



ESSAY

The Interdimensional Universe— Part 2: Out-of-Body Journeys, Coordinate Points, and Crucial Observations and Experiments for Scientific Exploration

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ABSTRACT

This two-part essay addressed a two-part question: “If extraterrestrial life exists, then where are they?” and “Is interdimensional travel possible and, if so, how?” Drawing upon the insights of Jane Roberts’s philosophical psychology, the following thesis is advanced and defended: Alternate life planes and reality systems exist and make contact with the spacetime structure of our own physical universe at coordinate points through which non-human intelligent beings may travel that can be scientifically investigated utilizing both objective instrumentation and subjective tools. Part 1 examined evidence for the physical existence of unidentified aerial phenomena (UAP) and interdimensionality as a scientific/metaphysical hypothesis concerning their origin. Characteristic features of interdimensional planes and the mechanics of travel between planes were described. Part 2 continues the discussion by describing how interdimensional travel might be accomplished via out-of-body conditions of consciousness with the mechanical assistance of coordinate points and scientifically investigated. The essay concludes by examining the implications and applications that such an investigation can have for informing the study of other issues, anomalies, and fields of study.

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KEYWORDS

Fermi’s Paradox, interdimensional travel, out-of-body experience, electromagnetic energy, multidimensional reality.

If extraterrestrial life exists and is so common, then where are they? Given the probability that the human species is not the only intelligent life form in the cosmos (Bodin, 2014, Chapter 15), the question of where other intelligent life might reside is an important one in the fields of astrophysics and astrobiology (Davies, 1995)—even as the question “what is life?” (e.g., Can life be defined in the absence of a good theory of consciousness?; Bennett et al., 2022; Houran, 2025) and the issue of what intelligence is and how to assess it (e.g., Are animals, artificial intelligence,

and unmanned mission craft all intelligent in the same way? Barnes, 2012; Cleland, 2012) remain hotly debated. It is a question, famously known as Fermi’s Paradox, that takes on increasing scientific importance in light of public Congressional hearings on military pilots’ firsthand accounts of encounters with unidentified aerial phenomena (UAP; popularly known as “unidentified flying objects;” Sturrock, 1999) since evidence for one has a bearing on evidence for the other (e.g., <https://www.c-span.org/video/?529499-1/hearing-unidentified-anomalous-phenomena-uap>).

CONTEXT OF THE PROBLEM

Current knowledge of earth-based chemistry and biology would seem to indicate that there is no intelligent life similar to our own in our small solar system, although there may be non-human intelligence (NHI) existing in more remote regions of the physical universe that could theoretically be reached by interstellar travel. A trip made by a physical vehicle would certainly not be the most efficient way to make such a journey, however. Astronauts are severely hampered as far as physical space travel is concerned by the time element involved—it will simply take too long to get where they want to go (Bodin, 2014, Chapter 13).

The nearest star system of Alpha Centauri is approximately 4.37 light-years or about 26 trillion miles away. Traveling at the speed of a conventional spacecraft at 11 miles per second (e.g., Voyager 1), it would take an estimated 74,000 years to get there. This would be an impossible venture in the absence of exotic configurations of matter (e.g., stable Euclidean wormholes, black/white holes), nonordinary forms of energy (e.g., gravitons, virtual particles, antimatter, cosmic plasma), advanced propulsion technologies (e.g., super high-voltage, electromagnetic, electrostatic warp-drive energy fields), and a proper mathematical framework. If the expanding universe theory is correct, then the size of a physical universe that bloats and appears to be expanding in more or less empty space into nowhere, like an inflated balloon that grows forever larger, places both theoretical and practical limits on whether a space traveler could reach a remote object in a reasonable amount of time (e.g., less than 100 years) (Heyl, 2005).

As a result, scientists are looking for easier, if not more extravagant, methods. Travel to distant exoplanets (i.e., planets with certain conditions for life as we know it) via light beams is no longer out of the realm of possibility as new theories of the four-dimensional spacetime continuum give rise to proposals of faster-than-light travel based on certain mathematical equations underlying the equations of Einstein's special relativity theory (Parkin, 2018). Although the assumptions of Einsteinian general relativity do not allow for the existence of traversable wormholes under ordinary spacetime boundary conditions, some physicists believe that these constraints can be circumvented under certain well-controlled quantum states that make it theoretically possible to construct multi-mouth traversable wormholes for interstellar travel (Empanan et al., 2021). The question of whether cosmic signaling

using entangled particles is capable of transmitting information at the level of complexity that is needed to usefully communicate with distant civilizations remains an open issue (Kennedy, 1995).

STATEMENT OF THE PROBLEM

All this is much more complicated than it would seem, however. One part of the problem is that astrophysicists and astrobiologists do not precisely know where to go, how to get there, or what to look for in their search for NHI, except from the relative view of our own particular physical universe and species of consciousness (e.g., "What might it mean to encounter a consciousness unlike our own? Could we even recognize it?"; Houran, 2025, p. 276). As long as cosmological theories are only concerned with the observable physical universe, then they will be limited by those theories in the search for intelligent life. What one thinks of as physical transportation per se may be an idea that is valid and makes sense only within a universe of three-dimensional objects moving along the surface of a specialized fourth-dimensional spacetime framework.

It may be that our material constructions simply do not exist except within that relative perspective and that other types of constructions based on other kinds of sciences dealing with locomotion are used by other forms of life in other sorts of universes, but we will never find them in a spaceship. Given the theoretical and practical obstacles to conventional physical space travel imposed by special relativity (e.g., the speed of light, time dilation, prohibitive rocket fuel requirements), a new science of space travel may be required—one not limited to physical vehicles—that divests consciousness from the physical body for journeying from one remote galaxy to another in an out-of-body condition.

The other part of the problem involves the limits of human conception. Many contemporary discussions of consciousness tend to construe awareness and cognition as always being embodied in flesh (Shapiro, 2019) and that all experience is not only localized but also the outcome of microscopic electrical and chemical actions and idiosyncratic interactions of large neuronal networks within the brain (Uttal, 2011). Whether this is an accurate interpretation and appraisal of the facts remains a controversial issue (Cunningham, 2011; Nahm et al., 2017; Wahbeh et al., 2022). Many individuals, under certain circumstances, have spontaneously experienced "the subjective awareness that part or all of one's conscious



awareness is in a special location outside the physical body” (Neppe, 2011, p. 77)—a phenomenon known as an “out-of-body experience” (OBE) that has been extensively documented in databases at the OBE Research Foundation (<https://oberf.org/>), the Monroe Institute of Applied Sciences (<https://www.monroeinstitute.org/>), and the Near-Death Experience Research Foundation (<https://www.nderf.org/>).

The etiology of OBEs has long been a subject of debate (Alvarado, 1989; Blackmore, 1982; Cardeña & Alvarado, 2014; Metzinger, 2005). Part of the difficulty lies with OBE-like experiences that have dissimilar causes, contents, contexts, and phenomenologies being conflated, similarities being overemphasized, and differences ignored or overlooked, which has arguably given rise to incompatible theories, misleading deductions, and misinterpretations of what is experienced as an OBE. No single model, mechanism, or level of analysis—psychological, neurophysiological, pathological, or paranormal—is capable of unambiguously accounting for the full range or complexity of induction methods, precipitating factors, situational contexts, personality characteristics, phenomenological qualities, physiological involvements, and therapeutic consequences associated with OBE-like phenomena (Irwin, 1985; Sellars, 2018), especially their transpersonal meaning and transformative potential (Shaw et al., 2023). OBEs are extremely complex phenomena, and all experiences are highly individual (Moix et al., 2025).

OBE is a challenging phenomenon to scientifically study not only because of the complex character of the subject matter but also because many scientists tend to vigorously oppose the idea of its very existence and any philosophy that brings such a phenomenon into focus. While some scientists have begun to think seriously in terms of a “transcendent mind” (Barušs & Mossbridge, 2017) and “mind beyond brain” (Presti, 2018), such a possibility profoundly disturbs other scientists because it shatters the foundation of their philosophical stance. A self that is conceived of as a physical composition would never be able to project out of the body, much less survive bodily death (Martin & Augustine, 2015).

Unless OBEs can demonstrate definite consistencies that bring into focus a pattern of experience and content that can be checked through repeated observation in the experience of others, it is doubtful that modern orthodox scientific thinking will consider OBEs to be anything more than a private and personal daydream or hallucination, a neurotic aberration or an indication of incipient schizophrenia,

an imaginative fantasy or outright confabulation (Caruthers, 2018). This is why the pursuit of evidential data is so important, and the accumulation of reliable, reproducible, and verifiable collective observations through careful analytical experimentation is essential if the prospect of out-of-body space travel is to be seriously entertained by scientific communities.

STATEMENT OF HYPOTHESES

Drawing upon the philosophical psychology of Jane Roberts (1975, 1997-2002), I previously advanced and defended the *interdimensionality hypothesis* as one solution to Fermi’s Paradox: Intelligent life of an entirely different nature resides not only elsewhere within the physical universe as we know it, but also exists simultaneously outside of that framework in the same space as our own on other dimensional life planes and make contact with our own specialized spacetime continuum at points which serve as doorways through which NHIs may travel (Cunningham, 2025). If one is willing to temporarily suspend disbelief in such a possibility and curious enough to entertain, without necessarily endorsing, the proposition that certain UAP sightings may represent contact with visitors from alternate dimensions beyond spacetime as we know it, then the further question raised by Baker and Murad (2003) requires an answer: How do we locate and travel into these other “sequences of realities” or parallel universes in order to make UAP sightings less accidental and contacts with NHI more planned? This essay addresses that question.

On the present theory, any far-ranging space travel within our own physical universe or interdimensional travel between planes will involve mental rather than physical journeys and will be done through the projection of consciousness out of the body. By hypothesis, all such projections involve literally an extension of identity and self, only this time in realms where the physical body cannot follow, and the usual limitations set upon the self by the mental ego and physical senses vanish. There are no limitations to the types of projections that can occur, basically speaking, for there are no limitations to the self and an out-of-body projection is an extension of the self.

INTERDIMENSIONAL TRAVEL IN THEORY AND PRACTICE

The argument advanced and defended is this: Although our species may journey within our own relatively isolated solar system using physical vehicles, any efficient large-scale expedition and effective breakthrough in space travel



beyond it will involve mental travel utilizing what could be called “conscious energy transference” facilitated with or without the mechanical assistance of those points where other interdimensional life planes coordinate and meet our own. Mentally, we can cut through time and space in a way that physically we cannot. Further questions naturally arise: How might such a possibility be investigated? What sort of ideal study could be designed that would put the hypothesis of intergalactic and interdimensional travel in an out-of-body condition to the test of personal experience, scientific experiment, and further development? This issue is addressed next.

Participants

Intersystem travel, if it is to become practical at our end, will require the training and development of out-of-body abilities to a very high degree. One way to begin is to utilize purposive sampling instead of random or convenience samples and draw upon the developed talents of individuals who are already capable of subjectively experiencing high levels and intensities of classic out-of-body perceptions, insights, and affect (i.e., lucid perception of one’s own body as if from a distance, clear understanding of the self as existing completely outside one’s body, strong emotional impact and vivid sense of the reality of the experience, and personal meaningfulness of the epistemic content conveyed during the OBE; Gabbard & Twemlow, 1984; Sellars, 2017). Screening questions could assess for personality traits related to OBE identified by prior research (e.g., capacity for dissociation, attentional absorption, hypnotic susceptibility, imaginative involvement, curiosity, paranormal belief, transliminality, openness to experience; Gow et al., 2004; Myers et al., 1983; Parra, 2018).

By hypothesis, the extent of interdimensional travel is determined by one’s ability and, as a rule, excursions will be along the lines of one’s own development. If one’s curiosity and creative abilities make the personality flexible enough so that learning can take place, then one is in a good position to consciously explore the experience of an out-of-body condition. The idea is to remember that the same resources which serve so well in daily life—an intelligent, curious, and reasoning conscious mind; a strong, confident, and flexible personal ego; disciplined effort balanced with creative spontaneity—are needed in such explorations. If one has faith in oneself, is fairly competent and content with one’s life, curious and open to new ideas, and not overly dependent on specific religious or scientific dogmas for explanations of what one experiences, then

one should have little difficulty and no artificial difficulties need occur.

What will be required is a partial letting go of ego defenses and inhibitions in a personality structure that has a strong yet resilient framework and is capable of temporarily dispensing with its boundaries to allow a secondary center of consciousness (or what could be called the “inner self” that is beyond ego) its freedom, yet strong enough to spring back and maintain conscious control over sensory experience in order to communicate what was experienced. The main obstacle to gaining the information that one seeks is *fear*—fear of the unknown, fear of losing control, fear of being lost in or subjugated by the experience, fear that one might die or be unable to return to the body. Yet as Monroe (1977) reminds us, “unknowns are feared only as long as they remain so” (p. 105). The ultimate goal is to learn that it is possible to maintain use of the here-and-now awareness of the conscious mind freed from the encumbrances of the egoic self and sensory input of the physical body following a prerequisite tuning-in of consciousness.

Repeated experiences with OBEs through intentional practice and self-experimentation can help dissolve the fear barrier. Head-mounted virtual reality (HVR) technology could be helpful in this regard. Portable VR devices have been used to artificially induce a variety of body-ownership illusions and dissociative-like experiences resembling an OBE (e.g., feelings of detachment from one’s body and observing it as if from a distance; Bourdin et al., 2017; Chen et al., 2024; Martial et al., 2023; van Heugten-van der Kloet et al., 2018). They offer a promising experiential learning tool for introducing OBEs to potential *psychonauts* (after Grof, 2019) who are new to the idea of self-awareness existing outside of the physical body and transforming what may be initially a strange and frightening experience into a more familiar and normalized one. Skill in communicating during and after OBEs could be developed through training in the use of both concurrent and retrospective verbal reports (e.g., Ericsson & Simon, 1984) and in learning how to speak while in an alternate state of consciousness without disrupting the out-of-body condition (Cunningham, 1986).

Induction

In addition to the use of experimental protocols already designed to elicit reliable, reproducible, and verifiable OBEs under controlled laboratory conditions (e.g., Osis & McCormick, 1980; Tart, 1998), other theoretically grounded



and ecologically valid techniques for facilitating interdimensional consciousness travel and NHI communication could be put to the test of experience and experiment (e.g., Buhlman, 1996; Hollier, 2023; Monroe, 1977, 1985; Vieira, 2023). These would include hypnotism, psychedelic drugs, and magnetic stimulation of the brain.

Hypnotism

The very simplest and crudest but still to be adopted method for eliciting an out-of-body condition would be *hypnotism* (Terhune & Cardeña, 2009). Structured protocols for cultivating hypnotically induced OBEs augmented by trance channeling states of consciousness may prove particularly effective (e.g., Pederzoli & Tressoldi, 2018; Pederzoli et al., 2020; Wahbeh et al., 2025, Appendix). A self-projection can be attempted by inducing a medium trance in whatever way one chooses (e.g., self-hypnosis with indirect, permissive suggestions) or when one already feels pleasantly physically drowsy. Eventually, the use of other methods divested from hypnosis could be used, involving certain mental disciplines (e.g., meditation) and psychotechnologies (e.g., sensory deprivation, ganzfeld stimulation, Monroe techniques, dream control) that permit the perception of data free from the camouflage distortion of the physical senses.

Psychedelic Drugs

Another method for catalyzing an out-of-body condition suitable for interdimensional travel draws upon the chemical assistance of *psychedelics* (Nichols, 2016; Roberts, 2019). The chemical doorway is indeed a doorway. On the present theory, there is a class of drugs related to the alkaloid family of chemical compounds (e.g., tryptamines, phenethylamines, lysergamides) that release certain barriers which stand between the material body and its more mental forms. By hypothesis, the chemical used will largely determine the systems that may be explored. The effects of these drugs would seem to be hallucinatory but would represent quite valid journeys into other realities.

Reported encounters with a variety of NHI beings following ingestion of the substance N, N-Dimethyltryptamine (DMT), for example, are instructive and explainable within the framework of an interdimensional universe construct (Lawrence et al., 2022; Strassman et al., 2008). DMT entities are commonly experienced as having their own subjective existence and being aware of their world within the context of a generalized reality orientation that is different

from our own (Davis et al., 2020). To reject without further consideration the possibility that such shared experiences may offer collective evidence for the existence of a “tryptamine” dimensional plane may be unjustifiably discarding an inference to the best explanation of the data that better fits accounts of the experience than explanations which eliminate the psychical element of consciousness entirely from the causal nexus. The prevalence, vividness, intensity of phenomenology, and strong self-validating sense of facticity and realism of entity encounters that are catalyzed by this and other psychedelic drugs arguably count as evidence for the face validity of such encounters (Grof, 2009; Luke & Spowers, 2018).

One drawback with the psychedelic approach is that the electromagnetic and chemical changes brought about by such outside agents as drugs, to some degree, rob the traveling consciousness of its usual directive abilities because the changes occur before the traveling consciousness has had time to gather itself together and is not as psychically organized as it is in OBEs without drugs. Consciousness on its own has a larger choice and more maneuverability in a drugless experience because it brings about the chemical and electromagnetic changes itself as it travels, the chemical changes being byproducts of the mobility of consciousness rather than the catalytic action of the drug.

Transcranial Magnetic Stimulation

Another possible method for assisting in the induction of an out-of-body condition suitable for interdimensional travel involves the application of Transcranial Magnetic Stimulation (TMS). The effect of TMS on body perception remains a controversial issue (Daltrozzo et al., 2016). Case studies involving the application of direct electrical or magnetic stimulation to certain areas of the right hemisphere of the brain (e.g., motor cortex, temporo-parietal junction) indicate that such brain stimulation is capable of both inducing and disrupting the production of OBE-like mental imagery (e.g., disembodiment, autoscapy) and bodily sensations (e.g., floating) in some individuals (e.g., healthy volunteers, patients with epilepsy or intractable tinnitus) (e.g., Blanke et al., 2005; De Ridder et al., 2007). Other research demonstrates a heightened sensitivity of the right hemisphere to ambient magnetic and geomagnetic activity during experimentally applied TMS of the right-hemisphere (Mulligan et al., 2010) which, in turn, has been positively correlated with reports of successful out-of-body projections (Persinger, 1995), feelings of a “sensed presence” interacting with one’s own self (Booth

et al., 2005), and telepathic and apparitional experiences (Persinger & Schaut, 1988).

The precise meaning of this neurophenomenological profile, however, is uncertain. It has led some investigators to conclude that all OBEs are simply complex pathological illusions caused by impaired visual body processing in right temporal-parietal regions of the brain reflecting a failure to integrate proprioceptive, tactile, and visual information of one's own body that results in the production of deficient body representations by the different sensory systems (e.g., Blanke & Thut, 2007). Whether such appraisals of OBE-like experiences are an artifact of the experimental designs utilized, can adequately account for the neurological underpinnings of chemically- and hypnotically induced OBEs, or lead to a methodology that can reliably elicit reproducible and verifiable OBEs that are characterized by classic out-of-body phenomenology remains to be determined.

Separation

Whatever the technique used, after a suitable state of consciousness is induced, a separation of self-consciousness from the body can then be attempted. The preliminary exercise described by Roberts (1997-2002, Vol. 6) is illustrative. One examines one's own subjective feelings until one finds recognition of one's inner self—that is, a recognition of oneself as distinct from the fleshy body in which one resides—and imagines this self-rising upward with an internal sense of movement. As one gently shakes oneself loose from side to side, at a moment, one feels oneself, one's identity and consciousness, withdrawing from the body. Suggesting that the body will be well protected and comfortable, one forgets the physical body and what one is to do with it and wills oneself out in a quick motion.

If the separation process is successful, one will lose contact consciously with the physical body and instantly find oneself in what has been called the subtle body, psychic body, astral body, or "Second Body" (after Monroe, 1977, Chapter 13). The Second Body is an *idea form* with which people are most familiar during their experience of ordinary dreaming. The dream body strikes one as being physical in shape, though one can do things with it that one cannot do with one's physical body. Some sort of body is always adopted as a mental vehicle because people generally cannot think of identity without some kind of physical body—which is one reason why mediumistic and channeled communication from discarnate personalities is so difficult to accept as real.

Exploration

Once separation occurs, during the "time out" period and utilizing the body's atoms and molecules as stepping-stones to a given destination, the psychonaut re-forms their body image on another plane in camouflage form. Having a form somewhere between matter and nonmatter, the projecting body possesses an atomic structure, but one less complete and more diffuse than the physical form. Within the physical system, the projected form would manifest as a kind of pseudo-image that sets up small physical disturbances whose electrical properties can be sensed by animals. Within other systems, projected consciousness may appear as an apparition in a non-solid form in the same way that a cloud is not solid and yet has a shape and, to a certain extent, boundaries and movement. In basic terms, the body does appear at a new location but does not travel between two points as a physical vehicle might do. One is simply operating in a different dimension where time, as we know it, is simply ignored as an element. By hypothesis, it takes no time for one to journey using the instantaneous mobility of consciousness.

Although Monroe (1977, 1985) does not make this distinction, several different nonphysical body forms will be adopted which are adapted to meet the particular requirements of the nonphysical environments in which they are used, and that can be a tip-off as to the interdimensional plane in which one finds oneself and the rules that apply. One may begin a projection in one form and then project it to another (Tressoldi et al., 2015). For far journeys within other reality systems, a number of transformations in body forms must and do take place, since the physical connection will only allow one to go so far. All forms are equally real, even though they do not exist in a manner that physically oriented science endorses as real, and they operate on interdimensional planes that, as a rule, cannot be perceived using exterior senses which have evolved only to perceive physical reality.

Operationally, teams of OBE adepts, acting independently, would make the transition from an interdimensional contact point on plane A of our own physical universe to a contact point on plane B of scientific interest, collect the observations that are wanted, and then transit back to communicate their findings. Tart's (1975, 1997, 2008) state-specific sciences paradigm grounded in the essential principles of science—that is, objective observation, consensual validation, logical theorizing, and observable consequences leading to testable predictions—would be one



scientifically sound approach to correlating the data that has been obtained utilizing various “contact modalities” (Hernandez et al., 2018).

Telepathy, Dream States, and Time Travel

Exploration can proceed in any number of directions, and modes of NHI contact and communication can occur in any number of ways. Swann (2020) and Ibison and Hathaway (2011), for example, provide accounts of the ostensible use of telepathy as a means of making contact and communicating with NHIs who exist within what could be called the “horizontal” level of our own physical universe. By hypothesis, telepathy will enable our species to make its first contact with alien intelligence, but it will not at first be recognized as such largely because the existence of psi (or inner sense perception) as a mode of communication continues to be a matter of debate (Cardeña et al., 2015; Krippner & Friedman, 2010; but see Cardeña, 2018; McLuhan, 2010; Radin, 2013). Because the human species is so reliant upon a physically oriented, sensory-dependent mode of waking consciousness, telepathic contact with such intelligence will be a startling discovery.

On the present theory, it is possible for an individual in some dream states to visit other planetary systems. Contact with NHIs via out-of-body encounters is more feasible in the dream state where the human species’ natural fear reactions would be somewhat minimized and the danger of attack to visitors far less. Such visits are usually spontaneous and fragmentary at the present time, and it is perhaps best that they remain so, since there are many difficulties involved and because it takes a good deal of competence to operate with any real effectiveness within these situations in an out-of-body condition (e.g., Monroe, 1977, 1985).

The question of whether a person can travel into the past is not only a philosophical one, but also a question of physics (Arntzenius & Maudlin, 2002; Krasnikov, 2018; Toomey, 2007). On the present theory, moving into one’s own future and into the past occurs regularly, though not always with awareness. The curtain between the present and the past is only an apparent division between planes through which beings who reside in other reality systems have also come—sometimes on purpose and in a planned way and sometimes completely by accident—usually being invisible to inhabitants of our plane. In some cases, human beings who quite accidentally blunder into the apparent division between one plane and another while in an out-of-body condition may actually fall into the apparent past, invisible to the people of the past they visited.

CRUCIAL OBSERVATIONS AND EXPERIMENTS

Theories of OBE—whatever their source—will always retain an element of speculation and remain difficult to test through intersubjective observation. What about Roberts’ theory of interdimensional consciousness travel? Does it connect with other related observations and theoretical frameworks? Does it have observable consequences that lead to testable predictions? On the present theory, certain electrical fields will make themselves known when they are being crossed at the very point of departure and return in an OBE that would be reflected in particular patterns of physiological data (e.g., muscle tone, pulse rate), brain wave activity (Facco et al., 2019; Persinger, 2010), electrochemical activity (e.g., galvanic skin resistance), and psychological processes (e.g., awareness, intention, memory). Such interactions of consciousness and the physical body are obviously possible and inherent in the body structure; otherwise, they would not occur.

Consciousness could not leave the body and return to it again unless there were a system of physical properties, biological mechanisms, and psychological states that allowed such a performance. On the present theory, if life in the body is to be maintained within the framework of physical existence on the Earth life plane, then the main consciousness must return to it. This does not mean that consciousness is dependent upon the physical organism but that the physical organism is dependent upon consciousness. Although the body is not lifeless, if an out-of-body projection is successful, then one’s self-consciousness simply will not be in it, and the body’s maintenance will be controlled and guided by the generalized consciousness and condensed knowledge of its individual cells and organs.

Electrochemical

The physical body is maintained, yet certain changes must come about in the physical organism before projection can occur that are the result of certain electrochemical activity. By hypothesis, the excess chemicals that usually build up as a natural byproduct during periods of waking consciousness in daily life and that are released through sleep and dreams constitute an important propelling force for out-of-body projections in interdimensional travel. Yoga exercises, when faithfully executed, allow a person to draw a superabundance of energy that results in chemical excess, which also can be utilized in projections (Radin, 2013). Because one is literally traveling from one life plane

or reality-energy system to another, a strong propelling action is required, and this chemical excess provides that fuel. The chemical excess built up during the day that provides a fuel for OBEs is ordinarily used in the dreaming process, which is one reason why conscious projections happen rarely from the dream state.

On the present theory, the best times to try projections when a more than normal amount of this chemical fuel accumulates and is released include periods of exuberant energy and well-being, intense activity of a mental nature, momentary indisposition when the dreaming process may be blocked, and the period just before the menstrual cycle. For various reasons, the period of the full moon is most beneficial. A small amount of sugar or starchy food can be helpful before conscious projections due to a "thinning out" of certain molecules in a form not normally seen. Citrus fruits are an aid because of the acid, which has electrical properties. The drinking of pure water also facilitates projections. Alcohol may be of some benefit, though not to any great degree. Certain temperature conditions are predicted to facilitate projections. A cool body temperature and a room temperature between 73.8 and 75.10 are helpful, whereas high humidity and too-warm weather are detrimental. This has to do with electrical currents about the skin, sweat on the body, and the saline composition of the body at various times of the year.

Physiological/Neurological

Physiologically, a strong infusion of adrenaline, an increase in thyroid gland activity, and a rush of sex hormones are predicted to occur as projection is achieved. The rapid eye movements usually observed in the dream state cease entirely. The normal muscular activity that occurs in sleep also vanishes as the physical body enters a deep trance state that may be masked by sleep if the projection occurs from a dream state. After projection is accomplished, there is a marked decline in this chemical activity and hormonal action, and a drop in body temperature and blood pressure. There is also a minute difference in the physical body's normal weight. According to the intensity of the projection and depending on the systems visited, the physical body becomes more or less rigid when consciousness returns to it.

Neurologically, the intuitive right-hemisphere functions of the brain are predicted to show greater activation during the travel period itself when the non-physically oriented portions of consciousness are absent from the body. The physically oriented left-brain portions of consciousness

that remain with the body would display less activity. This bifurcation of consciousness would be reflected in oscillatory activity between the left medial prefrontal cortex and angular gyrus in right temporal-parietal junction regions of the brain when the individual is projecting (Bünning & Blanke, 2005; Zeev-Wolf et al., 2017).

By hypothesis, conscious projections are more easily executed when the body lies in a north-south position (i.e., head facing *magnetic* north). The reasoning parts of the brain can work most efficiently along with the intuitive portions of the self when the physical body is in that position. Utilizing a magnetic compass to confirm optimal north-south orientation, the whole organism operates more effectively, generally speaking. This has to do with the magnetic properties of the molecules of the body and their more efficient alignment with the Earth's magnetic field flux lines. Whether these hypothesized facilitative effects are due to the presence of coordinate points where interdimensional planes meet at the Earth's north and south magnetic poles (i.e., where the planet's magnetic field flux lines converge) remains to be determined.

Psychological

On the present theory, spontaneous out-of-body projections happen more or less constantly to every person, even while awake. Conscious projections (i.e., projections of which one is self-consciously aware) do not occur with any frequency, however, as far as a large percentage of the population is concerned. An almost automatic determination must be set up if projections with conscious awareness are to be anything but rare oddities. Waking consciousness only participates in projection, as a rule, when one is in a period of high vitality and exceptional health and projections are spaced out in alternating periods of activity and quietude and rest. On occasion, the waking consciousness does participate during very depressed periods, although generally speaking, very high energy is needed in order to maintain the overall stability of the experience. Whether or not projections are conscious, they occur in any case, and the personality learns from them.

A projection may make little impression upon waking consciousness unless the personal ego is taken along as far as it can go so that the person's reasoning mind is able to translate the OBE at least in part and later serve as an interpreter. Without such translation, the conscious mind will not be able to contain the data, and the traveling consciousness will have little memory of the experience since much of the experience would remain uninterpreted. One's



critical faculties should be used when projecting but should not be emphasized too strongly; otherwise, the OBE will be terminated. There is a point where the personal ego will be left behind, but each time it will go further.

The importance of conscious projections in interdimensional travel and effective NHI communication raises the question of whether training in conscious control of one's dreams (i.e., lucid dreaming [LD]) is an effective method of OBE training. OBE and LD share important similarities (e.g., control over a non-material environment, self-awareness, subjective feeling of existing apart from the physical body; Mallett, 2025). The use of eye movements as a time marker to signal the onset of an OBE from the dream state, if reliably established, would represent an important methodological development in the science of out-of-body projectiology (Weiler et al., 2025). OBEs are not simply LD dressed up in different clothes, however (Weiler et al., 2024). On the present theory, OBE and LD are different kinds of experiences that involve a different chemical process, state of consciousness, phenomenology, and behavioral indicators, as well as a wider range of sensory and memory experiences and a conscious recognition not that one is dreaming but that one is *not* dreaming (Gallo et al., 2025).

As documented in Monroe's (1977, 1985) longitudinal case study of his personal journeys out of the body, a "Second Body" OBE involves another frame of reference with a different kind of organization than that of either normal waking consciousness or dreaming. OBEs deal with non-material environments and realities in which the durability of images is far different than in the dream state. One is much more aware of the shifting guise of materialized images and of the mental energy that gives all objects their existence. The person, to some degree, has to learn conscious control amid a conglomeration of energy forces that have no objective form and work through the challenge of interpreting the reality of events of which one is a part and that are layered over with one's own personal private symbols without taking those for the "real" environment.

COORDINATE POINTS—WHERE THE MULTIDIMENSIONAL UNIVERSE MEETS OUR OWN

By hypothesis, when out-of-body interdimensional travel becomes truly practical, it will come along these lines and tap into the generalized consciousness and

condensed knowledge of the atoms and molecules of the body powered by the catalytic action of consciousness. This development, however, remains only a probability rather than immediate possibility. Egoic fear of its own deep subconscious is all that holds the species back. Once the fear barrier is deconditioned through greater familiarity with OBEs and the powerful motive force of curiosity is allowed free rein, then a technological way of making interdimensional travel possible may very well be worked out with or without the mechanical assistance of *coordinate points* where other "reality-energy systems" (Monroe's term) impinge upon the spacetime framework of our own physical universe.

There are different types of coordinate points. There are absolute coordinate points where all realities coexist, overlap, and coincide with one another; main coordinate points that are mathematically pure sources of enormous energy; and subordinate coordinate points that are vast in number. Coordinate points—absolute, main, and subordinate—form a part of every life plane, reality system, and existence field and, because there are no closed systems, within any given set of coordinates there will be others. These points of "double reality" have an electromagnetic structure and exhibit physical effects that can be detected using both objective instrumentation and subjective tools in those regions of space—both on and off the planet—where the interdimensional environment is strong. As the Earth is moving through the solar system, for example, the planet will encounter coordinate points in interstellar space. It is very possible that one might end up in what one intends as a physical space venture only to discover that one has traveled to another plane, though at first one will not know the difference.

By hypothesis, coordinate points represent rifts in our four-dimensional spacetime continuum that serve as entry and departure portals through which NHIs may travel from one reality-energy system to another. Some of these rifts are geographic, but in all cases a tuning-in of consciousness is a necessary preliminary, and travel from the Earth life physical plane to a different reality-energy system can generally only be made in an out-of-body condition. Coordinate points, besides having an electromagnetic structure, are also something like living subjective projections that take up no room and are more like an emotional state than a specific geographical location. Coordinate points would have a physical aspect and a nonphysical aspect, in those terms.

Nature and Function of Coordinate Points

As electromagnetic structures, coordinate points can be likened to dark matter/dark energy and act as natural energy generators and accelerators that amplify the highly charged vital energies necessary for the continuous creation of matter in the physical universe (Friedman, 1994, Chapter 15). Acting as additional energy sources for the physical system and serving as channels for pure energy to flow from one life plane or reality system to another, coordinate points generate ever-so-minute alterations of gravity forces. Their existence can be inferred on the basis of indirect evidence of other things that are observable and can be mathematically deduced. Physicists are predicted to stumble upon the mathematical probabilities involved in the existence of coordinate points and similar interdimensional rifts in their attempt to obtain more data about black holes related to an idea connected to Einstein's general and special relativity theories (Alexander & Hickox, 2012).

By hypothesis, coordinate points have somewhat the same qualities as miniature "black holes" and "white holes" but with one important exception: The white hole is *within* the black hole. Unlike conventional white holes (Haggard & Rovelli, 2015), this white hole is the exit of a black hole, not at a different part of the universe but in the same spacetime coordinate as the black hole. No wormhole, in the usual sense of the term, is thus required to connect two different points or planes to the same coordinates of different dimensional planes. They are two united, not separate, interior regions of maximally extended spacetime. The black hole portion of coordinate points is the attractor and collector of mass-energy. From the region of the white hole, space and time are continuously created.

Acting as something like living subjective projections, coordinate points tap into the electrical and chemical energy of intense thought and emotion. This energy is drawn into and through these coordinate points, momentarily disappears, and becomes immeasurably accelerated on another dimensional plane. Drawing additional energy from other systems, the original mass-energy is changed by intensifying the points of pure energy within it, including those properties of matter familiar to physicists, revitalizing the electromagnetic nature of the atoms and molecules involved. The accelerated, magnified energy is then directed back into the physical plane, returning through the same coordinate point via the white hole at the same location of the black hole from which the energy formerly came. A physical vehicle, such as the modern-day

spaceship, could never survive that kind of exit and reentry from the physical system and is one reason why future space travel will likely require the use of nonphysical rather than physical transportation vehicles.

CRUCIAL OBSERVATIONS AND EXPERIMENTS

All this is fine in theory, but is it an accurate representation of the facts? Up to this point, the prospect of out-of-body interdimensional travel utilizing conscious energy transference with or without the mechanical assistance of coordinate points remains only the most speculative of theories and what Baggott (2013) called "fairy-tale physics" (i.e., a highly speculative physical theory not yet grounded in empirically verifiable data). Where does one begin to look for empirical evidence that these hypothesized coordinate points actually exist? What can one observe and measure once an area of possible coordinate point activity has been identified? These questions are addressed next.

Where to Look: Databases of Recurrent UAP Sightings

Since coordinate points are hypothesized to be localized regions where UAP are presumed to enter and exit the spacetime framework of our physical universe, one place to begin the search for their location would be authoritative UAP databases that document sites of recurrent UFO activity (e.g., three or more sightings in the last 60 years). UAP databases to consult might include the Allen Hynek Center for UFO Studies (<https://cufos.org/>), Mutual UFO Network (<https://mufon.com/>), National Aviation Reporting Center on Anomalous Phenomena (<https://www.narcap.org/>), National Investigations Committee on Aerial Phenomena (<https://nicap.org/>), National UFO Historical Records Center (<https://nufohrc.org/>), and National UFO Reporting Center (<https://nuforc.org/>).

Using information contained in the National UFO Reporting Center online database, for instance, Coumbe (2023) analyzed the distribution of UAP reports per capita in the United States and concluded that "the average person reports more UFOs in the northwestern and northeastern states than in the central states, far from the coast" (pp. 98-101). Teodorani (2009) pointed out that such data points almost always refer to the position of the observer who saw the UAP and not the actual position of the UAP that was observed. Given this caveat, UAP/UFO databases and maps (e.g., <https://uapsightings.org/database/>; <https://nuforc.org/map/>) could be used to pinpoint best probability target areas of strong coordinate activity.

Prime target areas to begin investigations would be locations where thorough witness interviews and on-site monitoring operations have already been conducted that are supported by photography, radar, video, and other physical evidence.

Teodarani (2024, Table 1) identified locales around the world where recurrent UAP-like phenomena occur that may represent areas of strong coordinated activity. These include Argentina (Capilla del Monte and Victoria, Entre Ríos), Australia (Boulia), Brazil (Colores), Italy (Caronia), Norway (Hessdalen), Romania (Hoja Baciú), and Russia (Molebka M-Zone). The anomalous luminous phenomenon known as the “Hessdalen Lights” that recurs in the Hessdalen valley in Central Norway and at other global locations, for example, could be an effect of *angles* formed by two or more coordinate point energy sources (Teodorani, 2004).

On the present theory, geographic regions of strong coordinate activity in the United States would include areas on both the West Coast (e.g., Mount Shasta, Malibu, and Topanga Canyon [CA]; Yakima reservation [WA]) and the East Coast (e.g., Pine Bush and Hudson River Valley [NY], Brown Mountain [NC]). Southern locales (e.g., Gulf Breeze [FL], Marfa [TX], Quapaw [OK]) and southwestern regions (Sedona [AZ], Taos [NM]) are other target areas. Midwestern states such as Utah (Uintah Basin) and Missouri (Piedmont) and areas around the Great Lakes and Chicago and Minneapolis would be other locations. Teodorani (2009) identified the well-investigated area of Pine Bush and surrounding regions of the Hudson and Wallkill River Valley as “the most important ‘area of probability’ for UFO sightings” in New York state and surrounding Connecticut (p. 50).

The Hudson Valley in New York state, for example, has been the subject of scientific study over several decades (Hynek et al., 1998; Polise, 2005) and geophysical data are already available to guide investigations (e.g., magnetic and gravitational field anomalies, fault lines, seismic/volcanic activity; <https://worldwind.arc.nasa.gov/>). The town of Brewster and locations in Putnam County—including regions between the towns of Kent Cliffs, Putnam Valley, and Carmel, and the isolated area in southeast New York called Reservoir Road and nearby upper and lower Magnetic Mine Roads—would be promising target areas for further study in that respect (Imbrogno, 2008, pp. 124-135). Knowing the precise locations of possible coordinate activity within a radius of 10-50 square miles at other locations of recurrent UAP sightings is a topic awaiting further research.

Geophysical Indicators

In addition to locations of recurrent UAP sightings, natural geophysical anomalies that currently resist scientific explanation can also inform the identification of possible areas of strong coordinate point activity. This would include the non-seismic pre-earthquake phenomena reported by Freund (2003), such as

the bulging of the Earth’s surface, changing well water levels, ground-hugging fog, low frequency electromagnetic emission, earthquake lights from ridges and mountain tops, magnetic field anomalies up to 0.5% of the Earth’s dipole field, temperature anomalies by several degrees over wide areas as seen in satellite images, changes in the plasma density of the ionosphere, and strange animal behavior. (p. 37)

Magnetic anomalies in the proximity of stone chambers and standing stones throughout the US northeast may also be a sign of coordinate point activity (Imbrogno & Horri-gan, 2005).

By hypothesis, anomalous weather phenomena on land (e.g., mini tornadoes, dust devils, ball lightning) and at sea (e.g., waterspouts, swirling clouds, electrical storms) are magnified in the neighborhood of angles formed by coordinate points. Given the anomalous weather phenomena and magnetic field dynamics displayed at the Earth’s polar regions (i.e., highly charged electromagnetic properties, periodic geomagnetic pole reversals, wavering of gravitational forces, drift of the magnetic North pole, and variability in the angle of magnetic and true North over time; Turner, 2011), the possibility that the Earth’s north and south magnetic poles constitute main coordinate points is a reasonable conjecture under the present theory.

Other indicators of strong coordinate point activity are more qualitative in nature. Material structures have greater stability in these areas than in others, such that roads and buildings last longer (e.g., the pyramids in Egypt). Plants grow and flourish better (e.g., Findhorn community in Northern Scotland). Potential for both constructive and destructive elements (e.g., illnesses, natural disasters, tornadoes) is high in a quite neutral manner and becomes more fertile in these environments. Particular health patterns (e.g., skin irritations, severe headaches, fainting spells, dizziness) are intensified in the neighborhood of the angles formed by coordinate points. All of the world’s great religions have their origin near the locations of major coordination points (e.g., Jerusalem, Mecca, Rome).



The Physics of Coordinate Points

Once a general area of suspected coordinate point activity has been identified for further scientific exploration, the next step would be to more precisely pinpoint the specific location of the coordinate activity using both objective instrumentation and subjective tools. By hypothesis, coordinate points are electromagnetic structures composed of packets of pure energy called “electromagnetic energy units” (EE-units) (see also <https://sethcenter.com/glossary-term/electromagnetic-energy-ee-units>). EE units do not generally follow the known laws of matter (e.g., laws of entropy do not apply), although they may mimic those laws, and possess the following characteristic features:

- **Electromagnetism and Gravitational Force**—EE units are free-wheeling electromagnetic structures that generate a highly charged electromagnetic field. They follow certain laws of magnetism (e.g., laws of attraction and repulsion) and possess both positive and negative charges. It is in terms of weather that their electromagnetic effects appear most clearly. EE units also generate ever-so-minute wavering of gravitational forces. Space “puckers” and “wrinkles” and seems to disappear in a manner that can be compared to a compression or crumpling up of electrically charged air.
- **Mass**—EE units have imaginary mass. Like massless neutrinos, EE units can pass through ordinary matter without detection. Like the hypothetical tachyon particle, EE units can travel backward in time. Unlike tachyons that can only travel faster than the speed of light, however, EE units are capable of slowing down below the speed of light as they approach the physical life plane and “explode” into the varieties of elementary matter particles and energy forces familiar to physicists. No two EE units are identical. It is impossible to detect single EE units, although they can combine into larger units whose effects are detectable.
- **Relative size**—EE units are physically minute in size to an extreme and smaller than any particle of which physics knows so far. Molecules would appear as large as planets to EE units, and there are many millions of them in one atom. The activity of atoms and molecules quickens as they approach EE units, while the relative distance between the atoms and molecules remains the same.
- **Variability**—EE units are continuously pulsating, oscillating, expanding and contracting, changing intensities and shifting polarities constantly. Each pulsation

of energy has a very brief “life” and flickers on and off too fast for the relatively slow human sensory system to be able to detect their ceaseless coming into and going out of the physical field, although at some time in the future scientific instruments may discover this interval.

- **Qualia**—EE units are absorbent and have thermal properties. They possess color and sound values outside the range of ordinary human vision and hearing.

These attributes of EE units have heuristic value in furnishing information to guide the selection of objective instrumentation and subjective tools for detecting areas of strong coordinate point activity (Friedman, 1994, Chapter 3).

On the present theory, because coordinate points are something like living subjective projections as well as electrical structures, the concentrated energy of EE units that compose them is activated by any emotional feeling or thought of sufficient intensity with which they come into contact, intensifying whatever activates them in a quite neutral manner, regardless of the nature of the feeling or thought—only intensities matter. It is the intensity of an emotion and concentrated focus of a thought that governs the relative strength of EE unit magnetic structure, rate of pulsation and shifting of magnetic poles, and power to attract, repel, and combine with other EE units. When of high enough intensity, EE units activate a coordinate point and, in turn, are themselves further activated and sensitized into further action by virtue of the proximity of the coordinate point. The energy remains dormant until then and cannot be activated physically, only opening up when concentrations of energy build up within the physical system.

What to Observe and Measure: Objective Instrumentation

By hypothesis, EE units represent a high-energy phenomenon capable of being distinguished from ordinary background energy phenomena by virtue of their electromagnetic (EM) frequency disturbance and high energetic particle emission. Because coordinate points are hypothesized to straddle ordinary and nonordinary spacetime and take on the camouflage appearance of the plane they contact, it will be a challenge to sort out spatial and temporal entanglements that unavoidably couple ordinary electromagnetic and anomalous EE unit activity (Dibble & Tiller, 2011). It is possible that what appears to be advanced UAP technology that defies known laws of physics, for instance,

may instead reflect the utilization of EE units linked with an overlooked natural, atmospheric energy source resembling those displayed by terrestrial tornadic vortices (e.g., high-voltage, plasma-based, electromagnetic and electrostatic fields; Beck & Coli, 2025; Hill, 1995). The most crucial observations would involve the measurement of anomalous magnetic fields and utilization of sensitive magnetometers for detecting and measuring pulsating electrical/magnetic/gravitational disturbances.

For this reason, a multi-modal approach and utilization of a wide range of observational and recording instruments is recommended (Cloete et al., 2023; Watters et al., 2023). This could involve the utilization of optical and infrared cameras for photometric and spectroscopic analysis, electromagnetic and gravitational spectrum analyzers, and radioactive particle detectors. The use of portable instrumentation and astronomical techniques interfaced with a digital computer that permit the recording and high-speed processing of data on EE unit parameters, which lends itself to in-depth analyses, could lead to a fuller understanding of the physics of coordinate point activity (Teodorani, 2024; Teodorani & Strand, 2001).

Subjective Tools

Coordinate points are everywhere, impinging upon flora and fauna in the physical environment constantly, but because they are unperceived by the physical senses, they go unrecognized and are not consciously understood. The main requirements for perceiving them are an intentional shift in the focus and direction of attention and a tuning-in of consciousness to their activity. Otherwise, only momentary and accidental encounters with them ever occur as far as the conscious mind is concerned. Because coordinate points are living subjective projections, there are ways of subjectively feeling the approach of certain coordinates as they are projected onto the physical system of the Earth life plane. They are felt phenomenologically as intensified energy that will seem to be stronger during certain times than others (Imbrogno, 2008, Chapter 6).

Roberts (1972, pp. 452-454) reportedly drew upon the energy of nearby coordinate points in her work. She describes a technique that utilizes the body's somatic "felt sense" as a subjective tool for detecting the neighborhood of strong coordinate point activity that somewhat resembles the procedure for setting up a "vibrational state" conducive to eliciting an OBE outlined by Monroe (1977, pp. 212-213). With intention set firmly in mind, awareness is allowed to wander until an inclination to move toward

a particular direction is subjectively felt. Visualizing an imaginary line drawn from the center of the forehead that is joined by another line projected from the top of the head, both lines are projected outward in the same direction. Where the lines converge to form an angle points in the direction closest to a coordination point. Using this method, Roberts described how she was able to identify the nearest subordinate coordinate point as being located inside the wall in the southwestern corner of the room at her home in Elmira, New York during a Seth/Jane possession trance session, while also noting that a different coordinate point was located in another direction when she was in a "Seth Two" trance state.

A Philosophical Turn—Metaphysics of Interdimensional Travel

If the preceding account of out-of-body interdimensional travel, probable coordinate point locations, and characteristic features of EE units is coherent, still it does not identify the metaphysically prior background conditions that make these phenomena possible in the first place. The claim is that these phenomena exist, but why and how they exist needs to be briefly explained (see Cunningham, 2013, for further details).

Roberts's philosophical psychology posits the existence of a form of pure *aware-ized* energy called "consciousness units" (CUs) as the proximate causal force behind and yet within all EE units that compose coordinate points, and that makes interdimensional travel possible. Operationally, CUs represent a fundamental proto-experiential form of awareness that exists simultaneously in both particle and wave form. As particles, CUs take on the characteristics of particularity, build up continuity in time, possess specific boundaries taking certain forms, and express their action from the center of these forms. At other levels, CUs operate as waves and spontaneously exist at all places at once without traversing through space and thus have the property of nonlocality. Each CU inherently possesses within itself all of the information available to every other CU, resembling what a hologram is thought to be (Talbot, 1991). It is upon this great body of inner "wave" knowledge that their specific nature as particles rests. All of the physical universe is interconnected to this extent.

Certain intensities of CUs are built up into organized gestalts even before the smallest particle of matter exists, and from their inner organization all physical forms and identities emerge. At some indescribable point, the faster-than-light units of consciousness slow down as they

approach the physical plane and explode in a transductive process into *electromagnetic energy units* (EE units), the proximate root of physical matter. EE units are CUs that have begun the special selectivity and screening process necessary to bring about a particular physical form. EE units represent the stage of emergence and threshold point that practically activates the CU in material terms.

EE units themselves can operate as either particles or waves as CUs do but are closer to physical orientation, combining in their own fashion to specialize in the various elements that form the most microscopic physical particles, and that permit the production of atoms and molecules perfectly suited to the natural world. The hidden “implicate” domain of CUs and EE units is the home of the quantum wave function and nature’s creative source (Bohm, 1980; Friedman, 1997). It is this basic creative, undifferentiated, and ever-present field of latent activity that gives form, identity, and structure to the endless varieties of “matter” between the elementary matter particles and energy forces familiar to physicists and the anti-matter of physicists’ theories.

For example, the invisible, chargeless, short-lived Higgs boson particle —what Lederman (1993) called the “God Particle” in a book by the same name—would be one materialization of EE units as they approach the physical life plane and the proximate source of the Higgs particle’s power to endow formerly massless particles with their own mass by virtue of their interaction with its energy field. Quantum mechanics would be a special case of a much broader physical theory, in this respect, that has as its metaphysical starting point the general picture of a physical universe that is built up from the inside at each point where these fundamental units of consciousness and electromagnetic energy assert themselves to form physical reality. The physical universe is not its own source, in those terms.

By hypothesis, projections out of the body involve an intensification of EE unit activity and an alteration of the molecular structure of the projecting self as consciousness changes from a physical to non-physical form. The self provides its own vehicle and a means of transport which draws its energy and power to act from deep subconscious sources and the limited but definite generalized self-awareness and condensed knowledge of the atoms and molecules that compose the physical body. Modulating the neurological systems that underlie the bodymind information transduction process (Rossi, 1986), the self initiates an electrical and chemical response that transduces

the “aware-ized” energy of consciousness that underlies matter (i.e., mass-energy) from a physical camouflage form to a non-physical one. The self is the catalyzing agent, and consciousness is the “mental enzyme” that directs the transduction of energy into mass and mass into energy, which makes interdimensional travel possible. Consciousness, matter, and energy are one, in that respect (Faggin, 2021).

IMPLICATIONS AND APPLICATIONS FOR SCIENTIFIC EXPLORATION

What implications and applications might the scientific exploration of the interdimensionality hypothesis, out-of-body consciousness travel, and coordinate point activity have for informing other related issues, anomalies, or fields of study? First, scientists would be able to assess the probability that interdimensional coordinate points exist and whether out-of-body travel between planes is possible as a matter of scientific fact. The degree to which Roberts’ channeled theory of interdimensionality offers actionable hypotheses and verifiable predictions or is simply the product of an overworked imagination can be evaluated (Wahbeh et al., 2023).

Second, the proposition that out-of-body projections from waking and dream states offer a workable platform for scientific exploration of the basic universe and NHI communication, if confirmed, would be ground-breaking in astrophysics and astrobiology. When applied to psychology’s basic knowledge of who and what we are as a species, the implications are revolutionary and could bring about an entirely new science of psychology and consciousness (Weiler & Acunzo, 2025). A comprehensive analysis of how the empirically verifiable facts predicted by Roberts’ theory connect with related hypotheses concerning past visitations by beings from other systems, for example, would give additional plausibility to those myths and legends of aliens who tried in one way or another to advance the knowledge of the human species as implied by some archeological findings (e.g., the sudden development of agriculture, architecture, astronomy, law, transportation, and writing in Sumerian civilization; von Däniken, 2018). This would have important implications for evolutionary theory, opening the door to consideration of the possibility that the stock for the human species may not have entirely originated from this planet, that humanity’s ancestry is far more varied than supposed, and that evolution, as it is thought of, has had more than one beginning point.



Third, if sleep and dream states do indeed involve certain kinds of out-of-body projections in which the dreamer operates under the same conditions, more or less, that are native to a consciousness not focused in physical reality and encounters many of the same dimensions of existence that one will meet after the physical body is discarded at death, then the best way to become acquainted with conditions that may be encountered after death ahead of time, so to speak, would be to explore the nature of one's own dreaming self. Various forms of projections of consciousness (e.g., near-death experiences, shamanic-like journeying) have arguably proven helpful in acquainting the individual far better than words with the idea of life after death and diminishing the fear of death. Out-of-body consciousness travel to an alternate life plane, or reality-energy system, would likely have a similar effect (Monroe, 1994).

As a person gains greater familiarity with OBEs, learns to maintain stability and identity in the midst of a bewildering number of strange and previously unknown situations, and obtains knowledge of a vital kind of their own non-physical being while in a living state, the fear of death would predictively become attenuated and the idea of life after death less outlandish (i.e., altered state hypothesis; Garfield, 1975; Leslie, 1976). On the present theory, although it does not happen often because so many other issues are involved, it is quite possible to meet discarnate personalities during out-of-body projections. Monroe's (1994, Chapter 18) Lifeline Program of assisting deceased personalities to become aware of their after-death condition and transition to other forms of existence while in an out-of-body state is evocative in this regard and deserves further study.

In the final analysis, the scientist can know the reality and ontological validity of the out-of-body state in the only real way it can be known—personal experience. Experience is the one teacher. Until the phenomenon becomes known through the first-hand insights provided by self-experimentation, its existence remains only a belief. A history of personal self-experimentation with OBEs in whatever way one chooses (e.g., ganzfeld stimulation, dynamic concentration, progressive muscular relaxation, yoga breath and mantra, dream control, guided imagery, the Monroe techniques; see Rogo, 1983) would reveal a great deal about the true nature of the self. It would arguably provide the evidential data that individual scientists need in order to endorse the existence of this transformative capacity of the self. They would emotionally *know* from personal experience whether or not one's awareness can indeed operate separate from and independently of the body while in a

living state. Unless the structure of personality, or of the self, is clearly understood and emotionally experienced in this way, projection itself will not seem possible, and no further investigations aimed to satisfy the more specialized criteria of objective science will likely be undertaken. After all, why bother to investigate the reality of a fiction? As OBE adept Robert Monroe (1977) put it, "The ultimate proof of such affirmation is to experience oneself in this state of being" (p. 180).

Whatever the outcome of tests pertaining to the hypotheses and investigations proposed in this two-part essay regarding the nature of the interdimensional universe and the origin of UAP, the mechanics of travel between planes via coordinate points, and NHI communication in out-of-body states, a far-reaching rejection of the authenticity of UAP phenomena does not seem justified by science's actual knowledge at this time (Hernandez et al., 2018). As Jung (1959) put it, "*Something is seen, but one doesn't know what*" (p. 6). As with other problematic anomalies that currently escape conventional scientific explanations, alternative representations of the problem need to be explored. It may be that all that is needed is a willingness to re-examine the available evidence with what Buddhists call a "beginner's mind" and look for solutions to Fermi's Paradox from a broader interdisciplinary point of view. We may discover that the universe is not only more complex than we imagine, but more complex than we can imagine or believe possible, and that existence *out* of the body is, in greater terms, as natural a state as existence *in* the body.

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