciousness that I refer to as dual consciousness. I found that sometimes I was able to shift a percentage of my awareness between my physical and my nonphysical body. It's possible to perceive with both forms simultaneously and to adjust or shift the percentage of our awareness between our bodies. In other words, for brief periods we can simultaneously experience the physical world and a nonphysical environment with varying degrees of effectiveness. I also found that it was possible to control the movement of consciousness between the first and

second energy-body. By force of will, we can control this shift of awareness; the key is to remain focused and centered and mentally ask to experience the second form. Always remember, once we are no longer attached to a specific form—whether matter or energy—we are free to move beyond it.

My interest in physics increased with the number of out-of-body experiences I had. When out-of-body, I would closely observe the energy structures around me. I became fascinated with the nonphysical forms and substances I encountered. I recognized that each environment and dimension within the interior of the universe has specific similarities and differences. The most significant difference appears to be the degree of responsiveness to thought of a given nonphysical environment. Some nonphysical environments are easily molded by thought while others are extremely resistant. I believe that all nonphysical energy is thought-responsive; however, when a group of individuals maintains the same image or beliefs, the group creates, molds, and maintains a consensus reality. In effect, group thoughtenergy forms, stabilizes, and actually solidifies nonphysical energy. The larger the group (some number in the millions), the more stable the immediate energy environment becomes. This is an important discovery because it explains the vast differences encountered when exploring the nonphysical dimensions. For example, the first nonphysical dimension is a parallel energy world almost identical to the physical universe. This dimension of energy existing close to the physical is molded by the consensus thoughts of the six billion inhabitants existing in the physical.

The underlying cause of this phenomenon appears to be remarkable: consciousness creates reality. All reality, including matter, is shaped and molded by thought. Creation itself is the result of conscious thought-energy influencing, arranging, and manifesting form and substance as we know it. Countless nonphysical explorations into the interior of universe confirm this observation. It's only the density of matter that obscures the truth of this from our physical senses. In the physical world, consciousness uses biological vehicles for its expression. Our physical bodies are the direct tools of our consciousness; our thoughts direct our bodies to build the reality we experience every day of our lives. This process of consciousness creating reality is more important than words can begin to express. Our recognition of this reality is the first step to true mastery of ourselves and our surroundings. Each of us possesses the creative ability and power to shape and mold his or her ideal physical, emotional, and intellectual surroundings. It is up to us, however, to recognize and implement our creative ability. Our recognition of the creative power of consciousness will dramatically affect both our immediate future and the evolution of our species. Until we truly comprehend and consciously control the unseen energies flowing through us, we will be bound to the dense molecular forms that surround us. Our evolution from a physical creature to a multidimensional, nonphysical being is directly linked to the recognition and conscious control of our thought-energy. Once we truly comprehend our individual ability to shape and mold the energy around us, we can begin to take full responsibility for our thoughts. With every thought and deed we become aware that we are the creative artists of our lives.

The truth of this becomes apparent during an out-of-body experience. When out-of-body we are experiencing and exploring a higher-frequency environment, one that is significantly less dense than matter. This subtle energy environment is sensitive to thought. Each focused thought can and will create an immediate result: if we think of flying, we will fly; if we think of walking through a wall, we do so. Our thoughts exert complete control over our experience. For the first time, the true creative power of thought becomes clear. This realization is a major step in our personal evolution, for now we know that we must take full responsibility for our

thoughts and our life. The concept of consciousness creating or molding reality is not as far-fetched as some may believe. Many of the finest minds of modern physics consider this theory the logical basis of all reality. The eminent physicist David Bohm, Princeton physicist Eugene Wigner, Berkeley physicist Henry Pierce Stapp, and legendary physicists Walter Heirler, Fritz London, and John von Neumann are all supporters of the "consciousness creates reality" quantum theory. In increasing numbers, physicists and mathematicians around the world are arriving at the same conclusion: physical objects would have no attributes if a conscious observer were not watching them. Nobel laureate Eugene Wigner summed up this observation when he stated, "It is not possible to formulate the laws of quantum mechanics in a fully consistent way without reference to the consciousness, . . . It will remain remarkable in whatever way our future concepts may develop, that the very study of the external world led to the conclusion that the content of the consciousness is an ultimate reality."

As my nonphysical explorations continued, I came to realize that I was observing and interacting within a parallel energy dimension. My concepts of space, time, and distance no longer seemed valid. I began to recognize that the dimension I was exploring when out-of-body was extremely close to the physical; in fact, it was not separated at all by space or distance, but rather by energy frequency or density. As strange as it may sound, the other dimensions (possibly countless numbers of them) exist with us now. In addition, I observed that each physical object possessed a nonphysical counterpart or energy duplicate that appeared similar to an energy mold. For example, the closest nonphysical dimension and its energy structures coexist with the physical dimension and function as a form of energy substructure for matter itself. However, the same nonphysical structures also exist completely independent of the physical universe. The immediate nonphysical environments I encountered appeared to be physical-like representations of matter. These nonphysical objects, though stable in structure and quite similar to matter, were often not an exact duplicate of my physical surroundings. At first this was confusing, but slowly I learned that it was my expectation of reality that often needed reappraisal.

I made several startling observations. First, we assume that our physical surroundings are the stable and firm basis of reality. We view density and form as the ultimate test of "real." But what if we are wrong in our assumptions? What if reality is completely relative to the vibratory rate of the observer? What if there are numerous, even countless, energy dimensions? Second, after repeatedly exploring the immediate nonphysical environment, I began to question whether the physical world is a duplicate of the nonphysical or vice versa. This observation is important because it points to the fundamental structure of all energy, matter, and reality as we know it. At first I assumed that the parallel nonphysical dimension was the result of matter. But with experience I have come to recognize that this is not so. The parallel universe is indeed a separate energy-universe that functions as the unseen substructure of all physical energy form and substance. The nonphysical and the physical are inseparable elements of the same. Third, I gradually began to understand that I was actually observing a continuum of energy. Each physical object we observe around us exists in multiple dimensions of the universe. As startling as it seemed, the end result was clear: all physical objects, including all life-forms, are multidimensional in nature. Everything we see around us exists as a continuum of energy. Matter is not the center of reality as we view it. Instead, matter appears to be the end result of a series of energy interactions occurring in the unseen dimensions. With each out-of-body experience I realized more clearly that matter is only a tiny portion of the energy environments that exist. In many respects, matter is the dense outermost result of a magnificent chain of events occurring just beyond our physical vision.

It appears that our perception of matter, the visible universe, and our place in the universe is completely inaccurate. The universe we see around us is not the center of reality; it is only the outer crust, the thin epidermis layer of the unseen universe. In time, I was further convinced that everything we believe is solid and real is only a temporary vehicle of consciousness. This solid reality around us only appears real to us because we are currently focusing on our physical senses. Once we separate from our biological body, the world of matter looks like a world of ghosts, a world of hazy, ethereal forms.

With each out-of-body experience, I've observed that the solid physical objects around me appear as vaporous forms. In several instances, physical objects such as walls and furniture appeared like holographic images possessing a defined but vaporous substance. When I tried to touch these objects, my hand just passed through them. Often, I felt a tingling sensation as my hand or body moved through the physical objects, but the objects didn't seem real anymore in relationship to my new vibratory rate. In addition, I noticed that the longer I remained separated from my body, the more my immediate physical surroundings seemed to fade from my view. It became obvious that the only reality to me was the objects or beings that were vibrating close to my new personal frequency rate. In other words, reality is relative to the vibrational density of the observer.

At first glance, this observation may sound strange; however, modern physics has provided some evidence that helps explain it. For example, scientists have shown that visible light exists simultaneously as a particle and a wave. The dual nature of light is now a recognized fact of modern science. I believe the particle-wave nature of light provides substantial evidence that all energy is a multifrequency (dimensional) continuum extending far beyond the dense particles of matter that we observe around us. Just as light possesses a dual nature, both particle and wave, so all physical objects and life-forms consist of both physical particles and nonphysical energy components. It is this interconnected continuum of energy that creates and sustains the entire multidimensional universe. Every physical object around us is actually the dense outer result of this continuum of energy. Just as light exists as both a particle and a wave at the same instant in time, so all physical objects exist simultaneously as dense molecular forms and nonphysical-spiritual forms. This realization opens the door to a remarkable new frontier of exploration and research.

Part 2 - Solving Our Greatest Mysteries

CHAPTER 3 The New Frontier

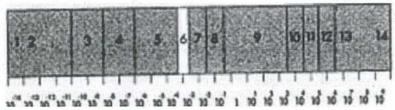
The worldwide scientific community now agrees that an unseen energy structure must exist

-David Seckel.

Cosmologist, University of California

In the last few decades science has become aware of the serious limitations of human visual perception. The human eye is sensitive to only a narrow band of radiation. We see only the wavelength between .00007 cm. and .00004 cm.; the rest of the electromagnetic wave spectrum remains invisible to us. In fact, only a few one-hundred-thousandths of a centimeter make the difference between visibility and invisibility. Yet all of us are literally swimming in a sea of energy, immersed in an ocean of electromagnetic waves: gamma rays, X rays, ultraviolet and infrared rays, microwaves, radio waves, and shortwaves, to name just a few. When we feel the heat of the sun, for example, we are feeling the result of invisible infrared rays; their wavelength, .00008 cm. to .032 cm., is a little too long for our retina to detect even though our skin will register the rays as heat.

Electromagnetic Wave Spectrum



Wavelength (in centimeters)

1 Unknown	8 Heat waves
2 Cosmic rays	9 Radar
3 Gamma rays	10 Television
4 X-rays	11 Short radio waves
5 Ultraviolet	12 Broadcast waves
6 Visible light	13 Long radio waves
7 Infrared	14 Unknown

In effect, our perception of the universe is based upon only a tiny fraction of the energy around us. Even more shocking is the recognition that our current scientific technology detects only a portion of the entire energy spectrum. Most scientists believe that the electromagnetic wave spectrum continues far beyond our technological vision and possibly into infinity. When we put this into perspective, we recognize that each of us is visually aware of only three-onehundred-thousandths (.00003) of a centimeter of the energy radiation around us. We, who see so little of the universe, are quick to reach conclusions and judgments based upon the narrow limits of our vision. Our perspective of the universe, and of reality itself, is severely limited by the narrow range of our physical senses.

When we look around, we see a world of solid objects. On the surface, reality appears to consist of three-dimensional form and substance. Yet, as science explores deeper into the unseen heart of matter, remarkable discoveries are being made. Einstein's famous equation $\mathsf{E} = \mathsf{MC2}$ tells us that matter is nothing more than a form of energy—in a sense, stored energy temporarily molded to construct the physical objects around us.

Once we recognize that all matter is actually energy, we can begin to form a new vision of ourselves and the world around us. We begin to realize that our surroundings are not what they seem. This new vision is expanded even further when we examine the latest discoveries of quantum physics. Quantum theorists no longer consider energy to be particle-like in nature. Subatomic particles are no longer viewed as static things but as four-dimensional entities in space-time. In fact, the elemental particles of our reality (quarks and so on) are no longer considered substance at all. When physicists observe elemental particles, they describe them as dynamic patterns, constantly moving and changing into one another. Quantum mechanics has shown us that the elemental building blocks of our reality are not material but are patterns of energy interconnected to form an inseparable cosmic web.

Quantum physics has proved that our current physical concepts of form and substance are obsolete; not only is matter energy, but all energy is essentially nonphysical in nature. Physicist Werner Heisenberg clarified this new scientific viewpoint when he stated, "Atoms are not things." After decades of remarkable discoveries, modern physics has reached an impasse. The observed motion of subatomic particles appears to follow little or no logical order. Elemental particles change their location and trajectory, appear and disappear, and move in all sorts of mysterious ways. Even more startling is the realization that they can actually be influenced by the thoughts of the scientists who are observing them.

As a new century dawns, the greatest mysteries of science remain unsolved. What are matter and energy? What are the unseen building blocks of physical reality? Increasingly, physicists and astronomers worldwide are recognizing that an immense unseen energy system must exist just beyond our technological vision. Years ago a few astronomers observed that specific areas in space existed with insufficient mass to explain their motion. In the 1980s this mysterious condition was termed "dark matter." The discovery of dark matter was first brought to light by the extensive research of astronomer Vera Rubin. In The Astronomers Donald Goldsmith outlines her work and its significance. By analyzing the motions of outlying stars, Rubin's observations revealed enormous quantities of invisible matter in spiral galaxies such as our own Milky Way. Studies of the motions of galaxies in clusters, performed by other astronomers (and some by Rubin herself), showed that the clusters of galaxies likewise contain tremendous amounts of invisible matter.

Indeed, even before Rubin's work, astronomers had found that most large galaxy clusters appear to contain far more mass than can be explained by the stars that shine in their galaxies. But it took Rubin's detailed studies of the motions of stars within our own and other galaxies to convince astronomers that nearly every galaxy, and not just those in large galaxy clusters, has far more mass in invisible form than in stars. In short, Rubin's work established the existence of a previously unconfirmed component of the cosmos, a component that is no small addition to what we know but (broadly speaking) the universe itself.

Everything we see—all the stars, star clusters, star-forming regions, and gas clouds lit by newborn stars—apparently amounts to no more than 10 percent of the total mass of a large galaxy such as our own Milky Way. Hence Rubin's research implies that all the visible matter in the universe forms only a sort of light frosting on the

cosmic cake, which consists basically of invisible matter. The discovery of dark matter (invisible mass) provides evidence of an unseen substructure to the universe.

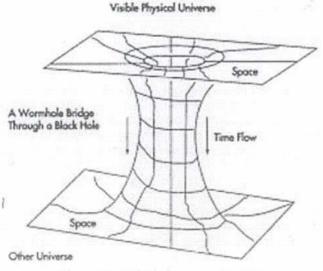
In the last two decades physicists and astronomers worldwide have arrived at the same conclusion: something unseen is interacting with matter. In 1981 the eminent theoretical physicist David Bohm proposed that the substructure of the subatomic makes sense only if we assume the existence of additional, more complex dimensions beyond our vision. This concept is growing in popularity. Many of the greatest scientific minds of the twentieth century have commented that something mysterious is occurring just beyond our technological vision. Einstein, Heisenberg, Planck, Pauli, Schrodinger, Jeans, Eddington, Bohr, and de Broglie have all expressed a belief that physics and mysticism are somehow connected. Sir James Jeans may have summed up this belief when he stated, "The universe begins to look more like a great thought than a great machine."

The Multidimensional Structure of the Universe

When we examine the evolution of science over the last few decades, we see a growing body of evidence supporting the multidimensional structure of matter and the universe. The latest discoveries of quantum physics provide numerous examples. Also significant is the growing number of physicists, astrophysicists, and astronomers who believe in the existence of parallel universes. Well-known physicist Fred Alan Wolf summarized this view when he stated, "By including quantum physics, we find strong and surprising evidence for the existence of parallel universes at the very beginning of time."

The Concept of Parallel Universes

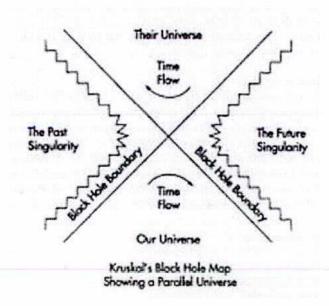
The idea of parallel universes or dimensions is not new. Einstein's theory of relativity first predicted the existence of four-dimensional space-time and black holes. It was not until 1935, however, that Einstein and his Princeton University associate Nathan Rosen presented their new theory concerning the function of black holes. They proposed that instead of being a simple hole or rift in space-time, as was first believed, a black hole was actually a bridge connecting one universe to another possible universe. Einstein and Rosen stated that black holes were "bridges" to anywhere and any time. In physics today this concept is known as the Einstein-Rosen Bridge.



Modern Interpretation of the Einstein-Rosen Bridge

The Einstein-Rosen Bridge was the first widely accepted scientific theory concerning the possible existence of parallel universes or dimensions. Einstein and Rosen's work set the stage for following generations of physicists to seriously study the concept of parallel universes. For example, the "many worlds interpretation" presented in 1951 by physicist Hugh Everett III was heavily influenced by the earlier work of Einstein and Rosen. Everett's theory states that many worlds or universes coexist with our own; however, they are continuously splitting into separate, distinct dimensions that are mutually inaccessible. According to Everett, each world or dimension contains a different version of the same people living their lives and performing various acts at the same moment- in time. This theory, though highly controversial, has become well known in modern physics and is considered by some to provide a possible explanation of quantum reality.

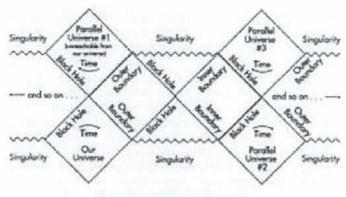
Over the last sixty years the concept of parallel energy-universes and their interconnecting bridges has been developed by a number of wellknown physicists, including Arthur Eddington, Christian Fronsdal, David Finkelstein, John Wheeler, G, Szertes, and Charles Misner. But it was another physicist, Princeton's Martin Kruskal, who first developed a written concept of it. In 1961 Kruskal presented his black hole map showing an interconnection between our physical universe and another, unseen universe.



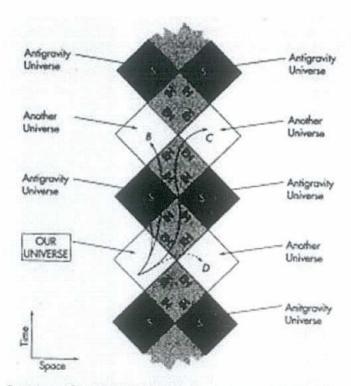
In 1963 Australian physicist and mathematician Roy P. Kerr developed precise equations relating to the rotation of black holes. Kerr's equations indicated the existence of an infinite number of parallel universes, all directly connecting to black holes. He proposed that an infinite series or patchwork of universes extends toward the past and toward the future simultaneously. As strange as the concept may sound, Kerr's work is highly regarded by physicists around the world. Many consider his equations to have been one of the most important developments in theoretical astrophysics in the mid-twentieth century.

In addition, H. Reissner in Germany and G. Nordstrom in Denmark formulated a scenario of black holes connecting to other universes. Because of their work, an electrically charged black hole is sometimes called a "Reissner-Nordstrom black hole."

I believe that the existence of black holes, the Einstein-Rosen Bridge, and the equations, maps, and theories of Everett, Kruskal, Kerr, and Reissner and Nordstrom are all evidence of the multidimensional nature and structure of the universe. This growing body of evidence compiled by physicists and astronomers around the world points to the most important discovery of the twentieth century: our universe is a multidimensional continuum of interconnected energy.



The Infinite Patchwork of Parallel Universes in a Spirming Black Hole Found by Ray Kerr



Penrase map of a rotating black hole. The diagram repeats indefinitely to the past and future. The universes outside the black hole are the white squares; the universes inside the black holes are the light and dark shaded squares.

Historical Evidence Supporting the Multidimensional Universe

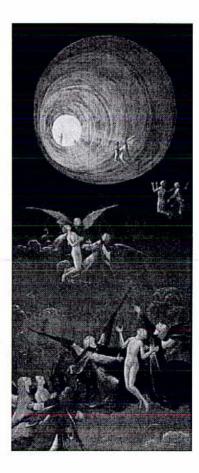
When we look at history, we see that the idea of heaven or nonphysical universes is one of the oldest and most widely held beliefs of humanity. The concept of heaven appears in every culture and religion. The Jewish and Christian religions teach the existence of three universes or dimensions: the physical world, heaven, and hell. Catholicism added a fourth with the concept of purgatory. In the Koran, Mohammed speaks of seven heavens or universes.

In more recent times the theosophy view developed by Madame Blavatsky described seven dimensions. This concept of seven dimensions is also incorporated into various New Age philosophies. When we examine religions and cultures around the world, the concept of unseen heavens or universes of energy is without a doubt the most universal belief of humanity. Today practically every religion and culture has incorporated this concept. Even though this is likely the most widely held theory in human history, verifiable evidence concerning the unseen heavens continues to elude humankind. As you will discover, out-of-body exploration provides powerful personal verification that the religious "heavens" described in the scriptures of your religion actually do exist. Firsthand explorations have proved that the biblical heavens are in reality the magnificent unseen energy environments that make up the multidimensional universe.

Energy Tunnels

Additional evidence of the belief in nonphysical universes and connecting energy tunnels has been displayed in the literature and artwork of various cultures for the past two thousand years. For example, artists for centuries have portrayed tunnels of energy leading to a radiant new environment or heaven.

Dutch painter Hieronymus Bosch (1460—1516), in his well-known work "The Ascent into the Empyrean", clearly illustrates an individual being escorted through an energy tunnel. At the end of the tunnel is a bright light indicating heaven (a higher-frequency dimension).



Two centuries later William Blake (1757—1827), the English poet, mystic, and painter, created his masterpiece titled "Jacob's Ladder". In his striking watercolor he portrays human beings and angels moving both upward and downward toward a brilliant circle or tunnel of light.



William Blake "Jacob's Ladder"

Later in the nineteenth century Gustave Dore (1832—1883) created his famous engraving of Dante and Beatrice as they experience the beatific vision. In graphic detail he portrays a nonphysical tunnel leading to a light.

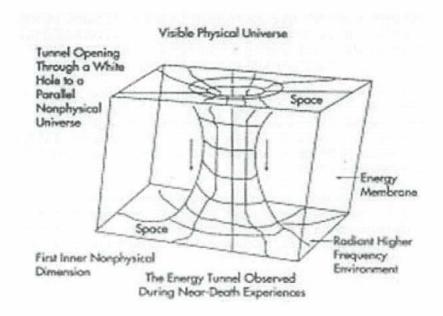


Gustave Dore "The Empyrean"

I believe a startling connection is apparent: the energy tunnels depicted by Bosch, Blake, Dore, Einstein, and Rosen and the energy conduits outlined in this book are all descriptions of the same event—an energy tunnel connecting the physical dimension with a nonphysical counterpart. Additional evidence for this belief is provided by millions of near-death experiences reported worldwide in the last twenty years. One of the most fascinating aspects -of the near-death accounts is their vivid description of a tunnel leading toward a bright light or a new

environment. According to extensive studies conducted by Raymond Moody, Melvin Morse, Kenneth Ring, and other physicians, this description of an energy tunnel leading to a bright light is reported in every culture and country of the world. Notice the similarity between the Einstein-Rosen Bridge (see illustration above) and the observations made by countless people who have had a near-death experience. Observations obtained during controlled out-of-body explorations suggest that the tunnel of light is the opening of the nonphysical energy membrane separating the physical dimension from its parallel nonphysical neighbor. The energy tunnel commonly observed during a near-death experience is actually a highly organized temporary opening or rift in the nonphysical energy membrane and appears to open automatically to allow life-forms to pass through. After the life-form (consciousness) passes within the higher-frequency energy dimension, the tunnel opening immediately returns to its original shape and form.

The tunnel experience is much more significant than most people recognize. Not only does it provide substantial evidence of a logical transitional method for consciousness after physical death, but it directly relates to the modern physics theories concerning parallel universes and energy wormholes, as well as to my observations concerning the multidimensional universe. The time has come for modern science to investigate this reality. Millions of near-death and out-of-body experiences occurring in every culture and society of the world cannot be a coincidence. In addition, the countless reports of energy tunnels reaching back five hundred years can no longer be overlooked. The scientific investigation of the parallel nonphysical energy dimensions and their tunnel openings will be a major step forward in modern science, for it will light the way to a true comprehension of our multidimensional universe.



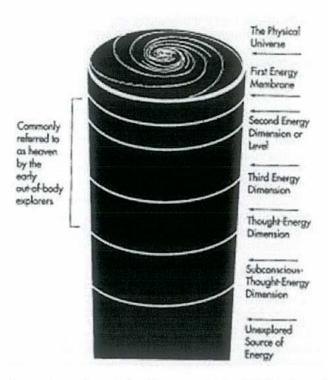
A Remarkable New View of the Universe

As scientists continue to focus on external matter, another group of people have fearlessly explored the very heart of the universe. Bypassing the traditional scientific methods, they have ventured far beyond the limits of our current technological evolution and expanded human explorations into undiscovered areas of the universe. This has been achieved by incorporating a revolutionary new form of investigation: self-controlled nonphysical explorations into the unseen substructure of the universe. The discoveries made during these nonphysical explorations provide revolutionary new insights into the unseen structure of the universe, our existence, and our continuation after death.

Based on out-of-body observations, all energy dimensions exist here and now. The seen and unseen universe is a continuum of energy frequencies. Each dimension exists independently according to its individual frequency, yet they are all linked by the flow of nonphysical energy. Each dimension of energy is interconnected with its energy neighbors to form a complete system—the multidimensional universe. The eminent physicist David Bohm was absolutely correct when he observed that "Reality is an undivided whole." The entire multidimensional (frequency) universe is an inseparable whole; there exists no spatial or temporal separation. Bohm was decades ahead of his time when he said, "One is led to a new notion of unbroken wholeness which denies the classical analyzability of the world into separately and independently existing parts. . . . The inseparable quantum interconnectedness of the whole universe is a fundamental reality." Forget all your spatial concepts of up and down, near and far. The entire multidimensional universe is here and now. The closest physical concept that describes the structure of the universe is degree of density. Each dimension encountered after we shed the physical body is progressively less dense in its vibrational substance. In effect, the universe can be compared with an energy wave spectrum of incomparable depth and beauty. Each frequency of the energy spectrum is experienced and observed by us as a separate and distinct dimension, yet all are interconnected to form a magnificent universe extending beyond space, form, and substance as we perceive it.

Out-of-body explorations provide startling new evidence that the universe is a multidimensional continuum of energy emanating from a nonphysical source; the physical galaxies we observe around us are merely the dense molecular crust of the complete universe. Comprehending the existence of this multidimensional universe is difficult because our current perceptions of space-time and reality offer inaccurate reference points.

All the energy dimensions exist simultaneously within the same space-time continuum. For example, when I'm out-of-body I can occupy the same space as a physical wall or ceiling. I'm not separated from the physical wall by distance but rather by my individual energy frequency. This recognition leads us to an exciting new adventure.

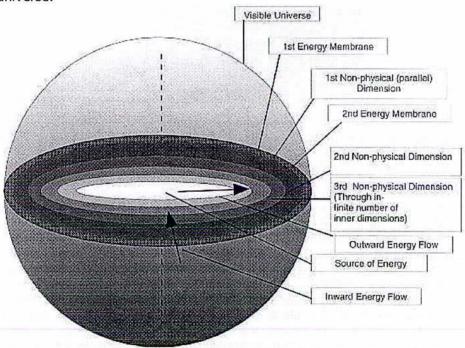


Our universe is not what it appears to be. Visible stars, dust, gas clouds, and cosmic debris make up less than 10 percent of the mass that scientists know is present. Astronomers, astrophysicists, and physicists are currently hard at work searching for the unseen energy that supports our galaxy and our physical universe.

Charting the Unseen Universe

As traditional science continues to focus upon the dense epidermis layer of the universe, the exploration and charting of the unseen dimensions have quietly begun. Through extensive trial and error, a few individuals have taken the leap beyond matter and the limits of our current physical technology. The observations made during these nonphysical explorations shed light on a multidimensional universe of incredible depth and beauty. If we are to comprehend the structure of the unseen dimensions, we must constantly consider the natural thoughtresponsiveness of the subtle nonphysical energy environments, beyond the parallel (first) nonphysical dimension, we are exploring an interactive, thought-responsive universe of energy. Once we recognize the energy interplay between thought and nonphysical energy, however, we can begin to focus on the specific energy similarities inherent in a given vibrational level or area. This is best accomplished by classifying the way a specific nonphysical environment responds to focused thought-energy. This kind of energy classification is far more practical than concentrating on the visual appearances and differences between dimensions. Two different and distinct vibrational dimensions can appear surprisingly alike even though their vibrational frequencies may be completely different. This is why traditional physical concepts are inadequate to judge nonphysical environments. To effectively chart the unseen universe, we must create a new baseline or method of comparison. The most practical method to achieve this is to classify the thoughtresponsiveness of a given nonphysical area.

The vast majority of nonphysical environments encountered are extremely thoughtresponsive. In other words, when we separate from our bodies and enter a nonphysical dimension, our thoughts, both conscious and subconscious, will immediately begin to interact with and restructure the subtle energy around us. The thought-responsiveness of the inner dimensions explains why out-of-body explorers often describe the environments they witness with such diversity. Complicating this situation is the fact that countless environments and realities exist within each individual dimension of the universe. Even though there is an unlimited variety of possible environments within the universe, all the nonphysical environments and dimensions appear to have certain similarities and differences. Each dimension and environment consists of specific frequencies or wavelengths of nonphysical energy. In addition, each nonphysical dimension and environment appears to be the direct result of thought. The natural thought-responsiveness of the inner dimensions has created much of the confusion and mystery surrounding the inner environments. We have a natural tendency to relate nonphysical experiences directly to physical reference points—we compare everything to physical objects with which we are familiar. In effect, the molecular forms around us are not a valid baseline of reality. Physical objects and events are not the center of the universe, as many assume, but the end result of a chain of unseen energy reactions occurring deep within the unseen interior of the multidimensional universe.



The universe is a continuum of energy frequencies emanating from a nonphysical source. The physical universe we observe is the molecular epidermis layer of the complete multidimensional universe. All energy dimensions exist within the same time-space as the visible universe.

To comprehend the nature of the universe, we must reappraise our current concepts of substance, energy, and time. We must be open-minded to a new viewpoint of reality. To truly understand the underlying structure of our universe, we must investigate the unseen cause of form and substance. I believe the overwhelming power of out-of-body exploration is our ability to do just that. Information concerning the nonphysical dimensions is more valuable than most of us recognize. Not only can it help us to adapt and adjust within nonphysical environments, but it can also dramatically affect our current physical existence. Up to now the vast majority of humanity has died without prior knowledge of its destination. Death has remained a dark void; we hope and pray for good things,

but most of us approach the transition of death in absolute ignorance of our final destination. Up to now humankind has lacked firsthand, verifiable information about the mystery of life after death and the nonphysical environments that are experienced. Controlled out-of-body experiences change all this. By pursuing nonphysical exploration, we can experience the many possible environments that will be our future home. In a very real sense we can scout ahead and become familiar with our nonphysical homeland.

Types of Energy Environments

A single nonphysical dimension can (and often does) contain three primary types of energy environments: consensus, nonconsensus, and natural. A consensus environment is any environment or reality that is created and maintained by the thoughts of a group of individuals. For example, the heavens of each religious group are created by the thoughts and beliefs of their respective inhabitants. Like all realities, the consensus environments are molded by the group consciousness. Many of the consensus environments are extremely old and resistant to change. As unusual as it may sound, physical cities and communities are examples of consensus energy environments. Every city and town is created and developed according to the thoughts of its inhabitants. Essentially, human thought-energy uses biological vehicles to manipulate and mold the physical molecules around us. The end result is the temporary physical structures we see. During an out-of-body or near-death experience, we transfer our conscious awareness from our physical body to our higher-frequency nonphysical body. For the sake of clarity I refer to this as "moving inward." I use the term movement because this energy transition is often experienced as a sensation of inner motion. Any reference to inner movement or inner exploration relates to the conscious recognition of a higherfrequency energy area of the universe.

As we explore inward away from matter, we discover that the first nonphysical dimension parallels the physical universe and is also a consensus reality. This energy environment is so physical in appearance that most people believe they are observing the physical world. In reality, they are observing the first inner energy dimension of the universe. Since this dimension is closest in frequency to matter, it is often seen and experienced during out-of-body explorations. This dimension is a classic example of a consensus reality: its structure is solid and stable within its own vibratory frequency. Our thoughts, no matter how focused, have little effect on the energy structures within this environment. However, our thoughts will exert a tremendous impact upon our personal energy-body. Thoughts of flying will enable us to fly. Thoughts of walking will enable us to walk. The distinction between external and internal (personal) energy changes is critical to understanding the inherent structure of a nonphysical dimension or environment. In a consensus environment, our thoughts influence our personal energy but not the energy surrounding us. The various heavens referred to by Saint John in Revelation and Mohammed in the Koran are classic examples of consensus environments. These nonphysical cities and structures exist within the second and third energy dimensions and continue to be molded and maintained by the group consciousness of millions of nonphysical inhabitants. When we enter these environments, our thoughts will not change the structures encountered.

A nonconsensus environment is any nonphysical environment or reality that is not firmly molded by a group. I have found that this type of environment is the most prevalent. The appearance can be anything we imagine: a forest, a park, a city, an ocean, even an entire planet. Nonconsensus environments are easily detected because, while often physical-like in appearance, they are extremely sensitive to focused thoughts and will rapidly change and restructure according to the prevailing conscious and subconscious thoughts present in the immediate area. If you find

yourself in an environment that changes often or seems to be unstable, you are more than likely in a nonconsensus reality. If this is the case, then it is important for you to know that your thoughts, both conscious and subconscious, have probably influenced the reality you are experiencing. Nonconsensus areas are often molded by our subconscious mind for our benefit. For example, if you are experiencing a recurring problem or block in your personal development, your subconscious mind or higher self may mold an environment and situation that allow you to confront this block on a very personal basis. You could face a representation of your fears in the form of a crashing plane or car, or confront a personal limitation or self-concept. This personal confrontation can take any shape or form that will effectively assist us in experiencing and overcoming our limits, barriers, or fears. Many people report themselves projected into a situation that tested or tempered them in a very personal way—often through confronting their greatest fears and limits.

For example, if you are deathly afraid of heights, you could experience yourself climbing a mountain or crossing a narrow bridge. A good example of this is detailed by Robert Monroe in Journeys Out-of the-Body, where he describes repeated attempts to land a small plane on the top of a building while he is out-of-body. More often, the nonconsensus environments will appear much like our normal or even idyllic physical surroundings; parks, landscaped country gardens, and peaceful green meadows are commonly reported. I believe it's probable that many of these areas were created by the thoughts of other nonphysical life-forms who have inhabited or explored the areas in the past. Unlike in the physical world, once an energy environment is formed, it can last for centuries. Cellular and molecular decay are not an issue; it's simply a matter of thought-energy formation and stability. A single, firmly held, creative thought can mold an energy environment capable of lasting almost indefinitely; however, a stronger (more focused) thought could alter the entire environment within seconds. Remember that all environments are a form of energy, and all energy is thought-responsive to some degree. Natural (raw) energy environments are completely unformed areas of the universe that appear without a specific shape or form of any kind. These areas are often observed as misty voids, empty space, or featureless, open areas consisting of white, silver, or golden clouds of energy. Natural energy environments are extremely sensitive to thought. Any focused thought will instantly mold the immediate energy environment. This is why it is so important to gain some degree of control over our thoughts. Our personal evolution largely depends on the way we focus, control, and direct our thought-energy.

No matter what dimension we inhabit, our personal responsibility for our thoughts and actions is absolute. All thoughts are creative; both positive and negative thoughts and action will create a corresponding restructuring of the immediate nonphysical environment. This is why spiritual leaders have always stressed themes of "do unto others" and "love for all." Once you fully recognize the power of your thoughts, you will never again create or hold a negative or destructive image in your mind. Negative and self-limiting thoughts are the real enemy we must face. Within the inner dimensions of the universe, our thoughts, both good and bad, exert a powerful creative influence upon our immediate environment. This is readily observed and experienced during an out-of-body experience. In addition to the three most prevalent types of environments encountered when out-of-body, there are two others. The first, though rarely observed and reported, seems to consist of dimensions and environments that exist beyond thought-energy. Currently, few explorers have consciously ventured far enough within the universe to provide an accurate description or model of these dimensions. Possessing no perceivable shape or structure, these areas of the universe are postulated to exist beyond space, time, and energy as we conceive of them. It is possible that these dimensions and

their inhabitants are indescribable by our linear concepts. Even so, I'm certain that non-thought and non-form energy environments exist deep within the interior of the universe.

The other observed environment is an area that appears to be a duplicate of empty space. This is an extremely low energy environment. Some believe that nonphysical space is a consensus environment. I seriously doubt this theory because no perceivable energy radiations or vibrations are emitted from empty space itself. All noticeable energy emanations appear to be located near inhabited locations. I think it is more likely that "empty" space lacks sufficient local energy to be affected by thought; as a result, it remains in a relatively constant state. It should also be noted that empty nonphysical space appears to become increasingly prevalent as we explore inward away from the physical dimension and toward the source of all energy. The reason for this is unknown. The observations of numerous nonphysical explorers will be required before we can arrive at a conclusion.

The multidimensional universe is not just another theory; it is an observable fact. By implementing the out-of-body techniques presented in this book, you can verify this discovery for yourself. Self-initiated and controlled out-of-body experiences give us a remarkable opportunity to explore deep within the unseen interior of the universe. The current scientific focus on dense molecular activity will slowly shift to a frequency-based form of research. In the twenty-first century, science will begin to recognize that the dense forms around us are the outer vehicles of energy and that the entire physical universe is only a tiny portion of the magnificent multidimensional universe.

Solving Our Greatest Mysteries

Nonphysical exploration into the unseen substructure of the universe provides new insights into many mysteries of science and religion. The following are a few examples.

PSYCHIC PHENOMENA

The multidimensional nature of the universe logically explains the existence of present-day mysteries such as extrasensory perception, telepathy, precognition, channeling, psychokinesis, apparitions, and faith healing. In fact, all psychic and spiritual phenomena are the direct result of the subtle energy interactions between the physical dimension and its parallel energy counterpart. For example, apparitions and poltergeist activity are simply the natural result of a nonphysical inhabitant lowering its per sonal vibrational frequency (density) so that it can temporarily be seen or interact within the denser physical dimension. This and all "paranormal" events are quite normal and to be expected in a multidimensional universe.

SPACE-TIME CURVATURE

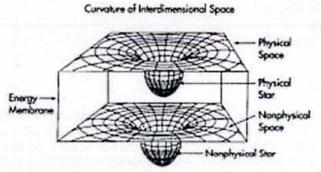
According to Einstein's theory of relativity, the curvature of space is directly related to matter. In effect, space curves around massive celestial objects such as stars. To visualize this, you might think of a lead ball placed upon a tightly fitted bedsheet. The sheet (space) will curve to accommodate the ball. After decades of intense scrutiny, Einstein's theory has been validated mathematically by some of the brightest minds of modern physics. Still, the curvature of space remains a perplexing mystery. I believe the mystery can be solved if we explore deeper into the unseen core of the universe. According to numerous out-of-body explorers, the direct energy substructure of the physical universe is a parallel dimension of subtle

nonphysical energy. The outer physical dimension we observe around us is separated from its energy neighbor by an unseen membrane of energy. This membrane is often observed during near-death experiences and is reported to form a temporary tunnel-like opening allowing the individual to enter the next energy dimension.

Based on extensive nonphysical observations, I contend that the curvature of space is the direct result of the curvature of the supporting nonphysical energy membranes and dimensions that support the visible universe. The outer physical dimension (the visible universe) actually conforms to the shape of the unseen energy membrane. This nonphysical energy membrane acts as an internal cell wall, providing the support and substructure necessary for the existence of an external physical universe (dimension). Because the inner energy membrane is remarkably stable and flexible in its form, it appears likely that the energy membrane provides the necessary support required by all physical celestial bodies.

ENERGY MEMBRANES

The unseen substructure and support for the visible universe are provided by a series of unseen, nonphysical energy membranes. The outermost (densest) energy membrane exists parallel with the physical universe. The energy membranes occur at interdimensional convergence points and serve as energy buffers. Similar in function to biological cell walls, they separate different frequencies of energy from one another. For example, the first inner energy membrane separates the outer physical dimension from its parallel but unseen energy neighbor.



Embedding of an uncollapsed spherical star.

The embedded surface shows the curvature of space around the star. All points outside the embedded surface are without physical significance. Each circle traced an the surface represents the set of points situated at the same distance from the center of the star, while the orthogonal curves pass through the bottom of the hollow that is the center of the star. At great distances from the star, the gravitational field is weak and the embedding surface loses its curvature. However, it does not become a horizontal plane as the illustration suggests, but rather a paraboloid. Near the star, the curvature is more accentuated. The shaded area indicates the region effectively occupied by the star. (Adapted from the original.)

All energy membranes are structured, yet extremely flexible in form and substance. When pierced or entered, they commonly take the form of an opening or tunnel large enough to accommodate the entering object. This tunnel effect is a temporary phenomenon. The membranes quickly return to their normal shape after an object or life-form has passed completely through them. This temporary tunnel effect has been observed and reported by millions of people who have had near-death

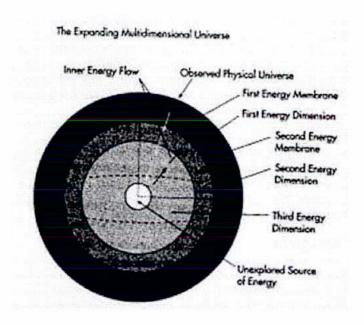
experiences. Each energy membrane provides the underlying support, stability, and substructure necessary for its energy neighbor. For example, the first membrane provides the energy support system for the physical universe. It's the invisible, internal cell wall that supports the physical universe. This unseen energy membrane and its containing energy constitute the "dark matter" theorized by astronomers and physicists. Each membrane provides a highly organized and structured system for energy transfer between the higherfrequency (less dense) energy dimension and its denser counterparts. In a sense, each membrane acts as an energy filter. Nonphysical energy can flow from the internal areas of the universe toward the external; however, the denser atomic and molecular forms cannot move inwardly without a dramatic change in their frequency rate (death). The energy membranes provide the unseen inner support for the entire multidimensional universe. The external physical universe and its galaxies simply could not exist without this essential energy support system.

THE EXPANDING UNIVERSE

In 1929 Edwin Hubble shocked the world's scientific community with the most important discovery in modern astronomy. He provided conclusive evidence that the universe, until then considered a static and stable environment, is actually expanding in size. Hubble proved not only that the universe is expanding but that distant galaxies are traveling away from us at even greater speeds than the galaxies near us. Hubble's discoveries continue to perplex scientists. Over the last few decades many theories have been presented to explain this incredible expansion of our universe. Today astronomers, astrophysicists, and theoretical physicists have largely accepted the big bang as the logical explanation of this expansion.

According to the big bang theory, the universe began with a massive explosion approximately fifteen billion years ago. This explosion created the expansion of space now observed. It may help clarify the idea of an expanding universe to visualize the galaxies as dots drawn on a balloon. As the balloon inflates, the galaxies move apart from one another in all directions. Note that the galaxies themselves are not flying through space; instead, it is space itself that is expanding. Today, most scientists assume that the big bang is the cause of the current expansion of our visible universe. Based on the available scientific data, this appears to be a logical conclusion. When we explore deeper into the interior of the universe, however, we discover a far more complex energy system than our modern physical sciences are aware of.

According to observations obtained when out-of-body, the interior substructure of the universe (the inner dimensions and their supporting energy membranes) is expanding in size. This expansion appears to be extremely well controlled and systematic. Even more important, the expansion of the inner dimensions appears to be the direct result of an ongoing energy-conversion process that occurs within the unseen thought-responsive dimensions existing beyond the second nonphysical dimension. This outward expansion of nonphysical energy and space appears to be controlled by the external energy conduits (black holes) located throughout the universe.



Energy expansion begins within the inner dimensions and moves progressively outward toward the physical universe. The expansion of energy creates the outer movement of galaxies observed in the universe. The inner membranes provide the substructure and support for the progressively denser outer dimensions of energy. The expanding inner membranes provide a stable but flexible energy framework for the entire multidimensional universe. One thing is certain. Decades of nonphysical explorations and millions of near-death experiences consistently point to a single conclusion: the direct substructure of the physical universe is a subtle form of energy undetectable by our current physical technology. This unseen energy is highly organized, structured, and supportive of the outer physical universe. The incredible amount of interdependence existing between the unseen, nonphysical dimensions and the outer physical crust of the universe points to a much more complex system of energy than modern technology and science are currently able to observe.

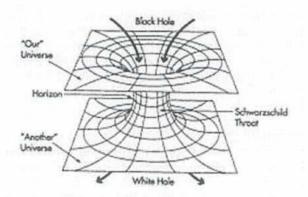
Even though the underlying cause of the expansion of the multidimensional universe remains a mystery, it's now clear that unseen, nonphysical energy reactions do influence the current physical expansion that we observe. The big bang theory is a superficial conclusion based on incomplete physical observations. Indeed, many of our physical-based scientific theories of cosmology, evolution, and the structure of matter are seriously lacking in vision. This occurs because current scientific theorems rely entirely upon physical observations and speculation. A classic example of this shortsightedness is displayed by the long-standing scientific assumption that consciousness is the direct result of chemical and electrical reactions occurring in the brain.

When we recognize the multidimensional structure of the universe, we realize that physical observations alone are inadequate. The galaxies and matter we observe around us are not the entire universe, as we assume, but only the dense outer dimension or molecular crust of the complete universe. The volume of the visible universe amounts to perhaps less than one-tenth of 1 percent of the multidimensional universe. Clearly, any scientific conclusion or theory based entirely upon observations of matter is built upon incomplete data. Each new nonphysical exploration into the interior of the universe substantiates this observation. Ask any of the millions of people who have had a near-death or out-of-body experience and

they will agree: the universe is far more expansive and complicated than current physical science can even begin to comprehend or explain. As millions of people every year have out-of-body and near-death experiences, the reality of the multi-dimensional universe and its energy reactions will be recognized as observable fact.

BLACK HOLES

A black hole is an area in space postulated to be so dense that its gravity attracts all surrounding matter, including light. There are several theories concerning the existence of black holes. Some scientists believe that they are "bridges" or "wormholes" to other universes. Others suggest that black holes may be pathways to the past or future, while still others contend that they collapse into nothingness. In recent years an impressive list of physicists, mathematicians, and astronomers have expressed the belief that black holes are interdimensional tunnels leading to another energy-universe. Kruskal, Szekers, Kerr, Reissner, and Nordstrom have all created conceptual maps linking black holes to unseen parallel universes. These black hole theories are not wild speculation, but concepts taken quite seriously by modern physicists and astronomers.



The Schwarzschild throat connects "our" universe (upper sheet) with "another" universe (lower sheet).

Based on out-of-body observations, I believe that black holes function as energy conduits between the physical universe and the inner energy dimensions. These energy conduits are necessary to balance the energy generated between the inner energy dimensions and the outer physical universe. In the future, science will be able to verify that black holes are not a random event of nature but a highly organized and structured energy-conversion system. This theory will be scientifically validated when it is discovered that black holes are strategically located within the center of each galaxy. As the physical universe continues to expand, there is an increasing need for the external energy forces to be vented and balanced. Black holes provide the essential energy counterbalance for the expanding multidimensional universe. I believe that black holes are created by a massive opening in the inner-dimensional energy membrane. This opening or rift in the energy membrane creates a corresponding opening within the outer, visible universe. In the twenty-first century we will discover that black holes are an integral part of the universal energy-transference system. They not only attract all particles (including light) in their gravity field but also emit enormous amounts of energy undetectable by current technology. The unseen energy flowing from the energy conduits is essential to the overall maintenance, structure, and stability of the physical galaxies.

THE TUNNELING EFFECT

Physicists discovered years ago that primary particles such as electrons have the ability to pass through barriers that were considered impenetrable and then rematerialize on the other side. Based upon the traditional scientific knowledge of subatomic reality, this should be impossible. Physicist Heinze Pagels of Rockefeller University refers to this strange rematerialization as "right through the wall." This unexplained motion of subatomic particles is now called the tunneling effect. I believe it's possible that the observed tunneling effect is the result of elemental particles moving within the multidimensional universe and then reemerging in a different area of the physical universe. Since each particle of matter (subatomic or molecular) already exists as a multidimensional unit of energy, this process of disappearance is to be expected, not only in physics but also in the realm of human consciousness. In a very real sense, out-of-body and near-death experiences are a result of the tunneling effect of consciousness as it moves within the unseen energy levels of the multidimensional universe and then returns to its physical form. An unmistakable connection exists between the tunneling effect, parallel universes, dark matter, black holes, and the curvature of space-time. All five are the direct result of unseen energy interactions occurring within the interior of the multidimensional universe. In fact, all subatomic and celestial phenomena are the result of nonphysical energy waves radiating outward from the unseen interior of the universe. The entire physical universe is essentially the thin outer molecular crust of a massive energy continuum created, sustained, and supported by nonphysical energy waves. Quantum theory, the existence of black holes, the Einstein-Rosen Bridge, and the particle-wave nature of light all support this observation.

Quantum Physics and Mysticism

There exists an undeniable relationship between quantum physics and mysticism. As physics evolves in its recognition of the frequencylike nature of the universe, the connection will become even more apparent. It's only logical that first scientists will research and analyze the latest information presented in recent books on new physics and near-death and out-of-body experiences. As we absorb and become comfortable with this extensive body of knowledge, we will slowly begin to extend our awareness beyond our current physical perceptions.

The step from intellectual curiosity to firsthand experience is the all-important next step each of us will eventually take. If we ever wish to know the answers, we must follow in the footsteps of the mystic but maintain the intellectual curiosity of the physicist.

The connection between new physics and mysticism is presented with great skill in Fritjof Capra's The Tao of Physics, Gary Zukav's The Dancing Wu Li Masters, and Michael Talbot's Mysticism and the New Physics. My purpose is to take this exploration to the next step. Intellectual observations and comparisons are only the preliminary step in comprehending the true significance of the new physics and the concepts of mysticism. The books mentioned have set the stage for the next major evolutionary leap of human consciousness: the movement of human awareness from the dense molecular vehicles of matter to the conscious exploration of the nonphysical parallel dimensions of the universe. Without a doubt this is the evolutionary step toward which all of us are moving. Birth, death, and our current physical existence are integral elements of our evolutionary journey. Every day we are closer to leaving our biological vehicle and entering into a new realm of higherfrequency energy and light. By pursuing the techniques and information presented in the following chapters, each of us has the opportunity to go beyond intellectual analysis and experience the truth of this for him- or herself. Not only does controlled out-of-body exploration expand our vision of the universe; it also provides insight into new areas.

- 1. Reality is relative. Experienced reality is relative to the personal energy frequency of the observer. We experience the energy frequencies closest to our personal density or vibratory rate.
- 2. Consciousness is a form of nonphysical energy extending its influence into matter through the use of biological vehicles.
- 3. All biological life-forms (including plant and animal life) are temporary cellular vehicles used by conscious energy (consciousness) for expression in a dense environment.
- 4. Our current perception that consciousness is within the physical body is incorrect. Consciousness exists at a much higher frequency or wavelength than matter and must interact with biological forms by the use of energy conduits or vehicles of form. These unseen energy vehicles transfer and step down the higher frequency of consciousness into the relatively dense physical body.
- 5. The biological brain is not the origin of consciousness. Instead, it functions as a temporary biological transfer-and-storage device for consciousness.
- 6. Consciousness is a continuum of nonphysical energy extending its awareness through multiple frequencies (dimensions) of the universe.

Evolution of Science

The evolution of our sciences reflects the evolution of human consciousness. When we examine the progress of physics in the twentieth century, we clearly see the development from particle (physicalbased) concepts and theories to nonphysical (frequency-based) observations and discoveries. The progression is especially evident when we recognize that the most recently discovered subatomic particles (quarks) are now known to be frequency-like in their behavior. The growing recognition of the frequency-like nature of elemental particles is a necessary step on the evolutionary path toward science's ultimate discovery of the multidimensional structure of matter and the universe itself. The table below provides a brief overview of this evolution.

Evolution of Physics from a Particle (Physical) Science to a Frequency-Wave (Nonphysical) Science

- 1897 Electron discovered
- 1900 Quantum hypothesis (Max Planck)
- 1905 Photon theory (Einstein)
- 1905 Special theory of relativity (Einstein)
- 1908 Space-time (Hermann Minkowski)
- 1911 Nucleus discovered
- 1913 Special-orbits model of the atom (Niels Bohr)
- 1915 General theory of relativity (Einstein)
- 1924 Matter waves (Louis de Broglie)
- 1924 First concept of probability waves (Niels Bohr, H. A. Kramers, John Slater)
- 1925 Exclusion principle (Wolfgang Pauli)
- 1925 Matrix mechanics (Werner Heisenberg)
- 1926 Probability interpretation of wave function (Max Born)
- 1926 Schrodinger wave equation (Erwin Schrodinger)
- 1926 Matrix mechanics equated with wave mechanics (Schrodinger)
- 1927 Copenhagen interpretation of quantum mechanics: there is no deep reality—observation affects reality
- 1927 Uncertainty principle (Werner Heisenberg)
- 1927 Davisson-Germer experiment (ClintonDavisson, Lester Germer)

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1928 Antimatter (Paul Dirac)
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1932 Neutron discovered

1932 Positron discovered

1932 Quantum logic (John von Neumann)

1935 Einstein-Rosen Bridge paper (Albert Einstein, Boris Podolsky, Nathan Rosen)

1935 Meson predicted (Hideki Yukawa)

1947 Meson discovered

1949 Feynman diagrams (Richard Feynman)

1947-1954 Sixteen new wavelike particles discovered

1957 Many worlds interpretation of quantum mechanics (Hugh Everett)

1958 One-way membrane hypothesis (David Finkelstein)

1961 Black hole map to parallel universe (Martin Kruskal)

1962 Quasars discovered

1963 Spinning black hole connecting an infinite series of parallel universes (Roy P. Kerr)

1964 Quarks hypothesized

1964 Bell's theorem (J. S. Bell)

1970 Implicate order (David Bohm)

1971 Nonlocal connections (Bell theorem) (Henry Stapp)

1972 Freedman-Clauser experiment (Stuart Freedman, John Clauser)

1974-1977 Twelve new wavelike particles discovered

1982 Aspect experiment (Alain Aspect)

1993 Gravitational waves (Huise and Taylor)

In the twenty-first century, science will recognize that the substructure of the universe is indeed a nonphysical continuum of energy. This recognition will initiate a renaissance of scientific discoveries relating to the unseen structure of matter and the universe itself. Scientific nonphysical exploration will open the door to a new world of opportunities and knowledge.

From astrophysics to philosophy, the established scientific observations and conclusions will begin to be reexamined and reappraised. The new knowledge obtained from scientific out-of-body exploration will empower each science to see beyond the dense molecular forms and peer within the very heart of matter. Our current scientific data are largely the result of molecular observations. The subtle underlying structures and energy systems remain undiscovered. The traditional scientific method and its dependence upon physical technology will eventually evolve into a cooperative merger of physical and nonphysical research techniques. In the twenty-first century, the interaction between physical technology and human consciousness will become a science in and of itself. Just imagine what could be gained if a team of respected scientists and researchers were trained to explore out-of-body. Physicists could personally observe the undiscovered building blocks of matter. Medical researchers could explore the unseen energy forces that cause cancers, AIDS, cellular decay and disorders. Chemists could document the invisible energy that influences and controls molecular change.

Biologists could investigate the very essence of physical life, and psychologists could explore the invisible inner realms of the mind. Thousands of bright, curious researchers today are hungry to discover and explore the unseen structure of matter. Many of them have a burning desire to observe beyond the current limits of technology and are looking for an opportunity to expand their vision beyond the maze of quantum theories. Only consciousness can observe and record the multiple complexities of space-time and thought-created realities. The door is now open for those who have the courage to step away from their physical preconceptions and explore the quantum realms of energy. The well-known physicist and author Fred Alan Wolf concludes his Parallel Universes by stating:

The human mind is the laboratory of the new physics. It already is tuned to the past and the future, making existential certainties out of probable realities. It does this by simply observing. Observing oneself in a dream. Observing oneself in this world when awake. Observing the action of observing. If we are brave enough to venture into this world with consciousness as our ally, through our dreams and altered states of awareness, we may be able to alter the hologram by bringing more conscious "light" to the hell worlds that also exist side-by-side with our own. It is time to speed up the process of illuminating the hologram, time to bring in the big laser of consciousness. It is time to know this universe place for the first time ever.

Continuum of Consciousness

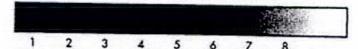
The non-mathematician is seized by a mysterious shuddering when he hears of "four dimensional" things, by a feeling not unlike that awakened by thoughts of the occult. And yet there is no more commonplace statement than that the world in which we live is a four-dimensional continuum.

-Albert Einstein

Consciousness is a continuum extending from physical wakefulness through progressive states of awareness into nonphysical areas of the universe existing far beyond our current scientific vision. This continuum of consciousness is as large and diverse as the universe itself; each time we "fall" to sleep we are shifting our awareness inwardly within the continuum. Each dream, meditation, and hypnosis session is a partial glimpse into our personal continuum of consciousness. Our recognition of this is a major step forward in our evolution. It's only natural that first we must explore the different states of consciousness experienced during sleep, meditation, and lucid dreams before we can begin to recognize that these states of awareness are linked by a common flow of consciousness. All states of awareness are connected; even death is the movement of consciousness from one area of the continuum to another. The continuum of consciousness is not just another theory, but a fact that each of us can observe and verify for ourselves. Controlled out-of-body experiences give us the unique opportunity to explore the continuum of energy firsthand. In a sense, our awareness is like a light that has the natural ability to illuminate any portion of the universe. Wherever we focus our light, that area of the universe (in the physical body or out) becomes conscious and

All movement of consciousness is inward within the nonphysical interior of the universe. The states of awareness we currently perceive are only a tiny fraction of the whole. The continuum extends deep into nonphysical areas of the universe far beyond our current physical comprehension.

Continuum of Consciousness (Modes of Perception)



1 Physical waking consciousness

2 Hypnogogic state/meditative states/creative visualization/hypnotic states/numerous altered states of consciousness

3 Dreams

- 4 Lucid dreams
- 5 Spontaneous out-of-body experiences

6 Near-death experiences

- 7 Controlled out-of-body exploration within various nonphysical dimensions of the universe
- 8 Continues within the nonphysical dimensions of the universe into infinity

The states of consciousness illustrated above are not the continuum itself but our modes or methods of perceiving this continuum of consciousness. The various states of consciousness, such as meditative, hypnagogic, and hypnotic, obviously overlap and exist differently for different people. Meditative states, for example, can extend over the entire spectrum of the consciousness continuum, but most people experience only a peaceful state of relaxation occurring in the light alpha range. The vast majority of those who practice meditation are not highly trained yogic masters who can control and extend their awareness at will. It is important to recognize that our individual states of consciousness exist as perceptions or segments of a whole. This recognition is the first major step in understanding the nonphysical essence and function of consciousness. Such an understanding is critically important because all the mysteries of our existence and the universe itself are related to consciousness. This will be confirmed in the near future when it is discovered that our individual consciousness is a microcosm of the universe itself. Dreams, out-of-body experiences, and near-death experiences are the recognition of our awareness as we move beyond the physical viewpoint and explore the nonphysical continuum of consciousness. This concept of human consciousness moving through an unseen universe is gaining support. Physicist and author Fred Alan Wolf postulates that lucid dreams are actually visits to parallel universes. He has repeatedly stated that lucid dreams might better be called "parallel universe awareness. The states of consciousness that we are currently aware of are, I contend, but a tiny fraction of the continuum that we will experience after we permanently shed our physical bodies. Each year millions of near-death and out-of-body experiences provide convincing evidence that this is true. Observations obtained when out-of-body show that our current concepts of consciousness and awareness are severely limited. Physical-based states of consciousness are relatively crude and encumbered when compared with the nonphysical states. Once we transcend our biological vehicles, we are free to experience the unlimited essence of our consciousness. This essence exists and extends far beyond our imagination. The continuum of consciousness extends inwardly to the very heart of the universe; unending levels and frequencies of nonphysical life and realities exist just beyond the dense limits of our sight. Each of us has much to look forward to: incredible worlds of beauty and light patiently waiting for us to explore. To experience this ourselves, we must simply extend our awareness beyond our physical body and explore our individual continuum of consciousness.

Evolution of Consciousness

Our current concept of evolution derives from the Darwinian theory that biological organisms adapt and change in response to the physical conditions around them. This theory, built entirely upon the observed changes of biological organisms, has remained the scientific basis of evolution for over one hundred years. Millions of reported out-of-body experiences provide convincing evidence that our evolution is far more complex than the biological changes we observe around us. In fact, out-of-body experiences point to an entire new vision of evolution, one that is more comprehensive than any previous theory in human history. On the basis of nonphysical explorations, we can say that evolution is the progressive development of conscious energy (soul) through the use of temporary biological vehicles of expression. Biological birth and death are simply the entrance and exit of consciousness within this dense outer dimension of energy. The observed changes of biological organisms are actually a secondary effect, created by the unseen development of consciousness.

Currently, evolutionists observe and record only the outer physical changes occurring around us, while the truly important changes remain unseen. Every day we encounter new situations that psychologically stretch and mold us. Every physical problem is a new opportunity to grow; each hardship helps us to develop our inner qualities of courage, love, and compassion; each new challenge is an opportunity to learn. In a sense, each of us uses matter as a tool of transformation. Our biological bodies are temporary vehicles for expression and experience in this dense realm of matter. The very act of assuming physical form and being human is an integral element of our development. Each of us is currently experiencing the most effective system of growth ever devised: evolution by direct personal experience, by the very act of being. It doesn't matter what we believe or don't believe; each of us will shed our temporary biological vehicle and continue to evolve. We are all active participants in a magnificent evolutionary system that extends far beyond the narrow limits of our physical vision. Birth and death themselves are essential elements of our progress—the entrance and exit of consciousness upon the molecular playing field of evolution.

Over the last twenty years, new insights concerning our spiritual existence have emerged. Two decades ago, subjects such as near-death experiences, out-of-body experiences, parallel universes, multiple dimensions, and energy tunnels between universes were unknown to the vast majority of our species.

Today, these topics are debated in households around the world. In a single generation, our concepts of reality have dramatically changed. This shift will continue as people open their minds to a new vision of themselves and their existence. Throughout history the evolution of human consciousness has been molded by countless people worldwide. The following are a few examples of individuals who have influenced the group consciousness and evolution of our species in the last few decades. This process of human evolution will accelerate in the next millennium as we expand our search for answers beyond the dense limits of matter.

In 1975 Dr. Raymond Moody's book *Life After Life* created an international explosion of interest in the topic of life after death and possible nonphysical realities. Moody's groundbreaking work on near-death and altered states of perception continues to influence millions of people around the world. Since 1975 the overwhelming acceptance of his many books has opened up an entirely new field of study and research. Moody's work has especially affected the medical community, setting the stage for hundreds of medical researchers—among them Drs. Melvin Morse and Brian Weiss—to delve into the many mysteries of nonphysical experiences. To a great extent his work has legitimized the entire

subject of nonphysical research and the exploration of the unseen universe. Moody's work has helped to initiate a dramatic shift of thought, both conscious and unconscious.

Kenneth Ring, Stuart Twemlow, Bruce Greyson, and other visionary physicians have assisted the evolution of human consciousness by investigating the worldwide reports of out-of-body and near-death experiences. Their research and insights have helped legitimize the subject of nonphysical experiences, thus setting the stage for innovative new explorations.

Brian Weiss has been instrumental in the growing worldwide acceptance of past-life regression therapy as a valuable healing tool. Increasingly, psychologists and psychiatrists are incorporating regression techniques into their daily practices. Weiss's work is a major step forward in the recognition of the relationship between nonphysical states of consciousness and our current physical existence. In addition, his books point out the importance and potential of obtaining self-knowledge. John Stewart Bell, the Irish physicist who developed the interconnectedness theorem, proved that all particles of matter are connected by an invisible (nonlocal) force. His work has dramatically influenced the direction of modern physics. Many physicists believe that the interconnectedness theorem is one of the most important discoveries of the twentieth century.

Hugh Everett, Roy Kerr, Martin Kruskal, and other physicists and mathematicians have developed theories and conceptual maps that assume the existence of innumerable parallel universes as real as our own. This idea of parallel energy worlds has influenced quantum theorists, astrophysicists, and astronomers worldwide.

Filmmakers such as Steven Spielberg, through movies such as E. T and Close Encounters of the Third Kind, reduce our fears of the unknown and open us to new possibilities existing beyond our physical perceptions.

Gary Zukav's clear insights into the relationship of physics and consciousness and his search for the meaning and purpose of life have influenced millions. Shakti Gawain's clear message of the importance of creative visualization has affected millions of people around the world.

Physicist and writer Fred Alan Wolf has presented and clarified the concepts of parallel universes and consciousness-created reality to both the scientific community and the general population. Drs. Wayne Dyer, Bernie Siegel, Deepak Chopra, and many others have shown us through thought and deed how important the connection is between body, mind, and spirit.

Bruce Joel Rubin's vivid, thought-provoking portrayals of life, death, and unseen energy dimensions (Jacob's Ladder, Ghost, My Life) have been seen by over a half-billion people. Norman Vincent Peale's uplifting message of positive thinking and its effect upon matter and life has affected us all.

Albert Einstein moved scientific thought and theory beyond Newtonian physics into expansive new realms of curved space-time and energy bridges to other universes. In doing so, he set the stage for the emergence of modern quantum physics, the concept of parallel universes, and the many worlds interpretation.

David Bohm, another visionary physicist, has originated numerous ideas concerning consciousness-created reality and unseen energy substructures. His concepts have influenced modern physics and are a major intellectual step toward the recognition of the multidimensional nature of the universe. His piercing intellect has inspired an entire new generation of physicists to look beyond the particles of matter for the answers to reality.

Four excellent writers, Nick Herbert, Michael Talbot, Heinze Pagels, and Fritjof Capra, have influenced the evolution of human consciousness by clearly portraying the connection between new physics, metaphysics, religion, and consciousness.

Robert Monroe, a modern pioneer, has been instrumental in presenting the subject of out-of-body exploration to millions of people around the world. His books and research organization, the Monroe Institute, provide ongoing training, information, support, and classes related to expanded awareness and nonphysical exploration. Paul Twitchell is the modern founder of ECKANKAR. His many books (more than thirty) introduced and detailed the historical influence of out-of-body exploration upon the evolution of the human race.

Considered by some to have been a modern master of out-of-body travel, he was instrumental in introducing the subject of nonphysical explorations to people throughout the world.

Movie producers such as George Lucas and Gene Rodenberry have helped to expand human imagination beyond earthbound visions of reality. Their images of the future encourage all of us to see beyond the dense limits we now experience. Science fiction writers, as a group, are some of our most talented visionaries. For those who may doubt, remember the farfetched stories of Jules Verne; his nineteenth-century submarines, spaceships, airships, and lunar explorations were considered outrageous ideas in his day.

Betty Eadie, the author of Embraced by the Light, and others who have come forward to share their near-death experiences will continue to have an impact on the collective unconscious of humankind. Their uplifting accounts of personal journeys within the magnificent unseen dimensions of the universe have sparked worldwide debate and interest in the concepts of nonphysical realities and our place in the universe. These personal accounts of nonphysical explorations within the inner dimensions of the universe provide more than just comforting evidence of our immortality. Millions of people are awakening to the realization that answers to the mysteries of our existence are available. An important question is emerging: if a few of us can experience and explore the nonphysical realms of the universe, then why can't all of us? This realization is a major step in the growth of the human race. This process of change is inevitable, since all of us are approaching a time where we will shed our biological vehicles and enter the nonphysical dimensions of the universe. The significance of these nonphysical explorations into the interior of the universe is not the stories themselves, but the realization that such explorations are possible and even obtainable by all of us.

As the evolution of consciousness continues, more individuals will step forward to offer new and daring insights into the nature of reality and the purpose of our existence. Our evolution will continue to be influenced by people from many walks of life: writers, musicians, inventors, healers, movie producers and directors. Often they will be unaware of their impact on society. Their ideas and images go out into the world like ripples on the surface of a pond, creating a slight movement of thought and consciousness for millions of people. For example, the movies E. T, Cocoon, and Ghost appear on the surface to be lighthearted adventure fantasies; however, the nearly two billion people who watched these movies came away with a new viewpoint about areas of life unknown and unexplored by modern science. For many, their fears of the unknown were replaced by a sense of wonder and positive anticipation. The collective unconscious of our entire species was influenced by the ideas conveyed. Our fears of the unknown both consciously and subconsciously were slightly reduced by the positive and uplifting images communicated.

In the twenty-first century, a new form of entertainment and imagery will escort us into the nonphysical levels of the universe. This will be a gradual evolution from traditional movies to increasingly interactive adventures implementing virtual-reality technology. In the twenty-first century, virtual-reality programming will become a popular springboard for self-controlled out-of-body explorations into the interior of the universe. As we progress, it will become evident that the evolution of

technology and the evolution of human consciousness are interrelated in ways beyond our current comprehension. Eventually, each of us will evolve beyond the chrysalis of matter and explore within the nonphysical dimensions of the universe.

Future Evolution

In the last few years of my nonphysical explorations, I've come to realize that the more experienced and familiar we are with the nonphysical dimensions of the universe, the more expansive are our choices after our physical death. The nonphysical (spiritual) options available to us increase exponentially with our ability to explore the source of all energy and life. This is more important than I can begin to express. The vast majority of humanity dies in complete ignorance of its spiritual existence. Even though many people possess firm religious beliefs, their firsthand knowledge of their spiritual identity and their continuing existence after death is zero. At the moment of death, they transfer their consciousness from their physical body to their higher-frequency nonphysical form and are immediately met by their passed-on loved ones and friends. Of course they're thrilled to discover that they continue to exist, and are overjoyed to be reunited with their loved ones. Over the next few days and weeks they are reintegrated into a new vibrational reality and begin to adapt and conform within their respective social groups. This collective feeling of togetherness brings and holds millions of people together in magnificent nonphysical consensus environments.

Different groups of people hold different concepts of heaven. For example, the Islamic perspective differs from the Christian viewpoint. Keep in mind that the nonphysical environments are thought-responsive; each major religion and social group has created its own concept of heaven according to that group's beliefs and convictions. Many of these energy environments are extremely old and well established by the collective consciousness of their inhabitants. As a result, the heaven that each of us experiences after death is molded by the group consciousness of its nonphysical inhabitants. Much as in the physical world, most people are content to adapt to the consensus reality inhabited and created by their friends and loved ones. And why not? It's incredibly pleasant when compared to matter. There are magnificent landscapes and environments to discover and explore. All the most beautiful and inspiring sights of earth are available, plus much more. Every tree and blade of grass radiate a vibrant spectrum of color that's beyond our imagination. Everything-plants, animals, the earth itself-is composed of light. A matrix of thoughtresponsive energy manifests whatever the inhabitants focus upon. It's only natural that the inhabitants would conclude that this must be the ultimate reality—heaven.

These magnificent nonphysical environments are assumed to be heaven, and compared with physical existence, these consensus environments are heaven—they are free of death, disease, decay, crime, and so on. There's only one problem: the vast majority of the nonphysical inhabitants (billions of them) are unaware that other, even more magnificent energy dimensions exist just beyond the limits of their nonphysical perception. These spectacular energy dimensions consist of endless frequencies of pure energy and light, each more radiant than the last—a progression of living light existing far beyond our frail concepts of form and substance and continuing into the very heart of the multidimensional universe. This information is important because the first step to expanding our awareness is to recognize the various limits we place upon ourselves, both physically and spiritually. This knowledge points out the need for all of us to extend our perception and experience beyond the dense limits around us. Once we develop an ability to explore beyond the boundaries of our bodies, we can implement the same ability in our future existence within our nonphysical home.

Developing our ability to explore beyond the body has profound implications for all of us. Our ability to experience the various nonphysical frequency levels of the universe depends upon our personal ability to transcend our current energy limits. In effect, once we learn to transcend our physical limits, we can use the same ability after death to experience even greater regions of the universe. Currently there are those who can raise their personal vibratory rate and explore multiple dimensions of the universe. These unique individuals are not limited to a single dimension or environment. The ability to explore beyond our current physical limits is an essential element of our evolution from physically immersed creatures to unlimited spiritual beings. Only by transcending our dense limits can we ever hope to consciously express ourselves throughout the multidimensional universe. It is our destiny to evolve to the point where all of us will have the ability to extend ourselves, our consciousness, through the entire length and breadth of the universe. All of us are interdimensional beings currently focusing our attention upon a single dimension of energymatter.

Out-of-body and near-death experiences, dreams, altered states of consciousness, even death itself are evidence of our multidimensional nature. Consciously recognizing and personally experiencing our nonphysical nature is a major step in our individual evolution. Eventually all of us will evolve to the point where we are able to consciously experience and explore the entire universe. This will occur when our species grows to recognize that we and the universe are the same—multidimensional.

After twenty years of personal out-of-body exploration, I am certain that we are evolving through matter. We are using bio-logical life-forms as instruments of expression. Our physical bodies are the tools we use for experience and growth. Each birth (exploration) into matter furthers our progress by increasing our experience. Every physical life-form is using and controlling a temporary biological vehicle for its evolution. Like the proverbial butterfly, each living organism sheds its temporary biological vehicle in order to continue its journey within the refined energy levels of the multidimensional universe.

Evolution is much more than our eyes can see. It is the movement and change of consciousness from the simpler, biological life-forms to the progressively more complex and organized, nonphysical life-forms. Each life-form continues its evolutionary journey within the multidimensional universe. Each continues to grow and change, slowly learning and adapting to its new challenges and adventures, to its new forms of expression. To truly comprehend evolution, we must explore and observe the sub-structure of the universe: the nonmolecular energy structures and systems that cause the physical changes we perceive around us.

Einstein's Dream

The dream of Einstein and every other physicist has been to understand and explain the structure of the universe. For many decades, physicists have hoped to discover a single theory that explains and unites all energy, space, and time concepts. This single unified theory is often referred to as grand unification. Most physicists now believe that undiscovered energy reactions are occurring just beyond our current technological vision. As modern science explored into the heart of matter, an incredible discovery was made: elemental physical particles possess no inherent material attributes or properties. The primary building blocks of matter become progressively frequency-like. This discovery has far-reaching implications. When we recognize the frequency-like nature of physical particles, the concepts of multiple dimensions of energy are not as far-fetched as they may first appear. For example, Newton's classic experiment with the prism showed that visible light contains different frequencies that appear as colors. The various light frequencies exist together within the same space-time that we observe, yet each frequency of light also exists completely separate from the others.

The electromagnetic wave spectrum displays an incredible array of radiation, from gamma rays to long radio waves. Since different frequencies of energy coexist within the same space-time that we occupy, why couldn't entire energy environments and possibly even worlds coexist with our visible physical universe? This question is taken seriously by modern physicists around the world. Physicists are now convinced that something of substantial proportion exists just beyond our technological vision. This unseen and unexplored energy is thought to be the key to understanding the structure of matter and the universe.

I believe that Einstein's ultimate dream of grand unification can be realized by developing new methods to explore and verify the reality of the multidimensional universe. The scientific recognition of the multidimensional universe and the continuum of consciousness is the primary missing element in our comprehension of the unseen nature and structure of all energy throughout the universe. Grand unification can be realized if modern physicists are willing to refocus their attention from elementary particles to nonphysical wave function. This is not a dream but a reality patiently waiting for our scientific perceptions to evolve beyond their current obsession with physical particles.

The New Frontier of Science

In the twenty-first century, science will recognize that the answers to the elusive physical mysteries of our existence—the cosmology of the universe, the unseen nature and structure of matter, the evolution of our species, and even the existence of life after death—can be found only by exploring the unseen substructure of the universe. This recognition will be a major evolutionary step of science and a turning point in human evolution. Slowly we will move from being an externally focused, biological species to being an increasingly multidimensional species. This process of change has already begun. Astrophysicists, quantum physicists, and particle physicists are even now conducting extensive experiments that support the concept of a multidimensional universe. This trend will continue throughout the twenty-first century. Once we begin to explore the interior of the universe, a new age of scientific research and discovery will emerge. Modern science will expand its current observations of matter and reality beyond all current concepts. Science will begin to explore the unseen source of physical energy and matter. As we evolve, we will begin to chart the unseen universe much as astronomers are now charting the visible universe. The exploration of the interior of the universe is a massive endeavor reaching far beyond our current intellectual concepts of time, space, and energy. The exploration of the unseen dimensions is a task that all of us will eventually confront, for it is our birthright and our destiny to explore beyond our primitive biological vehicles and experience the magnificence of our true home within the multidimensional universe.