



## How I Graduated 3D Earth : A Timescale of Events

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I have recently been put to the Task of gathering into a single place all I have experienced since the onset my awakening process. The project is not a simple one, as my experience (and observations on this) contain quite a lot to say the least. But I have begun.

In addition, I am at times asked how it is that I have come to experience what I have, — I feel the query most often aimed at how the OBE has been achieved, how (more fundamentally) I breached the boundary of local space, 3D Earth space, and entered the Galactic reality. This overall theme includes a whole host of discrete phenomena, some *well out beyond* what has even been known to our current Earth-human collective due to being somehow lost to time,— the consciousness-based quartz crystal technology, for instance -which if interest so inclines anyone here reading not yet familiar, can be seen throughout the website you are viewing.

What has led to this skill, or capacity being unearthed and re-excavated from within my own discrete being at this time, is a story I hope to one day more properly tell. I can say that it includes walking the path of the sadhaka ( the spiritual aspirant ), the *s t r e t c h i n g* of myself through an array of spiritual disciplines. The OBE ( out of body experience ), altered and

synchronous states of consciousness ( [link](#) ). Cosmic ( ie: Kundalini ) processes reaching into and altering my literal frame, the mind-energy-body system I animate in-and-as this life-experience. Exceeding the planetary ( ie: 3D ) level of experience wherein life is constrained to the singular planetary body one is perceptually born to. Extraterrestrial contact and a reemergence into the next gradient out ( 4D ) which in part helps to form the greater galactic spectrum ( 4-5-6D ).

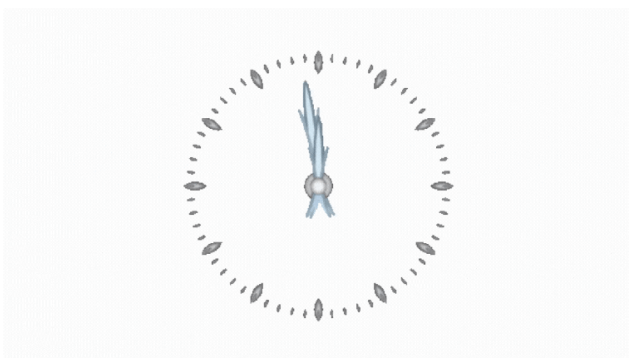
**Within all this resides yet even more phenomena.  
There seems no end to fractal fields.**

From experiencing myself as point-consciousness, an un-embodied, unconstrained state of being, to finding myself merged in the consciousness field of others -and even fully physically embodied AS them. Extended sense capabilities (Clair-senses), visionary phenomena, portal system travel, bi-location, levitation, teleportation, dematerialization, precognition, quantum location, to time based anomalies such as missing time, time distortion/dilation, time loops. It is endless.

**Within all this is even more.**

For the intent and purpose of this article, I will aim at an abbreviated outline and timescale of how ALL THIS began unfolding into what has since, simply become my life. It is incredible, is it not? that this is someone's life? What its purpose is—is something I am still in the ongoing process of discovering. It will be interesting, in the end, to see potentially at a glance the overall pattern of effect the life-experience has had, both on the individuality and whole of creation.

Let's start here as a good and practical place to begin.





*Las Vegas, NV : Paradise Park ( newly arrived )*

## THE EARLY YEARS

**I was born in Las Vegas in the 1960s ...**

Life was much slower back then, there wasn't much TO the city relative to how it exists today and for children, aside from school, there was only each other, bicycles, swimming pools at every other house and the vast expanse of the Mohave desert. The extreme heat of the desert made it conducive to altered states; the alpha brainwaves were readily available and accessible. The altered, or additional ( alpha [ /astral ] ) state rolling in so easily made the connection with-and-between the dimensions a regular part of my everyday life experience. Common to the way I experienced myself in my early years were the phenomena of:

- **An Inner sound**, awareness of a steady inner dialogue between consciousness states
- **An extended range of vision** : various forms of light appearing exclusively to me
- **Full dream state awareness – repeating dreams**—these evolved over time ( [link](#) ), multiple decades, and eventually led me into making fully conscious and intentional shifts into the expanded state known in our contemporary times as the OBE ( out of body experience ).

At 12 years of age,  
I discovered yoga and began to more formally enter the practice of meditation





*No kids life in the 1970s was complete without a Schwinn*

## **PREPARATORY STAGE : SPIRITUAL SELF DEVELOPMENT**

**I began walking the path of the spiritual seeker**, which in turn ( to speed forward just a bit ) began preparing my central nervous system for potential graduation out beyond its current level of possibility. This led to the ability to make fully conscious shifts into and out body, which I will note is synonymous with “into and out of 3D Earth space” – which led to shifts into the greater galactic reality, ET contact, beginning to more directly experience my own higher fractal consciousness and meet a vast array of galactic-level beings. **HOWEVER—**

**The precursors to this were multiple disciplines, over decades, the effect of which lay the necessary foundation for extending myself further into consciousness.**

**These disciplines included:**

- Self Inquiry, Meditation, Pranayama, Tratak, Brahmacharya ( celibacy ), and more

**The disciplines helped me to:**

- 1) **Learn to hold a pure point of focus—**awareness directly upon awareness itself \*and therefore detect and begin to experience this awareness, ie: the self, as the fundamental basis within which everything visual is presenting. This lets one begin to glean the more fundamental truth that “the world is in you”, not the other way around.
- 2) **Be increasingly more in command of my own vessel—**mind, breath and body—thoughts/tendencies/behaviors, energy/emotion(s), and actions.



- 3) **Extend and stretch my limits**—a practical example is the lengthening of the breath, specifically the ends of the breath which can be extended to a point of no longer being able to detect an in/out breath; the breath rate simply slows so dramatically and becomes so long as to practically not be there; the result is “kumbhaka”, breath cessation. This is most commonly achieved at the conclusion of one’s life-experience, however it can also be achieved and entered during the life as well and when it is, the expanded state ( ie: OBE ) is likewise. The central experience of the state itself is one I refer to as pure RADIANCE. Prior to the reaching of this, the lengthening of the breath is, in more practical terms, critical to centering correctly, harmoniously within oneself in order to >>
- 4) **Live from the para-sympathetic nervous system** (rest/digest) rather than the sympathetic (fight flight)
- 5) **Occupy a state of non-judgement**, refrain from entering strict belief systems and not fall into mass manipulation / mind control attempted, among other ways, both overtly and subliminally through local news and televised programming

**All of this works to:**

- 6) **Prepare the 3D Earth-human central nervous system** for potential expansion



*Practice is evolving. I am beginning to discover portals within myself*

## **AWAKENING FROM WITHIN ( 1999 )**

**Odd and interesting things begin happening in my practice. Such as:**

- In meditation I am reaching points of no longer hearing sounds which should be present in the space — the second hand ticking of the clock, the weather (such as if it were

raining or windy), other household activity. I am shifting without fully realizing.

- **I am more rapidly entering expanded states** and being held in them, in a condition, or state I often refer to as “stasis” for long periods of time: ( 3+ hours )
- **Loss of time**, time distortions/dilations
- **Alterations in spacial relationships**, the sense of the relationship I have of myself to the space I am occupying – example: feeling perceptually larger than the space itself
- **Being unable to locate myself in space** ( and even time ) when exiting a meditation – which I discover upon looking inwardly into it is due to having bi-located – example: my physical body is lying on the floor facing up while there is a secondary perception of myself up on the ceiling looking down. Relative to time, I cannot locate where I am within the day, what day it is, what the circumstances are, am I just waking? did I take a nap?, am I in practice? Prior to the moment of opening my eyes I can see none of this. I have to actively search for it.

This is how it all begins.



*Leading class – satsang – “Yoga means union — union of the individual with the Supreme.”*

**I start branching out from the path of the sadhaka and, as an advanced student begin teaching** yoga, meditation .... Dreams are evolving, Clair-senses are becoming more prominent (notably visions), I intersect for the first time with the concept of channeling.

**A DECADE LATER, THE AWAKENING ( 2009 )**

I begin waking in the night to the sensation of electrical currents flowing through my body... (Kundalini); there are two sides to this process, one quite pleasant, one highly unpleasant and even painful : ( [link](#) ). By day I experience a lovely vibration at the basis of my body. It is a literal, physical vibration. If you were to touch me, to place a hand on my arm, for instance, you might feel it. This lasted years and was my reward, however, THE WORK arrived every evening, beginning roughly 2 hours before bedtime -and this part of the process, of the energy fully clearing the physical body, was slow, relentless and painful. I was held fully awake for hours each night, feeling as though every part of me was being broken and reset. Following this was another reward.

In company with the Kundalini processes came the OBE, I began shifting, in full conscious awareness from the body, 3D Earth space, out beyond this into what I have since come to refer to as “the etheric frequency bandwidth” – ground zero for a vast majority of explorers, sometimes referred to by others as the “physical duplicate”; it is the frequency bandwidth just out from the location of the physical body. One will, as an example, still perceptually be right there in their bedroom, it is just not the 3D-physical-frequency-version of it. One has exceeded the 3D frequency and properly entered THE ETHERIC FREQUENCY BANDWIDTH. This bandwidth is a narrow “bleed-over” spectrum that connects our 3D planet with galactic space ( 4-5-6D ); contact and sightings begin happening here ( not in the 3D PHYSICAL frequency ).

## THE FULLY CONSCIOUS SHIFT

**The first most notable characteristic common to my OBEs is that of a capacity to make fully conscious shifts directly from the wake state, 3D-physical Earth space.** While most pay little attention, indeed, to the actual shift — the shift is what principally caught my attention. It took many years of exploring the phenomenon to begin to discern and understand the reason, which is lengthy and intricate in its detail, and some of this will be revealed as this timescale continues so here at this juncture I will briefly describe what it was like when I first began to shift.

- Highly tangible presence

I feel the arrival of what I can only call “a highly tangible presence”. I have felt this in meditative states the past decade or more. My whole back body alerts to it. I will note here, for those unfamiliar with this idea, that our back body is what connects us to Spirit (to the unknown/unseen), while the front body connects us to the world (the known/seen). The presence is energetically, perhaps even electro-magnetically sensed-and-felt in a way not entirely dissimilar to that of feeling the warmth of a campfire on the bare skin of only your back, or back body. This does not explain the experience well but it may begin to give you a glimpse of an idea.

- The tangible presence merges physically with me



This is the part that is truly new, more of my Soul-complex is entering my ground level experience. Prior, when I had detected the felt-presence it was at more of a distance. Now that distance was no more. When the field of the presence merges with my own the entire experience alters.

- I feel an atmospheric change in pressure, like an alteration in the barometer -only from within. It feels like being on the inside of a balloon being blown up. It even has a color— indigo.

As I observe the sensation (and color), which does not last for long, perceptually something in the line of roughly 1-3 minutes I begin to witness another phenomenon. Before moving on to this, I will note here that at the juncture wherein the “pressure” is building, it reaches a point where the bubble pops. Prior to this, though, I am riveted by something else.

- I am witnessing myself slowly stop breathing

My breath rate is noticeably, if not dramatically slowing down. Everything is slowing down. There is even what I would call a large alteration in the sense of time. It is like everything is happening in slow motion. Filtering out of the experience is most everything save presence, sense of self, witnessing —and an un-moveable, ever-present neutral state of awe. I am familiar, and most comfortable in this state, which due to my practice I know well. I have never witnessed so closely, however, and in such detail, moving into the state of kumbhaka (breath cessation).

- Beneath all this is a rhythmic pulse

This is the classic sign that I am about to go out. It is the most pleasant sensation EVER. It is an energy, a vibration, only set to a precise rhythmic pulse. It is not static, but rather changes and builds upon itself. Imagine sitting in your car and revving the engine, — you press down on the gas for 7 seconds, then very s l o w l y let off, over and over and over again. Until it now seems correct to press down on the gas for 11 seconds, this time letting off a bit more quickly. Again and again. Until what seems right is to press down on the gas and keep the pedal to the floor. This describes one potential pattern that may come. It is a test, of sorts, of my central nervous system.

There are other patterns as well, many others.  
Hertz frequencies are also involved.

The rhythmic pulsing, I will say, does not ever really stop once in play, even from directly within the proper portion of an OBE I can still detect it. It is not only that the pulse is so pleasant, I am curious at it, and the vibrations it contains seem to be like the grooves in LP vinyl. They literally seem to record the data in the experience I am having. When I am returning from an experience, to get as much of the data as I can carry, I just sink myself back down into the

pulse and there it all is. This is how I have been able to bring back so much. I may be able to re-enter the pulse for weeks.

At a particular point in the pulse I am launched.

The bubble bursts.

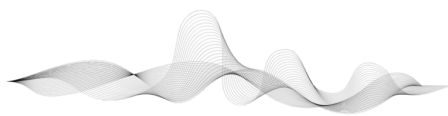
I may enter the shift itself more deeply,

Or simply find myself elsewhere.



### THE SHIFT ITSELF : ( WAVE FORM ) : PURE RAW POTENTIAL

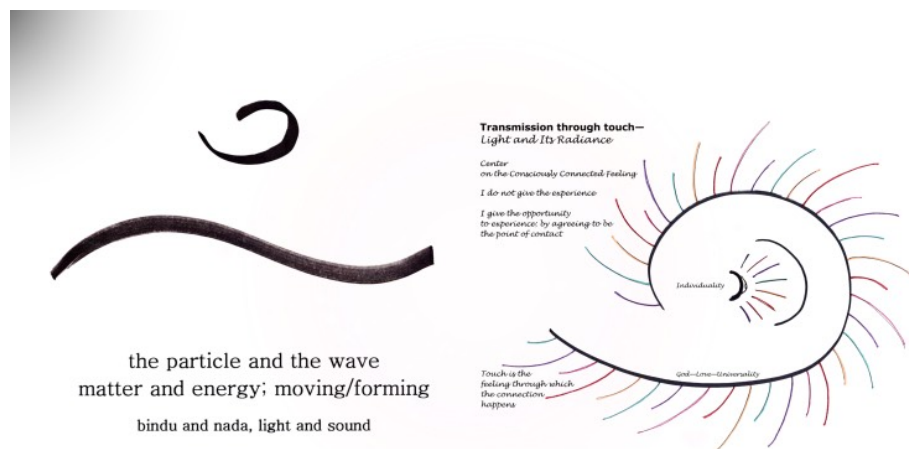
The shift, it must be said, is at least in part a shift in brainwave frequency patterns. I will speak in terms of the w a v e s we are generally most familiar with: beta, alpha, theta, delta, gamma. The BETA wave, or predominant beta-wave pattern is what is active, and for all due purpose equivalent with what we call our WAKE STATE (ie: “reality”). The shift from beta into and through a predominant ALPHA pattern leads one in toward what we call “sleep” and holding the conscious state of attention present through this area-of-consciousness would be called “concentration” —and further into the patterns ( theta, delta .. ) “meditation”.



**Within the shift itself, an explorer is experiencing themselves in WAVE form.** If they are able, or become able to 1) hold their position within the shift, and 2 ) process data at higher, increased data processing speeds through the practice of meditation, or process of shifting frequencies, they will notice that from directly within the shift itself, while they are in wave-form they are also in multiple dimensions, fields, specific locations and bodies all at once ( [link](#) ). The wider reality is in a sense bleeding into multiple levels of its more fractal fields. Bring to mind a planet, which fractals, or sub-divides within itself into many countries – which sub-divide into many states – which sub-divide into many cities. If I am equivalent with the fractal-

level of the city, in wave-form the boundary between myself, the state, country and planet is not there. I have access to the whole it.

Now, of course, this is far too much data to process, and utterly impossible to successfully carry back into physical space ( the beta brain w a v e ) – but I have been curious at the phenomenon, and have had many hundreds of opportunities to investigate it. In the process I have grown a capacity to hold myself present in the shift + as many as 4-5 locations all at once. This ability has served me well, in many ways; when information can be gathered in this way, a larger scope comes into view and with it, a larger picture and, potentially, greater level of understanding.



*Concepts that were coming at me in meditation I would draw by hand and pin to the wall*



**THE PARTICLE AND THE WAVE : FUNDAMENTAL STATES**



This is one of the very first concepts that began coming to me in meditation, prior to 2009 when I began making conscious shifts out of body — the particle and the wave. I know now that these are the two main, fundamental formats in which a Soul may travel-in-consciousness. We have spoken in brief about wave-form, let me now add a sentence or two here about the PARTICLE, or what, to an OBEr is more often referred to as POINT CONSCIOUSNESS.

**When in an out of body experience proper ( following the shift/wave-form portion ) and I have “landed” in a particular place, I have observed that it will be in one of three distinct ways. I may be 1 ) free-floating point consciousness, an un-embodied observation point,** either zipping about, or potentially viewing something that is going on in someone’s reality; when this happens there is generally the presence of higher guidance. I am being shown something for some reason or another. Sometimes it is to see how I will respond and process what it is I am viewing, sometimes a point is being put through to me and what is happening is an example of it.

**I may be 2 ) point consciousness directly merged in the consciousness field of another entity/being/person.** When this happens, I feel just like myself, ( I am myself ), only I am not presenting as myself — the embodiment is of the other. The characteristic give-a-way central to this type of experience is the utter lack of fear; no body, no fear. The first time I caught on to this happening was the first time I had the courage to look at myself in an experience. When I did, I saw that the embodiment was of what I now know to be the Archetype behind my current Earth incarnation — reflecting back at me was a 7 foot tall, white haired, white bearded WIZARD ( MERLIN ) in purple robes and carrying a wooden staff. I looked like Gandolph! ([link](#))

**In rare, and precious few experiences I have also been 3 ) fully physically embodied as this other entity/being/person.** It so thoroughly shocked me when this first began happening that every other element of the experience was all but lost, my FULL attention went solely into what this was. I can recall it happening only 3 times in upwards of a thousand experiences in which I retained my full conscious state. There is little I can say of it, other than that it is magical. In each instance of it I was in another kind of dimension, on another world.

**To briefly review:**

- Traveling can be in wave-form and/or as point consciousness; when the latter—
- Point consciousness can be free-floating, utterly un-embodied – and/or
- Point consciousness can be merged in the consciousness field of another, and/or
- You can find yourself fully physically embodied AS that other



## THE MANY DIFFERENT TYPES OF SHIFTS

I will be brief here in this segment as the types of shifts I have experienced can, I feel, in most part be simply mentioned in a bulleted fashion to give you, the reader, a good idea of what a particular TYPE of shift can be like. It may be something to think about and consider. I have described my observations within the preliminary portion of my early shifts, so I will add here now, as well, that the type of shift one may experience may be somewhat determined by the field from which they are shifting — be this the 3D physical field, the void, the inside of a shift itself, etheric frequency bandwidth, etc.. With this said, these are the main types of shifts I experience:

- **Personal dematerialization** : I myself dematerialize and re-materialize
- **The landscape, the environment all around me dematerializes** and rematerializes
- **Phase shift (seamless shift)** : the transition is near to zero, I am here then I am there
- **Vibratory shift 1**: I am pulled perceptually straight up in an absolute vertical trajectory
- **Vibratory shift 2**: from horizontal the pull is straight back from the crown of the head
- **Levitation and rotation** : from a levitated state I am perceptually rotated 3 times
- **Levitation 2** : any time I want to test an environment or shift to a higher state I levitate
- **I am swung around by my feet** and then catapulted \*by an alligator-headed being
- **I am manually carried**, placed and set up in a scene; scene after scene after scene
- **I am perceptually lifted by the back belt loop of my pant** by a Titan-sized male and placed elsewhere; this is the most humorous of the ways I am shifted

These types of shifts are all chock full of information and each is worthy of further discussion, however, for now, they are just being noted and further discussion can happen elsewhere, at another time. More can be read in the 2013 log below.

[Continue]



## **Shifting Phenomena: The Many Different Types of Shifts**

### **Shifting Phenomena: The Many Different Types of Shifts**



Preamble— In OBEs I know visually and tangibly it often looks and feels like I am going “out” of body, but from somewhere within I know what I am fundamentally doing is letting something new ... [Continue reading](#)



the galactic travel channel



*These were my very early observations*

## **INTERESTINGLY I ALWAYS SHIFT NAKED**

From day one of beginning to make the conscious shift, I have done so arriving in the out of body state utterly naked, entirely unclothed; it has become the tell-tale sign that I am out of body. I know people who bring their whole houses with them when they shift ( think Dorothy in the Wizard of Oz ), and others who bring the recliner they practice in, or their bed. I do not even bring my clothes. A curious phenomena, to be sure, and I feel one that is a test of my metal. As well as an inward hint at being in as much of an unencumbered state as is possible. Although it can at times get to me, I have grown quite accustomed to finding myself in this state — both of undress, and free and unencumbered. I’ve more than a few stories I could tell.



## THESE ARE A FEW OF MY FIRST OBEs

[Meeting Meshahare](#)

[Abduction Scenario OBE](#)

[The White Wizard](#)

[Parallel Reality — Husbands](#)

[Tsunamis off the Coast of California](#)

To read more experiences visit the link below v

### Getting Ready for Conscious Out-of-Body Travel



In regard to expansion of consciousness—shifts into additional consciousness space, going “out of body”, the following, for a period of time will generally be found helpful while you are: 1. Moving through fears2. Clarifying your questions ... [Continue reading](#)



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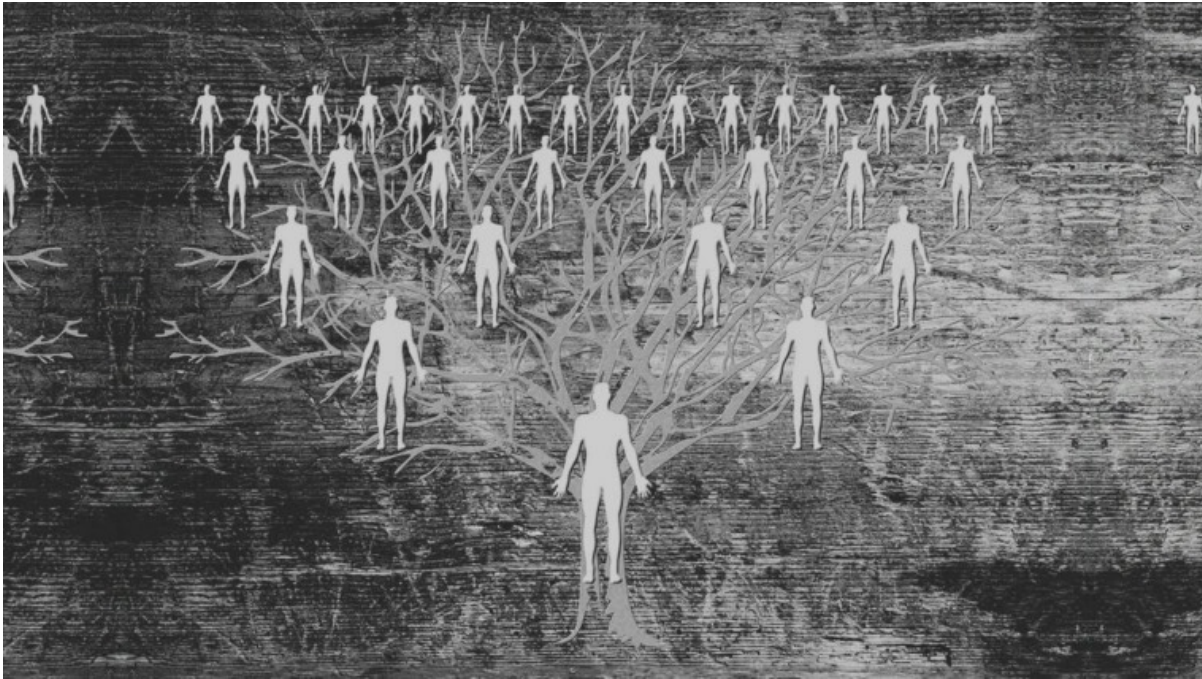
■ [Getting Ready for Conscious Out-of-Body Travel](#) ( link )

## A FEW OF MY MORE RECENT OBEs



[Continue]

## ■ OBE: Incredible! -Important, Longstanding Questions Answered



*Prologue There is an energy working itself up on me lately. It has me wondering about my past, not just as a person but as a Soul- as a result I have felt increasingly curious ...*

## OBE: Extraction, Alien Life-Form Under the Microscope



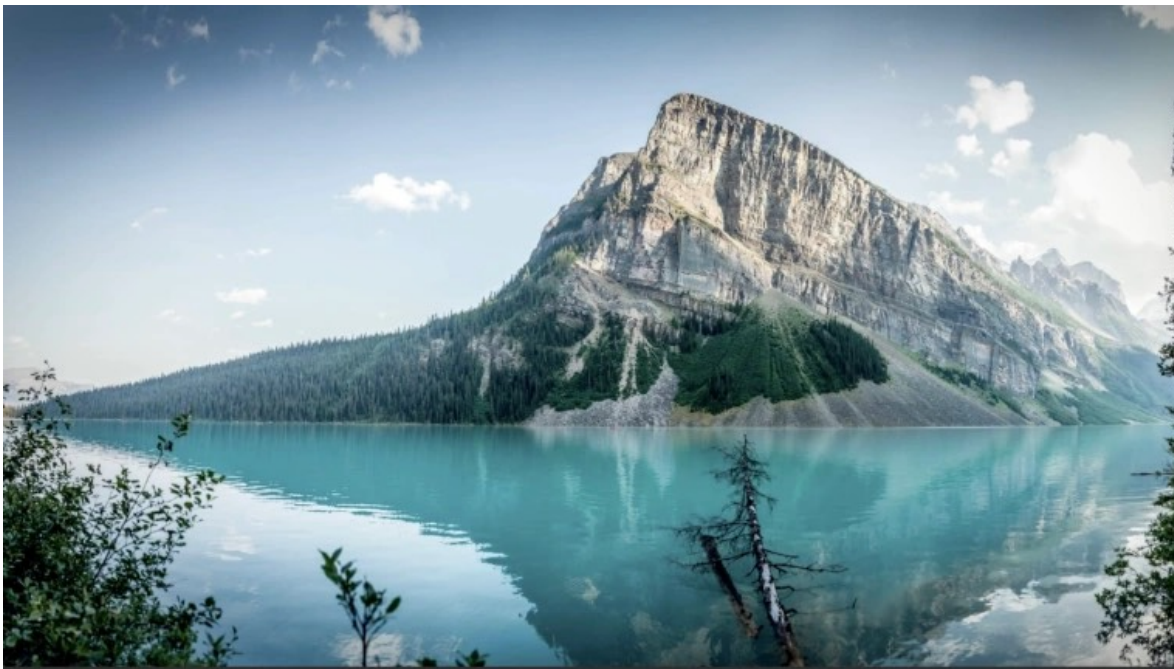
*The theme continues to present itself: EXTRACTION. If you are interested in this concept, or theme, you can see this log for another example >>“Extraction or Exchange? What is the Difference?” Have you ever had ...*

## ■ OBE: An Annual Contact in the Gobi Desert



*Prologue Every now and again it happens, — we get data in an experience that lines up with our consensus space. In this experience I am connecting with a flow of information that is revealing ...*

## ■ OBE: Nautilus World, Water as a Superpower



*Prologue We are in the portal known to our consensus as the Lionsgate. It is a near month-long phase of the year that, for me, opens the flood gates between heaven and earth. The veil ...*



## ■ OBE: Taken — Shown Ethiopia and Upheaval in the Tectonic Plates



*The following experience begins as an “abduction”. The beings behind it are determined to show me something. Aside from this, as a preface, I will say that prior to this experience I had no knowledge ...*

## ■ OBE: Awake Inside the Shift Into an Alternate Timeline



*Prologue The sensation is extraordinary, I will never be able to relay it adequately in its full depth and glory, the mind is simply stunned, the heart exuberant in a radiant, yet silent awe — ...*

## ■ OBE: The Downfall of an Otherworldly Ancestral People



*Prologue It is increasingly common at present to be shown within my experiences, the rise and fall of the myriad of cycles,—peoples and civilizations. Is it because we are again in such a phase of ...*

## ■ OBE: Alabama After the ( Coming ) War



*Prologue Every now and again I enter an experience that is a near future probability or alternate timeline. This is one of those experiences. Whether this one is our current timeline trajectory, or we are ...*



## ■ OBE Log : Elvis : a Physical Reunion



*The increasingly more paranormal, precognitive experiences are not just continuing but becoming a regular course of events. In the following experience there was almost more than I could put together (there were so many ...*

## ■ OBE Log: Vortices : A Natural Technology-Symbol Used to Pass and Embed Data



*December 6, 2022 It is late into the 4am hour and I am screaming myself awake. Yonatan's symbol is at the epicenter of the experience. .... As it begins I am with Bill Ryan. Location: ...*

## WHERE I GO THE MOST WHEN I GO OUT

Every explorer will have a spectrum of interest and, therefore, types of experiences which tend to capture their attention more than others. Following a decade of OBEs I comprised a list of 5+ general “locales” I would regularly investigate. Aside from the fields themselves, the potentiality field, the blueprint field, the etheric frequency bandwidth these include:

- Into my own Greater self, my own Guidance system
- Galactic space, alien worlds, into life on board crafts
- Future probabilities, parallel timelines, precognitive states of consciousness
- Other incarnations within my Total Self / OverSoul-template
- My own current biological structure
- A location in London, England ( a house ) full of other awakening incarnates
- The Magical realms

## ETHERIC DRILLS

When the awakening process began ( 2009 ), within the OBE I was put through what I came to conceive of as a highly personalized training program. This training included what I have come to call ETHERIC DRILLS. These are, in essence, a steady stream of ongoing shifts into the etheric—a higher frequency version, in this case specifically of our local planet, Earth. Once IN the etheric, having successfully navigated the fully conscious shift from the 3D-physical-frequency of reality, the consecutive shifts are from one etheric location to another. I will note here, before continuing, that the etheric is a REAL space. It is not much different than the 3D-physical-frequency. The main difference, as it is the bandwidth that connects our 3D space with galactic space ( 4-5-6D ), is the potential presence of extraterrestrial beings and crafts.

**So, in a nutshell, what happens in these drills is this:** I make the fully conscious shift from the 3D physical into the etheric. I am given a few seconds to fully cognize where I am, and once I do, I am immediately accelerated — pulled into another shift into a new location. At first, the singular type of shift used will be personal dematerialization and re-materialization. This leg of the drills will continue until I am able to shift from etheric location to etheric location without losing any awareness at all. At this point, a new type of shift will be used. Generally the environment giving way, rather than myself, which I will note is a FAR more challenging shift to survive. But these are the two main shifts the etheric drills center in-and-around. In the beginning it would frustrate me to no end, getting pulled the moment I arrived. I would sometimes try to be sneaky and not let the Watchers know I had arrived in my conscious state (lol) -which was of course entirely futile. So, in time, I grew up, and gave myself over, willingly surrendering with a verbal “okay, I am here” the moment I arrived.

This was, among other things, the point. Letting go of control.

When we ourselves attempt to drive an experience it is more constrained (of course). When the Soul-consciousness, or greater being / expanded self is let to drive, the scope is not only far wider the potential within the experience is also; the experience in essence is of the wider terrain, and also the contents of what it is going to take for the sphere which is our current conscious self to more completely “get there”. <— this is what is important to begin to glean.

## TIME TRAVEL, TIME LOOPS

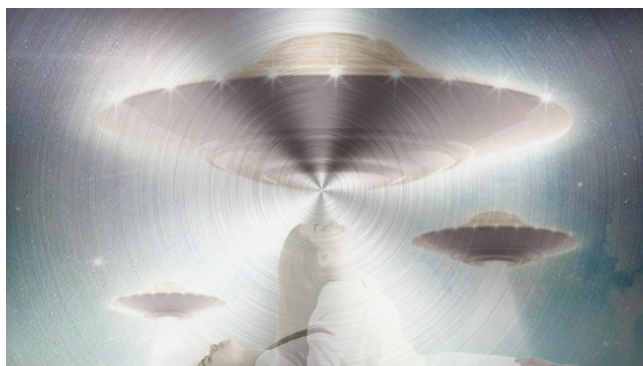


When I was very young, roughly 6-7 years of age I once found myself in an experience in which I was standing outside my house, outside my bedroom window looking in at myself. As I am looking into the window, a hand is place on my shoulder. I turn to look at the hand, it is an extremely old hand. I know now that was me -I had traveled back in time, into a moment in which the younger version of me was also in an OBE. The younger version of myself had also potentially done the same, and was looking in on a younger version of herself also. I have caught myself, tens of times, engaged in this activity. Going out of body and back in time to myself in a place wherein I am also out of body. It is always an older version of myself going back to a younger version. Creating what seems to me a series of time loops.

What I first begin to suspect when looking in at this, is that it may be a countdown. When the much older me visited the much younger, there is the sense of a great deal of time for me yet ahead. However, as I age forward, the gap in the years between the versions lessens.

I’ve no idea yet what the event is at the conclusion of the countdown. Or even if this is indeed a countdown. This premise could be wholly inaccurate and what this is could be something else altogether. Another mystery for me to periodically contemplate.

## ■ OBE Log: ET Healing, Wilson’s Disease



*OBE Date: November 18, 2019 : 6 – 8AMShift phenomena : standard low rolling vibrationsLocation : my purple room, dad’s house – year : 1980Activity : blood, hair and skin cell samples are being taken.*



## THE EXPERIENCE I INVESTIGATE THE MOST

In one of the first experiences I had at the onset of all this I heard a commanding male voice. I was in a transition into the out of body state and the male voice is booming “DO NOT LET THIS HAPPEN WITHOUT THE PHYSICAL BODY SYSTEM”. I still have little idea at all what was meant by this. Do not let what happen without the body? What is the body being brought in on – exactly? What am I being brought in on, in all of this, for that matter. There are spectrums within the theme of this and subsequent questions that I would love, in all purity to see further into. It is what I am most curious at these days, and for the past 10-odd years.

One day I may actually come to know. Until then, I will continue to be curious at this to the nth. What I learn I will be sure to report.

## LESSONS IN THE OBE

The expanded state ( out of body state ) is nothing if not for what is learned within it. Of course, what is principally learned is who we ourselves are. Who we are fundamentally, as well as fractally through the dimensions. However, synchronously, right along with this we learn principles. Core principles, as well as those which pertain more directly and specifically to the reality-frequency we experience in this current Earth-life incarnation. For me, to serve as an example, a few of these principles (among a vast array of many others) include:

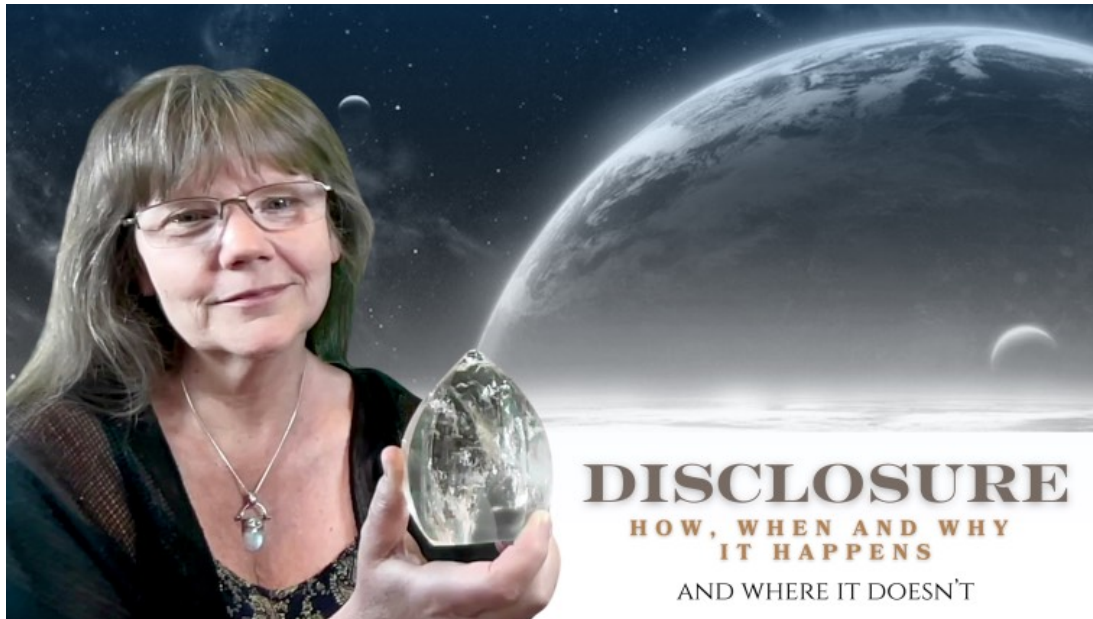
- **Fundamental Unity, Core Oneness**
- **Command vs. Control : ( choosing sovereignty over slavery )**
- **Working with and within FREE WILL**
- **Reality and the Way it Works**
- **Duality Systems : The 3D Control System**

## ■ **Disclosure: What it is and Isn't ( and more )**



*Be warned, this may be longer than usual -and quite the rabbit hole. For those of you who may only have a moment to take in the general gist of what I have to say, ...*

## ■ Disclosure as an Internal Process



*I will note here in beginning that this is the second of a possible series of articles I am writing on the subject of DISCLOSURE — the first of which is titled >> Disclosure: What ...*

## ■ Transfer Value Effects of the OBE on Physical Reality



*People sometimes ask me what relevance the out of body experience has on “real” life.. Everyday, practical, physical reality Earth-life. I understand why the question is asked, and it is a good question to ask. ...*

## ■ Log : Three OBEs About Shifts



*Working With and Within Free-Will March 29, 2015 From the back of my truck. ( I lay down and shift in— New Shift. Repeatedly. Or (an additional perception).. One long shift inside of which I ...*

## SO, AFTER ALL OF THIS — WHO AM I?

I am, although gradually, also at an accelerated pace relative to what is more normal -still learning, but a few things my OBEs have shown me are that the archetypical principle my incarnation is based in is THE WIZARD, MERLIN, ALCHEMIST. I have been shown that I am connected to the idea of a faction of “renegade freedom fighters”. Both of these sets of data involve the concept of being “a protector of the people”. Along with this >>

I see the template I most often use when incarnating to be that of the WARRIOR MONK. I both choose and wear this in the current incarnation and I have visited multiple others; one such example is a Templar Knight named Marc Luc, of the medieval era, serving at the time of my intersecting with him as a missionary in Romania. I most often incarnate MALE, at a ratio of 4:1 male-to-female. I am shown this in the OBE as well as through the crystal work.

## ■ OBE Log: I am Told Who I Am



*I am in pain. My body is in pain, as I return from another work weekend that requires I be on my feet for 10 hour shifts at a time. My feet feel broken, my ...*

The ET dimensions are highly connected with my current incarnation but we will discuss this in some length along with the crystal work on their own in just a moment.



## THE EXTRATERRESTRIAL DIMENSIONS AND CONTACT

This is perhaps the largest area, or experience territory into which the expanded state has taken me. This is likely due to it being the next harmonic-dimension out from our own; that of the first-second-and-third-dimensions (1-2-3D) — every harmonic expanse is comprised of a trinity of 3 discrete dimensions-of-consciousness and their manifest-experience-terrains.

Here in our own harmonic, let's call it harmonic 1 (comprised of 1-2-3D), the dimensions are experienced in terms of consciousness-SPACE, meaning they are spacial dimensions. We have (the consciousness-space of) that of the elements (1D), that of the plants, insects and lower animals (2D), and that of the “top dog” on the planet, in terms of land walkers, currently that of the anatomic modern human, the homo-sapien (3D).

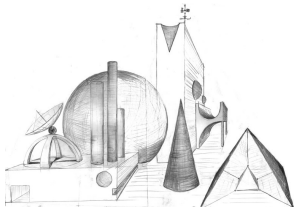
All of this is localized to the PLANET -the scope of a 3D schoolroom ( or at least ours ). No-one gets off the planet and ETs are not a part of the curriculum.

It is only when one begins to graduate our sphere that they expand in consciousness into the etheric frequency bandwidth and gradually, potentially breach the boundary of 3D space altogether -thus properly entering the next harmonic : galactic space ( 4-5-6D ). The process of this happening while still 3D embodied involves a dismantling of the architecture at the basis of the 3D construct and restructuring of it into one that can effectively hold a higher light, an extended range and spectrum of data pertaining to the individuality who now has as its experience-territory that of GALAXIES. There are not many Souls who attempt this while alive and in the body ( most who reach for it do so at the conclusion of a sojourn, at the moment of

what we call “death” ) but some do reach for it from directly within a life-experience and it would seem that I may be one such Soul -and this current Earth incarnation either the point at which it is attempting the enactment, or a point that is included in a larger spectrum of points.

## **HARMONIC TWO ( 2 ) : GALACTIC SPACE ( as ) TIME DIMENSIONS**

I mentioned that in harmonic 1 we experience 3 dimensions of consciousness-SPACE (1-2-3D), let me now touch on space relative to visual spacial dimensions, which we see as 1 ) up-and-down, 2) side-to-side, and 3) forward-and-back. Our visual reality presents to us in this format. Now — the three dimensions of space are carried over into the galactic expanse — harmonic 2 — comprised of 4-5-6D where included in with the three dimensions of space are also 3 dimensions of TIME.



Just as the dimensions of space build upon one another so as to sequentially form a more complete experience of self -and more fundamentally of the Oneness in which all fractal fields and individuality live, and breathe and find their meaning -so, too, do the dimensions of TIME. They sequentially build upon one another. With each time dimension, as with each dimension of space, comes more responsibility, for what one is able to “do” with the space and time is also a great deal more. Great care must be taken. This is what the space-time dimensions teach us. How precious, and fragile, life can be. We are stewards of life, we must remember.

**We are able to glean, and fathom the time dimensions from 3D space but are not able to actualize them here. They include experiences such** as that of being capable of collapsing time (utilizing the collapse as a portal, a sort of zero point through which to travel in time) — forward AND back in time, to a certain extent, depending on the grade/gradient/dimension one is occupying. Synchronous time ...wherein all of time exists all at once.

Bring to mind again the planet, subdivided into countries, into states, into cities. While the city is constrained ( in both space and time ) to that within its own 3D boundary, the wider terrains contain within them all they do all once. It is interesting to note that the wider terrains conceive of all that is within them with the same ease as do the more constrained. Again, this works in both the sense of space and time. An example, >> a 3D city has access to only the space and time it currently occupies. While the 4D city has access to data pertaining itself through potentially many ages. While the 5D city can access this data with more immediacy, the 6D city simply experiences it all at once always as itself (without need to intentionally access).



I am only in the baby stages of gleaning how all this works, what is possible and when/where. But this is a small glimpse of what I have, gleaned as well as to a certain extent experienced. There is, as always, so much more. We must move on, though.

### ■ **( EBEs ) Etheric Body Examinations**



*Prologue Back in 2012, at the height of my out of body experience I was struggling to understand a particular kind of experience I would have which I came to refer to as “EBEs”, Etheric ...*

### ■ **OBE Log: Confrontation with Covid**



*The past month of February ( 2023 ) I got Covid. I have been working to process it all month and am highlighting this particular log from the month to help show as an example ...*

## ■ ET Contact Experience Log



*This log is a compilation of my ET contact experience, as it is unfolding over the years (2009 – 2019). It is meant to be an easy resource where-in all of the elements are all ...*

## **CONTACT THROUGH A CONSCIOUSNESS-BASED CRYSTAL TECHNOLOGY : 2017** (Alchemy and the Elemental Realm)



**It is time to talk about GIFTS.**

An awakening does more than re-awaken the individual experiencer, it can potentially also awaken dormant capacities, latent skills, which in this process may be returned to us. This said, it is up to the awakening individual to REDISCOVER these in real time. When I look back

on how it happened, it seems almost impossible that my relationship with the crystals did actually resurface. It is a near impossible moment in which it do, —and that, further, I was inclined into it to the point of more fully remembering and actualizing the skill while still here in the 3D Earth experience.

### ■ **Crystal Communication: How is this Happening?**



I am about to share with you my process. It is the best I can address the question at this time. Some of the nuts and bolts, the internal function of how this works I ...

### ■ **Sirius Activation of the Crystal**



*Something special for this year's heliacal rising of the Sirius star. What in some spiritual circles is known as the Lionsgate. I mention this from time to time, to people, and out on the forums, ...*





*We have now arrived at the year 2025 : “The Contact Series”*

**There are a variety of locations that anyone so inclined can investigate this phenomena further. I will leave you here with a few more links and logs.** I trust this page will be helpful to anyone out there intersecting with it for one reason or another. I know this just barely begins to touch on this whole phenomenon at large – ( that of AWAKENING ) – but it is a beginning, and it is A LOT, and there are areas we can speak further if needed, including the comments area below, the contact page of this website -and our forum board, for more in-depth and on-going discussion.

For now – this timescale of events is here concluded.



■ **CATEGORY : CRYSTAL TECHNOLOGY**