PART TWO: A MULTIDIMENSIONAL MODEL OF THE RELEASED STATE OF CONSCIOUSNESS

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ABSTRACT

Astral projection and out-of-body experience are two phenomena that very few researchers of consciousness have attempted to really understand. Although numerous people of multiple cultures from all over the world have reported these phenomena, epistemologists have yet to formulate any satisfactory theories or models that map out these experiences. This paper provides a working model of these experiences by utilizing multiple dimensions of motion, space and time. Besides sensation and imagination, a vital ability of perception that is highly emphasized in this multidimensional model is emotion.

KEYWORDS: released state of consciousness, emotion, emotional stimulators, motion sector, dark matter, dark energy, astral projection, out of body experiences, OBE, traveling clairvoyance, soul travel

INTRODUCTION

Experiencing shifts in consciousness is a normal part of everyday life. In any given day the average person will experience: waking, relaxing, sleeping, dreaming, daydreaming and even trance states. One unique state people have reported throughout history is often described as a conscious separation from their body. Different terms like *out-of-body experience* (OBE), *traveling clairvoyance, astral projection,* and even *soul travel* have been used quite extensively in the literature. The author identifies this as a *released* state of consciousness (SoC). OBEs frequently occur spontaneously while falling asleep, following severe accidents, or during surgical operations.[1] During an OBE, the experient seems to be awake and able to see his/her body and the world from a location outside the physical body.[2] As many as 34 out of 100 people have had at least one OBE at least once in their lifetime.[3] What makes this state unique from other commonly reported states is how the subject can observe his or her body from an outside or third perspective.[1] This view can happen either side by side, or from a bird's eye view. In the case of the bird's eye view, the ability to float or fly at will is quite commonly reported. Despite this separation, some people have actually reported experiencing some kind of connective cord that remains attached to the body reassuring an easy return.[4,5]

A few psychological theories have been constructed to explain the phenomenon of OBEs.[6,7,8] However, none of these theories provide a useful means for measuring the actual dimensions of this unique state according to space, time and motion. Previously (in part one) a model was presented that showed the connection between the waking and dreaming states using different spatial domains and temporal zones.[9] This paper is an expansion of that model which will now include mapping out the physical nature of the released SoC by implementing some key concepts from theoretical physics. First let's examine some abilities of perception.

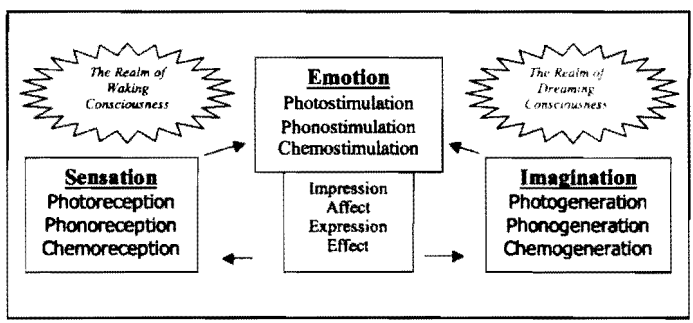
Abilities of Perception

In the previous paper, I outlined the importance of sensation and imagination for shaping our perceptions in both waking and dreaming consciousness. An important ability that also plays a major role in shaping our perceptions that I did not address in the previous paper is *emotion.* The very root of the word emotion is *motere,* the Latin verb "to move," plus the prefix "e" to connote "move away," suggesting that a tendency to act is implicit in every emotion.[10] Emotion provides a force that flows and fluxes.[11] Emotions allow us to take action once an action has been chosen.[12] There are hundreds of emotions, along with their blends, variations, mutations and nuances.[10] What is the distinction between an emotion and a mood? Emotions can be fleeting, lasting only a few seconds, whereas a mood is thought of as a prolonged emotion.[10,12] During a released SoC human perceptions are shaped more so by emotion than either sensation or imagination. According to Blackmore an OBE begins when a person loses contact with sensory input from the body while remaining consciously aware.[13]

However, OBEs are highly arousing; they can be either deeply disturbing or profoundly moving.[14] Without emotion, which provides a moving impulse towards an action, it would not only be difficult to experience a released SoC, but nearly impossible to describe oneself as feeling: content, contempt, happy, sad, surprised, disgusted, relieved, scared, zealous, jealous, etc. Emotions are even associated with different types of parapsychological phenomena like recurrent spontaneous psychokinesis (RSPK) and poltergeist activity.[15] These phenomena are all possible because emotions seem to work primarily through a *stimulative* process, which is a bit different than the receptive process of sensation or the generative process of imagination. These so-called *"emotional stimulators"* are hypothesized to activate different sensory receptors and imaginary generators, which in turn can help shape our perceptions of the world.

Upon closer examination, it appears that emotions have two primary functions: *to act* and *to react*. Both play a major role in our behavior. Some emotional experiences are reactions to events in one's environment, or reactions to one's own thoughts, actions, and feelings.[16] *Affect* can describe an emotional response or the reactive function of this ability. One way of measuring an emotional affect is by examining a person's facial expressions.[17] Here the reaction is displayed in the expression. One could also measure affect by measuring body posture and voice.[18]

Affect alone does not describe the complete nature of emotions. It only explains the reactive function of emotion. I would like to propose a new term called an *emotional effect* to explain the active component of this ability. One way of measuring an emotional effect is by studying the active behavior of an individual, plus the impressions he or she leaves on other people or things. When a person tells a funny joke to five different people, and they all burst out with laughter, we can observe how this emotional effect first originated with the humorous impression of the joke, which then lead to the result of laughter. Similarly, when a person tells a tragic story to a few people, and they all cry, we can trace the emotional effect back to the active origin. When a man feels so angry that he punches a hole in the wall, in this example we can examine how the emotional effect includes a noticeable impression on the wall. Emotional effects best explain how one's particular emotion or mood can trigger or "rub off" on other people or things. Based on this understanding, we can observe how emotions are both felt affectively and emoted effectively. Below is an example of how emotion, imagination and sensation work together for two different states of consciousness:



I propose some equivalent terms to sensation and imagination for explaining the different functioning types of emotion. These include: *photostimulation, phonostimulation* and *chemostimulation.* Coming from sensation or imagination, an impression is felt through some form of stimulation (e.g. photostimulation), which then triggers a response (affect). Once an expression is emoted, it naturally stimulates the sensation or imagination of others, producing an effect. Let's say a man day-dreams (imagines) of something that makes him feel happy. As he smiles at his wife (who is looking directly at him), she begins to feel happy, so she smiles back. In this example we can examine both the affective and effective function of emotion. Damasio believes that emotions stem from bodily sensations.[19] This may not always be true, especially when the ability of intuition is more directly involved in shaping our perceptions. Expanding awareness of the emotional level of intuition is often associated with an increase in synchronicity and psychic experiences.[20] In studies done by Radin and McCraty et al., an emotional affect was measured even before a highly arousing stimulus was presented to the senses of different participants.[21,22] These are examples of emotion preceding sensation. To understand how this may even be possible will require the use of multiple dimensions. Everything that we see, hear, or feel has an emotional dimension to it.[16] Dimensions can help us measure, describe and even explain the nature of movement.

DIMENSIONS

We can measure a physical object's size and age with different dimensions of space and time. To measure its movement requires *motion.* No objects or bodies are "at rest" in the universe.[23] Every physical object is always moving, even though some of these objects may appear to be at a complete standstill. Motion describes how physical objects are able to freely move from one point in space and time to another. According to Larson, without motion, there would be no time or space, but if there is motion then both space and time exist in association with each other to constitute the motion.[24] The following equation is used to express this relation:

$$M = S / T$$

Motion equals space (the numerator) over time (the denominator). In Larson's Reciprocal System Theory, space is not viewed as a static, empty container nor is time conceptualized as a linear order of succession; not only are space and time both three dimensional, but motion is also three dimensional. In this context, a dimension of motion is used to measure a particular freedom of how an object can move. Conventional science is familiar with seven categories of motion:

1) **Vibrational**- includes waves of longitudinal and transverse movements
2) **Rotational**- includes patterns of circular and elliptical movements
3) **Translational**- includes rectilinear and uniform movements
4) **Acceleration**- includes increasing and decreasing movements

5) **Scalar**- includes speed and temporal magnitudes
6) **Vectorial**- includes velocity and spatial directions
7) **Chaotic**- includes irregular and Brownian movements

Longitudinal and transverse waves are two different dimensions in which an object can vibrate. For example, transverse waves tend to propagate through thicker mediums like solid walls. And we can measure longitudinal waves propagating through lesser dense mediums like air. Both types of waves can be measured in water. Since the human body is composed mostly of water, in theory it should display both dimensions of vibration. A common symptom people report during OBEs is very intense vibrations.[25,26] Since the transverse dimension gives one the freedom to pass through solid walls and the longitudinal dimension gives one the freedom to soar through the air, in theory a person experiencing a released SoC should be able to do both. Besides flying, floating and vibration, other types of phenomena commonly reported during OBEs or autoscopy include: spinning, whirling, looping, zigzagging, rotation, vertigo, falling, elevation, lightness and heaviness.[2,4,27] With these dimensions of motion we can begin to formulate a plausible explanation of how a person experiencing a released SoC (or even other states like dreaming or waking) moves freely in both space and time. For Wolinsky, emotion means outward motion, and through outward motion people can have a variety of OBEs.[28]

Motion Sectors

In the previous paper, domains and zones were two terms used to map out the dimensions of space and time for the waking and dreaming states of consciousness. I would like to introduce another term from Larson's theory called *sectors* to map out the multiple dimensions of motion.[29] While experiencing a released state, using motion sectors in addition to spatial domains and temporal zones can provide us with a more complete understanding of this unique SoC. In Larson's theory, the physical part of the universe is divided into a *material* and *cosmic* sector. Each sector requires its own set of dimensions. Matter is the energetic substance found in the material sector. Every physical object that we can see and touch while experiencing a waking SoC is composed of this particular energetic substance. The inverse cosmic sector is theorized by Larson to contain a mass abundance of anti-matter. Although this energetic substance remains mostly hidden to conventional observation at the present time, this does not mean that it's not as plentiful as matter is in the entire universe. Perhaps every time we shift into a dreaming SoC, we can directly experience this inverse sector where anti-matter is much more abundant.

Some researchers have questioned whether OBEs really happen in the material sector at all. A common location where people report having OBEs are in medical facilities.[30] By using equipment that measures both electric and magnetic fields, Osis and McCormick were able to detect bursts of

light in a room when a gifted subject had an OBE.[31] In another study, animals were used to detect subjects while in this state.[32] Tart conducted studies with a subject who could accurately report a five-digit number in the laboratory that was placed high above her bed in a position that she could have only observed if out of her body.[33] The odds of guessing this correct number by chance are 1 and 100,000.

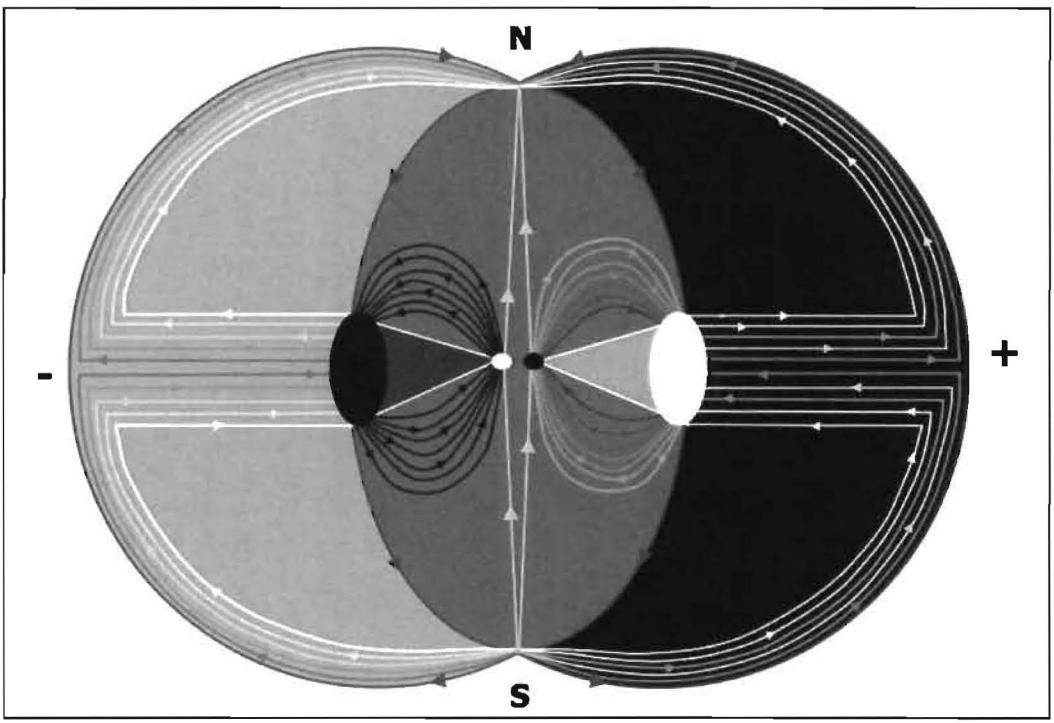
If the waking and dreaming states are dichotomous in nature, then one might logically hypothesize that our dream experiences take place in some inverse cosmic sector. One may even speculate the possibility of experiencing a released SoC in this particular sector as well. Fox and Whitman reported more frequent OBEs while dreaming.[34,35] Most OBEs tend to occur while the person is dreaming or at least in bed.[36] In one survey taken, over 85% claimed to report having an OBE while resting, sleeping or dreaming.[7] Shiels discovered that sleep was conducive for OBEs in roughly 80% of the 67 different cultures he sampled throughout the world.[37] One noticeable sign of an OBE in this particular sector would be experiencing a dream from third person (e.g. watching one's self in the dream). Bodily paralysis sometimes precedes the OBE, which is similar to when a person either goes into or is coming out of REM sleep-the stage of most vivid dreams.[2,38,39]

There is yet another possibility that can be experienced during a released SoC. Some call it the *astral plane*, and one can experience it through astral projection.[40,41] Within the astral plane, one can find a menagerie of spirits and discarnate entities of all sorts.[36] To borrow a term from Tiller, in this model I will call this third possibility the *containment sector.*[42] One way of experiencing a released SoC in the containment sector is through an *entranced* SoC. During this alert state, a person can focus on a single stimulus without responding to any other stimuli.[43] Trance is often a preparatory state for OBEs in much of the same way as relaxing for waking or sleeping for dreaming.[44,45] The entranced SoC is similar to the *hypnagogic* and *hypnopompic* states.[46] Hypnagogic states occur between wakefulness and sleep at the onset of the sleep-dream cycle, whereas hypnopompic states occur between sleep and wakefulness at the end of the sleep-dream cycle.[43] In either state, people can experience vivid imagery in multiple modalities.[47] Unlike dreams, which are more likely to occur during REM, slow eye movements (SEMs) are a better indicator for the hypnagogic state.[48] Mavromatis found that OBEs tend to occur spontaneously during the hypnagogic/hypnopompic states.[49] Visual hypnagogic/hypnopompic imagery might also facilitate interpretations in terms of ghosts or apparitions.[50] During *near-death experiences,* which generally start off as OBEs, apparitions of spiritual guides and the deceased (relatives, loved ones, friends, etc.) are commonly reported.[51] To understand this other possibility, a multidimensional model can be used for explaining how people naturally transition from the material sector into a realm where the deceased are much more evident.

Working Model

Figure 1 is a map of three interconnecting motion sectors. Every flowing colored string represents a different dimension of motion, space and time. Because of the dynamic nature of motion, both space and time will appear curved in this diagram. On the left side flowing clockwise is the material sector (shown in light grey). The negative charge indicates the presence of electrons, which are the most common electrically charged particles in the material sector. On the right side flowing counterclockwise is the cosmic sector (shown in dark grey). The positive charge indicates the abundance of positrons, which in Larson's Reciprocal System Theory ate the most prevalent electrically charged particles in the cosmic sector. Both positrons and electrons are balanced with N and S magnetic monopoles. Together, electric and magnetic fields make up part of the composition of light energy. The reciprocal flow (8 or ∞) of the containment sector (shown in medium grey and outlined with a darker grey string) is a closed-ended system that provides a protective insulated boundary of the other two sectors. For the most part, this insulated boundary keeps

Figure 1. A multidimensional model of three interconnecting motion sectors: containment (medium grey, center), material (light grey, left) and cosmic (dark grey, right). Matter is the most abundant energetic substance of the material sector, while anti-matter is more prevalent in the cosmic sector. Within the containment sector we can find mostly dark matter and dark energy as well as small amounts of matter and anti-matter. Every dimension is represented as a multishaded moving string. Utilizing multiple dimensions of motion allows us to measure the movement of any known physical object.



matter flowing in the material sector and anti-matter flowing in the cosmic sector, which prevents these two energetic substances from trying to cancel each other out. However, according to the law of conservation of energy, the total amount of energy remains constant or the same within a closed-ended system; it cannot be created nor destroyed, it can only be changed from one form to another or transferred from one body to another. With this important physical law in mind, we can predict that when people or any biological organism dies, part of the energy within their bodies will not only change form within the material sector (e.g. decay into dust), but part of it may also get transferred into another body that exists within this theoretical containment sector. When people experience astral projection, they tend to refer to these kinds of bodies as ghosts, phantoms or apparitions.

With multiple dimensions of motion, it gives us plenty of variety or freedom to move in both space and time. In all, this model consists of 26 dimensions, which can be shown as:

$$M^{14}\ S^{6}\ T^{6}$$

M represents motion and consists of fourteen dimensions. S represents space (six dimensions). And T represents time (six dimensions).

Using as many as twenty-six dimensions is not a completely new idea. In 1968 a theoretical physicist named Gabriele Veneziano, who is considered one of the fathers of modern string theory, constructed a 26D theory. He was attempting to describe the nature of *bosons*, which are messenger particles of different physical forces.[52] Instead of only having spatial and temporal dimensions like in Veneziano's theory, the current model also includes multiple dimensions of motion- a complete necessity for measuring the nature of movement. Let's now take a closer look at the spatial and temporal dimensions.

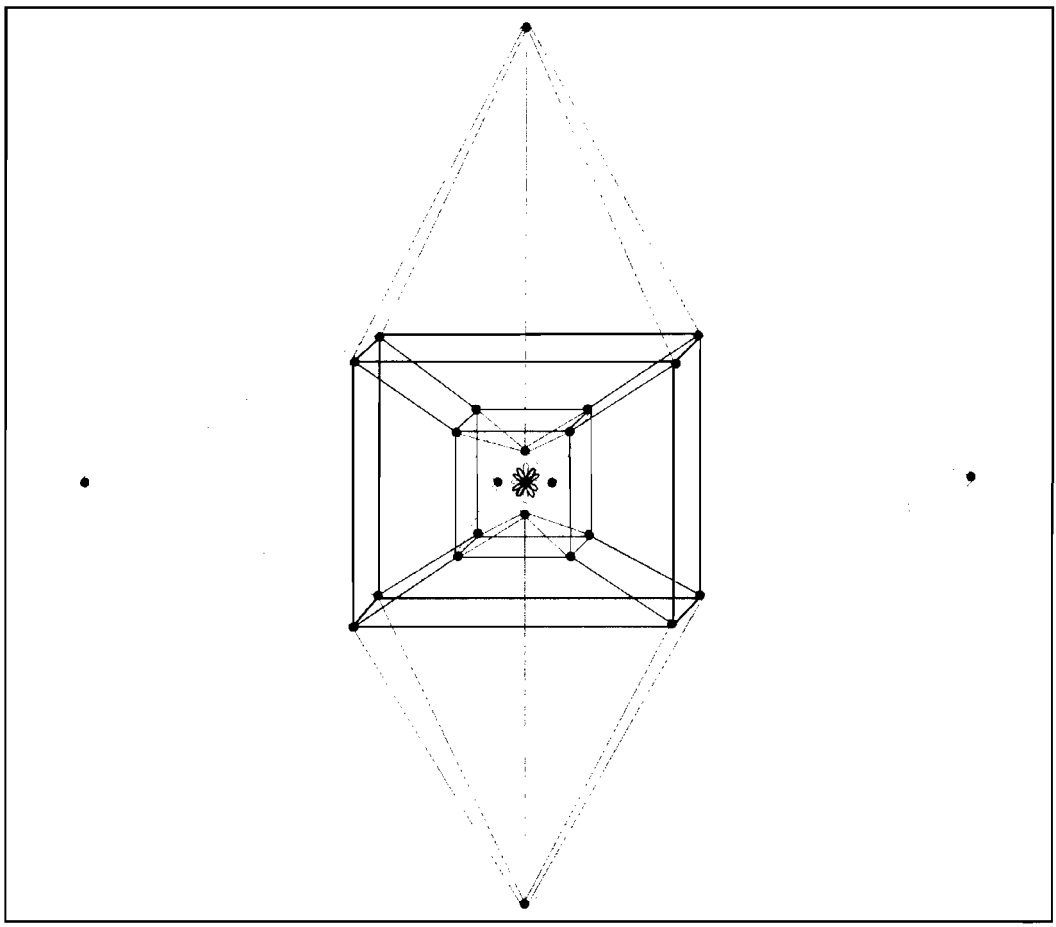
Spatial Domains and Temporal Zones

If we extract the spatial and temporal dimensions from Figure 1, we can construct a diagram that is shown in Figure 2. In this picture the spatial dimensions are shown as straight *lines*. Notice at each spatial intersection (as indicated with dots) there are six dimensions or options to choose from. While examining this multidimensional map, the most visible dimensions appear in the middle with an inner cube connected with an outer cube at all corners. In part one I discussed how these two cubes represent the domains of waking (outer cube) and dreaming (inner cube).[9] Since part one, two more dimensions have been added to outline the spatial domain for the released SoC. While looking at the diagram in Figure 2, we can observe how this released domain extends above and below, and beside and between the waking and dreaming domains. The upper region or tier of this specific domain consists of the highest point and stretches all the way to the furthest point on the left; this includes all lighter colored dimensions that appear *above* and *beside* the inner and outer cubes. And the lower tier of this domain consists of the lowest point on the map and stretches all the way to the furthest point on the right; this includes all lighter colored dimensions

that appear *below* and *within* the inner and outer cubes. All of three of these domains (waking, dreaming and released) are able to connect *betwixt* and *between.*

Since this model displays six dimensions of space, there are also six dimensions of time. Logically one cannot move along a dimension of space without moving along a dimension of time. All of the temporal dimensions displayed in Figure 2 are shown in the center of the hypercube as six intersecting *loops.* One pair of these dimensions flows clockwise; another pair flows counterclockwise; and the other pair flows reciprocally (like an 8 or ∞). As I covered in part one, the waking zone consists of one temporal dimension flowing clockwise, while the dreaming zone consists of two dimensions flowing counterclockwise and one flowing clockwise. All temporal dimensions flowing reciprocally are integral to the released zone.

Figure 2. Here is a multidimensional model of six spatial dimensions (lines) and six temporal dimensions (loops shown in the center) that can provide a map for measuring the upper, middle and lower tiers of many Shamanic Worldviews.



Shamanic Worldview

The model in Figure 2 is adaptable enough for mapping out certain shamanic worldviews of the Northern and Southern cultures living around the globe. Many of these shamanic worldviews include an upper, middle and lower tier.[53] As biophysical life forms, humans naturally exist in the middle tier along with other animate life forms and inanimate objects. Our awareness of this particular tier can be experienced either introspectively (inner cube) while dreaming or extrospectively (outer cube) during waking. Shamans have been known to travel through the upper and lower tiers during a released SoC. In shamanism, the lower tier is believed to be the place where people go after transitioning from bodily death. A popular shamanic ritual that many cultures still practice to this day is burying the body of the deceased. This ancient ceremony is performed to help guide the spirit of the body towards the lower tier. The upper tier is a place or region believed by many cultures where the different manifestations of gods, goddesses, titans, angels and archangels exist. As powerful beings, they can manifest themselves in any realm at will, but for the most part, many cultures believe they reside mainly in the upper tier of our world. This explains why many people will often look upwards or point towards the sky when they want to acknowledge or give thanks to these powerful beings.

Conflicting Cultural Beliefs

There are some conflicting beliefs between different cultures of what exists in these others tiers of our world. In Roman mythology, Pluto is known as God of the lower tier of the world and was believed to reside there. For some religious traditions like Christianity, Satan was believed to be a fallen angel that took refuge in *hell*- a place believed to be somewhere in the lower tier. Instead of descending into the lower tier after bodily death, many Christians and Muslims believe in ascending to *heaven*- a place believed to exist somewhere in the upper tier. Even in some Northern and Southern cultures they may not necessarily share the same beliefs of the dead always residing in the lower tier of the world. For example, some Amerind cultures view the upper tier as the realm of spiritual teachers and human ancestors, which is compatible with the belief in a heaven. The lower tier is the realm of where power animals and plant guides exist. Instead of burying their dead, they will build a higher platform above the ground and then place the body on top so the spirit can ascend more easily into the upper tier. Regardless of differences in belief, many of these cultures still acknowledge multiple dimensions situated both above and below the earthly surface where these spiritual entities and divine beings can manifest.

Shamanic States

Shamans are considered expert authorities within their own cultures that can travel into any of these tiers of the world through a released SoC. Within tribal societies, OBEs were usually accomplished only by the shaman.[41] Besides trance, another state conducive to OBEs which is typically used by shamans is called *rapture* or ecstasy. States of rapture are characterized by intense

feeling and overpowering emotion, subjectively evaluated as pleasurable and positive in nature.[43] What distinguishes shamans from other tribal practitioners is that they have learned how to master using rapture or ecstasy in order to access these other tiers of the world.[53] This may explain why this state is also referred to as a *shamanic state of consciousness.*[54] Rapture can be induced by sexual intercourse or other more strenuous physical activities like dancing. Another example of rapture that is commonly reported by long distance runners is sometimes referred to as "runner's high." Alvarado found that marathon runners frequently report OBEs while running.[55]

The Emotional Body

In many cases of OBEs, even though a person feels a separation, he or she will often report having a virtual body of some form.[25] The author identifies this as the *emotional body* or EB. Other names for this other body found in the literature include the *parasomatic body* and the *astral body.*[2,41] During OBEs, Dutch researchers found an average weight loss of 2 ½ ounces, which indicates this other body has weight.[56] Besides feeling less dense and translucent in appearance, the EB is much different than one's physiological body in a number of ways. Apparently it has shape-shifting capabilities, making it possible to manifest as different forms like a twin replica of a human figure, white cloud, or even an orb or ball of light.[27,55] It is also believed that shamans can shape-shift as different power animals (e.g. eagles, wolves, etc.) during astral projection.[57] Because of its airiness, the EB is hypothesized to float or fly rather easily and can even pass through solid walls. However, this may not be the case when trying to pass through high voltage wires or power lines.[58,59]

Figure 3 provides another example of six dimensions of space (lines) and six dimensions of time (loops) on a 2D surface. In this diagram, the physiological body is situated within the cube on the right and the imaginal body is located within the cube on the left. While in the waking SoC we are more aware of the physiological body (PB) and in the dreaming SoC we become more tuned in to the imaginal body (IB). From the perspective of the IB, we are fully capable of becoming more aware of 3D time, which consists of two dimensions flowing counterclockwise and another dimension flowing clockwise. One can picture these temporal dimensions as three intersecting time clocks that can be used for measuring the three identified endogenous biorhythms of the body: ultradian, circadian and infradian. From the perspective of the PB, we seem to be much more in tune with a single dimension of time that flows clockwise. This temporal dimension can measure our exogenous diurnal biorhythm, which is synchronized with the day/light cycle.

The interface between the PB and the IB may be a unique energetic system of *acupoints* and *meridians* that was discovered by ancient Qigong practitioners. In Traditional Chinese Medicine (TCM), energy is theorized to flow through these acupoints along the meridians, which then

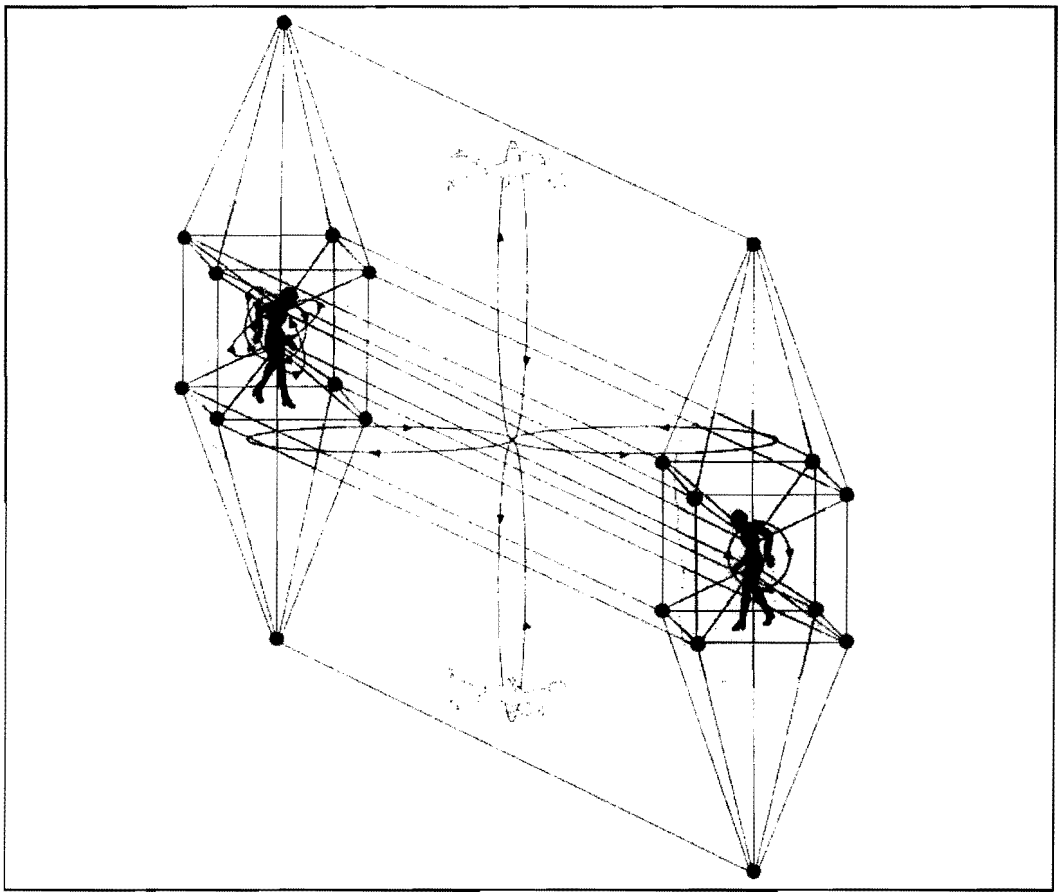


Figure 3. In this 6D mirror image of a woman's emotional body (light grey envelopes), we can observe how it both penetrates and surrounds her physiological body (right side) and imaginal body (left side) in hyperspace. The emotional body can transition to and from each body during a released state by projecting through the upper or lower tiers of the world. By utilizing two reciprocal flowing temporal dimensions, which is symbolized with a shape more like an 8 or ∞, we can measure the more random or chaotic rhythms of nature.

travels directly to different tissues and internal organs within the body.[60] Over 360 acupoints are situated along 14 channels of meridians.[61]

While looking at Figure 3, notice an aura or energetic sheath surrounding the bodies of the imaginal and physiological. This represents a manifestation of the EB. Researchers may also refer to this aura as the biologic field or biofield for short.[60] Activated emotions increase the electromagnetic flow of the field.[11] While experiencing either waking or dreaming, the EB acts like a nearly invisible surrounding protective sheath that can prevent toxic chemicals, deadly pathogens or other harmful substances in the environment from entering the PB or IB. For whatever reason the EB weakens, the PB and IB are

hypothesized to become more prone to illness and injury.

From the perspective of the EB, we can tune our awareness to the specific time zone consisting of two reciprocal flowing dimensions. One can picture these temporal dimensions as special clocks which can be used for measuring the more random or chaotic biorhythmic signatures existing within and throughout our entire biological structure (e.g. molecules that behave according to Brownian movements). Random event generators (REGs) or random number generators (RNGs) are engineering devices that may be the key to measuring these more chaotic rhythms of nature.

Because of the dynamic structure and unique flexibility of the EB (shown by the light grey envelopes), part of it can extend or project away from the immediate physical location of either the PB or IB during a released SoC. Experiencing this phenomenon may appear to the OBEr that he or she has separated from their body. Once projected out of the body, one is free to travel at will anywhere in the physical universe, at any speed, and can defy gravity.[62] For cases of autoscopy, one can perceive the EB externally from the perspective of the PB. In some extraordinary cases (e.g. heautoscopy), people have reported experiencing the world from two different perspectives simultaneously.[63] This phenomenon is also known as *bi-location.* One possibility worth investigating is whether the EB can project more than one manifestation (e.g. an orb or figure) at any given moment. Being aware of three locations simultaneously is a phenomenon known as *tri-location.*

While surrounding and flowing through the PB and IB in hyperspace, the anatomy of the EB may consist of very subtle energetic structures that have been identified by ancient Yoga practitioners as *nadis* and *chakras.* Nadis are analogous to the arteries, veins and capillaries of the PB. There are over 72,000 nadis.[64] By examining the nadis more precisely, in theory, one could detect how the flowing energy moves into the PB. Chakras are distinct anatomical structures of the EB which are the subtle equivalent to the organs of the PB. There are over 360 chakras.[65] These chakras of the EB are then able to connect with the IB and PB through the nadis. The respiratory process may be an example of how some chakras channel different forms of energy from the environment. By tracking the energy flowing from chakras through the nadis, this may lead us towards an understanding of how these movements naturally stimulate different chemical reactions, resulting in measurable physiological responses. Some of these effects can be measured in the vestibular and limbic systems of the brain. When other forms of energy are needed for survival, such as food and beverage, the EB will naturally send an energetic pulse to the PB; a person's consciousness may interpret this signal as feeling hungry or thirsty. The person will then consciously want to take action in getting something to eat or drink. If a person decides to repress these emotional signals, the result may lead to major distur-

bances throughout the entire biologic field. Repressed emotions create huge gaps in frequency spectra; these are sometimes called "chakra blocks."[11] Perhaps all movements within the PB (e.g. circulation, digestion, etc.) are initially triggered by the multidimensional stimulators of the EB.

Physics and the Emotional Body

In the previous paper, both matter and anti-matter were postulated as the main compositional energetic substances of the PB and IB.[9] Since matter and anti-matter naturally cancel each other out when they meet in the same space, a multidimensional model provides a plausible explanation of how these two polar opposites can complement each other by existing more congruently. An important feature of a multidimensional EB would have to include some kind of protective insulated enveloping container. The purpose for such an important structure is to prevent the opposing energies of each body from annihilation. Although this enveloping container may not be a perfect system by any means, its barrier for the most part keeps anti-matter flowing in the IB and matter flowing in the PB. Matter and anti-matter are two energetic substances that represent light energy.

Light Energy/Matter

Some research studies have successfully provided evidence of biological rhythms of the biophoton emission from the human body.[66] In the realm of the PB, the presence of EM fields makes it possible for us to sense different objects visually. For the realm of the IB, ME fields make it possible for us to imagine different visual objects. Tiller et al. has postulated a "mirror relationship" between the properties of the EM and ME fields.[67] Monroe suggests a third force that works between the electric and magnetic fields.[58] In an experiment done by Carlton and Tiller, a young subject was able to detect three different color spectrums of radiation while observing light shown through a prism.[68] Tiller believes these three light spectrums represent an EM, ME, and another field of radiation that he coins *deltrons.* In his theory, deltrons are part of the substance of emotions that can interact with both magnetically and electrically charged particles (e.g. magnetons and electrons) and can thus mediate an exchange of energy between them.[42] Deltrons may also be the hypothetical particles which provide a dynamic multidimensional cushioning barrier between electrons and positrons. On a human scale, deltrons may explain the phenomenon shown in art depicting enlightened people such as Buddha and Christ displaying very noticeable light auras around their bodies. Globally, deltrons may explain how tiny bits of anti-particles (e.g. positrons) traveling from outer space can produce *Cerenkov radiation* by spontaneously crossing over into the material sector as cosmic rays.

Part of the EB is hypothesized to be composed of a combination of EM, ME and deltronic radiation. Unlike EM and ME fields, which tend to flow more at a constant speed in a particular medium, deltronic radiation is predicted by Tiller to vary (e.g. $v \geq c$ / $v \leq c$) in velocity. During an OBE,

one can move through space and time slowly or apparently somewhere beyond the speed of light.[69] Researchers have been able to successfully slow down light, which in theory, could possibly represent some experimental evidence of a subluminal field of deltrons.[70,71] As far as greater than unit speed, deltronic (and ME) fields could be a plausible explanation of what researchers have measured as superluminal radiations within our own galaxy.[72] Both deltronic and ME fields may also be part of the cosmic microwave background which has a red shift of about 1,000.[73] This number is enormous considering the speed of light in a vacuum would only produce a red shift between 1 and 1.5. Another possible manifestation of a deltronic field may be the *Casimir effect.* This force was predicted by Hendrik Casimir in 1948 and later measured by Steven Lamoreaux.[74] To demonstrate this force, one needs to set up two mirrors facing each other in a vacuum at a very close approximation (within several microns). The Casimir effect describes the mutual attraction between the two mirrors due to the fluctuations in the vacuum exerting *radiation pressure.* This kind of subtle energy effect might be attributed to deltrons.

In this model, light energy/matter is considered to only make up part of the structure of the entire EB. The main reason the EB seems mostly hidden to our direct observation and even hard to detect with very sensitive equipment is because most of its physical structure might be composed of other energetic substances found predominantly in the vacuum.

Dark Energy/Matter

Another interesting feature of Tiller's theory is the prediction of a force that works opposite of *gravitation* that he logically calls *levitation.* If *gravitons* are messenger particle carriers of gravitational fields, *levitons* would be messenger particles of levitational fields in Tiller's theory. Einstein himself, who came up with the cosmological constant, or fudge factor, speculated the possibility of a force working opposite of gravity. He called this force *Lambda.* It wasn't until 1998 when astrophysicists were able to observe a mysterious anti-gravitational force that they believed was causing the universe to accelerate as it continues to expand.[75] The most helpful way to think of the expansion of the universe is not as things rushing away from one another but as space between them swelling.[23] Inflation theory may be a possible explanation of how the universe expands.[76] Although researchers can observe the effects of gravity and its opposing force through experimentation and observation, they have yet to successfully isolate the theoretical messenger particle carriers of these two forces.

Gravitation and levitation (or anti-gravity) is integral to two major topics discussed in theoretical physics called *dark matter* and *dark energy.* Doug Clowe and his colleagues at the University of Arizona have recently observed the strongest evidence to date of dark matter.[77] It is hypothesized that dark matter makes up 26% of the energy density in the physical universe, while dark energy makes up approximately 70%.[78] The remaining amount consists of light energy (matter and anti-matter). Although the

vacuum of outer space appears to be dark and empty to the naked eye, it may very well be densely filled with these two energetic substances. And because dark energy is hypothesized to be more abundant than dark matter, levitation should be stronger than gravitation in the vacuum of outer space. Astronauts/ cosmonauts can demonstrate this effect when they are able to float or even levitate rather easily while in a spatial vacuum. One could argue that a much higher concentration of dark energy in the vacuum will nullify the strength of the gravitational force in this particular medium. Many physicists believe that gravity is the weakest of all the known forces of nature.[23] If dark energy and the vacuum are analogous to salt and water, by increasing the density of the substance in the medium, eventually different objects in that particular medium will begin to float up from the bottom surface. And if the amount of dark energy continued to increase in the physical universe, this force would eventually cause all physical objects to fly apart.

What distinguishes these two forces is that levitation is *repulsive* and gravitation is *attractive.* Astronomers have also observed about 1,000 receding galaxies with red shifts larger than 1.5.[73] Even though it appears the levitational force is pushing the galaxies away from each other at tremendous speeds, there is observational evidence that some galaxies are pulling toward each other because of strong gravitational fields. This is also known as *galaxy collision.*[79,80]

Black holes are another example of very intense gravitational fields so strong that not even the speed of light can escape. Once an object falls into a black hole, it may come out of a *white hole* on the other side. A white hole is believed to be a time reversal of a black hole.[81] Some possibilities of white holes found in nature are called *quasi-stellar-radio-sources* or *quasars* for short, and *blazers.* Both quasars and blazers apparently emit energetic plasma jets that have been measured at superluminal velocities.[82-86] Since EM light waves appear invisible while traveling through the vacuum at light speed these visible jets of energy moving away from the quasars/blazers may be possible signs of Cerenkov radiation. If levity is hypothetically stronger than gravity because dark energy is more abundant than dark matter, how it is then possible to observe galaxy collisions? This multidimensional model proposes a third mediating force between levity and gravity called *oscillation.* With oscillation, either force is capable of showing signs of dominance as evidenced by the receding and colliding nature of galaxies. If this force really exists, it would help explain how the universe can oscillate between a "big bang" and a "big crunch." A theory proposed by Steinhardt and Turok predicts the universe cycles between big bangs and big crunches every trillion or so years.[87] The force of an oscillational field depends on mass and density. If the density of the universe is greater than a certain value, gravitational attraction will eventually stop the expansion and make the universe start to contract again.[81] If not, then the universe will expand forever.[88] One possible particle carrier of oscillation is called a *Higgs* boson. Higgs particles are so heavy that they are not found in ordinary

matter (or anti-matter), but they are believed to give particles their masses.[78]

Looking again at figure 1, notice how this model illustrates an example of rotational motion (the darker grey string enclosing the containment sector) moving both clockwise and counterclockwise. Another phenomena related to rotational motion are known as *torsion fields.* These particular fields can propagate into both the past and future at velocities much greater than c.[89] Gonzalez-Mestres introduced a class of superluminal particles called *superbradyons* that would naturally exist in a superluminal sector.[90] In Figure 1 we can observe a black hole (left side of the diagram) and a white hole (right side of the diagram). Notice how different dimensions can flow in and out of these highly intense gravitational and levitational fields. Energy that flows out of a black hole is called *Hawking radiation.*[78] And because black holes now appear to be a two-way door into other regions of the universe, white holes are hypothesized to be as well. Cerenkov radiation would then be the visible energy flowing out of white holes. In this particular model, oscillation is the force that can open and close a *worm hole* (shown here in grey), which consists of a black hole at one end and a white hole at the other end, and represents a tunnel or passage into another part of the universe. Due to unstable nature of worm holes, there is a limited opportunity to pass through them before they collapse.[91]

Multiple Possibilities in Hyperspace

Figure 4 is another example of a 6D hypercube. After closer examination, it appears this hypercube contains numerous connecting 3D cubes that overlap. If only one of these 3D slices represents the domain of waking consciousness, then any of the remaining possibilities could potentially be experienced during such states as: dreams, day-dreams, reverie, hypnagogic, hypnopompic, etc. By picturing each of these 3D cubes as a unique membrane or bubble representing a particular world, this model can be viewed as a multidimensional universe or multiverse containing numerous 3D worlds to potentially experience. At every intersection (dot) could be a doorway or a worm hole, which would allow us the freedom to access any of these other parallel or alternate 3D worlds.

Much of the literature on shamans describes how they can access these other dimensions through holes and tunnels that tend to manifest in the ground or in the sky.[54] Since wormholes are believed to be highly unstable, it may be much more difficult to travel into these other dimensions with our PB. This may explain why shamans prefer accessing these holes with their EB while in a released SoC. Until we can figure out how to avoid being crushed by the powerful gravitational field of a black hole, and then stabilize the worm hole as we are traveling through it, it would be much safer for us to access these other worlds with our EB. Apparently the EB makes it through okay without much harm done. I presume that because the EB is nowhere nearly as dense as the PB, and has a much more dynamic structure which allows it to become many different shapes and sizes, this flexibility allows it to journey through the worm hole

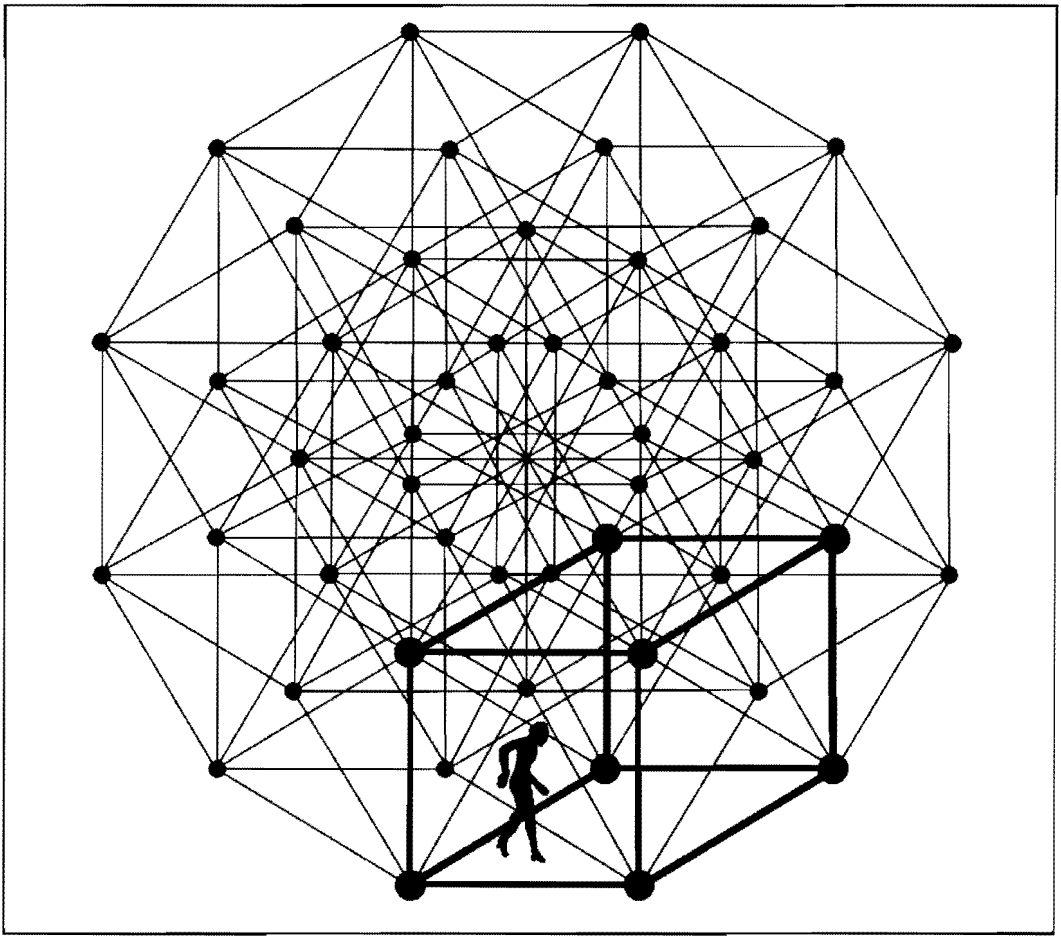


Figure 4. Within a 6D hypercube, the three spatial dimensions commonly perceived during waking consciousness are only one of the numerous 3D possibilities. In a multidimensional universe or multiverse, a wormhole or doorway could exist at each intersection (dot), giving us the freedom to access a plethora of 3D worlds. Hence any of these other 3D slices can potentially be experienced during a released state of consciousness.

quickly and safely before it collapses. If there is one particular loss accrued by accessing these doorways, it's the energy required to help us remember what happens in these other parallel or alternate worlds. This may explain why so many people have difficulty remembering much of the content or details of OBEs, and even dreams.

State Specific Sciences

According to Collins, "So if one wishes to understand a given state of consciousness one must explore that state from within, that is, one must enter or become that state during the time in which investigation is being carried out."[92] For thousands of years shamans have been consciously

exploring the universe through different states of consciousness only to discover that our world consists of more than three dimensions of space and one dimension of time. They have developed the use of different intangible (e.g. relaxation, visualization, contemplation, meditation, etc.) and tangible (e.g. drums, rattles, medicinal plants, etc.) technologies to help them reliably experience these other states of consciousness more specifically. The drum often symbolizes the "World Tree" the shaman needs to climb so as to reach the "upper world" (or descend to the "lower world") during the shamanic SoC.[93] Modern day researchers could use such tools to access these other dimensions more easily and successfully.

Looking again at Figure 3, we can map out some transitions of different states of consciousness. As the woman (on the right) normally shifts from a waking state into a hypnagogic state, she may still report experiencing some sensory input, but as she progresses into a released SoC, she will naturally begin to float or fly away from her PB while consciously in her EB (light grey envelope). Knowing that the force of gravity normally keeps her PB on the ground, and now embodied in a much lighter and less dense EB, she can easily move into these other spatial and temporal dimensions more freely. The further she travels away from her PB, the more her heart rate will drop off significantly as her brainwaves become slower and slower. Her PB will then experience the effects of deep sleep (e.g. delta waves). As she approaches the realm of dreams, her heart rate and brainwaves will begin to increase. Eventually she will consciously move into the dream state more fully and her brainwaves will show a pattern similar to her waking state. To leave the realm of dreams, she will need to transition into a released SoC once again and begin another journey.

Some possibilities that may help researchers better understand these bodily transitions are the hypnagogic and hypnopompic states. The hypnagogic state may provide us with some answers of how our conscious awareness shifts from the perspective of the PB to that of the EB. One hypothesis worth testing is whether the bodily twitch experienced while falling asleep or about to wake up is a true sign that one is consciously transitioning from one perspective to the other or vice versa. As a conscious shift occurs from the EB to the physiological, the hypnopompic state may provide us with some clues of this transition. A common symptom reported by many people is falling just before waking up. Perhaps this is just one example of how our EB returns to the PB from a released SoC. The measurements of *sleep spindles* and *K-complex*—two phenomena of brainwaves observed by researchers, may also be some possible indicators of how people move through hyperspace while in their EB.

As discussed in the previous paper, the importance of researchers becoming more competent in these other states is crucial. Researchers who are able to function well in these states could easily learn how to

gather information more directly by developing their skills. If having direct experiences results in more authentic knowledge or better ways of knowing, researchers will benefit immensely from taking this kind of approach. There are some organizations like the Monroe Institute that can offer training for anyone interested in becoming more skilled at experiencing a released SoC.

Regardless of the branch of science, the scientific method still needs to be applied by all state specific scientists when accessing these other states. However these methods may require some slight adjusting in order to measure the experimental data with more precision. If these methods are inadequate, newer scientific methods will have to be invented to fulfill this need. This model opens up a number of possibilities for other scientists to further study the nature of the world as conscious beings. Physicists who become more adept as state specific scientists could explore these other realms in search of deltrons, dark matter and dark energy. By conducting rigorous experiments while in a released SoC, they should be able to either verify or falsify the existence of these other more exotic energetic substances. Biologists could study the anatomy of the EB more directly by accessing a released SoC. While experiencing this state, they should be able to examine the anatomical structures (e.g. chakras and nadis) of the EB with more direct precision. Psychologists who become more adept as state specific scientists could access the released SoC for studying the behavior of different beings or entities within these other realms. Engineers could develop technological devices capable of measuring deltronic, gravitational and levitational fields. It would be interesting correlating the varying speeds/velocities of these fields with different emotional phenomena that are commonly experienced (e.g. feelings and moods).

Practical Applications

In the professions of health, fitness and wellness, this model can provide us with a multidimensional understanding of our bio-physical nature, ranging from the gross (physiological body) to the more subtle (emotional body). Health care practitioners could use this model to help guide their patients/clients through the healing process. Instead of viewing disease/injury as an isolated problem treatable with reductionism, this model can provide health care professionals with a more holistic explanation for helping their patients/clients heal more efficiently. By utilizing this model, practitioners can teach their patients/clients how to enhance their physiological, imaginal, and emotional dimensions more effectively, resulting in optimal health, fitness and wellness.

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