

LIVING IN A

QUANTUM REALITY

Using Quantum Physics and Psychology
to Embrace Your Higher Consciousness



V A L E R I E V A R A N

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**Using Quantum Physics and Psychology
to Embrace Your Higher Consciousness**

VALERIE VARAN



**T U R N I N G
S T O N E
P R E S S**

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by Valerie L. Varan, MS, LPC, NCC

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Introduction

What We Seek from Psychology and Science

On a recent trip to Florida, I felt a pull to sit by a particular young woman, so I did. “You seem bubbly . . . like me!” I smiled, though I don’t usually say things like that since on plane rides I tend to sit quietly by the window and read. She responded enthusiastically, and began to tell me about her job in the healthcare field and the masters’ program in healthcare administration in which she was enrolled. That sparked my attention, given that I too am in the field. Law of Attraction? Hmm. As she continued to speak, I would feel inspired to tell her about something of my work, so I would.

Our conversation seemed to naturally flow in the direction of quantum topics, such as energy, coherent fields, the power of love to heal, and so forth. It seemed that any of this information that I would reveal, she would not only gobble up but also instantly generalize to her life, both personal and professional. Then we would talk some more. I would feel intuited to share something else about these topics, she would gobble that up, too, and, again, would completely “get it” and share insights with me that were “downloading” for her.

It was shortly after I had described to her the concept of *archetypal and blueprint fields of energy and consciousness, upon which the material body or form is knitted* that her entire body jerked. She looked stunned, then responded to my inquisitive gaze by saying that she had just felt something like a bolt of lightning come in through the top of her head and run down through her left shoulder.

We laughed as I replied, “Well, I guess you had so many downloads of consciousness as we were talking that your entire body had to be physically adjusted!” It is that instantly that we can take quantum leaps in consciousness.

When we directly experience the mystical and transpersonal, we seem to plunge into the pool of Wholeness that is Source at our core.

Many of us seek scientific information to explain such experiences as spiritual awakenings or metaphysical, near-death, or paranormal phenomena. And we need help in coping with such a multidimensional or “quantum reality” that makes us feel so alien from the majority of those around us.

For us, quantum physics complements neuroscience, psychology, and ancient wisdom teachings to help us understand our atypical experiences. It is no wonder we have felt pulled toward quantum discoveries to help us with the vocabulary we lack to describe the energies we sense and the realms of consciousness that we have traveled.

According to physicist and neuroscience pharmaceutical research chemist William J. Bray (author of *Quantum Physics, Near Death Experiences, Eternal Consciousness, Religion, and the Human Soul*), we have to look to quantum physics to understand our transpersonal experiences in consciousness

because it holds the only hard definition for consciousness. And it is quantum physics that studies the nature of nature and reality and has shown the interdependence between consciousness and material reality. Bray himself experienced numerous medically documented “deaths” and then spontaneously came back, reportedly more than thirty different times.

Be that as it may, he reminds us that “there is no solid finalized hypothesis in Quantum Theory that is universally agreed upon.” And he emphatically points out that “most of the modern interpretations of Quantum Physics cannot explain” essentially all of the data and outcomes from the most important experiments.

In other words, as Stanislav Grof, MD, agreed in his journal article “Revision and Re-Enchantment of Psychology: Legacy of Half a Century of Consciousness Research,” because most of our consciousness data is not explained by our current professional theories, he summarily suggests “a revision of some basic assumptions of modern psychiatry, psychology, and psychotherapy. The proposed changes involve the nature of consciousness and its relationship to matter, dimensions of the human psyche, the roots of emotional and psychosomatic disorders and therapeutic strategy. In the light of the new observations, spirituality appears to be an essential attribute of the human psyche and of existence in general.”

Help for the Quantum Self

This book is intended to be a move toward integrating quantum physics and spirituality into the field of psychology to help those who have had such transpersonal experiences

and are looking for a way to cope with the larger “unawakened” world.

We could say that this is a quantum psychology self-help book, one that integrates quantum physics into both Western and Eastern psychology and ancient wisdom teachings and one dedicated to helping those who experience a quantum reality. A reality that is not limited to the confines of the material world. A reality composed of multidimensional spheres of consciousness, even ones that send us orbiting beyond this place of spacetime before we anchor back into the dense physical/emotional/mental body that Western psychology knows as the brain/body personality self.

Most of us need practical ways to cope as a conscious soul in this unconscious world, to pick ourselves up when we fall back into ego, to remember our highest purpose, and to “hold steady our light” (an ancient and esoteric way of saying “practice being your soul self” in your daily life) in the midst of all kinds of negative pressure.

Within these pages, I address the most common concerns and struggles of those of us who have had some sort of mystical or spiritual awakening, supernatural experience, or transpersonal/transcendent journey into the “impossible” of multidimensional and higher consciousness.

In the first chapter of the book, using findings from quantum physics, I offer a “CliffsNotes” (brief and more user-friendly version, if you will) explanation of energy and consciousness at large, of the slower or lower frequency vibrations of the ego/personality self, of the higher and faster vibrations of the soul and even higher transpersonal self, and how together they form the “*quantum self*.”

Then I lay out a map of the higher and lower consciousness aspects of self, so that we might practically recognize where we are within certain vibrations of consciousness at any given moment. Describing various centers or spheres of consciousness, I point out the varying values, motivations, and aspects of intelligence that shift within us as we switch gears among the multidimensional layers of our overriding consciousness. And it can be very helpful to have the more scientific or technical vocabulary above to express what we are feeling.

Also, as I said, we could use some help with these *shift* struggles, some sharing of experience to navigate this fundamental division we feel inside. So, in subsequent chapters, I write about the multiple “negative side effects” of Wholeness, of having a divine or transpersonal experience, including the ensuing angst, darkness, and despair of coming back to and having to live day by day in this physical reality surrounded by those who don’t get us.

Last, in the section on subtle energy imbalances, I address the general problems we face when our “radar” is sensitive enough to pick up subtle energy, including being emotionally overwhelmed and reactive to others’ emotional energy, but also the fear we might feel if we find that suddenly we see ghosts, aliens, or other paranormal phenomena. For each of these concerns, I offer some initial actions to take, along with stories of those who have been there.

This book is not intended to dismiss, describe, diagnose, cure, or provide treatment for mental illness or replace any needed professional psychotherapy. I encourage you to seek out such help in person with a licensed professional who

is trained in transpersonal psychology and related spiritual issues.

For those of you who are licensed professionals, I hope this book offers you additional information about the transpersonal concerns that are out there and ideas about what kinds of integrative approaches have been helpful for my clients.

In order to protect confidentiality, the client stories within are largely a composite of several people and should not be mistaken for a single client. However, clients have often described their experiences similarly, and that in itself may be helpful information for you. I'll be sharing many examples of how practicing psychotherapy with a worldview that the universe is multidimensional, mysteriously quantum, quite synchronous, and eager to stay in communication with us has helped some of my clients.

For example, one of my clients believed that it was higher consciousness for her to “not take up space” on the planet. Her eco footprint was zilch; she braved the cold without heat and the heat without air conditioning in her tiny rented attic space. She was particularly distressed when she met a man with whom she enjoyed a great chemistry but who made significant money and drove an expensive car. She was actually embarrassed for her friends or coworkers to see that car. But using the Consciousness Map, she was able to see how she was limiting herself so much in her life that she couldn't achieve what her soul was aching to create on this plane through her ego, mind, and body.

Through our work together—which helped her focus on balance by shoring up the personality self so that the higher

self would have a strong vehicle of expression—she decided to allow herself to try the new relationship, to buy a small home for herself where she planted an organic garden, and ultimately to go on to do international consulting on organic farming.

When we're having these kinds of experiences, we are relieved to read the research that backs up our sense that we are not crazy. It helps to know that physicists and other professionals are studying and documenting their own similar intuitive and psychic abilities, as well as transpersonal and even paranormal experiences that give rise to unorthodox belief systems and the more quantum-edge worldview. The evolving field of quantum physics, though hotly debated even from within the field, is leading us to a more thorough and technical understanding of the self and of all reality as multidimensional layers of energy and consciousness than is the field of psychology.

My Story

I didn't plan on being a therapist, but as many of you likely already know, the Universe does have its way of getting our attention, if we only listen. When we do, the synchronicities become ridiculously evident in our life. When we don't, it seems as if life is nothing but a constant battle.

For me, the Universe started turning up the heat on me to change careers in the mid-1990s when I was still a business development manager in the environmental engineering field.

One day, I had headed off to my usual unhealthy fast food lunch and had just returned to the fourth story building

overlooking the Atlantic Ocean where I had my office. I was in the elevator when I noticed a woman staring at me. The kind of stare that burns holes in the side of your head. When it didn't subside, I turned to her, "Excuse me, can I help you?" And the conversation went something like this:

"Are you Dr. Smith?" she inquired.

"No . . . I'm sorry," I answered, thinking that would be that.

"You're not Dr. Smith?"

"No." I smiled.

She paused, continued to stare, then asked again, "Are you sure you aren't Dr. Smith, the psychologist?"

"Pretty sure." I smiled again, laughing to myself and thinking how slow the elevator seemed this day.

"Are you some kind of psychologist, psychiatrist, counselor, or something?" She sounded incredulous and as if she were really trying hard to figure out some incongruence she perceived.

"No . . ." I smiled yet again, then added "I've been thinking about becoming a psychologist, but I'm not one yet . . ." my voice tapered off, a bit wistfully perhaps.

This actually, believe it or not, went on for a little while longer, until she finally exclaimed as she got off on the third floor, "Well! I can't believe you're not a psychologist or something!! You just have that aura!"

What were the chances of that? And who in south Florida in those days used the word "aura"?! Not anybody I knew. I got off on the top floor and hurried to tell my colleague of the strange and unlikely exchange that had just taken place.

This was one of the oddest, but not the last, of the innu-

merable synchronicities that were about to unfold as the Universe prodded me in this direction.

Despite such synchronicities (e.g., hearing repeated messages, finding improbable transitional career work, the phone ringing with an offer of financial support from quite unexpected sources at the exact moment I finished yelling aloud at God for it in a moment of panic) that arose as I was moving into the field of psychology, there did come a time during graduate school when it seemed as if all help from the Universe had frozen. I plummeted into a Dark Night of the Soul, though at the time I had no name for the unfamiliar feeling of despair that arose from the sense of being disconnected from, even deserted by, God.

Upon listening to me describe what I was feeling, a Native American professor (yep, meeting her seemed guided, too) handed me some sixteenth-century writings by St. John of the Cross. I came to learn from St. John that the Dark Night was considered to be a milestone in each disciple's life, a time when the tangible sense of Divine connection seems severed and results inevitably in a spiritual or transpersonal depression.

To clients going through it, I would later explain that it is as if Father has been holding us up on our bike while we are learning to ride, then suddenly surprises us by letting go. The training wheels come off, so to speak. The lesson may be for us to learn how we will handle things spiritually on our own; it is indeed a gift for us to learn the reach of our own creative power, rather than overly depend on Spirit to rescue us all of the time. But it seems to come on when our ego is determined to be in charge of our spiritual path or intervenes

while we think we are following spiritual purpose. It is as if Father says, “Have fun with that! See what you can do if you will.” A lesson I would have to learn more than once.

As the lesson also relates to the Law of Attraction, I learned that when we are aligned with God, Universe, Higher Self, Soul, whatever name we give that higher frequency of nonlocal Source or Love energy that unifies us all as one, it is then that we participate in the Law of Attraction. When we are in ego, we are left to work really hard, because we are plunged into the slower frequencies of electrical energy.

Ironically, perhaps, and certainly cliché, it is when I surrendered my ego’s will for God’s will that the connection I had with Spirit returned as quickly as it had disappeared. But of course that kind of surrender is always easier said than done.

In private practice for more than nine years now, I have continued to broaden my understanding of all of those experiences that Western psychology says are impossible, but that quantum physics, transpersonal psychology, and consciousness researchers document repeatedly. I have read as much quantum physics as I can, studied qigong with various teachers and a grandmaster, learned multiple forms of energy and distant healing, and continued to read other professionals’ findings about the multidimensional states of being that we seem to access by way of all kinds of unique paths.

The appreciation that I hold for each of our quantum pioneers, from Einstein, Bohm, Bohr, and Penfield to Swanson, Goswami, Oschman, Pribram, Hunt, Pert, Becker, Tart, Grof, Tiller, Bray, and others too many to name, is beyond

my ability to put into words. I remember the first time I came face to face with some of these physicists at the International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) annual conference. Tears rolled down my cheeks as I listened to these mystically inclined scientists; I felt as if I were finally home. Their words melted into my being as an affirmation to all I knew as a soul. Maybe it was because I really was such a scientist during the time of Atlantis, as a psychic woman revealed to me one day as she was leaving the conference. What I can say is that each of their presentations resonated with me at the deepest of levels.

While in my twenties I couldn't understand my insatiable impulse to read all I could about three seemingly unrelated fields. Thanks to their groundbreaking work, I now know why I was called to integrate quantum physics with psychology and ancient wisdom. It was to help those who have experienced transpersonal events develop the skills they need to live from soul consciousness within a world that has not yet awakened to the ways of higher love.

Chapter One

Introduction to Energy, Consciousness, and Your Quantum Self

Envisioning Yourself as Energy and Consciousness

You know you are energy. You feel it. In yourself. In the people and the things around you. If you didn't, you probably wouldn't be reading this book.

You know you are made of consciousness. You feel how this energy is brimming with intelligent awareness, with an aliveness that is more than what you've been taught in school.

For those of you who would really like to understand the “CliffsNotes” version of what quantum physicists are telling us about this energy, this consciousness out of which we are made, read on! Here is where we will simply define both energy and consciousness and differentiate between the various electrical, magnetic, and even torsion fields or layers of our being.

The lower and the higher self talked about with some scientific vocabulary at last!

Energy as Power and Frequency of Vibration

We are made of **energy**, the vivifying **power** at our core that enlivens every atom, cell, and material body.

This energy or power **pulses** and vibrates as it moves in and out and throughout the body. We feel it in our heartbeat.

We see it in our brain wave pattern. We know it by the sense of life and conscious awareness that it brings.

When the peaks and valleys match up, we say the energies or waves are in sync; that is, they couple and **resonate** with one another. They can then become a **coherent** set of energy, a field that is more organized as a harmonious pattern, and therefore more powerful. Once waves resonate with one another, information is shared through a process called **entrainment**, where there is a mutual vibratory effect, and they become locked in phase with one another. This is why we can feel like another person is “on our same wavelength” and why people in a close relationship often feel telepathic with each other. This is also a basis of energy healing and the power of intention.

As this power pulses, it sends out energy **waves** of its **vibration**. Picture squiggly lines that appear to snake upward and dip downward repeatedly, in a repetitive pattern of cyclic peaks and valleys.

As these vibrations travel *outwardly in all directions from their central pulse*, they form *patterns, like concentric rings or circles*. We see these patterns really well when drops of a gentle rain fall upon a quiet lake or when a boat speeds by and sends out a wake behind it.

Each of these energy vibrations travels in its own unique style and pace (i.e., has its own energetic

blueprint, signature or fingerprint), kind of like how some people prefer rap and others resonate to opera.

The rate at which these waves of energy move is called their **frequency**. The slower/lower their frequency or speed, the more material and solid the pattern these vibrations form for our eyes. The faster/higher their frequency, the more subtle or invisible is the pattern that we perceive, as with air or ether.

As you'll soon see, the many and diverse waves of vibration that comprise the self are constantly traveling, spiraling in all directions, and crisscrossing one another in all facets of the body inside and out. Picture children running and spinning all over the playground . . . after having eaten all kinds of sugar!

For now, let's divide these energies into two categories, those vibrations that are slower than or at the speed of light and those that are faster.

The Slower Energies of Electromagnetism: The Lower Self within Time and Space

Electromagnetic energies are those that travel at or slower than the speed of light. In fact, they are an array of light, as we know light, ranging in color depending on their bandwidth of speed or frequency.

We see within a rainbow only the spectrum of light that is visible to human eyes. That is, red, orange, yellow, green, blue, indigo, and violet. The red side of the rainbow is the slower moving light, the lower frequencies. The violet side of the rainbow is the faster or higher frequency light.

Each shade of color is also associated with a sound or musical note that is related to its frequency. For example, according to famed musician and sound healer Jonathan Goldman,

very dark red corresponds to the note of G, darkish red to G#, reddish orange to A, and light or yellowish green to B. Bluish green is associated with the note of C, indigo to D, dark violet to E, and very dark violet to F.

This bandwidth of light or electromagnetic energy that is visible to our human eyes and audible to our ears is tiny, like the eye of a needle. In our current understanding, at least 96 percent of the larger reality is unseen by us and is still awaiting our detection and definition.

Just as with color, most of the sounds played in the universe are far beyond the range that our human ears can pick up and detect. P. M. H. Atwater tells us, "Shaped like a torus donut, the heart field busily converts one form of energy to another as it generates an infinite number of harmonic waves. These harmonics run throughout all bodily systems and are so sensitive that they react to conditions four to five minutes before actual occurrence. This futuristic awareness tells the heart if what's coming is positive or negative so it can prepare. First the heart feels the coming event, then the brain is aware of it, then the eye sees it."

Within us, our electromagnetic matrix of light energy seems to be made up of highways of electrical fields intersecting with highways of magnetic fields, *vibrating perpendicularly to each other and radiating outward as orbs or spheres of light.*

Together, and blended with even higher energies, they form the field of energy that is our colorful **aura**, the one that radiates from us and that can be seen by those with extrasensory clairvoyant sight. The aura is *the aurora borealis of our own earthly body, and it changes with every thought we have and with every emotion we send out.*

Electrical versus Magnetic

Electrical energies are the slowest, lowest frequency energies used to communicate information at the most dense physical layer of our body. In other words, electrical energy is *most associated with the particles or things* out of which we are made, like particles of electrons carrying a negative charge that gravitate toward protons carrying a positive charge within the nucleus of an atom.

When electrons travel along highways in our tissues, they are using electrical energy; they are actually generating electricity in the form of electrical currents. These electrical currents serve as communication signals to the rest of the body so that each part knows what to do.

According to research by the Institute of HeartMath, the electrical signals used by our heart are about sixty times the amplitude of the brain's. No wonder we're pulled to follow our heart!

On the other hand, *magnetic energies seem to be mostly associated with photons, the smallest packets of light*, that appear to *blink on and off* within our body. Yet they seem to naturally arise and accompany the electrical energy of the body's material particles, unless forced apart.

To better see the magnetic field in your mind's eye, think of the Earth's magnetic field, which extends from its core and connects with the incoming energies of the sun. Pictures of it show the field coming into the north pole as we know it, coming out of the south pole, and circling back up to the north on all sides.

In pictures of the biomagnetic field of the human body, we see a similar **toroidal** shape, with energies streaming through

the crown of the head and the feet area and circling along the sides, all around us like a deep donut. When researchers are studying energy healers, they tend to measure how strongly the biomagnetic field emanates from the hands, heart, and around the body (up to fifteen feet!) of the healer.

Significantly, according to researchers, our biomagnetic field tells us more about what is going on inside our body than any electrical measurement. When we get an MRI scan, it uses magnetic fields and magnetic resonance (i.e., peaks and valleys line up) to align the protons of our hydrogen atoms in order to detect minute differences and changes within the structures and tissues of the body.

Within the human body, our heart seems to be the most significant transmitter/receiver of core magnetic energy. It has been shown to generate magnetic fields of at least five thousand times that of the brain (within which the pineal gland is said to be the strongest). Some estimate it to be up to a

million times the magnetic field of the brain, especially during states of advanced energy healing.

We do know that the overall shape of our body's *biomagnetic field depends mostly on the energetic current emanating from our heart and how coherent or organized it is*. Any frustrations or negative emotions we experience reduce our heart coherence, while positive and loving states increase it. In a state of optimal coherence,

According to the Institute of HeartMath, when we intentionally send out positive energy, it changes the information in the electromagnetic field, to which the entire body adapts. When others are feeling our emotional energy, they are feeling our auric or electromagnetic field, which can be measured at several feet away from our body. When we touch another or are in close range to one another, there is an exchange of electromagnetic energy led by the heart.

we are experiencing unconditional love and gratitude. This is the state we seek when we are learning to meditate and to generate healing energy.

Yet *every movement* that takes place within the body sends out *its own biomagnetic signature or fingerprint*, which is picked up and responded to by all other parts of the body, as one **tensegrity** system (a term borrowed from architecture that refers to how a movement in one area of a structure is automatically compensated for by the rest of the structure).

Combined as one, our electromagnetic field is naturally a coherent set of light energy. Our heart's electromagnetic signals can affect or entrain the brain waves of another person, and we can thus become synchronized to one another. Furthermore, as we increase psychophysiological coherence with one another, we become even more sensitive to the electromagnetic signals of those around us.

The higher our heart coherence, the more likely our brain will entrain to our partner's heart signal, even when we are not touching one another. We will feel more intuitive when we are listening to them.

Through sustained sincere heart states of love and appreciation, the heart in a state of coherence entrains the electrical activity of our own brain, notably the alpha and lower frequency brain waves. It is in this way that when we practice states of positive emotion, especially the emotions of love and gratitude, we can cohere our heart's field, alter our brain activity, improve cognitive performance and decision making, change perceptual awareness, and enhance our immune system.

These electromagnetic light signals are used by our heart, the brain, and our entire nervous system to catalyze and

orchestrate all of the biochemical and physiological activity in the body, even at a distance. These signals, exchanged by every cell, are the impetus for the more physical basis of the mind-body connection; they provide the pathway we can use to modify our neurotransmitters, change the wave signals in our brain, and transform our body and its behaviors.

So it appears that the heart motions or entrains the brain, which signals the rest of the body to play along with it, as three harmonious notes in a single chord simultaneously. And a change in one note creates a corresponding change in the other two.

This **electromagnetic self** we will call the **lower self**, because from it is comprised our three lowest, slowest vibrational layers. We can consider it to be the self where resides our physical body, our thoughts, and our emotions. Most of us call this aspect of ourselves our **personality** or **personal self**. Some refer to this self as the **ego**. We will use these terms interchangeably.

This lower self seems to contain *the least amount of our individual soul energy*. That is, at the building-block level of atoms and molecules, it may be that our *magnetic energy (through our biophotons) is the faintest hint of our individual soul essence*. And electrical energy comprises the most physical particle or body nature of us, through which our soul energy moves and expresses itself in a limited or containerized form.

But as we follow the layers of our being from body toward soul, energy seems to transition in form from electrical energy to magnetic, electromagnetic, photonic, and eventually into torsion fields of light.

The Superluminal Energies of Torsion: The Higher Self beyond Time and Space

Toward the higher vibrational pole of our even broader energy spectrum are **torsion fields**. Torsional energies are those that seem to be associated with the left-handed and right-handed spin motion of waves and “generate a twisting of space,” according to MIT physicist Claude Swanson. Their signals appear to travel faster than the speed of light, so fast that they take no time at all!

These torsion fields have been documented to alter mass or matter, even across great distances (that is, **nonlocally**), and work forward as well as backward in time. As such, they defy both space and time.

At this level of energy, it is *as if all is one present moment*. It is like there is some unseen conductor who is orchestrating a beautiful symphony, all at once and across great distances. And though the trombonists may not see the drummers, all musicians are playing in harmonic synchrony, in tune with one another across the echoes of space and time. Mindboggling for sure!

Yet these torsion fields are currently being studied by scientists to learn how they might be responsible for subtle energy and phenomena such as telepathy or group mind, intuition, the power of intention, remote viewing, energy healing at a distance, and other “magical” types of psychic abilities.

Clearly, at these levels of energy resides way *more of our soul energy*, our more subtle energy light body radiating waves of power outwardly in all directions, much like the physical sun. As our own central sun, the soul is the strongly coherent core power of energy within us that shapes the electrons

and molecules into the pattern for our outer physical body.

It is this torsion or subtle energy aspect of ourselves that

Our soul is a unique “solar power,” a unique energetic fingerprint or blueprint pattern. A one-of-a-kind part within the bigger whole. In fact, scientists tell us that no matter how far we go down the quantum rabbit hole, each part is still a unique blend of energy. For example, look out your window and find a tree. That tree is a unique energetic fingerprint. But each leaf on that tree is also a unique energetic fingerprint. On one leaf, each cell is a unique energetic fingerprint. Within one cell, each atom, each proton, and so forth.

exists first nonlocally beyond time and space and is the part of us that *continues after death of the physical body*. For as we know, energy cannot be created or destroyed, only transformed from one form to another.

Many of us have the sensitivities to feel the presence of this **higher self**. In psychology, we call it the multidimensional **transpersonal self**. In physics and energy medicine, it is called the **subtle energy self**. In religious circles, it is commonly referred to as the

soul self, spiritual self, or simply **Self**. This is our faster layer of energy that seems to be comprised of torsional energy vibration and beyond.

In Our Wholeness, We Are a Multidimensional and Holographic Matrix of Energy

There are apparently *infinite layers to the matrix of quantum energy* that comprise our being, both visible and invisible.

In our wholeness, we are nonlocal and **multidimensional** in our nature—electrical, magnetic, photonic, torsional, and an even greater number of unique dimensional layers of intelligent energy than we can ever measure—all interwoven and moving together beyond spacetime as one whole or

integrated field, just like within white light, when the red, orange, yellow, green, blue, indigo, and violet layers or frequency bands coexist simultaneously as one integrated and overarching field of energy.

It does seem that some great initial Source of power radiates pure energy, which is instantaneously transformed and transduced *from higher and more formless states* of energy into *slower and lower (increasingly physical) forms and structures* of energy as it makes its way to us eventually as torsion, as coherent laser-like light, as a blueprint field of biophotons, as magnetism, and then electricity. In other words, the originating layer or Source projects another layer into existence or reality, which creates another layer, and so forth.

This is how we come to have this more dense electromagnetic light body, the personal self we sense as “I.” As it turns out, we literally are “light from light.” (Remember $E=MC^2$? Where energy is matter or matter is energy depending on the speed or frequency of its light?!)

It is this aspect of projection and reflection that we can call the **holographic self**. For it is in this way that we are created in the multidimensional light image of Source. A hologram is a three-dimensional light image (think of the projected Princess Leia in *Star Wars*), a coherent energy blueprint that is formed from unique patterns of energy waves as they merge together. The key for us to truly realize, as a multidimensional or quantum self, is that *in a hologram, the information for the whole is contained within each part*.

Stanford neurosurgeon Karl Pribram indeed found that the brain works as a quantum holographic processor of all of these amazing energies.

From his and others' work, we have discovered that mind and memories are evidently not produced by or localized in the brain. Instead, the *information or memory bank for the whole self* is orchestrated nonlocally and is holographically embedded—and therefore *known—within each part and cell*. This is apparently a technical basis for why buried memories can surface during a massage and why body-based and energy therapies, such as tapping and imagery, work to release traumas and pain from our tissues, regardless of whether the trauma is of this present life or some other dimension past or future (yet consider that all lives are really simultaneous lives at the level of the soul and are interconnected through the spacetime point of our present moment awareness).

Photons, the little packets or quanta of coherently organized light usually associated with magnetic energy, actually *exist at multiple frequency levels* and, as such, project quite an unimaginable array of spatial information. Photonic fields truly serve as a significant part of our holographic template, upon which all of our cells depend for their growth. Our biophotons, the photons within the sphere of our electromagnetic body, couple or are “in phase” with our DNA, allowing for the transfer of energy and information (i.e., entrainment) from all of these realms and into the physical body and, as such, are great mediators for our multidimensional consciousness (as we will discuss in the next section).

To summarize, *all aspects of the quantum self, being multidimensional and holographic, exist simultaneously yet at their own particular bandwidth of vibration, just as all colors of a rainbow exist simultaneously within the wholeness we see as white light.*

The personality self seems to be a dim reflection of the soul self, which in turn is a “light” image projected by the even higher self, and so forth. All is power or energy in its various forms and structures.

All layers of this infinite self are there awaiting our perception. And each forms a note, in the song of our soul, in the symphony of creation. Since scientists are now beginning to conclude that *all matter* has a holographic nature, a complex pattern of merging energy frequencies coherently communicating and exchanging light radiation in the past, present, and future simultaneously, *all matter is alive, singing, and participating in this symphony*. We truly are interconnected with All That Is.

Consciousness and Its Qualities, the Information that It Carries

Now, let’s get back to simplifying.

Energy waves carry information.

We know this is true because we are using the Internet and computer hardware and software to capture this information and to transform it into things we can see and hear. Every time we turn on the television, listen to the radio, or use any kind of technological device, we are using information carried by energy.

As we have already mentioned, *the information that energy carries is associated with a signature shape or pattern, a blueprint* that serves to guide physical construction, transmission, or expression.

The information within these energy waves communicates a message. It is as if this *information is the code for life itself*.

It is brimming with intelligence, awareness, and, perhaps most fortunately for us, adaptability, the capacity to evolve or reshape itself.

Since energy inherently carries such intelligent patterns of information, we are going to call it consciousness. In other words, let's think of **consciousness** as a field, matrix, or sphere of energy carrying some kind of patterned and holographically coded information. *Photons are the primary intermediary, carrying information from consciousness outside time and space to consciousness within time and space*, translating the code of life into the more magnetic and, in turn, electric frequency bands of life energy that comprise our physical realm.

In this way, everything literally “contains” consciousness (these multidimensional energy fields infinitely carrying patterns of information), and, as such, everything possesses some level of active intelligence. This is what makes each “thing”—whether it is an electron, a tissue cell, a tissue box, a plant, an animal, a human, an angel, or any other being—adaptable to and in communication with its environment.

Technically speaking, *every “thing” is made of consciousness*. As such, *energy carrying patterns of information as consciousness is primary and fundamental*. It exists first. It then takes shape as some *thing*, according to the blueprint at its core essence, a coherent field of in-formed energy.

If we consider Swanson's description for consciousness, we come to realize that the more information present, the more self-generating and sustaining the energy field or pattern in matter, then the more “conscious” is the field or sphere of energy. He defines *consciousness as the ability to “steer the*

phase” of impinging background energy, which enables a conscious entity to create and maintain its own energy pattern (i.e., as a coherent field of photons and torsion), and to impose this energy pattern on the outside environment and even on distant matter (as an expression of free will). He says that the *more inanimate or less conscious an object, the more its particles are determined by the environment*. Notice that some crystals (even those in a technological device) can have more of an effect on a human being than a human can have on a crystal, so it can be quite debatable—which is more conscious, according to Swanson’s definition!

Nonetheless, all that we see as matter is really energy that on some level is conscious and capable of interacting with and responding to its environment.

The information, brought forth by any particular energy, is perceived by us as some type of **quality**.

We might perceive an energy or sphere of consciousness as hot or cold, damp or dry, moving or still. It could feel homogeneous in its sensation, pretty similar throughout. Or it could feel as if it has rough patches or holes. It could feel so stuck or thick that it has a distinct shape with edges. Or it might feel fluid or thin, light, and airy. It generally has a color to it. At times, we sense its sound. There may be a taste or fragrance we detect.

For instance, within our human body, we can perceive our heart space as tense, contracted, a muddy red or dull gray, thick and heavy like a wall, cold and still, or with holes of hurts from events past. Or we could feel our heart as light, warm, moving, expansive, open, and radiating green light to all who pass. When we are trying to describe physical

symptoms to our doctors, it is these types of qualities and sensations of energy that we are attempting to put into words.

It seems there are countless qualities of information carried by energy, as consciousness, limited only by our ability to perceive.

We could say that *consciousness is a multidimensional energy field of qualities, each quality representing information from a unique frequency domain that we perceive as or through some sense.* Together, these qualities *give us a sense of presence*

or experience in the form of our five physical senses, as well as our emotions, thoughts, and creative intuitions.

There is an ancient teaching that because there is sound, we have an ear. Because there is mind, we have a brain. And because there is love, we have a heart.

So it is no wonder that the most awe-inspiring experiences are beyond words, because they are

comprised of all of these qualities coming in from all of these dimensions, both within time and space, and beyond. Yet we are limited to the physical senses to detect and describe them.

How We “Download” Consciousness

Some type of energy receiver and transmitter—some type of antenna—is used to pick up, detect, translate, and communicate the information within energy, within various layers of our consciousness.

When it comes to us humans, scientists have shown that every hair, every cell, every atom in the body serves as an antenna for energy reception and transmission. Imagine that!

Each of us is a channel for energy reception and transmission. Each of us serves as an antenna for higher energies to be

converted or transduced into slower, more material, electromagnetic forces.

As a channel, we ground the higher energies to the lower. We are a rainbow bridge of many colors. And each of us has the opportunity to bridge, to transmit, to actually bring heaven, the higher, down into the lower, this material realm in which we currently live.

I have come to see the *heart as the primary antenna for the life energy* coming in from the universe in its various forms. I believe the heart is intended *to entrain us to the higher realms and to bridge us* from the nonphysical center of our being into the physical realms. It is the heart that brings to us our sense of direction and higher purpose. It *delegates to the brain* the job of relaying the information it receives from the universe to the rest of the body by way of the slower, more linear language of the physical, which is electrical. In other words, *the energy is eventually converted from those superluminal energies for which we have no name but God into torsional, photonic, magnetic, and electrical energy.*

I see the *physical brain (especially the pineal gland) as an antenna secondary to the heart.* Yet the brain is the primary antenna, receiver/transmitter, for the physical body and its slower electrical signaling processes. I also see the brain functioning as an old-fashioned call switchboard, which lights up to indicate where calls are taking place in the body. But the brain should not be confused as the originating source for all energy signals carrying information as consciousness, as a switchboard would not be confused with a power plant.

Our experiences in consciousness, though they reside or originate beyond and are not produced by the physical

brain (mathematically shown by physicist/pharmaceutical chemist W. J. Bray and experimentally documented by neurophysiologist Wilder Penfield), are certainly registered, monitored, channeled, and filtered by the brain in whatever

It seems as though the information and the energies of the higher self come in relatively whole, thanks to the right brain antennae; then they are transformed into increasingly useable forms as linear thoughts, thanks to the left brain antennae. Though in reality, all parts of the holographic brain are involved, and its neurons are like musicians on stage waiting to play their particular instruments in time. And it seems as though if something happens to any of the musicians (like when they get sick or die), the other musicians work to pick up any slack in tempo or chord.

capacity it exists at the time (e.g., awake, brain dead, on anesthesia, in a coma, in a fog, on drugs, in the dream state, in deep states of meditation). The limits of our brain do hinder and shape our ability to consciously perceive and recall our experiences of consciousness, especially if we are not ready to handle them.

However, it is significant for us to grasp the modern-day scientific assertion that *consciousness is a field of intelligent energy that exists first*, before any of us are born. And, as we are about ready to grasp, the

*quantum field of consciousness as a whole is the background energy or **quantum vacuum** out of which all creation appears to emerge (including the brain!) as it steps down into its lower and slower vibrational forms.*

The Creative Power of the Organized, Coherent Acts of Consciousness that We Call Intention

To this point, we have come to see that we are made of multiple levels or layers of energy carrying information, which we simply call consciousness.

This matrix of consciousness, in its wholeness, is multidimensional and holographic, existing all at once as limited within time and space and unlimited beyond time and space. For us, it exists as a series of spheres of consciousness within wider and broader spheres of consciousness.

This matrix of consciousness is the background and foreground through which we operate. In the *background of space*, this consciousness is unlimited in its potential and power for creativity. In the *foreground lies creation*, condensed into time and space, appearing as matter and brought forth by coherent acts of consciousness.

Let me explain how it is that we are able to join in acts of creation by pointing out the difference in power between energy that is scattered or random and energy that is tightly organized and in a pattern, like a laser or a spiral. Physicists call such organized energy “coherent fields of energy or consciousness.” It is these that they have studied in their intention and energy-healing experiments—and these that we will explain further below.

Energy can be more or less organized in its pattern or shape. **Scattered** energy waves we could depict as a scatter plot diagram, a bunch of random marks inked without thought all over a page. These are energies that are not in phase with one another; they are not technically resonating together.

Whereas *organized energy waves tend to vibrate in step with one another, to be in synch as shape and form; scientists call it **coherent** energy. When it is very dense, it appears to us to be material*, to be of substance. But even energy that is not material to our eyes can be quite organized. Take a laser, for instance. It is structured in a tightly spiraled fashion that is coherent energy. Notice the

shape and immense power of hurricanes and tornados when energy coheres into those kinds of strong weather patterns.

Coherent fields are thought to be responsible for producing the holograms described earlier and are what we create when we effectively meditate, use imagery, act in faith, and set intention. With sustained focus, we sweep into power (like a hurricane) a great many of the energy fields to which we have access and organize these fields of consciousness in the direction of our intention. Lynne McTaggart has led a movement of intention experiments that anyone can join. I recommend that you check out her website and books on the subject of intention at www.lynnemctaggart.com.

Some of my favorite experiments by physicists on intention involve *meditators who have been shown to influence even random event generator (REG) devices in the direction of their intent.* The significance of this is that REGs, by definition, are machines programmed to move or put out data randomly. In one experiment, however, a roving REG was put into a small rectangular room that contained an empty cage at one end. As predicted, the REG moved around randomly. Until the next part of the experiment.

Chicks that had just hatched were led to believe that the REG was their mother. They imprinted on the REG. When they were then put into the cage within the room where the REG was roaming, the REG began to hover at the side of the room where the baby chicks were in the cage! We can theorize that the baby chicks thought that the REG was their mom and sent some kind of intention or coherent field of “chick love” toward the REG. *(Now if baby chicks can trigger the Law of Attraction with the power of their love, surely we can!)*

Scientists have *correlated coherent energy fields in the body with health and well-being*. Such scientists say that effective energy healers work from coherent fields of higher magnetic and torsion energies; their blueprint energy can affect the ones being healed, who are open to their influence, because the healers' faster and broader vibrational consciousness can entrain and cohere the scattered and slower more disorganized energies of their clients.

Many energy healers say that what they do is tap into the *great power of unconditional love, higher love* that pours down from the field of consciousness as a whole. And they notice that the more they dissolve their personal sense of consciousness into the ocean of consciousness that is cosmic love energy, the more effective the healing that takes place in the body of the ones being healed. It seems that *unconditional cosmic love may be the most coherent energy of them all, perhaps the field of quantum consciousness itself*, cohering us all together, in spiral cyclic fashion, as one.

On the other hand, *scattered energy in the body has been correlated with disease, physical and psychological*. Most of us are quite random in our thinking; therefore our activity, and thus our emotional states, tends to be reactive and fearful instead of intentional and loving. This has a definite impact upon the body. Chronic stress is believed to scatter the fields of our physical body, causing it to become inflamed and to actually fall apart. When we have not yet learned to meditate, to discipline the mind, to focus our thoughts in a constructive, loving, and coherent pattern, we often feel "scattered," because evidently it is quite literally so.

It appears that *people who see the Law of Attraction work*

synchronously in their lives are those who have learned to create or align with coherent fields of energy and higher consciousness, those nonlocal fields that have the

I have come to see that at the physical level of electricity, negatively charged particles seek out positively charged particles. Yet at the levels of our soul, we are attracted to those who are similar in vibration (universal Law of Attraction) and who resonate with our intended purpose. It is these fields that group us together as organs in a higher body.

So perhaps at the level of soul, like attracts like. At the level of particle or body, complementary opposites attract.

actual power to organize even distant matter. Those who are usually scattered in their energy fields are not generating coherent fields with the power they seek to influence matter. They lack the power they need (at the level of quantum physics) to consciously create.

It is when we literally synchronize our lower personal fields with the higher vibrational energies of the multidimensional and quantum self that we begin to join the more syn-

chronous, coherent, and creative fields of consciousness. It is the soul that has the power to truly create. It is not the personal self. The lower self, when out of synch, has to work hard and with great effort to make much happen, because it is working with the slowest, most physical mechanical and electrical forces.

As we approach the close of this chapter, the idea is perhaps dawning that who we are is much more than most of us have ever remotely imagined.

In our wholeness, we are multidimensional and holographic beings, spheres of consciousness within even more expansive spheres of consciousness, with the power to create that which we can coherently imagine. Within time and space is the slower vibrational personality or personal self. This is the self we are used to thinking of as the self. Lim-

ited to our physical body, emotions, and personal thoughts. Simultaneously, originating nonlocally and holographically beyond time and space, exists the faster vibrational, transpersonal, spiritual self.

As the physicist Amit Goswami teaches, we really are a quantum self.

In the next chapter, we will consider four of these transpersonal centers of consciousness, along with the three personal, and how they are intended to work together to bring us our sense of self, our various types of intelligence, motivation, and creative activity.

Let's proceed from our human perspective to map our seven major spheres of consciousness, the information that they bring into our awareness, and the ways they relate to the progression of our human development. They are the immediate sources for our values and motivations, our fears and desires, and our various types of intelligences. From them arise the internal conflicts most of us feel. And hidden within them are also our greatest powers and potentialities, sources for our highest inspiration and joy.

