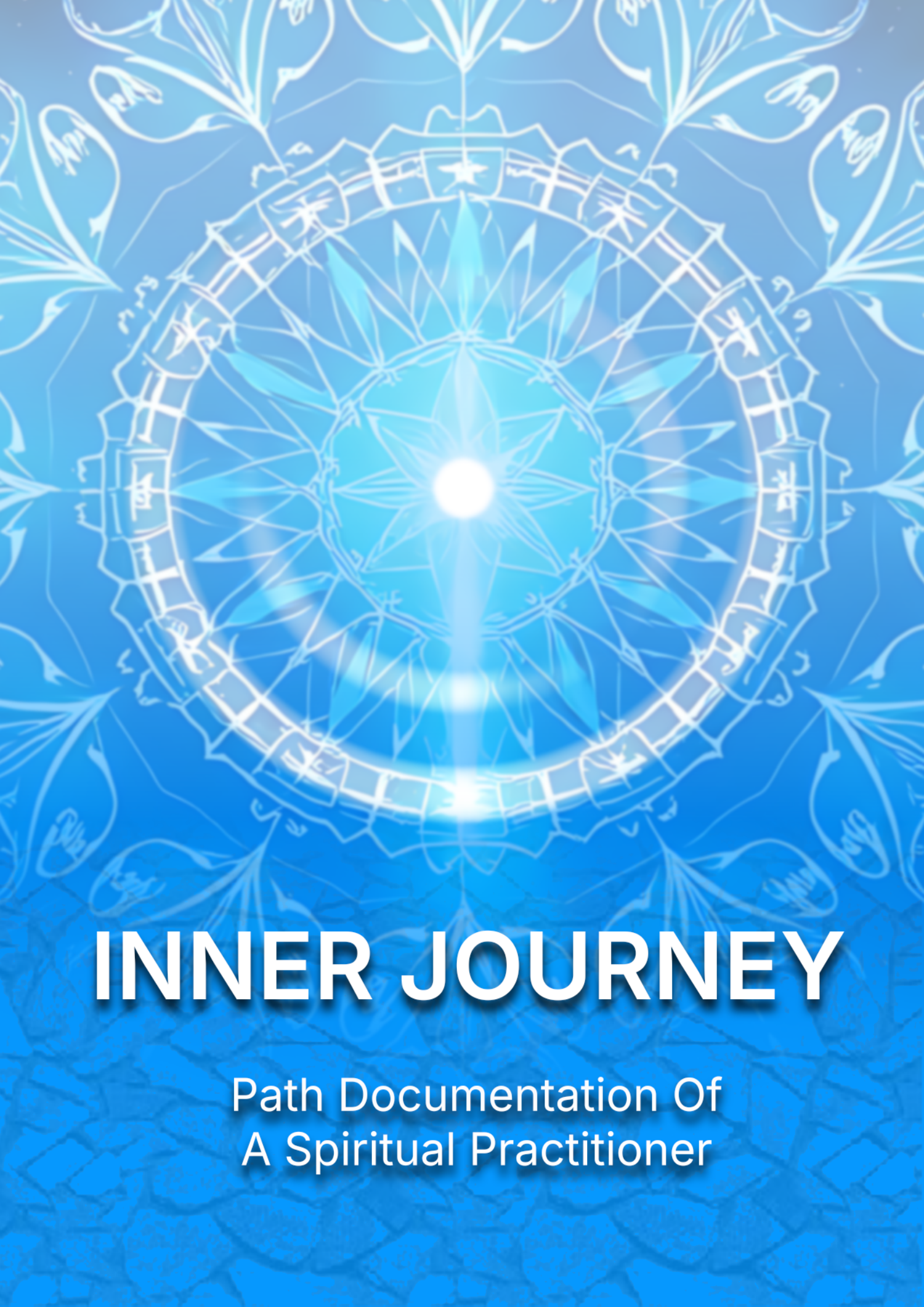


INNER JOURNEY

Path Documentation Of
A Spiritual Practitioner

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About the author

This document records the experiences, observations, and findings of a spiritual practitioner over several decades. The author approaches spiritual exploration from a non-religious perspective, simply presenting what he has personally experienced, discovered, and found to be effective.

The author’s conventional identity is ultimately not important. The material presented here is intended only as a light reference and an invitation to explore. It should not be regarded as definitive, nor should anything be accepted simply on the basis of belief or the author’s personal experience. Instead, the reader is encouraged to approach these observations with an open mind and to determine, through personal inquiry and direct experience, what —if anything—resonates as true or useful.

The most updated version of this documentation can be downloaded from:

https://app.box.com/s/hula5b6fa9f1ivxpqgdqui3q17vzj3z6

CHAPTER ONE – Groundwork Information

This chapter introduces essential information that provides the context for understanding the concepts and experiences explored in subsequent chapters. These key principles establish a framework through which the material can be approached, interpreted, and examined more coherently.

How to benefit from this documentation

This documentation should be used only as a light reference. The information presented here should not be regarded as definitive or as something to be accepted merely on the basis of belief.

In my opinion, one of the major obstacles in spiritual exploration is the tendency to collect concepts, and information. They are not meant to be collected. Instead, they should be regarded as provisional pointers—loose concepts to be examined, tested, and either authenticated or refuted through direct insight and experience.

The main reason for this is because words and language cannot fully capture the actual experience. Human words and languages are acquired skills developed ***after*** birth, within this life. They can subtly and unconsciously condition the mind to think in particular ways. Furthermore, some of these recorded insights and experiences arise in states of “wordlessness.” Hence, words can only serve as approximations—interpretations and descriptors of experiences that already lie beyond the domain of language itself.

Horizontal and Vertical Insights

Based on my current experience and understanding, I see two primary directions of spiritual experience and the insights that arise from them. Consequently, I distinguish between two fundamental types of insight: ***horizontal*** and ***vertical***.

Horizontal insights concern various characteristics of Reality that can be experienced, realized, or understood from the perspective of a human being—that is, from your current physical state. These characteristics can potentially be applied across different levels of Reality.

Vertical insights, by contrast, involve experiences that extend beyond the realm of ordinary human existence and perspective.

To me, both types of insight are necessary for a fuller understanding of Reality. A practitioner may develop profound horizontal insight into the nature of Reality without necessarily having direct experience of the deeper vertical dimensions.

The deeper vertical domain includes what might be described as a state of consciousness in which the experiences of a Being across numerous lifetimes are simultaneously accessible or perceived. If one has many sentient lifetimes as Beings possessing reasonably analytical intelligence, the accumulated intelligence and experience across those lifetimes could be vastly greater than what is accessible from the perspective of a single human lifetime.

This state of consciousness has been given many names in different traditions and frameworks: Oversoul, Higher Self, I-there, Larger Consciousness System, and others. For convenience, I will refer to it simply as the Larger Consciousness Structure.

Generally, that larger intelligence would not risk flooding a single current lifetime with the accumulated impressions and experiences of all those other lifetimes. While this may be necessary for the individual lifetime to function effectively, it also creates a significant limitation: a practitioner may believe they are perceiving the complete picture when, in fact, they are perceiving only a fraction of it.

In this sense, the Dunning–Kruger effect provides a useful analogy. One can be highly confident in one's understanding precisely because one lacks awareness of what lies

beyond one's own experience. In other words, you do not know what you have not yet experienced.

To experience everything, everywhere, all at once sounds like an extraordinary experience. However, in my estimation, it could also be dreadful. Simply experiencing the trauma of another lifetime could potentially “freeze” the human mind into a state of shock if it were not ready to process it. Thus, if the intelligence aspect of the larger Consciousness determines that the human side is not yet ready or mature enough, that portion of experience will remain veiled or shielded.

You will experience those other lifetimes from a first-person perspective only when the larger Consciousness determines that the human mind is capable of handling them. It is this larger Consciousness that orchestrates when such openings occur. Only when those veils are lifted and perception becomes unobscured does the practitioner come to recognize this directly.

However, this larger level of Consciousness is not some background or universal consciousness existing separately from you. Rather, it represents the full totality of everything, everywhere, across all time and no-time, as it pertains to that individual. It is simply that, while identified as a human person, this level of perception remains obscured.

Why, then, is vertical insight more difficult to access through direct perception? In my experience, it is not enough for the mind merely to become still. The human body-mind must also become energetically attuned to a higher-than-default vibration in order to access these experiences. By default, the human experience appears to be sealed or blocked from those dimensions or vibratory frequencies. In other words, the ordinary experience of being wholly identified with and focused on the human self arises from unnoticed constraints that produce an experience of complete separation and localization.

Therefore, at the most fundamental level—and in terms of the actual condition—there are neither horizontal nor vertical insights. Rather, there are various blind spots or cognitive obscurations that determine what can and cannot be directly perceived.

In my experience, the horizontal and vertical insights eventually blur, merge, and integrate into a coherent and multi-dimensional understanding. While peak experiences can occur, the actual condition of reality is gradually recognized in regular life. This recognition is not a sudden experience, but rather a gradual process of understanding that develops over time.

Why is it nearly impossible to gain Vertical Insight through thinking or mental analysis

Why is it nearly impossible to gain vertical insight through thinking or mental analysis? An analogy may help clarify this.

- A 1D entity can perceive only forward and backward.
- A 2D entity can perceive forward, backward, left, and right.
- A 3D entity can perceive all of these dimensions, along with the additional dimensions of height and depth.

Imagine living in a two-dimensional world where height is not perceptible as a quality of experience. A being in such a world might be able to conceptualize the idea of height, perhaps even develop elaborate theories about it, but it could never experience height directly. The limitations of its environment would prevent such an experience from arising within its ordinary mode of perception.

Something similar may apply to human cognition. In our conventional mode of experience, we construct time as a sequence of past, present, and future through sequential thought, perception, memory, and narrative. This mode of experiencing reality generates the mental frameworks through which we perceive continuity and linear progression.

A higher-dimensional mode of perception, however, would not necessarily be confined to this linear presentation of past, present, and future. From such a perspective, what we experience as a sequence might instead be apprehended more like an open canvas—where what appears to us as separate moments could potentially be perceived as aspects of a larger whole.

The fundamental difficulty is that the human mind ordinarily operates within its established cognitive framework. We can think about dimensions beyond that framework, just as a two-dimensional being might think about height, but conceptual thought alone may not be capable of producing the corresponding mode of experience.

In this sense, higher-dimensional insight cannot necessarily be reached by extending ordinary thought indefinitely. It may require a shift in the mode of perception itself—just as a two-dimensional entity would need something more than increasingly sophisticated reasoning to genuinely experience height.

Why awakening attempts are prone to failures

Many fail to awaken not because of a lack of conventional intelligence. It is due to the following reasons, which are often overlooked:

1. Using the wrong consciousness mode. Awakening transcends conventional mental processes. Attempting to think one's way into awakening is simply using an ineffective tool for the task at hand. Thinking is merely a process and not the ultimate state of being. However, conventional conditioned assumption is that consciousness is fully synonymous with thinking and thoughts. This is inaccurate.

In fact, excessive thinking can paradoxically block awakening. The only way to overcome this limitation is to recognize it and allow thinking to step aside.

Consider again the two-dimensional analogy:

> A Being confined to a two-dimensional plane might conceptualize height without ever experiencing it. Likewise, the ordinary thinking mind can form concepts about Presence or awakening without necessarily experiencing them directly.

For example, Presence may be experienced precisely in the absence of compulsive conceptual activity. The mind can describe such a state, but describing it is not the same as ‘experiencing’ it.

Similarly, awakening represents directly experiencing consciousness beyond our conventional thinking processes. These processes are unable to grasp states that exist beyond their realm, such as Presence even in the absence of thought. The only way for awakening to become possible is to acknowledge these limitations and allow them to step aside.

2. Habits and imprints can overpower the mind. This process are unrecognised unless there is enough 'mindfulness' to perceive their operations.

It is crucial to recognize these imprints and patterns and allow them to be cleared.

3. Unrealistic expectation. From my experience, there is no grandeur in awakening. The impression of 'awakening' as a state of grandeur—that garner admiration and respect from others—is nothing more than stories of religious sensationalisation. This is mental masturbation in disguise. In truth, the path is, at times, hammered into wholeness through Suffering and discomfort of all kinds and forms. Suffering is a fuel for awakening.

> Fear, pain, disappointment, failure—these are companions of awakening. These experiences are almost always preliminary conditions that precede corresponding dissolution from them. In another word: The awakening is experienced via passage through these suffering moments. But instead of conventional outcomes, insight enables their proper release.

Ultimately, the process is deeply personal and often accompanied by a sense of aloneness.

No one else can experience one's consciousness on one's behalf. Others may offer teachings, guidance, language, or companionship, but the actual seeing must take place within the individual.

The central paradox is that awakening cannot be achieved by the mind simply accumulating more knowledge about awakening. Conceptual understanding can point toward the territory, but it cannot substitute for the actual work and process.

Is awakening a mind/mental-only process

Is awakening a purely mental process? Strictly speaking, no.

What we regard as consciousness is not limited to mental thoughts or emotions alone.

Bodily sensations and sensory inputs are also part of consciousness. Hence, consciousness—and therefore awakening—depends on bodily as well as energetic conditions.

Certain consciousness conditions are obviously depending on bodily configurations and conditions. For example, sexual desire is dependent of the body type (male or female) and age. Hence from here, one can extrapolate that the condition for the arising of sexual desire is partly dependence on the bodily type and condition.

In summary, the state and thus condition for spiritual progress has a corresponding dependence on the condition of the body and its functions.

In a broad sense, awakening is not a process of acquiring more conceptual information; rather, it is about removing obscurations that blocked the realisation of Actual Condition. As explained in the 2 sections above, these obscurations can take the form of conditioned cognitive assumptions, karmic causal imprints, and energetic or frequency-related veils.

The anatomical consciousness structure of a Being

The anatomical consciousness structure of a conventional Human Being comprises the following layers of experiential frequency:

- Physical: provides the sensation of the physical body
- Astral: Comprised of mental and emotional aspects.
- Causal (or ‘Oversoul’): a very fine layer responsible for cause and effect, hence the 'source' of manifestation for the astral and physical domains.

In the diagram below, I have created a theoritical and schematic framework to illustrate the 3 layers or level of experiential frequency.



The diagram is not intended to represent the actual form or structure of these layers. Rather, it is a conceptual model designed to clarify the relationship between them.

At any given moment, experience is determined by where attention is focused. In the current state of human evolution, the average human being is primarily conscious of the physical and astral layers of experience. The causal, or larger-consciousness, layer is an extremely fine vibrational level and is therefore largely overshadowed by the coarser and hence more noticeable physical and astral (mental and emotional) layers.

Nevertheless, while a person is physically alive, all three layers are understood within this framework to be operating simultaneously.

The causal layer is associated with the apparent manifestation of an individual's “destiny” or “fate.” It is understood to operate beyond the limitations of linear time and, from this perspective, to have the capacity to orchestrate or influence the unfolding of experience at the level of the human being. However, this relationship is not understood as a one-way process. The experiences arising through the physical and astral levels also feed back into the individual's deeper causal consciousness, contributing to the ongoing development and unfolding of the causal patterns.

Additionally, the causal level may communicate with the incarnate human mind through symbolic dreams and meditative visions. Such experiences may serve a guiding or cautionary function and, in some cases, may appear to convey information concerning future events, giving them a seemingly prophetic character. The nature of this communication, and the manner in which causal information may be translated into symbolic experience, will be explored in greater detail in Chapter Two.

Why Meditation is a must for spiritual insight development

From my personal experience, meditation is essential for spiritual growth and development.

When it comes to experiencing vertical insights, meditation becomes even more crucial. Without the regular practice of meditation, it is impossible for one to experience these territories as they transcend the conventional human experiential range. This is because meditation helps to dissolve the fixation that we typically have towards our conventional experiences and allows our perceptual range to expand beyond it.

For the most basic of meditation, adopting a relaxed mindfulness of breathing is a fundamental meditation practice. Here's a step-by-step guide to get you started:

Preparation:

- Find a quiet and comfortable place to sit. You can use a cushion on the floor or a chair with your back straight.
- Close your eyes and relax.
- Set aside any distractions, such as turning off notifications or finding a way to minimize interruptions.

Basic Relaxed Mindfulness on Breath Meditation:

- Bring attention to the breath: Adopt a relaxed awareness of the breath that is moving in and out of the tip of the nose.
- When the mind wanders, gently bring it back: As you start meditating, your mind will likely wander (and that's okay). When you notice this happening, gently bring your attention back to the breath. Don't try to force your mind to stay focused; just allow yourself to come back to the present moment.
- Don't try to control your breathing: Allow your natural breathing pattern to continue, and don't try to change it or make it slower or faster.
- Start with short periods and gradually increase time: Begin with 5-10 minute sessions and gradually increase as you become more comfortable with the practice.

Duration and frequency of meditation

- In my opinion, the minimum duration of a meditation session should be half-an-hour. For more profound experiences and insights, a 2-hour long meditation is preferred. From Year 2000 onwards, my meditation frequency is regular. Since year 2008, my meditation schedule is almost daily.

Note:

Meditation dynamic changes significantly after the crucial No-self insight. Hence, the approach described above is less valid after that.

Awakening is not the deliberate pursuit of a state of no thoughts

Although meditation may at times lead to a state in which thoughts temporarily cease, awakening is not the deliberate pursuit of such a thoughtless state. There is a subtle but important distinction between consciously seeking to attain a thoughtless state and allowing stillness to arise naturally. The former involves an intention to suppress, transcend, or escape thought, and therefore involves grasping albeit a subtle kind. The latter occurs without force or deliberate effort: thoughts are simply released as they arise, and in their absence, stillness reveals itself spontaneously.

Thus, awakening is not about cultivating an artificial absence of thought. It is the natural arrival at stillness (or non-contrivance) through the effortless release of thoughts, identities, etc.

The distinction is subtle: seeking stillness is itself an act of seeking, whereas genuine stillness emerges when there is no longer any karmic imprint in operation at that moment of non-contrivance.

Your understanding evolves, but Situations may not

This is something that may present as a disappointment to spiritual seekers.

Many of us begin this journey because we are dissatisfied with our current circumstances or life in general.

As we move along the path, we will discover this. That is:

Our perception of reality evolves, but reality may remains the same as before. If it is gritty, it still is.

If at any moment, we seek a strong desire for a different outcome from what is presented before our eyes, it is that 'sense of self' in operation again. And suffering will be there. But at that moment, we may fail to recognise the suffering. instead, the dualistic subject-object spell fixates our attention to the mental narratives.

Situations may (not guaranteed though) re-organised only at the more advanced stages of working with the dissolution of karmic or causal imprints. However, prior to such a stage, the sense of self’s reactive responses only impedes and confuses clarity of causality.

The 2 main types of practice of my spiritual path

This is simply a sharing of my own experience — nothing definitive. I'm sure there are many other ways to navigate a spiritual journey.

The journey is essentially about ***unveiling*** two main aspects:

1. Insights.

These are about the nature or properties of reality and experience. Examples include I AM, non-duality, no-self, and emptiness.

2. Charged or unrecognized/obscured Causal Imprints.

This aspect concerns imprints that are active (charged) at the level of the unbounded Larger Consciousness Structure (or 'quantum field' in modern language).

In the section below, we will talk about ***Causal Imprints*** in greater detail.

Causal Imprints – the basis for manifestation, repeated occurence (aka karma)

What are Causal Imprints? They are the basis for manifestations, repeated occurences (aka karma). Imprints can be in the form of intentions, vows, addictions, unresolved traumas etc.

This aspect governs the outer manifestation of one's life. These imprints are the energetic, propelling forces that shape life's experiences. In another word, these imprints are the causality mechanism that causes certain events to have subsequent associated manifestations, unless they are dissolved (or neutralised).

There is no human-based judgment operating here; it is largely energetic and impersonal in its manifestation. When active imprints meet favorable conditions, they project themselves as outer manifestations. In my opinion, there is no such thing as luck or coincidence.

Significant events in life are often expressions of the active causal imprints operating at the (mostly obscured) level of the Larger Consciousness Structure.

Unconscious imprints (aka shadow aspects) can manifest as outer manifestation which serves as a feedback loop. These feedback allows for the discovery of these hidden/unnoticed tendencies within oneself and hence realising their effects. An example of this type is illustrated below:

> If someone strongly believes that “weapon acquisition is necessary, and sometimes deaths resulting from possessing weapons are inevitable and necessary,” that idea may be highly charged yet unconscious. The unconsciousness lies in not recognizing that the idea can also apply to oneself. If this charged imprint remains unrecognized, it may potentially manifest in one’s own life. This, I believe, is the dynamic of karma.

Another way a charged imprint can express itself is in this scenario:

> In one lifetime, a person experiences a traumatic event such as torture. That charged imprint may later manifest as an unknown fear in a future life. When conditions are favorable, a manifestation similar to the original trauma may occur. This is the larger Consciousness’ mechanism for attempting to resolve the charge.

As the planet rises in vibration, these active or hidden imprints are forced to surface as expressions — unless they are recognized and rendered uncharged. These uncharged imprints often feel like distant memories: you may remember them, but they no longer carry the emotional intensity they once did.

The Orientation Towards Increasing Harmlessness

In my experience, the long-term effects of shadow work and the recognition of causality have gradually cultivated an orientation towards increasing harmlessness.

Why does this happen? From my perspective, it comes from recognizing that unconscious intentions and actions can give rise to corresponding manifestations that serve as feedbacks. When we begin to understand these causal relationships, we become more aware of the potential consequences of our intentions and actions.

As a result, there is a natural tendency to avoid intentionally harming other human beings as well as animals. This is not simply a matter of following moral rules, but rather an understanding that harmful intentions and actions may generate negative causal consequences that can manifest in the future.

From this perspective, religious teachings that advocate kindness, compassion, and non-harm need not be regarded merely as dogmatic moral beliefs. In my opinion, they can instead be understood as realistic and practical approaches to reducing the creation and recurrence of negative imprints and their associated manifestations.

Thus, increasing harmlessness becomes less a matter of imposing morality upon oneself and more a natural consequence of developing a deeper understanding of causality.

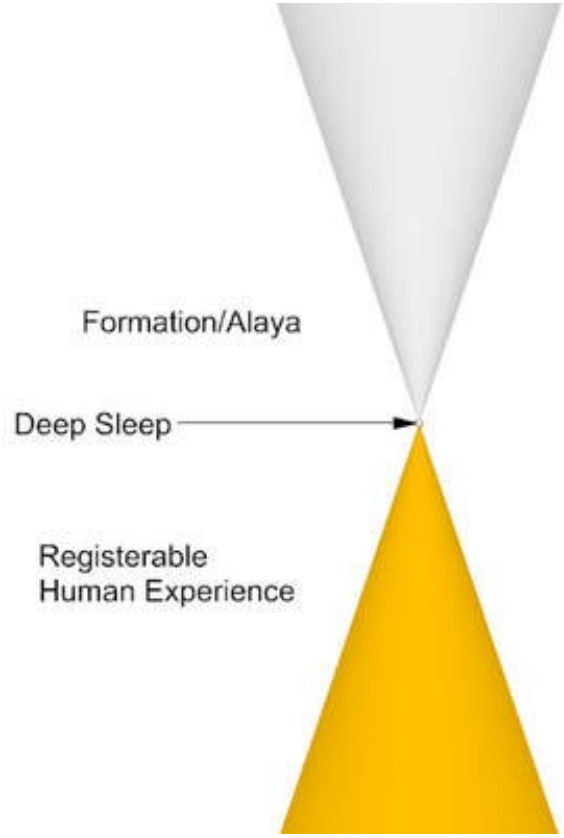
Why past/future (Simultaneous) lives are not known by default

As human beings, we have a registerable range of experiences. In another word, we think we are humans because our experiences are confined to those ranges that all human seems to share.

However, there are ranges beyond that.

In meditation, the registerable range of experiences can be stretched further.

Consider the diagram on the right. We never know what lies beyond the deep sleep. The deep sleep represents the peak experience of what is registerable as a typical human experience. Beyond that, the human frequency range will have very little detection or recognition. Hence, due to the constrained focusing on the human-domain attentions, what is beyond is simply not within our recognition or awareness. This barrier may momentarily be broken through deep and sustained meditation.



In my opinion, amnesia of past lives is a significant issue on this planet. Without the ability to recall previous lives, individuals cannot accurately and consciously know what they have done or what has happened to them in the past. In essence, they are not aware of the experiences prior to their rebirth.

The most insidious prisons are those where prisoners are unaware of their former identities (or actions and intentions) and are therefore susceptible to repeated experiences, often without realizing that they are somewhat trapped in a cycle.

Past life imprint and trauma healing works

At the advanced stages of the rebirth/reincarnation cycle, one will very likely be able to access some of their past lives. If one cannot do so, it may indicate that their realisations and experiences thus far remain primarily at the level of horizontal, or purely human-level, insights. Hence, past-life trauma healing and imprint-resolution work should be classified under the domain of experiences related to Vertical Insights.

There are many modalities for healing past-life traumas. One of the more commonly known methods is Shamanic Soul Retrieval, in which a shaman or healer assists the client in retrieving lost soul fragments with the help of spirit guides. Such practices are said to have existed for thousands of years.

However, our own higher aspect—the larger Consciousness structure—can also orchestrate the healing process in a regulated manner. This generally involves the "retrieval," or reliving, of the past event, followed by a process of "resolution." The procedure usually goes something like this:

- An intention is set for healing and resolution.
- The original trauma is remembered and relived. This may occur through past-life regression or meditation.
- The trauma is then resolved or dissolved. The dynamics of this process depend on the stage of insight that has been realised.

I have done some of my own past-trauma retrievals. Sometimes, the memories arise during meditation; at other times, they emerge when I am simply relaxed.

One particular retrieval (when I was rather new to this path) was especially painful. It involved a traumatic event from a past life, although I do not wish to reveal too much about it. Essentially, when the memories returned, it was not like watching a movie or observing something that had happened in the past. Instead, the past-life experience—pain and all—was superimposed upon my current-life daily activities. (Note: past lives are, in fact, concurrent lives.)

My constant resistance and attempts to prevent the experience from running its course made that particular healing and integration process difficult. In hindsight, I should simply have relaxed rather than panicking and frantically trying to push the trauma away. If I had approached it correctly the first time, perhaps the resolution period would have been shorter.

Hence, resolution and integration may feel easier at stages of realisation from Anatta/no-self onwards. This is because, at these later stages of insight, ignorance-based and unnecessary grasping can be progressively dispensed with.

Why do you want to do past life healing?

Basically, past life trauma is a kind of charged imprint that is unrecognised. It subconsciously controlled one's reaction and life's manifestation.

From my experience and understanding, the events in our lives are manifestations of imprints within our Larger Consciousness Structure. The resolution or rather dissolution of imprints is required for progression and evolution of one's state of being

Karmic imprint clearing is not suppression

Karmic imprint clearing is not suppression. In its most condensed explanation, it is direct recognition (followed by dissolution).

A person is not just one consistent personality. There is, in reality, no solid or fixed identity. Rather, at any given moment, our responses or reactions are often based on imprints that operate beneath conscious awareness.

Karmic imprints are formed through charged, conditioned, or repeated events and activities from the past (in terms of linear time).

These imprints also create the impression that thoughts and reactions are coming from a self. In other words, they are what form (false) identities.

There are multiple methods of clearing imprints.

I will describe only the most direct approach here:

When a response or reaction is occurring, recognise it simply as an imprint arising. This recognition dissolves identification and allows one to return to presencing. This is often the experience of the mind becoming stilled or silenced. A sense of relaxation returns and in the latter stage, very few thoughts may arise after the dissolution of identification.

Using an analogy to describe the process

Imagine clouds are thoughts and responses. Before any karmic imprint clearing work is done, the clouds is filling the entire sky fully. The sky is not seen at all.

When a sucessful karmic imprint has occur, the corresponding cloud is dissipated and that portion of the sky is seen. The sky can be liken to the experience of presence.

As more clouds are recognised and dissipated, more of the sky is seen.

CHAPTER TWO: Larger Consciousness Connection Practice

This section documents the Larger Consciousness Connection practice, presenting a relatively simple and accessible method for establishing a connection with the Larger Consciousness Structure. The practice is intended to provide a practical way of exploring and working with this broader level of consciousness, potentially allowing one to receive insights, information, or guidance through the connection.

The method described here is based on my personal experiences and current understanding. It is intended as a practical reference for those who wish to explore this form of practice through their own experiences and observations.

My Hybrid Path - what works for me

In my opinion, ATR (Awakening to Reality Blog) materials are excellent for paving the way to Anatta (no-self). I am forever grateful to John Tan for pointing out when I was stuck in the "I AM" stage.

However, I also appreciate the guidance from teachers in other traditions. And am especially grateful to Dianah for teaching me the way to connect with the larger Consciousness structure.

In my view, a combination of working with the larger consciousness system – regardless of what we call it – plus ATR-type insights is valuable. This aspect (larger consciousness system) is crucial for uncovering and integrating material that lies beneath conscious awareness. I believe it can be as simple as acknowledging the need for larger Consciousness assistance. Once this is acknowledged, meditation or symbolic messages in dreams will become apparent. ***However, I often distinguish between larger Consciousness contact meditation, where visions may appear, from the type of meditation involving letting go and stilling of mind.***

In this chapter I will discuss details and practices pertaining to working with the Larger Consciousness Structure.

What is the Larger Consciousness Structure?

How do I define this larger consciousness system ? It represents the full, real-time accumulation of all experiences, knowledge, and blindspots from all lifetimes of a Being. This level of consciousness has a perspective significantly different from that of the human mind or incarnated personality. For one, this aspect of your own Being does not understand death at all! This will come as a surprise to someone that has no experience of this level of consciousness. However, for someone who has been 'unobscured' or unveiled to that level, this is very obvious. This is because, in every lifetime, our consciousness has never registered or experienced its own death. The impression of each lifetime stopped at the demise of that corresponding body or incarnation. Hence, its priority does not include the eventual demise of the individual lifetimes. Only others see and assume the death of that individual (of that lifetime).

The closest match to this larger consciousness structure should be the Alaya (in Buddhist context). Most traditional Buddhist texts only describe the Alaya consciousness as a storehouse or as something negative, emphasizing its role in perpetuating the cycle of rebirth. However, based on my experience, this is not entirely accurate. The Alaya consciousness can be seen as a two-sided coin. Prior to certain insights, it is a mixture of ignorance and wisdom. Another crucially different point is that the Larger consciousness structure is not a storehouse or storage system, from my experience. It can be more

accurately described as the level of one’s own consciousness that is unobscured by the constraints imposed by the ‘human mind experience’ and hence is able to percieve the other experiences beyond linear time.

This level accumulates vast understanding from the collective experiences of the lifetimes. By working with this level of one's own consciousness, we can be better at resolving the past karmic issues.

The fundamental ignorance at the larger Consciousness level (prior to the realisation of non-dual and no-self insights) is what that creates a split in reality perception, resulting in the original basis of the sense of self being formed. This level can be thought of as dreaming countless lifetimes. When its non-dual and empty nature is realised, there is a turning and re-orientation.

In a nutshell, by working with the larger consciousness system, a dynamic two-way learning process is engaged. This leads to flexible and organic evolution.

Note: At further stages of spiritual progression, the distinction of larger consciousness system and human conventional reality starts to blurs and becomes more integrated.

2 Modes of Causal/Higher/Larger Consciousness connection

There are 2 modes of Causal/Higher/larger consciousness connection:

Mode 1. Vision and imagery transmission via meditation and dream state.

Mode 2. Direct unobscured experience of the larger Consciousness structure.

Mode 1:

This mode is relatively easy and does not require energetic/vibrational attuning. The visions and dreams can often symbolic and thus can be interpreted using Dream symbols.

Mode 2:

This mode is much harder to attain. Basically, the Larger Consciousness Structure exists in a very high vibrational state. The default human body/mind cannot experience and sustain that state of Being. From my experience, all 'opening' up to this level is orchestrated from the side of the Larger Consciousness Structure. But, on the side of the human body/mind, the necessary conditions must be in place in order for a successful unveiling. These conditions are:

1. The human mind must be very stilled
2. The body condition is suitably attuned.

Staying as the very high vibration state of the Larger Consciousness Structure is uncomfortable for the default human body/mind. This is because the human body/mind operates and has its attention fixated on experiences that are incompatible with the very high frequency states. You will not engage in mundane thinking in those high vibrational states. That is why after the first experience of immerse bliss from meditation at age 14, the desire and need for social gathering and idle talking with other human beings are very much reduced. This can create the impression of aloofness.

From my experience, there are specific environmental condition where the energetics for high vibration is more easily achievable. Daytime where the sun is visibly bright (for example, in the morning or the mid noon) has the optimum condition. Of course, the mind must also be extremely stilled in the meditation as well.

Note: At the later stages on the spiritual path, the human side is seen as not really existing 'solidly' as well, as more and more of the higher or multi-dimensional level of consciousness shines through or are unobscured.

Mode 1 Practice’s Instruction for receiving Meditation Vision transmission from the Larger consciousness structure

Precautions and Guidelines

Firstly, it should be noted that this type of meditation MUST be treated as a separate activity and process from the horizontal-insight type of meditation, which is largely contentless. Merging or confusing the two approaches can lead to stagnation, slow progress, or even hinder further development.

Step-by-Step Instructions

1. Prepare for Meditation: Be seated comfortably and relax your mind.

2. Make an Intention: Once your mind is sufficiently relaxed, make an intention to receive transmission from your own higher consciousness.

3. Relax and Let Go: Relax your mind and do not forcefully grasp for vision.

4. Verbally describe the Vision: When the first vision is seen, verbally describe what is being shown. This will trigger subsequent visions to be shown. Repeat step 4 until no new visions are shown.

5. Exit the Meditation: Once done, you may exit the meditation.

6. Integrate Dream Analysis: The meditation vision may often be accompanied by semantically connected dreams. Integrate dream analysis into this process to uncover, clear imprints, and gain a deeper understanding of yourself.

Mode 1 Practice example: Meditation Vision transmission from the Larger consciousness structure

The example illustrated here is the first Larger consciousness vision transmission (via meditation) that I had received (many years ago):

> I enter the meditation through the normal relaxing of the mind. The initial vision was that of a pair of mountains parting, revealing the sea beyond them.
>
> Next came a vision of a boy with a bandage wrapped around his head. He was sitting on a hospital bed. The vision is shown below.



The interpretation of this vision is as follows:

> Overthinking is an illness. The boy is symbolic of the tendency toward overthinking that I had developed. The vision serves as a reminder to let go of overthinking.

An Example of Past Karma Healing (via Higher consciousness coordination)

This is an example of a karmic imprint clearing via higher consciousness coordination.

Often, this method involves clearing more ancient and older imprints that are not within the conscious memory of this current lifetime.

Some background information is necessary to understand this process. Through past-life relivings, it appears that in my other lifetimes that is within the larger consciousness structure, there were lifetimes as soldiers.

In one reliving, I experienced running across a cold, European muddy field amidst artillery bombardment. I halted for a brief moment to take a breath, think about my loved ones at home, and then continued to run again. On my right hand, I held a bolt-action type wooden metal long rifle. This experience is illustrated below, after gathering more information.

In actual past-life relivings, the experience is a first-person perspective, which means that I couldn't see my own face in that past life. Hence, I am drawing this illustration solely for illustrative purposes.



Note: My view of past live is not that of conventional narrative. The past live/simultaneous life incarnates were not me.. but we all share the same pool of life experiences aka the larger Consciousness or I-there.

Higher aspect consciousness assistance in healing war trauma

In the following narrative, I will describe how one's Larger Consciousness Structure assisted in resolving war traumas.

In this life, I was born in Singapore and, as is common here, military conscription for males is compulsory. The trauma of past wars still haunts me, leaving me with anxiety about the military. Nevertheless, I found myself in a position as an infantry NCO, with the same rank I had held in WW1. This raises the question: was this a deliberate plan of the larger Consciousness? Perhaps, to be reborn in a country with military conscription, I was meant to confront and resolve past war traumas.

In one dream from the early 2000s, two monks were walking on a forest track. One of them held a large book, which was depicted in the artwork (shown below).



He passed the book to me, and as I flipped through its pages, I came to a particular page that showed us standing on the forest track from a bird's-eye view. The graphic is of an illustration style. This page of the book is as depicted in the illustration shown below.



This book, I believe, is the Book of Life or my personal Akashic Record – a record of all my life events.

Two weeks after the dream, I was attending military reservist training. I was participating in a topography exercise, working with my platoon commander to navigate through the forest checkpoints. As we reached the spot where I had encountered the two monks in the dream, I was suddenly flooded with a sense of recognition. A voice or intuition emerged in my mind:

"Look, you have died before in wars... but where are you now?"

In that moment, I realized that I had never truly died. The fear of war, which had haunted me since past lives, was unfounded.

A concise guideline to Dream Interpretation (for Mode 1 Practice)

As mentioned previously, dreams can be used not only to uncover underlying imprints but also as a means of self-discovery.

The following is a concise overview of the dream interpretation method I use, together with several key principles and guidelines:

1. Dreams as Symbolic Representations

Dreams often symbolically represent what we are currently experiencing or what we may be about to experience. In some cases, the events or circumstances symbolised in a dream may subsequently manifest in physical reality within the following few months, or even sooner.

2. Dream Characters as Aspects of Ourselves

The people we encounter in dreams often symbolise different aspects of ourselves. For example, a woman may represent a feminine aspect, while a man may represent a masculine aspect.

As our awareness expands through spiritual practices, including dream interpretation, we may begin to encounter aspects of ourselves that we have not previously recognised. These may be unconscious or hidden aspects of our being that have yet to be fully acknowledged or integrated into our conscious awareness.

Such aspects may appear in dreams as distinct characters or even as different versions of ourselves. Recognising these representations can help us better understand and potentially integrate these previously unrecognised aspects into our conscious awareness. This process may involve exploring the emotions, perspectives, behavioural tendencies, and ways of being associated with a particular dream character, and examining how they relate to our own experiences.

3. The Importance of Emotional Recognition

The emotions we experience both during our waking hours and within our dreams can offer valuable clues to a dream's underlying meaning. Feelings such as anger,

fear, sadness, or joy may reveal underlying imprints, unresolved emotional patterns, or behavioural tendencies that warrant further exploration.

It is therefore important to pay attention not only to what happens in a dream, but also to how we feel during the experience. Our emotional responses may provide insights into aspects of ourselves that are not immediately apparent through the dream's narrative alone.

4. The Personal Nature of Dream Symbols

Dream symbols may carry meanings that are unique to the individual. A particular person, object, or situation may hold a specific significance shaped by one's personal experiences, memories, emotions, and associations.

For this reason, there are no rigid or universally applicable rules for dream interpretation. Rather than relying solely on conventional or generalised interpretations of dream symbols, we should consider the personal context in which they appear. By reflecting on our individual experiences and allowing our innate intuition to guide us, we may develop a deeper understanding of what a dream means to us personally.

Ultimately, dream interpretation is not simply about decoding symbols according to predetermined meanings. It is a process of self-inquiry that invites us to look beyond the surface narrative of a dream and explore the deeper psychological and experiential dimensions it may reveal.

Sidenote:

In my opinion, under the right conditions, a spiritually trained person may be able to establish a direct connection with the larger consciousness structure or higher aspect of another person.

Through this connection, the higher aspect of one person may convey knowledge or information to the spiritually trained practitioner, who can then interpret and communicate that information to the intended recipient, potentially providing assistance or guidance.

Notable Vision and Dream symbols

For a more detailed listing and exploration of dream symbols, one may wish to consult a dream-symbol dictionary or other reference guide. It is also important to remember that the meaning of a symbol can vary depending on the context of the dream, the emotions experienced, and the individual's personal associations with the symbol.

Some notable dream and vision symbolisms include:

Libraries or large books containing life events: These may symbolize the Akashic Records, or a repository containing records of events, experiences, and information from different lifetimes.

Elevators: These may represent movement upward or downward through different levels or dimensions of consciousness or existence. The direction of movement may also suggest a transition between different states of awareness.

Bridges: A bridge may symbolize a transition, passage, or transitional phase, particularly the movement from one stage, circumstance, or state of being to another. Crossing a bridge may suggest that one is moving beyond an existing situation towards something new. The condition of the bridge and the ease or difficulty of crossing it may provide further clues about how this transition is being experienced.

Classrooms or classes: These may represent a lesson, learning experience, or area of personal growth that requires attention. The subject being taught, the activities taking place, and one's role in the classroom may provide additional clues about the specific lesson involved. Such dreams may suggest that there is something to understand, integrate, or recognise through present circumstances or ongoing experiences.

Teachers: A teacher may symbolize a teaching, guiding, or mentoring aspect.

Doctors: Dreaming of a doctor may carry various meanings, often symbolizing a need for healing, guidance, or attention to an issue that requires care. Depending on the context, the doctor may represent a process of physical, emotional, psychological, or spiritual healing. However, such dreams should not be taken as a diagnosis of an actual medical condition.

House: A house typically symbolizes the self, representing one's inner psychological landscape or the broader structure of one's being. Different rooms may correspond to different aspects of one's inner life, while the condition of the house may reflect one's perceived internal state. Hidden rooms may symbolize unexplored aspects of one's psyche, while unfamiliar houses may represent the discovery of previously unrecognised dimensions of oneself.

Water: Dreaming of water often reflects your inner state and emotional condition. Its condition, movement, and depth can offer clues about what you may be experiencing emotionally. For example, calm, clear water may symbolize peace, clarity, and emotional balance, while turbulent, murky, or overflowing water can suggest emotional overwhelm, uncertainty, or unresolved feelings. Deep or vast water may represent the unconscious mind and emotions that have not yet come fully into conscious awareness.

Bath, shower: Baths and showers may symbolize cleansing or purification, which could be spiritual, mental, or emotional in nature. Washing oneself may suggest the process of releasing accumulated emotional burdens, clearing conditioned patterns, or moving beyond previous experiences. The act of bathing may also represent renewal and preparation for a new phase of life.

Dream and Vision Authentication Protocol

Visions and dreams (from the Larger consciousness structure) often contain their own form of authentication. The experience may present information that is **not already known to the conscious mind**. Such information can subsequently be investigated, verified, or observed through external events.

One form of authentication occurs through the **subsequent unfolding of events**. A dream or vision may present something symbolically or as a future event. At the time, its meaning may not be apparent. Later, an event may unfold in a manner that closely corresponds to the symbolic structure, sequence, or content of the earlier dream or vision experience. In this case, the event itself becomes part of the authentication process, allowing the meaning of the original vision or dream to be understood retrospectively. This mode of authentication is illustrated in *"An Example of Past Karma Healing (via Higher consciousness coordination)".*

Another form of authentication is the appearance of a **word, phrase, name, symbol, concept, or piece of knowledge** that is unfamiliar to the conscious mind. The practitioner may encounter a term during a vision or dream without knowing its meaning or even being aware that the term exists. It can then be checked against external sources, such as books, historical records, reference materials, or an internet search. *This mode of authentication is illustrated in "Message on Body Upgrade by Rainbow Snow Leopard (in Chapter 6)".*

There can therefore be a distinction between **interpretation and authentication**. Interpretation is the attempt to assign meaning to an experience, whereas authentication involves looking for something beyond the experience itself that can confirm, challenge, or refine that interpretation.

Pros and Cons of Mode 1 Practice

There are both advantages and disadvantages to using Mode 1 practice to connect with one's higher-consciousness structure.

Advantages of Mode 1 Practice

1. Low barrier to insight and realisation.

   One does not need to be highly realised or have progressed through stages of horizontal insight (e.g., I AM, non-duality, etc.) in order to begin clearing karmic imprints.

2. Access to imprints beyond the current lifetime.

   Mode 1 practice can provide access to karmic imprints that extend beyond one's present lifetime.

Disadvantages of Mode 1 Practice

1. Continued reliance on semantic and narrative interpretation.

   As one progresses deeper into the stages of awakening, the mind's semantic and storytelling-based structure gradually loosens. However, Mode 1 practice relies on semantic interpretation for self-discovery and the uncovering of imprints. Consequently, continued reliance on Mode 1 may cause one's orientation of consciousness to remain fundamentally dualistic, even as deeper stages of awakening unfold.

Conclusion

Mode 1 practice should therefore be gradually replaced by direct imprint and direct thought-identification recognition—a mode of recognition realised at stages beyond the no-self insight. As one progresses, the emphasis should shift away from semantic interpretation and toward direct recognition of imprints and identity formation without reliance on the mind's narrative or conceptual structures.

CHAPTER THREE: Overall Insights and Experiential records

This section documents overall insights and experiential records.

The intention of this chapter is to preserve these findings for reference, reflection, and further investigation. Readers are encouraged to approach the material with an open yet discerning mind, examining what is presented through their own observations and experiences rather than accepting these descriptions as established truths or as the only possible way in which the stages of awakening may unfold.

Spiritual Journey Trigger

At the age of 14, I sat down cross-legged for my first meditation. The meditation was incredibly blissful. At the time, I remember thinking:

“This ocean of bliss is the most awesome, magnificent, and beautiful experience I have ever had. It makes all other forms of mundane happiness appear like poor imitations. It is simply pure, brilliant, expansive bliss.”

Seen from the perspective of the “Ocean of Bliss,” the purpose of life is simply to be experienced. Everything that has happened and everything that will happen are all part of the joy of experience. The insight could be summed up as: “It is because it is.”

Please note, however, that my perspective matured considerably through successive stages of insight and realization.

For two days after the meditation, I basked in its blissful aftereffects. When the experience finally subsided, however, my body was aching. Although the experience had enveloped me in emotional ecstasy, it had also physically “stressed” the human body. I had also become addicted to the bliss. I wanted to return to that state.

After the experience, I set an intention to eventually return to that State of Bliss. That was in 1986. I have been pursuing an unrelenting spiritual quest ever since.

In hindsight, it can now be seen that the “Ocean of Bliss” experience was orchestrated by the Larger consciousness structure. Its purpose was simple: to trigger and initiate the spiritual journey.

There is nothing mystical about "awakening"

There is nothing mystical or special about “awakening.” It is simply a systematic and often progressive recognition of the properties of base or actual reality. In this respect, it is not unlike science, such as physics, which investigates and discovers the properties of the physical world.

The practical application of physics and other scientific disciplines gives rise to technology. In a similar vein, the application of insights into the nature of base or actual reality may manifest as what are commonly perceived as psychic abilities. From this perspective, there is nothing inherently mystical about such abilities. They are simply potential applications of an understanding of certain principles and properties, such as wordless direct knowing, non-locality, and non-linearity of time.

This brings us to an important point: it may not be advisable to pursue psychic abilities solely for their own sake. Instead, their development, if it occurs, can be regarded as a natural yet optional consequence of spiritual insights and their potential applications.

Hence, in my opinion, the emphasis should be on understanding reality itself, rather than seeking particular abilities. The benefits of spiritual insights far outweigh those of pursuing psychic abilities for their own sake.

The Crucial Turning Point Insight

If there is a Crucial Turning Point Insight, it will be the No-self or Anatta insight in Buddhism.

The Progression (leading up to no-self or Anatta insight) as it happened to me are as the following:

1. **I AM Presence or Eternal Witness.**

This is an all-pervading presence experienced in a state of very few or zero thoughts. It appears to be a background witnessing awareness observing phenomena and thoughts. Many will also label this state as the Eternal Now.

At this stage, Deathlessness is directly experienced and understood. More often than not, the Witnessing Presence will be regarded as the 'Source'.

This experience can be arrived at using concentration-type meditation. I arrived at this by doing a close-eye meditation comprising of mindfulness of the breathing at the nose. Once this stage is experienced, it should be noted that this insight is FAR from being a deep realisation.

You may want to visit the section '***Inquiry after I AM Presence or Eternal Witness experience'*** for inquiry work useful for progressing beyond this.

2. **Non-duality.**

This is the stage where the split of a background witness and the environment its observes is finally understood to be non-existing. In another word, there is no subject and object division in experiences. At this stage, it may appear as a luminous 'joining' of inner and outer.

This was not a comfortable stage for me. This is because, although the experiential field is non-dual, the grasping of that sense of self is still working unknowingly. One part of my head is experiencing non-duality, while another 'sector' is unconsciously holding onto a tensed 'sense of self.

3. **No self (Matured Non-duality realisation)**.

This is the stage where the insight of non-duality has matured. The previously unrecognised grasping/fixation of non-duality as an 'object' is seen. Now, there is no person experiencing the subject-object merge. In the experience, there is only the experience.

This insight is typically not realised in meditation. Rather, it is easier to realise it in activity. I realised it while walking. Instead of 'I am walking', it is suddenly realised that there is just walking, no 'I'.

This insight is not particularly dramatic, in my experience. Hence, once it is realised, one might wonder how something so obvious could have taken so long to understand. The insight is usually doubtless, if it is realised via the I ***AM Presence >> Non-dual*** progression.

From this stage onwards, there can be maha experiences. That is, the actions are as if performed by the 'universe' itself. When chewing, the action is performed by the universe. When drinking, it will feel as if 'drinking the universe'. Vision is not seen through the eyes. Sounds are not heard through the ear, etc.

Inquiry after I AM Presence or Eternal Witness experience

If one has arrived at the I AM Presence or Eternal Witness experience, the following inquiry may be helpful for breaking into the next stage which is Non-dual or no subject-object.

Inquiry into the Nature of the 'Source'. At the I AM Presence stage, the I AM or Eternal Witness is often viewed as the Source.

Can we consider the Source an object? If so, where does it reside: within the confines of space or outside of those boundaries?

If the Source is situated within space, would it not imply that space precedes the Source? In such a case, would not space be the origin or source of the Source itself? This raises questions about the nature of space and its relationship to the Source.

On the other hand, if the Source exists outside of space, do we not need to account for two mediums: the Source itself and space? Since objects are confined within space, if the Source is situated outside of space, how can it be considered an entity or object?

Considering these questions, could it be possible that the Source and its manifestation are not separated at all.

NOTE: This inquiry is mainly used to break the assumption of subject and object or the impression of an observer and an environment that the observer is experiencing. It is not a final insight but a crucial one necessary for the maturation towards the non-dual insight.

How is the sense of self formed

The sense of self, or "me," arises from fundamental assumptions about experience and reality. Before understanding this, those assumptions must be thoroughly investigated and clarified, refuting them.

When we first meditate and enter a state with zero or minimal thoughts, the experience is one of an all-pervading and borderless space-like PRESENCE.

We know that truer reality is this "Source-like" Presence. However, its non-dual nature remains largely unknown (up to this juncture).

Essentially, the inquiry is:

> "Can the space-like void/PRESENCE be split into parts?"

The answer is a very obvious NO. If voidness could be split into parts, it wouldn't be voidness.

Hence, the "Source" cannot be split into objects or divisible domains. Seeing objects as truly real or self-existing is a fundamental perceptual assumption of our current plane of experience—the realm we perceive as absolute real.

Therefore, because there is no inherent division (or any real split into multiplicity) in actual reality, how does the sense of being a person interacting with an outside environment comes about? The answer lies in the persuasive and blinding power of thoughts, particularly duality thinking, to create the illusion of subject-object dichotomy.

At any moment of base experience, there is only that experience. For example, because of the non-dividing nature of reality, sound is simply sound. But when ignorant thoughts (that is based on a non-recognition of no-split) are added to this mixture, the pure experience of just sound becomes the impression of "I am hearing the sound." That "I am hearing the sound" is a duality thought/thinking, based on the assumption of a subject-object dichotomy.

This realization is the first definitive awakening to the understanding of the nature of base reality. However, it is just a first awakening. Subsequent realisations will reveal more properties and working principles of base reality. This is a very deep and ongoing process of uncovering. And I am just only beginning to uncover more of them.

Note: In this current realm where ignorance of non-duality is the default, it is counter-productive to adopt an openly 'no me' approach. The conventional self is used, employed for the regular functioning although the recognition of non-duality is already established.

The Effect and re-orientation after the No-self (Anatta) Insight

Once an individual has directly experienced the insight of no-self, the assumption that the observing or witnessing presence is the self will also gradually dissolve during meditation. This is because the underlying blind spot—the unconscious identification (and pre-assumption) of silent witnessing or presencing as the self—has been brought to light through the insight of no-self.

There are further stages of insight beyond this point. However, in my opinion, the insight of no-self represents the fundamental initial turning point towards liberation. It marks the beginning of a deeper recognition of the blind spots and subtle forms of grasping that were previously unrecognised. As insight becomes more refined, there can be a further shift towards the uncontrived and spontaneous release of grasping, without the need for deliberate effort.

An important point to note is that the dynamics of karmic or causal imprint clearing and resolution change significantly from this stage onwards. Prior to the insight of no-self, the process of clearing is still approached from the reference point of a self—an apparent individual who is doing the work of clearing and resolving these imprints. Following the insight of no-self, this reference point begins to dissolve, and the dynamics of the clearing process change accordingly.

In the subsequent sections, I briefly document the stages of insight that have unfolded and continue to unfold in my own experience following the insight of no-self.

For a more detailed exploration of the stages of awakening, I recommend referring to the Awakening to Reality blog and its presentation of the seven stages.

Further Insights beyond No-self or Anatta

Insights work in the following way.

An insight refutes a previously held assumption about reality or our lived experience. A newer insight may, in turn, refute or refine an earlier insight.

Those who have progressed beyond a particular insight may be difficult to understand, in terms of their experience and knowledge of reality, by those who have not yet realised that insight.

There are both vertical and horizontal insights. Someone who is highly experienced in horizontal insights may not even be aware of vertical insights, and vice versa.

The progression of insights and the dynamics I have experienced beyond Anatta are as follows:

1. Emptiness
2. The Relative Implication of Conventional Experiences
3. Deeper Resolution of the Larger Consciousness's Active Karmic Imprints
4. Stable Vision in Stillness
5. Re-orientation of Time Experience — deconstructing the linear experience of time toward the simultaneous interpenetration of different periods of time. This is a state in which past, present, and future events can meet as single moments.
6. Realisation of Dimensionlessness

Certainly, this is not a finality. Nevertheless, experiential glimpses of Point 6 are profoundly significant and marks a very definitive stage.

In the subsequent pages, we will explore these stages in greater detail.

Emptiness Insights

This insight is quite hard to explain and be expressed. But I will try.

Firstly, the experience of the Emptiness (insight) is not Nothingness. This is an incorrect understanding that is widely proliferated.

Basically, its means that there is no concreteness or solidity to any experience. If there is a deconstruction of perception, experience will appear as luminous and transparent at the same time. There is also an intuitive knowing that distance, location do not really exist. That is, in reality, experiences are holographic, instead. In another word, the 3D-ness of physicality is actually an appearance, rather than an actuality.

'Consciousness' fully manifests itself 100 percent as any experience. In fact, the word 'Consciousness' cannot also express this insight fully. This is because there really is no such a thing as consciousness. It is merely a label used here for approximation of that Emptiness insight.

Sight is 100 percent that experience. Sound is 100 percent that experience, and so on so forth. 'Consciousness' or 'what is' fully expresses itself as the experience. In my experience, 'Emptiness' is often not a 'dull' and dim experience, it is 'forceful' and intense, as if dualistic dichotomy and conceptual grasping are being actively burnt away.

This insight will require the pre-requisite realisations of:

Non-duality. That is that there is no separation of an observer and what is being observed in any experience. This is very obvious once the nature of the 'source' and its 'manifestation' is understood. In another word, there cannot be a source that is separated from its manifestation. Because to imply that, is to ignorantly assume that there is a medium that precedes a source that can contain the source and its manifestation. If a medium can precede the 'source', then the source won't be the source. That is just an illogical blindspot that almost the entire world assume.

The maturation of non-duality into the no-self insight.

Note:

As my understanding progresses, it became evident that Emptiness should be considered a broad term that encompasses multiple insights, but each expressing an attribute of reality. What is described above should be considered as non-locality of sensorial experience. However, further evolution may also reveal other attributes pertaining to time, size, etc.

Relative Implication of Conventional Reality

I will try to describe this experiential insight as best as possible.

This realization can be arrived at through the investigation of not only conventional experience, but also via the impressions that are at the level of the larger consciousness system. In my opinion, these particular insight is not fully appreciable at the level of conventional reality. However, through the passionless investigation of the impressions of simultaneous lifetimes within the larger Consciousness structure, the illusionary and utterly dream-like nature of these experiences can be ascertained firsthand. Eventually, one will come to this intuitive knowing that not only are experiences 'empty' (void of inherent self-existence, self-independence), they are also non arisen. That is, nothing has truly popped out of somewhere and then disappeared into nowhere. Reality as it really is, is more like a dream instead.

When you are dreaming, the events and things in it seem very real. You are a participant in the dream, investing emotions and anticipation in it while it is still thought of as real. But once you wake from that dream, you realize nothing in that dream was real. Life is somewhat like that. However, there is a whole structure of algorithms that support sensate experiences, and unless you are familiar with vertical insights, it is not easy to explain. But I will try (to explain) via an analogy:

> If one has astral projected before, we know that prior to getting back all the physical sensation, there is a period where the dream-like experience/body hovers close to location. And when it snaps back as physical, all the physical sensation will come online again within a few seconds. Experience this a few times, and one may realize that the physical may not be physical but is another layer of experiences/constraints superimposed upon the existing astral dreaming experience.

How does this insight translate and relates to conventional experience?

Often, when there is pain, a whole narrative is being conjured up - in my opinion, it's the body-mind reaction for bodily survival... hence "self" survival. It is unconscious, but if nothing has truly arisen, then whatever sensation that is being experienced at that moment is not implying the worst scenario. Everything arises due to complex layering of working with fundamental ignorance embedded... that is, the self, and that it can be killed or destroyed. But if nothing has truly arisen, it's like a dream - "you" cannot get killed in a dream. You can get all the reactions of anxiety, fear, etc., but you cannot get killed in a dream. This is the same with life, in my opinion. There are these experiences and subsequent reactions, but their implications are false and are based on deep fundamental ignorance.

This particular insight has the effect of unknotting previously undiscovered fixations and blindspots. If there is a condensed approach derived from this insight, it will be:

'Let experiences stay unmodified'

Note:

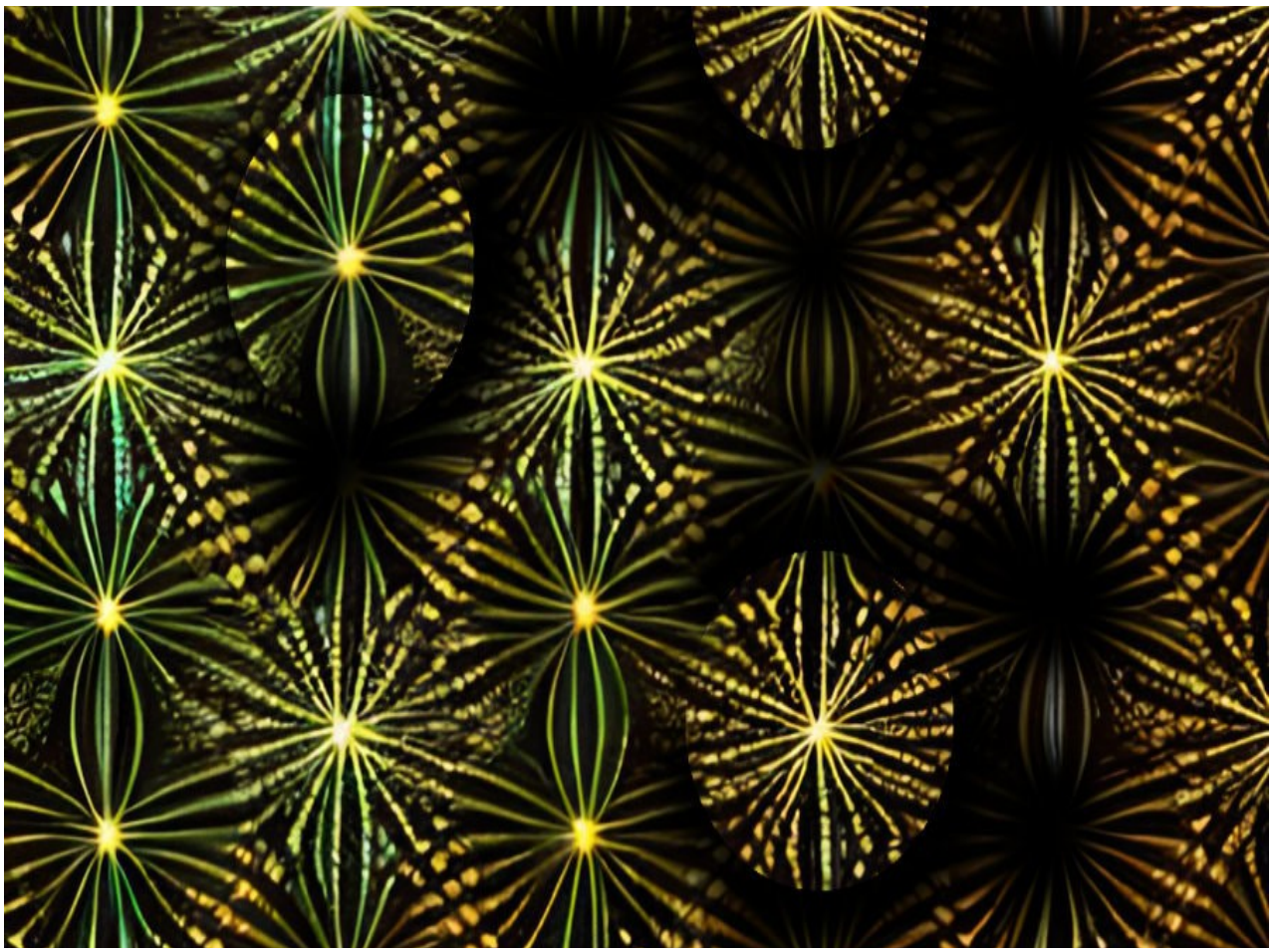
At this juncture, if the realisation is merely conceptual, there may be a tendency to treat the body as if it is of no importance. This, in my opinion, is an unbalance approach and leaning towards dissociation. Instead, it should be understood that one's state of being is also dependent on the condition of the body and its function. Hence, the latter should not be neglected. In fact, in my experience, it is also during this stage and after, that the subtle energetics of the body comes into clearer awareness.

Additionally, although the implication of physical pain is not absolute, the pain itself is real and undeniable. This recognition provides a basis for adopting a more balanced and compassionate approach.

Stable Visions in Stillness

From my experience, the occurrence of stable visions during meditation can happen at the early stages of insights. However, their appearance are more prevalent after the 'Non-arising' insight. These visions (during stillness or meditation) seem to originate from within oneself but appear as if projected in front of one's mindscreen or sight. It is as if a new "vision faculty" had come online. In total stillness, where the sense of self is long gone, visions may appear.

One such vision is that of spinning geometries, similar to what is being depicted below:



So what are these visions? In my opinion, they are formation level perceptions. That means, these are appearance manifestation prior to the experiencing of the 'Physical world'.

There are different types of visions. Another type of vision is as if a window has opened and a stable scene is within the window. Once, there were also human forms in postures where internal energetic pathways can be seen. At times, vertical rows of symbols or an unknown language will appear. One may maneuver within the vision for closer inspection as the visions are stable and no longer fleeting flickle thoughts.

Non-linear presentation and experience of time

I had an interesting experience in 2025. I was having a bowl of laksa when I experienced the usual mahā experience. It felt as though I was drinking the universe. However, there was something more: a stream of thought seemed to be coming from across space-time. The thought or realisation was this:

> “When a past-life event is relived, the past-life character also relives you.”

I then realised that this thought was being streamed from a future self, of whom I am the past-life character. From this perspective, I was experiencing omniscience across space-time from that future state or self. The future and the present moment had converged into a single moment.

As more obscurations and blind spots are recognised, it appears that what we conventionally assume to be reality has a nature that differs from how it is typically presented.

Some of the conventional assumptions that are gradually challenged as one progresses include the following:

1. The conventional presentation of location and distance

   We assume that locations and distances are entirely real. However, as insight deepens, the experiential field begins to take on a holographic-like presentation, in which locations and distances seem more like appearances than fixed, objective realities.

2. The linearity of time

   As further deconstruction occurs, there is a gradual bleed-through of the past and future. Time appears to become increasingly non-directional. In other words, the past, present, and future are no longer experienced as progressing linearly but instead seem to be occurring all at once. A past or future event may converge with the present as a single moment.

   Previously, reliving past-life events or remotely viewing the future occurred only during meditation. However, it now appears that such experiences of non-directionality can also arise during ordinary waking hours. More about this phenomena is covered in ***Synchronicity and Non-linear Interconnected Causality***.

The Realisation of Dimensionless-ness

Apart from the conventional presentation of reality, there is also a dimensionless presentation of reality. From this perspective, the actual condition of each experience is utterly insubstantial. What appears to be a three-dimensional world is instead maintained as a kind of “holographic display” of ‘light’, which itself has no ‘definitive position’.

Light is dimensionless, has no measurement. Measurement such as length, distance, location, size, time are all constructed display of light. These meaurements by themselves have no real definitive implication. Every appearance is constructed from light. No matter how complex a phenomenon becomes, it is still Light (光).

When one becomes completely caught up in Appearances, together with the stories and semantic formation generated by the mind, reality appears to be solid, and substantial. Even the Earth on which we live can, from this perspective, be understood as a constructed display of light. The human body that realizes this is itself also part of that display—a body of light.

The same applies to the senses and physical sensations. They do not ultimately exist as experiences confined to a specific locality, size, or fixed position. The sensations themselves are also holographic in nature.

There is an important distinction between Appearance and Light.

> An appearance is whatever seems to ‘appear’ as an identifiable phenomenon: a body, an object, a location, a distance, or even the apparent three-dimensional space in which things seem to exist. Appearance has form, distinction, and apparent measurable properties.
>
> Light, in contrast, is not an object. It is dimensionless and has no inherent form, location, size, distance, or other measurable property. Rather, it is the insubstantial basis from which the entire display of appearances is constructed.

Note:

> ***From the Emptiness stage onward, the release from self, thoughts, and identity-grasping becomes increasingly effortless.***
>
> ***Additionally, there is a growing realisation that each uncontrived moment is already perfect and complete in itself.***

The Rebirth Dynamic and the potential of decoupling from it

This stuff that I am going to write here is based on my own understanding and may be controversial, and difficult to understand. I would like to make a disclaimer: I may have realised the mechanism for decoupling, but this does not mean that I have effectively decoupled from the rebirth dynamics fully. It simply means the process has been initiated.

Ideally, you will be able to understand this if the following conditions have been met:

- No-self or maturated stage of non-duality insight has been realised and experienced;
- The vertical insights of accessing past lives and connecting or understanding the karmic conditions across lifetimes have been achieved, meaning be able to see how the imprints created in one life can cause the manifestation of its effect in another one.

However, if you already have met these conditions, you very probably would also have discovered the decoupling mechanism.

Before we dwell into the decoupling mechanism, let's talk about the rebirth dynamics (as I see it) via the perception at the level of the larger Consciousness structure. The Rebirth Dynamics is basically propelled by desires, intentions and charged imprints. Basically, all three aspects are different forms of grasping. Hence, grasping is the cause of rebirth.

Now, let's talk about how the No-self insight can break this dynamic. Once one realised the no-self insight, he/she would have also realised that experiences are fundamentally non-dual. That means, there really isn't an observer and what-is-being-observed dichotomy. Similarly, there really isn't an experiencer and what-is-being-experienced dichotomy as well. This insight breaks the grasping of wanting to control and change what is being experienced, as if what is being experienced is separated from the experiencer. In the matured stages of insights, the experiencer that is 'you' does not exist independently. Instead of a self being experienced, there is an absence/presence.

Hence, instead of grasping at an appearance as if they are 100% real, there is an automatic release of the grasping dynamics. This breaks the compulsive forward and future propelling momentum of re-manifestation. The cascading process of compulsive rebirthing is hence winding down too.

Once the No-self insight has been realised, the decoupling has essentially being initiated. However, for those without the experiences of the vertical insights, even if the experience of no-self has been 'awakened' at the non-obscured level (of the larger Consciousness), the human mind is oblivious to that fact. Nevertheless, the strength and doubtlessness of that insight will have an impact on the re-orientation of the rebirth dynamics.

The dissolution of ‘charged’ imprints (or karmic patterning) require working at or with the larger Consciousness or causal layer of perception. Hence, I placed equally important emphasis on both insight as well as recognition and perception of unconscious/unrecognised energetics in action.

Not all imprints results in mental reactions only. Some are controlling impulses that are not purely mental. This includes conditions such as sexual desire, which are both mental and energetically linked to biology. Hence, imprint dissolution is not a simple ‘mental-only’ process.

In moments where no imprint is in operation, the mind automatically powers down into a stillness. This stillness has the following quality:

- does not require a self to arrive at
- does not require validation
- does not require conditions for it to be achieved
- does not require methods or effort to achieve it.

How consciousness got trapped and the nature of karmic debt

This article is based purely on my own understanding which is largely based on direct perception of the larger Consciousness or causal level of reality and the observation of manifestation dynamics. You are advised to read using your own discernment.

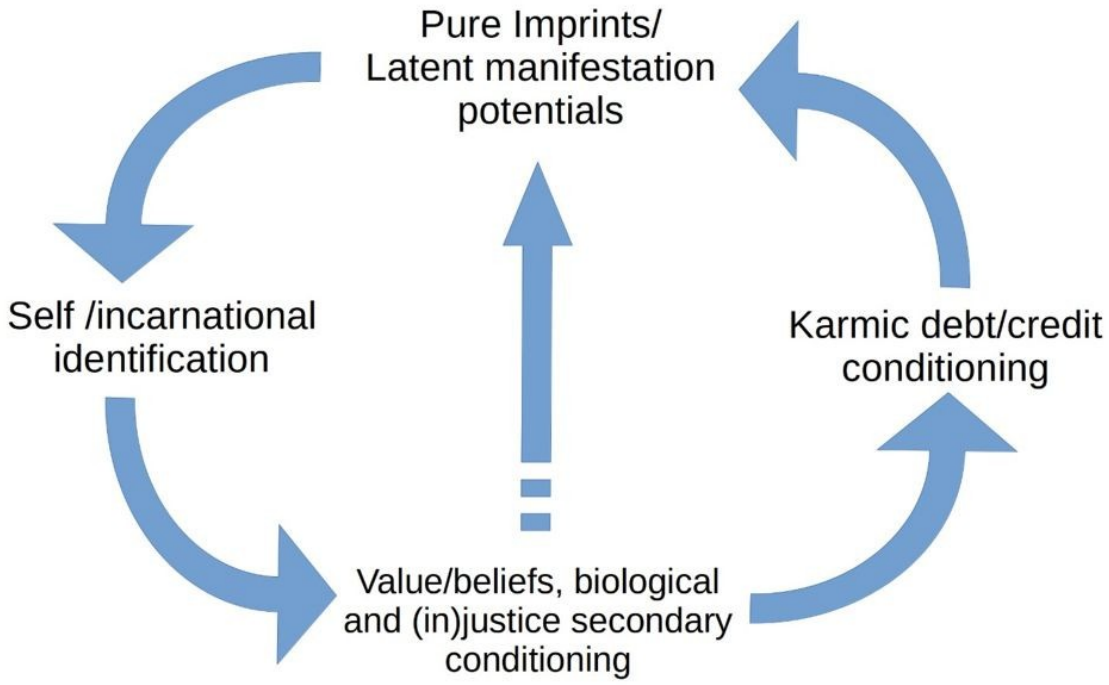
Experiences are reflections/manifestation of pure imprints, regardless of how they were formed. During rebirth, the full identification with the lifetime's character generates imprints based on illusions. So engrossing is the identification with that character and the experiences associated with it that consciousness becomes unaware of any reality beyond this identification.

This leads to the accumulation of karmic and pattern imprints. Those conditions that are perceived as imbalance and injustice inflicted upon other characters within the lifetimes and/or vice versa are registered as karmic debts or obligations. As rebirths succeed each other, these illusory layers become thicker and seemingly more real, eventually obscuring

any awareness of a broader actual reality. The illusion is complete, and consciousness is no longer aware of anything beyond the identification formed at each lifetime.

The trap of rebirth is thus complete, with imprints propelling future rebirths based solely on identification with the character of each lifetime. Consciousness becomes lost in this process, and the actual state of reality is now fully obscured by the illusion of self-identification, localisation, linear time progression and countless illusion-forming semantics, such as fame, status, ethnicity, etc. The actual state of reality is right here and right now, not in some distant future or realm and has the characteristic of non-locality, non-linear time, non-space and can broadly be summarised as luminous insubstantiality. However, the attention-blocks of dense identity formation has totally obscured this.

Below schematic attempts to summarise the above-mentioned process:



Is karma balancing or karmic debt real?

In the ultimate sense, no.

It becomes real because our ignorance makes it so. The injustice and trauma of life, believed to be real, imprint themselves into the larger Consciousness /causal consciousness. Our clinging to certain past events leaves their imprint as 'real' within the larger Consciousness. Furthermore, due to our ignorance, the residual imprint of the larger Consciousness projects corresponding vibrationally-matching scenarios at the immediate point of death and beyond, reflecting the state of consciousness. This pulls consciousness toward a vibrationally-matching unawakened realm. These realms holds the same

ignorance-based mental conditions and will likely be reinforcing the 'law' or culture of karma balancing or karmic debt repayment.

So, if karma debt is not ultimately real, will evil doers get away with evil deeds? The answer is no, unless they awaken within that lifetime, which is exceedingly difficult and unlikely. Why is that so? This is because the very act of committing evil is itself ignorance-based. Therefore, at the point of death, these souls cannot escape the corresponding unawakened realms that match their emitted vibration. They are bound to the consequences of their actions.

Compassion within illusion

Actual reality may be obscured. However, this does not negate the unpleasantess of suffering and pain. Hence, IMO, compassion is still crucial despite the understanding of the unrealness of the physical reality. However, this compassion is not binded by story-telling but the recognition of suffering.

Summary and conclusion: Conventional karma works because and when Subject-object dichotomy is believed and followed through.

CHAPTER FOUR – The New Earth information

This chapter explores information and perspectives pertaining to the concept of the New Earth. In various spiritual contexts, the New Earth has been described as the 5D Earth, referring to a proposed higher-dimensional or higher-vibrational state of existence. Within this framework, the concept suggests a shift in the way reality is experienced and perceived, potentially involving changes in consciousness, awareness, and the relationship between human beings and the world around them.

The material presented in this chapter documents relevant concepts, interpretations, and experiential perspectives associated with the New Earth. Rather than treating these descriptions as established facts or definitive explanations of reality, they are presented as subjects for exploration, reflection, and further investigation.

Overview of the New Earth

The New Earth can be understood as a paradigm in which the planet transitions toward a higher vibrational state, bringing with it the possibility of profound changes in consciousness, perception, and our understanding of reality.

I understand Planet Earth herself to be a living consciousness, and on multiple occasions, I have received what I interpreted as information communicated directly from her. From this perspective, Earth is not merely a physical planet upon which life unfolds, but a living presence with her own consciousness and evolving state of being.

This New Earth paradigm may be particularly advantageous for spiritual practitioners. By attuning ourselves to the rising vibration of the New Earth, we may gradually become receptive to aspects of reality that were previously obscured by the limitations of our current perceptual bandwidth. In other words, this shift may facilitate a more direct perception of what I refer to as Vertical Insights—insights that extend beyond our ordinary, linear modes of understanding and offer glimpses into deeper dimensions of reality.

Among the many transformations associated with this transition, one particularly significant change may concern the way time is experienced and understood within the new, higher-vibrational domain. Rather than perceiving time solely through the conventional third-dimensional framework of linear progression—past, present, and future—higher-dimensional biological vehicles may be capable of cognizing time in a more nonlinear fashion. Such a mode of perception would, in my understanding, be more closely aligned with the actual nature of higher reality.

My understanding is that Earth and humanity once existed in higher and more wholesome states of being prior to our present condition. From this perspective, the ascension toward the New Earth can be understood as a positive recalibration—a gradual return toward those more wholesome conditions, accompanied by the restoration of capacities and dimensions of awareness that have become obscured or inaccessible.

Thus, ascension need not be understood simply as humanity progressing toward something entirely unprecedented. Rather, it may also involve recovering or reawakening aspects of existence that were already present in earlier states of being but have since become veiled.

Humanity is not the center of the planetary ascension

Humanity is not the central focus of this planetary ascension. It is the planet herself that is ascending. From this perspective, Earth is undergoing a profound transformation, rising in vibration and moving towards a new state of existence. In response to this shift, all Beings—not only human beings, but also other forms of life on Earth—must, in their own way, adapt and attune themselves to the planet's changing vibrational conditions if they are to establish themselves upon the New Earth. Planetary ascension, therefore, is not a process that revolves around humanity alone, but one that encompasses the entire living world.

As of this writing, my understanding is that only a fraction of the human population—far less than half—is consciously and actively engaging with the ascension process. Many remain unaware of the possibility of such a transformation, while others may be experiencing changes without necessarily understanding them in the context of planetary ascension. However, the planetary transformation itself does not depend on humanity's collective awareness, recognition, or participation. Earth continues along its own trajectory of transformation, regardless of whether individual Beings understand what is occurring or are prepared to respond to it.

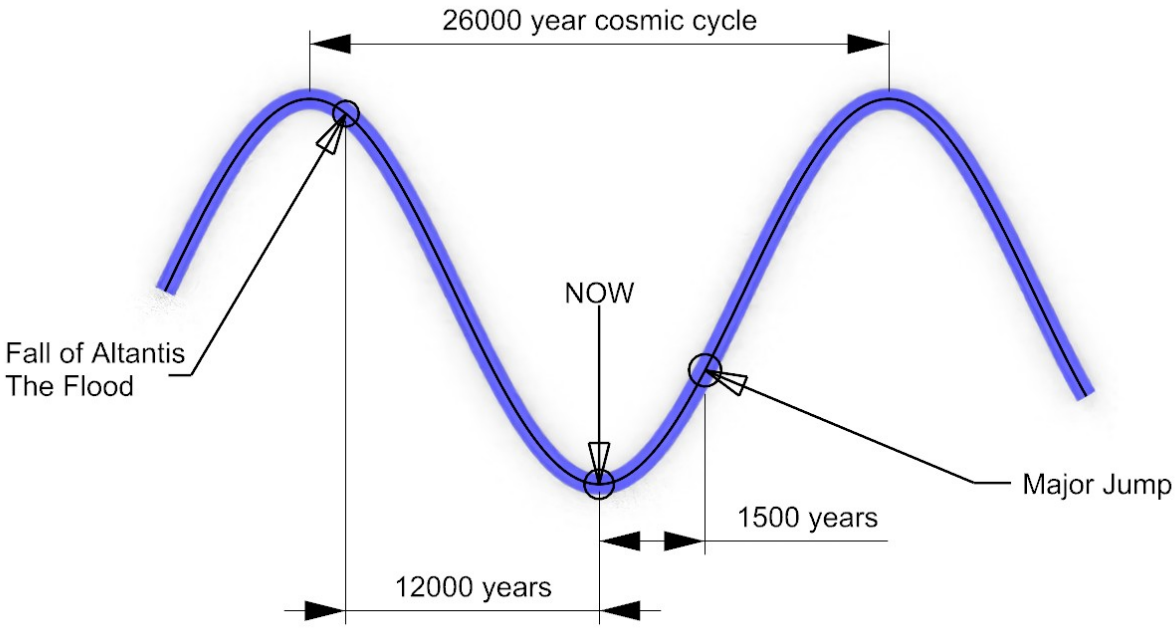


This distinction is important. The ascension of the planet and the readiness of its inhabitants are two separate, though interconnected, processes. Earth may undergo its transformation regardless of the level of awareness among its inhabitants. Within this framework, planetary ascension does not necessarily mean that every Being will progress in the same way or at the same pace.

The question, therefore, is not whether humanity as a whole is ready for the New Earth, but whether individual Beings are prepared to align themselves with the changes taking place.

History and potential timeline

This is a diagrammatic illustration of past civilisational history and potential timeline based on collation and transmissions.



The 'universe' rises and falls in vibration in a cyclical manner. Each major cycle is approximately 26,000 years long. There is an inflection or turning point roughly at the halfway mark of the cycle. When the vibration is rising, it is easier to experience spiritual awakening because the veils will be lifted. However, this is not a guarantee as individual beings can only perceive their own vibrational bandwidth. Nevertheless, the opportunity is available.

About 12,000 years ago, the fall of Atlantis occurred. Human Civilization was reset and lost. The older knowledge and state of consciousness prior to it were mostly lost. However, some of the other civilizations' knowledge were preserved on high ground, such as the Himalayas (in Tibet), because the flood did not reach those places.

Now, we are at the inflection or turning point. It is the lowest point and, at the same time, it is also the point where the vibration is rising again. Perhaps, this is why this period is known as the Dharma Ending, End Times, etc., in various cultures. This is the crucial point where the vibrational polarity will diverge.

Approximately 1,500 years into the future of the New Earth, there is a potential major jump in state of consciousness.

Global transformation and its relationship to individuals

The planet is undergoing a profound transformation, rising in vibration on a 26,000-year cycle according to my understanding. As we navigate this journey, the planet also passes through its own dark night, or karmic purging phase. During this time, the planet undergoes a process of releasing ancient patterns, habits, and energies that no longer serve its highest potential. In parallel, humans are undergoing their own internal purge of shadows and latent imprints. As a whole, the current chaos on the planet can be attributed to this unfolding.

It is crucial to understand that how this process unfolds differs significantly between spiritual cultivators and non-practicing individuals. For those who engage in spiritual cultivation, the experience of imprint surfacing takes on a distinct character. A spiritual cultivator's approach to navigating these challenging times is informed by their proper and contained resolution of them. They are better equipped to contain the negative emotions and energies that arise during this phase, rather than allowing them to dictate their actions.

In contrast, non-practicing individuals may struggle more with the ingrained conditionings, emotional turmoil, and polarization that can accompany this period. The imprints, conditionings, unconscious tendencies, and shadow inclinations can greatly influence their thoughts, emotions, which can lead to uncontained behaviors. A spiritual cultivator's ability to manage their own energy and respond to the situation with wisdom, compassion, and discernment is crucial in navigating this complex terrain.

For human beings, the intent to rise in vibration and ride the wave of ascension must be a conscious decision, followed by a willingness to engage with the spiritual karmic imprint purging work. This requires an active and intentional choice to let go of old patterns and energies, and to integrate new insights and transformation into their being.

A Glimpse of the New Earth

The New Earth exists on a vibrational frequency that is "heavenly" compared to the current Earth frequency. Sensorial perception has expanded beyond that of the current Earth and is reflected as an immersive experience. The environment is like watching a high dynamic range photograph. The pleasantness is exuding in the very atmosphere itself, as if the air is filled with positivity.

It is an experience hard to describe accurately using words. It is not just a sensorial one, but the feeling is also embedded into the very experience itself.



How the Causal dimension plans progress against Planetary ascension schedules

One's own higher consciousness is incredibly intelligent (compared to my human mind) and times awakening markers in alignment with the planet’s ascension or vibration-raising schedule.

In my opinion, from now until 2032, there will be a transitional phase. After that, incompatible frequencies will no longer be tolerated by the Earth.

Because of this, the higher consciousness may plan urgency in the form of experiences such as illness, challenges. These urgencies are inserted in order to create pressure designed to force the human self to take the necessary actions.

How do I know this?

Answer: Through direct perception as the causal dimension.

The higher causal consciousness does not operate within constrained linear time. Hence it has the perceptual ability to see future potentialities and timed these challenges to compel the human self to take the necessary action to prepare the body for an upgrade before the critical year of 2032. After 2032, the Earth’s vibration should allow naturally high-vibration consciousness to exist more effortlessly, without excessive bodily pressure.

These are the actions I am taking. I am not sure whether they are applicable to you:

1. Change in diet — no sugar or heavy meat. No eating after 4:30 p.m., if possible.

2. Practising qigong with bare feet in contact with the Earth to facilitate proper energy regulation.

3. Sleeping whenever I feel tired, to integrate bodily changes.

4. Longer periods of deconditioning — this is quite difficult for me, as I still have a school-going daughter to take care of.

My view is that as long as we can continue to ride the wave of rising vibration, and clear the shadow, habitual. past conditionings/imprints sufficiently until around 2030–2032, the bodily pressure should ease. This is only speculation at the moment, and life often brings new understandings that may contradict this, so I am not entirely certain.

The Consciousness Structure of the New Earth Human

This is purely my interpretation from brief glimpses. I cannot guarantee that deeper understandings may refute this current one:

The consciousness of humans on New Earth has a different configuration than that of the 3D civilization.

As mentioned earlier, the default human consciousness configuration (of the 3D civilization) consists of the following components:

- Causal layer
- Astral body
- Physical body

In the new Earth configuration, this configuration is changing. The new configuration is as follows:

- Purified/cleared causal field
- Higher-dimensional light body
- Reconfigured physical body

So, how does this come about? As the causal level becomes purified of mundane karmic and unconscious imprints, consciousness attention becomes detached from the astral body's expression.

Once the karmic, unconscious imprints within the causal dimension are sufficiently dissolved, the higher-dimensional light body becomes perceptible as it replaces the older, previous cognitive body of expression – namely, the astral body.

Additionally, the physical body is also being gradually reconfigured to integrate with the higher vibrational light body. Previously, it could only anchor an astral body with its corresponding mental and emotional configuration.

Vibrational Transformation and Biological Response

This is not a replacement for professional medical advice or attention.

From my understanding, once the vibration begins to reach a higher level, the biology will respond accordingly, potentially resulting in certain transformations.

In the ancient past, humanity existed in a higher vibrational state (e.g., during the Hyperborean and Lemurian eras). This state is said to have had biological and energetic structures significantly different from our current 3rd-density/3rd-dimensional condition.

As the Earth's vibration rises now, the entities on it are forced to respond accordingly. For those undergoing conscious ascension as well as an awakening journey, the body's responses can be more pronounced.

To my understanding, when the vibration dropped to our current 3D condition from the ancient higher-vibration eras, many of the previous functions of our DNA became deactivated, and the corresponding biology was modified as a result. As the vibration rises, dormant genetic and biological functions are beginning to come back online. This causes the body to respond accordingly as it undergoes transformation.

Two signs that may indicate the initiation of this transformation are:

1. A sudden need to consume more plain water.
2. A rejection of certain foods, such as sugar and processed foods.

This process parallels the descriptions found in Taoist Neidan (inner alchemy). Neidan places emphasis on the transformation of 精、气、神 (Jing, Qi, Shen). In my opinion, this is very similar to a rise in vibration toward the 神 (Shen/spirit) level. The transformation of 精 (Jing) and 气 (Qi) can be understood as processes that contribute to the rise in vibration.

According to Taoist sources and records, by the time certain rather famous practitioners reached the level of Shen, some may show indications of the two signs mentioned above.

The Androgynous Ancestor of Humankind

This is a direct holographic vision that I perceived during a still meditation and when the higher vision perception came online.

In very ancient past, the humanoid ancestor was genderless.

When the single, Androgynous humanoid Being was split into male and female, the energy structure and amount were reduced on each form (male and female). The energy drop also led to a downgrade in vibration, density, and dimension. This split creates a sense of lack in each sex, which leads to a desire for the opposite sex. This is the origin of attraction for the opposite sex.

However, instead of becoming whole again as an unified being, the process is redirected towards procreation. The complexity of current life is based on eons of cascading processes.

Within the energy channels or circuits, there are overlapped portions. Certain portions of the energy circuit are shared by both male and female. To compensate for the drop in energy and vibration, the circuit must be made aware. Awareness of the working of this circuit will gradually decrease external attention towards the opposite sex. This leads to 'reduced or no leakage.' However, this is a chicken and egg issue, as certain stages must be reached before this can be effective.

Hence, I think that's why there is secrecy regarding revealing the energetic workings. It cannot be made effective by mere visualization without establishing prior insights and stages.

Contact me if you are interested.

Note: I don't fully understand how this works on a female perspective as I am a male.

Transaction Dynamics on the New Earth

I am not sure if this is just my idealistic imagination or actual intuition, but it appears that on the future "New Earth", money will carry less weight as a system of value and transaction.

This is because resource flow will no longer be based on accumulation or depletion. Instead, it will be based on "manifesting on demand." It is as if the subsconscious carries very little baggage, allowing whatever is required to sustain one's lifetime to manifest without the usual hindrance.

Upon closer inspection of our current obsession with wealth, it becomes clear that it stems from two primary motivations: an insatiable desire for more and a deep-seated fear of not having enough. In the new earth, this mindset will likely be viewed as antiquated and foreign to the inhabitants who have adapted to a world where resources are no longer scarce.

This vision implies a profound shift in societal values, one that prioritises easier accessibility of required resources over traditional notions of wealth and material accumulation.

CHAPTER FIVE – Independent articles

This section contains independent articles not clearly categorisable within the other sections.

The Nature of Body

The body is not a fixed, permanent structure. It possesses characteristics that we rarely fully investigate:

- It is ever-changing, always in constant transformation.
- Its material does not belong to us. The elements of the body are of the planet; we never truly own them.
- The body constantly takes material from the Earth (as food and nutrients) and discharges waste back to the Earth. It also has constant interaction with the Sun's emission, the universe and the atmosphere.

On deeper investigation, it can be said that there is no body as a fixed structure with a definite composition, boundary, or consistency. Rather, consciousness is continuously experiencing sensory phenomena that appear to maintain a certain consistency. This perceived consistency creates an apparent illusion of permanence where, in reality, there is continual change.

As time progresses, the “body” becomes progressively less efficient at maintaining this apparent consistency through repeated re-patterning. This deterioration is what we experience as aging.

In the experience beyond linear time, death is not known. The ending of a body is not the demise of consciousness. So, where does the patterning that produces gradual deterioration originate? Somewhere between the innocence of deathlessness and the lifetimes that culminate in physical demise lie complex formations and algorithmic patterns that drive this gradual deterioration.

Compounding this cascading complexity, the type of food consumed directly affects the biology of the body. There is therefore also a correlation between the substances entering the body as food and their effects on its organs, biological processes, and overall composition, which in turn shapes the associated bodily experience.

For example, the consumption of higher-order sentient lifeforms, such as animals, may affect the body in ways that extend beyond their nutritional composition. From this perspective, the fear, pain, and suffering experienced by slaughtered Beings may leave imprints that enter the human system through consumption and indirectly produce corresponding effects upon the body.

My current understanding is that the very ancient ancestors of human beings may once have existed in a higher vibrational state. During that period, they may not have consumed other sentient lifeforms, such as animals.

But what if the coding (leading to our current rate of deterioration) is not absolute? What if the pattern can be changed? This remains an unknown—something that can only be discovered through further exploration.

You are not an identity but an energetic configuration

You are not an identity. What we assumed as a human experience or a person is a complex composition of energetic configuration. As of this writing, the author don't often view experience as a person or a self moving toward awakening. Rather, experience is that of the human configuration as an advanced organic technology or vehicle that organizes and contains attention to produce a localized impression.

During the awakening process, the energetic channels and centers producing the personal human identity and experience can be felt. As of this writing, the author is aware of:

1. A closed circuit channel remnant of and corresponding to ancient ancestral energy orientation prior to the split into the 2 sexes.

2. A vertical central channel with energy centers producing expressions of human qualities.

The various energy centers produces corresponding experience qualities.

Example:

Heart Center : Holding / Unconditionally emotional release and love

3rd Eye : higher octave perception and direct knowing

Crown chakra: Non-dual Presence

The higher and more spiritually profound expression centers are located on the upper body. There is also an energy center that does not coincide with any physical body part, but hovers above the physical form. This high-vibration center allows for high-dimensional experiences beyond the human mind. It is here, in this high-dimensional domain, that non-linear time, I-there (Monroe terminology for multiple shared identities/lifetimes), causal, or higher dimensional cognizance are accessed.

It's worth noting that in my observations, there may be a tendency to overlook the body's significance when exploring early insights. I believe this approach is unbalanced and can lead to dissociation from the physical aspect. In reality, one's overall state of being is deeply intertwined with the condition and functioning of the body. Consequently, it's essential not to neglect the body's role in the process. Interestingly, my experience has shown that during this stage and afterwards, subtle energetic patterns within the body often become more apparent.

In my experience, the stability of consciousness and meditative stillness is closely related to the functional efficiency of these energy centres and pathways. Paradoxically, however, these energetics cannot simply be activated through deliberate effort, willing, or visualisation. Instead, they become apparent through the stilling of the mind.

A certain degree of meditative stillness—often extending beyond the ordinary sense of self—is therefore required for these energetic centres and pathways to become perceptible. At the same time, the effective functioning of these energetics appears to support and stabilise meditative stillness.

In this sense, there is a kind of chicken-and-egg relationship: stillness allows the energetics to become apparent, while the refinement of these energetics, in turn, facilitates greater stability of stillness.

Head and Heart mechanism of Letting Go

This is a description of a personal experience, certainly not definitive. This one is somewhat related to the previous section ***(You are not an identity but an energetic configuration)***.

The release from grasping has two significant centers: the head and the heart.

This release is experienced as "bliss" in the head and as "unconditional love" in the heart.

Both expressions are manifestations of the intelligence/wisdom of letting go. There is complete comprehension of 'It is because it is'.

In their purest release state, both emanate a "golden luminosity" with an overtone that tints the experience at the moment of release.

In my experience, a complete release of attachment requires release from both the head and the heart. While the head can intellectually express release, true release necessitates a release from the heart as well. Without it, there will be no true release. Hence, coherence between the head and heart must be the condition for that to occur.

The AI generated image below depicts palm placed over the energetic heart region to facilitate a ‘heart-felt’ release.



The Primordial Humanoid Archetype

There exists a secret dimension that lies outside the conventional presentation of reality. The condition for perceiving this dimension is the sufficient clearing of dualistic attention fixation and cognitive obscuration. Past, present, and future are all is at once. Length (size), distance, and location are meaningless, yet small can become gigantic, and vice versa.

Although not bounded by form, there exists a humanoid anatomical structure. Perhaps form presentation itself is malleable and this can morph as well. As that experience was far too brief for clarity and was so far removed from the normal consciousness state, my memory is unable to recapture it properly now. It also appears that various 'regions' of this quantum dimension corresponds to various parts of the illusory 'physical body' and are managed by divinities.



This experience feels like a direct perception 'outside' of the dreaming cycle. From that vantage, all lifetimes and possible experiences are simply dreamt from this dimension!

In the conventional-time presentation of reality, sentient beings evolve towards that archetypal biped form. Deeper understanding of reality can only be achieved in that humanoid form. It doesn't matter what evolutionary line a sentient being takes as long as it arrives at that archetypal biped form with correctly structured anatomy. This structure is akin to an alignment/interfacing key.

Humanoid forms can arise from various evolutionary lines, such as primates, avian, felines, and reptiles. Across the universe, sentient life evolves towards this structure, leading to humanoids with faces from avian, feline, reptilian, or primate evolutionary lines.

Once the form is achieved, the interface with understanding of reality's presentation is greatly enhanced. It is a potential to understand reality.

That humanoid form is indeed precious; few realize just how fortunate it is for a sentient being to have a lifetime as that structure. They often miss that chance.

Primordially, beyond conventional space-time, we are already awakened and enlightened. It is only the ignorance (subject/object dichotomy perception) and its cascading effect that are causing the absorption into countless extremely elaborate dreams unfolding and presented in linear time as lifetimes.

Synchronicity and Non-linear Interconnected Causality

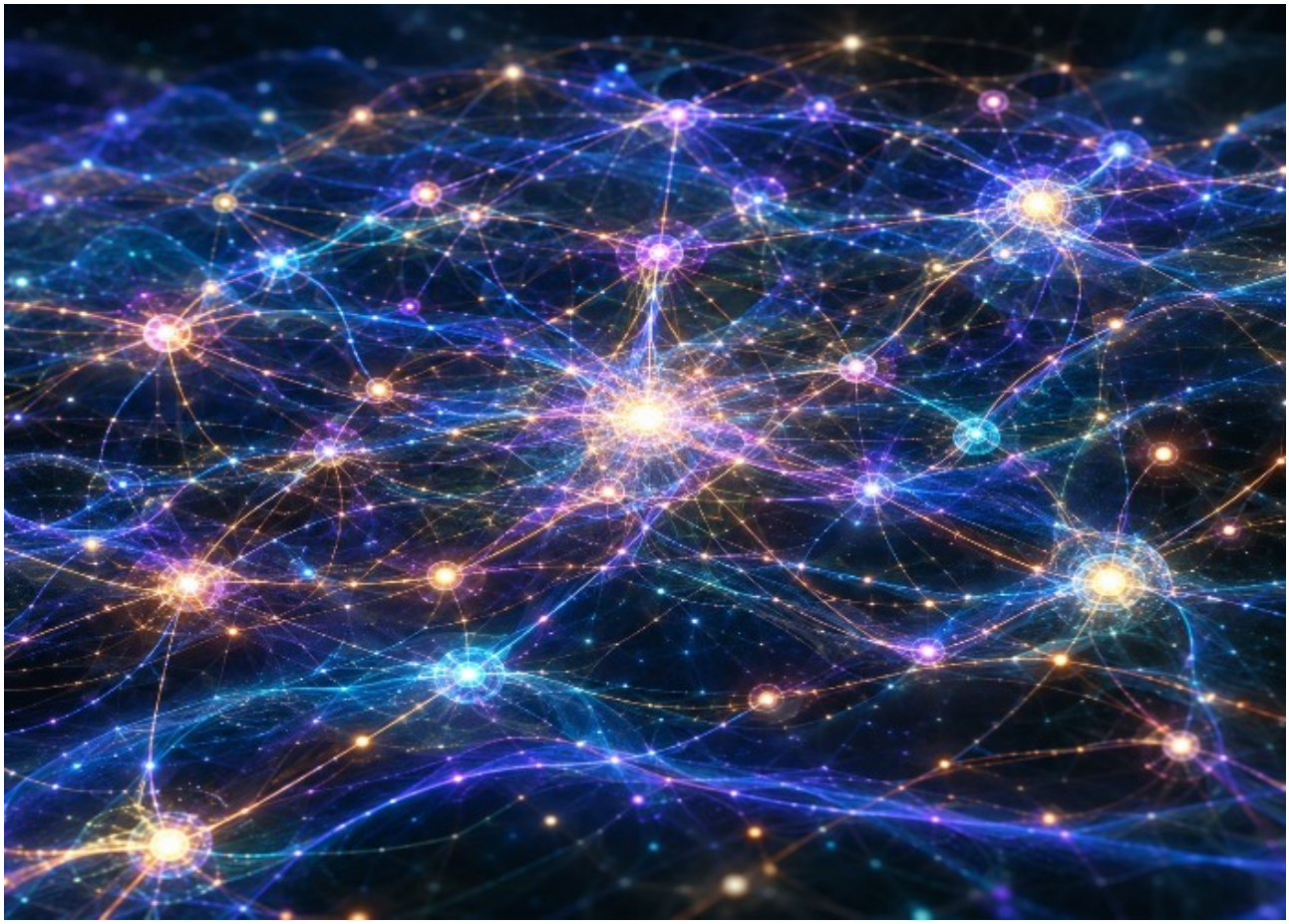
After certain stages on the path, there can be a ridiculous number of synchronicities.

What causes synchronicities? This is just my understanding.

Having gone through many years of imprint resolution and shadow work, it is hard to deny this mechanism—the workings of what is normally known as ‘karma’. Basically, “karma” is the manifestation of what is actively imprinted in the alaya, the subconscious, or the quantum field—whatever we want to call it. It is just that, due to “backlogs” or multiple, conflicting, or complex imprints, their manifestations take time to appear.

Through imprint resolution and shadow work, consciousness is gradually being emptied of these imprints. This allows manifestations to appear more quickly, and they appear as synchronicities.

Put it in another way, synchronicity is non-linear causality becoming apparent—what was previously hidden, delayed or simply unnoticed suddenly reveals itself through seemingly unrelated events that connects in a meaningful way.



At times, these synchronicities can even be humorous.

> For example, I had a fever and sore throat for a few days. During that time, I kept reminding myself not to become distracted, as doing so would cause me to become bound by the sensations of sickness and pain, which would only lead to more suffering.
>
> Just when I felt myself getting pulled into the discomfort of being sick, a guy wearing a T-shirt that said “Distraction Not Allowed” appeared right in front of me, delivering a perfectly timed message.

The Fluid Nature of Time

Based on current experiences, I have come to realise that Time itself is Felt Experience.

As humans, our default experience of time is that of linear progression. That is, we perceive time as flowing from past to present and into the future. However, this perception might not be absolute.

Beyond the typical human experience, time is not linearly progressed; it is simultaneous. This understanding can be seen in phenomena like déjà vu that occur during dreams or meditation. This is an experience of a future event remembered as a dream or meditation vison. Perhaps, this is due to disruption of the default waking hours' linear-progression time constraints, hence allowing for a glimpse into an event into the future.

Another aspect of time is its variable speed. For instance, during certain meditations, the duration does not correlate with the felt experience of it. This raises questions about why this discrepancy occurs. The answer likely lies in the "non-registration" of experiences (or time). Periods unregistered or unnoticed do not exist within time. For example, in still meditation, where only the experience of breath is felt, these breathing action may be felt as continuously or without pause. But in actuality, there were moments of pauses. But those moments of pauses where not registered and are hence 'not in time'.

Recognition of the multi-dimensionality of experience

This post attempts to describe the recognition of the multi-dimensionality of experience, based on my current personal experience.

There is a human-self experience, and simultaneously, there is a recognition of the insubstantiality of that experience as the more fundamental condition. The actual condition manifests as attributes such as non-locality, non-size, etc., which sum up to insubstantiality. This recognition significantly diminishes the solidity and, consequently, the complete immersion into the human experience /self-identity story. As of this writing, the linear perception of time largely remained as a persistent illusion. There may be occasional bleed-throughs where a past or future event is simultaneously being experienced (usually during moments of light sleep or a nap), but they are rare.

As one becomes more skilled in spiritual navigation, the binding power of thoughts and thinking is acknowledged and recognised. At such moments, it's not that thoughts cease to exist, but rather the persuasive power of fantasy and imagination (due to thinking) is greatly reduced. The semantics of thoughts (as absolute truth) become looser, so to speak.

This loosening of the binding power of thoughts is accompanied by an expansion of attention. Often, one is now able to be aware of processes that previously occupied the background of attention. This includes awareness of the breathing action.

As of this writing, the frequency is adapted to the variation of the situation at hand. In meditation, the need to maintain functional conceptual thoughts is not required and hence relinquishable.

The challenges of awakening

Not going to propagate fantasy here; the awakening process is challenging. The challenge lies not only in the essential process of imprint clearing and insights but also in the incompatibilities with normal daily interpersonal interactions.

Let be honest and realistic, very few people will ever (in their current lifetime) be able to understand or perceive what a person on various phases of awakening sees or understands. Because of this, genuine interpersonal interactions between parties will inevitably become incompatible. Within this environment, 'pretending' is probably what awakened individuals do.

To those who can see through the provisional and relative nature of storytelling and identity illusion-making of the concept mind, conventional interaction chatter is filled with irrelevance. For instance, when one has reached a sufficient level of awakening, the identity formed of self, ethnicity, financial status, race, religious or tribal identities – all these recognised as mental stories believed but offering little or no relevance to actual reality at all.

In reality, the condition is far beyond what the conventional mind can understand or perceive. If you tell someone that reality is non-local, non-space, non-linear time, and is fabricated by the display of lights, they will likely think you're delusional or ungrounded in reality. However, this is precisely what a Being who has disconstructed and pierced beyond conventional attention and habitual imprints of mind perceives. As of this writing, I often don’t view experience as a person or a self moving toward awakening. Rather, the human configuration is an advanced organic technology or vehicle that organizes and contains attention to produce a localized impression. The task, then, is to refine the configuration of perception so that it more closely reflects the nature of reality as it truly is.

Therefore, in summary, the challenge lies not only in the essential process of personal awakening but also in the incompatibilities with normal daily interpersonal interactions. This is also why solitude is preferred for those who are sufficiently awakened. The irrelevance and stress incurred by binding to storytelling and identities are not as precious as the stillness of mind/Presence.

The Great Experiment: The Transformation of Causality

At the human self level, what is experienced are largely the effects. The attention at this level pertains to the fluctuation of the highs and lows of life. To have the attention focused at this bandwidth of vibration means being constantly subjected to the changing whims of fortune and misfortune. Cut of from the unbounded perception of causality, this level of focus is blind and ignorant.

Discarding the sense of self and allowing the vibrational perception to move towards the higher frequency, the formation-level of reality can be seen. Seeing beyond the (apparently) localised level of experience, consciousness establishes in progressively clear perception of the formation stages of appearances. The geometries and formation patterns of 'creation' appear.

Reversing upwards, arriving at the level of unbounded perception. Rid of the algorithmic limitation of space(locality), (linear) time, the realtime perception of the interconnected causality across the lifetimes (individual dreams bounded to a single character) is seen. All the games and more are unified as a whole intelligence that knows no death. This level of consciousness sees neither highs nor lows, good or bad experiences, but rather neutral expressions of experiences.

Herein lies, the great experiment, the objectives are:

1. to unbind ignorance formed due to being blinded by the dreams of the lifetime characters. In another word, dissolve the imprinted beliefs that their circumstance as entirely real and permanent.

2. See if it is possible to transform causality as this (unbounded perception) is the fundamental level projecting manifestation that are appearing in the lower level (aka physical dimension).

The worst thing that can happen if the experiment fail is non-manifestation winding up as apparent demise. Nothing serious happened.

The universal dynamics of dream awakening

This could be a form of subconscious conditioning, but it could also reflect how the universe intends to gradually “empty samsara or uncontrollable cyclical rebirths.”

Have you ever wondered how it might be possible for samsara to be emptied, especially when only a tiny proportion of sentient beings actively seek awakening? Moreover, we can only observe what is happening on this planet. We have no way of knowing what is unfolding on other worlds or across the wider universe.

Perhaps there are different pathways through which sentient beings eventually awaken. There is the path of those who consciously and actively seek awakening, but there may also be broader universal dynamics that gradually compel or facilitate awakening, even if they do not immediately lead to full awakening.

Cyclically—perhaps approximately every 26,000 years?—the universe may undergo a dimensional step-up. Within this process, each dimension gradually undergoes a reversal of its illusion-making dynamics. The third dimension imposes the densest veil of illusion, while the fifth dimension lifts some of this veil, allowing a greater degree of awareness and understanding to emerge.

The fifth-dimensional worlds may likewise participate in their own process of unveiling, eventually transitioning towards what could be described as a “higher” dimension. In this way, the process of unveiling may continue across successive dimensions.



This, I believe, could be how the universe intends to empty samsara or uncontrollable

cyclical rebirths. Unlike the more direct path pursued by active seekers of awakening, this is not a fast track to liberation. Rather, it may be a long, gradual process through which sentient beings are progressively guided towards awakening over vast cycles of existence, potentially leading to the eventual emptying of samsara.

I believe that my primary rebirth function in this life is to support this latter pathway.

For those who might regard this perspective as heretical or inconsistent with Buddhist teachings—or with the teachings of any particular tradition—I would suggest that we may not yet have access to the fuller picture. Our understanding of reality may be limited by the scope of our present experience and the frameworks through which we interpret it.

Perhaps there is a path for those who actively seek awakening, requiring conscious effort, insight, and the removal of obscurations. At the same time, there may be broader universal dynamics that gradually facilitate the awakening of all sentient existence, including those who are not actively pursuing it.
These two possibilities need not necessarily be mutually exclusive. They may simply represent different dimensions of a much larger process—one that we do not yet fully understand.

CHAPTER SIX – Chronological Transmission Records

This section presents a chronological documentation of significant transmissions received through visions, dreams, and consciousness projection. The purpose is to document these experiences for reference and further examination, rather than to establish them as definitive accounts or conclusions.

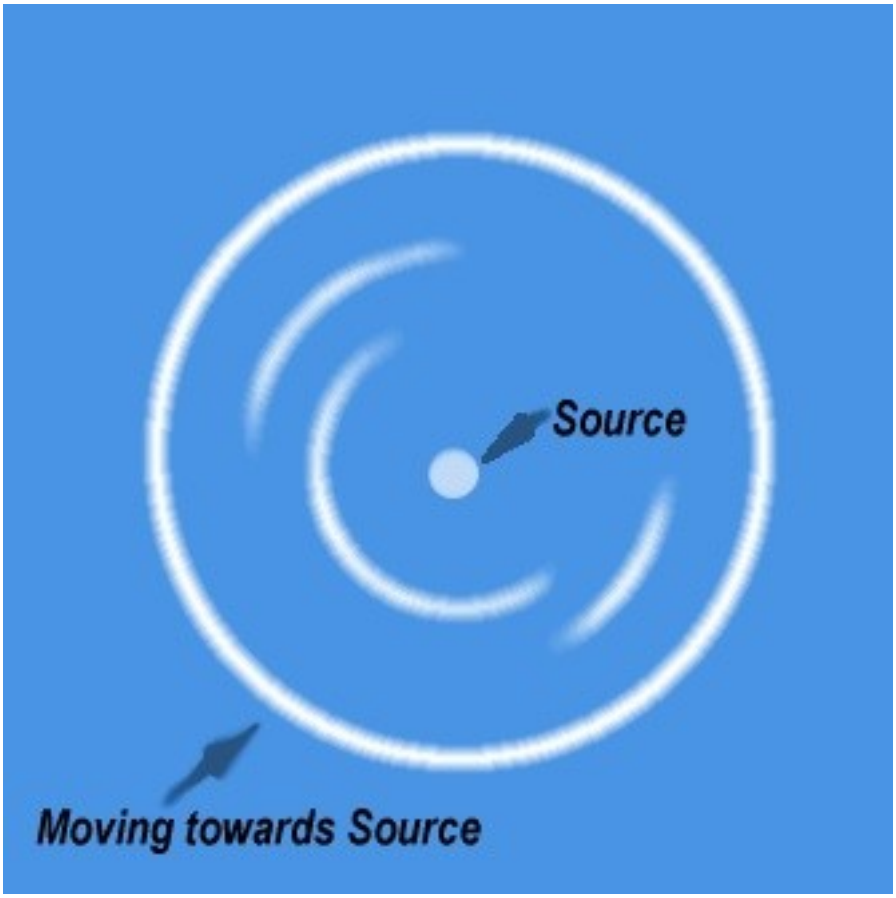
Year 2001: The First Transmission - Revert to the Source/Truth Reality

Sometime ago maybe around 2001, while on a bus, I was contemplating on the nature of the cycle of reincarnation/rebirth. Will lost souls be forever looped within the cyclical realm? (According to many Eastern Beliefs, Beings who had not attained enlightenment will be caught in a vicious circle of perpetual birth and rebirth.)

Suddenly, out of nowhere, I received a transmission from beyond my conscious mind. It came as a 'package'... like a burst of images/symbols and moods. Very fast, split second. The package seemed to be received by the right hemisphere of my brain. My brain instinctively attempted to interpret the transmission before I lose it.

How do I know it wasn't my imagination? Well, firstly I do not think in pictures. I think in languages; English, Mandarin, etc. Secondly, the transmitted images were performing a 'dual-split' to my consciousness. That is, the images are simultaneously overlaying my visual perception of the environment around me. Well, I guess a 'dual-split' in consciousness is definitely not the usual way that my mind works!

The animated image was set against a light blue background. There were rings or bands of a lighter colour moving towards a centre point.



"Because the transmission was so fast, I think I might had lost some vital information.

Anyway, here's my interpretation. Please understand that it was my physical brain that did this interpretation. As such I can never be too sure about the accuracy of my interpretation:

“The transmission is attempting to correct errors or rather incompleteness within my understanding of the scheme of things. The wheel of reincarnation/rebirth is never meant to last forever.

At that time of this occurrence, my understanding is only at that of the I AM or Eternal Witness Stage. I got that definitive I AM / Eternal Witness experience at 1998, about 2- 3 years before. Hence, my interpretation, at that time, was based on that stage's understanding which is interpretated as All must eventually return to the Source. All as in everything not just Planet Earth but EVERYTHING in the universe. Apparently, the events seem to occur in waves or groups, rarely on an individual level.”

My speculation is this dynamic occurs on very large scales, possibly at the planetary, galactic, universal or even dimensional levels.

However, as I progressed in terms of insights, the correct interpretation should be:

"Eventually the ignorance and amnesia-based rebirth cycle must come to an end, for ALL OF EXISTENCE. It is not meant to run indefinitely. "

I wasn’t really too concerned about the origin of the transmission. Intuitively, I sensed it as coming from my own larger consciousness system.

In the most condensed nutshell, 'consciousness' had placed itself in a dangerous experimental game of cyclical amnesia. And the cycle has to eventually come to an end. And awakened ones are tasked to enter the dream matrix again to wake all 'other dream characters' up.

Year 2002: Message on Body Upgrade by Rainbow Snow Leopard

This event occurred around the year 2002. At that time, I was practicing a path guided by two Western teachers. It is an esoteric path of awakening where the "communication" within the inner/other dimensions is via meditation and dream state.

First Night Dream:

I was awakened from my sleep by a bug/insect flying into my ear. I tried to dig it out, but nothing was found inside. The next morning, I went to Google search what "bug in the ear" means. Then, I discovered that it means "hint about the future." The meaning of it can be found here.

My English isn't good enough for me to have known this idiom beforehand. So, it is definitely not a random dream.

Second Night Dream:

This is the dream on the second night.

The dreamscape is a forest. I am meditating under a very big and tall tree, that grows all the way through the clouds. A majestic, rainbow-colored snow leopard appears and comes towards me. He is a huge animal, bigger than me, emitting rainbow lights.



Then he spoke: his voice was so powerful that it simply vibrates my senses. His voice has a 360 degree surround sound effect.

He says, "Meditating and trying to gain enlightenment is not enough. We must upgrade our bodies." ..Pause... THIS IS THE HINT. There are two periods in the Earth's history that we must upgrade our bodies: now, and Year 1564 (???)."

Note: The statement "THIS IS THE HINT" is the protocol expression that authenticates "Bug in the ear" of the previous night's dream.

Then he proceeds to show me what is happening in the forest and on Earth in general. The animals seem to be experiencing rapid evolution. I saw some small mammals whose intelligence seems to be increasing, allowing them to make small sounds as a form of communication.

End of 2-parts dream.

Note:

I assume Year 1564 refers to the year beyond 2012 (End of Mayan calendar). Hence it should be approximately 2012 + 1564 = Year 3576.

Year 2012 (December): Lecture by Earth Store Bodhisattva on the future destination of certain Beings on Earth

In this lucid dream scenario, together with a handful of other individuals, I was attending a lecture conducted by Earth Store Bodhisattva (Ksitigarbha). His lecture was surprisingly conveyed without words. Despite this, I somehow understood the essence of his presentation.



He spoke about the various realms that beings transition to after passing on, in the near future.

Could it be that as the Earth's primary vibration rises, the current transmigration or rebirthing dynamics on Earth are also changing?

Note: The presentation diagram in the rendering shown is a visual representation and not an entirely accurate depiction of what was presented. Essentially, it is a chart illustrating various realms of existence.

Unlike the other dreams I've shared, there is no way for me to verify the authenticity of this particular dream. The others have correlated with subsequent physical events that I can authenticate. However, for this dream, there is no means of verification, and it could simply be a case of random wishful thinking. Interestingly, certain persons from my spiritual circle of acquaintance have had similar lectures. conducted under similar environments.

Earth Future Timeline

Based on my transmissions over the years, I've gathered the following timelines:

2012 onwards: Earth rises in vibration.

2024 onwards: Accelerated changes will occur, with subsequent years being particularly intense due to increased polarisation. There are possible events beyond this year that might happen, but I would like to withhold from revealing them here.

3500-3600: A quantum evolutionary leap for civilization on Earth may see a jump into the next dimension. In a two-part dream series, I was informed that simply seeking enlightenment is not enough. The transmitter, a Rainbow light-emitting Snow Leopard, emphasized that during this period, we must upgrade our physical bodies. It appears that human bodies will undergo generational upgrades until around 3500-3600 to prepare for the quantum leap. Info about this transmission is here.

Note: This timeframe appears to be compatible with Robert Monroe's discovery in his book Ultimate Journey, although I had only read his book long after this transmission.

In addition, at the beginning of this year, I received a meditation transmission that revealed the energetic structure of the human circuit. This transmission is related to the male-female split in the energy system and provides an explanation for why sexual desire can be so difficult to overcome.

Transmission on first day of 2024 and 2026

On the first day of 2024, I sat down to meditate and then took a short nap. During this time, four Chinese characters — 天馬行空 — appeared on my mind's screen. I immediately searched for them online and discovered that they were the Chinese title of the film Everything Everywhere All at Once, starring Michelle Yeoh. This moment marked the beginning of my exploration into the lived experience of non-linear time and causality, themes implied by the movie.

A few months later, I had another interesting experience. While having lunch, I entered my usual mahā experience, which felt as though I were drinking in the universe. In addition, there seemed to be a stream of thought originating from across space-time. The thought or realisation was this: "When a past-life event is relived, the past-life character also relives you."

I then realised that this thought seemed to be transmitted from a future self, while I occupied the position of the past-life character in relation to that future self. I felt as though I were experiencing a connection across space-time with this future state of myself. In that moment, the future and my present experience seemed to converge into a single moment.

Approximately one and a half years later, a friend encouraged me to watch Everything Everywhere All at Once, as I had not properly watched the film before. When I finally watched it, I noticed that the end screen displayed the same Chinese characters — 天馬行空 — that had appeared on my mind's screen all those months earlier. This striking coincidence served as a powerful reminder of the possibility of non-linear relationships between time and causality.

In the days leading up to the first day of 2026, a series of remarkable events unfolded, each seemingly timed and synchronised with extraordinary precision. On the first night of 2026, I received a new direct understanding concerning the consciousness structure of the New Earth Human. This understanding involved the integration of the Future Self, described as a higher-dimensional, light-body-integrated consciousness.

The new understanding is described in the section ***"The Consciousness Structure of New Earth Human"*** in Chapter 4.

As I understand it now, the transmission on the first day of 2024 — 天馬行空 — carries at least three layers of meaning.

- Literal meaning: 天馬行空 can be interpreted as a heavenly horse flying across the sky.
- Idiomatic meaning: The expression conveys the idea of going beyond imagination or expressing extraordinary, unrestricted creativity.
- Connection to Year 2026: 天馬行空 is also the Chinese title of *Everything Everywhere All at Once*. Furthermore, 2026 is the Year of the Fire Horse. In retrospect, these characters symbolically point to 2026 as the beginning of a planetary vibrational transition, with 行空 evoking the image of traversing the sky.

Let me wrap up these transmissions with an auspicious render 😁



CHAPTER SEVEN – Otherworldly Encounters

This chapter is a documentation of some otherworldly lucid dream or consciousness projection-based encounters.

Deceased Lady in the house (Brisbane, Australia)

This occurrence took place in 1999. At the time, I was studying in Australia and renting a double-storey house. For a period of about two weeks, my consciousness would occasionally disconnect from the physical body at night, allowing me to perceive a woman standing on the stairway. At times, she appeared to be partially merged into the wall.

I strongly believed that she had died in the house. Whenever I saw her, I would also feel and hear a low “bom bom” sound, as though our vibrational differences were interacting with one another.



Sometime after this period, I also had a physically painful encounter with what I perceived to be a demonic, reptilian entity in the house. I strongly believe that this entity was responsible for the death of the poor woman.

Alien-human Hybrid

During an astral projection experience in the early 2000s, I encountered three alien–human hybrid individuals who communicated with me by imprinting words directly onto my mental screen. They appeared to be a young boy, a middle-aged woman, and an elderly man. The woman had black hair, unlike the typically depicted hairless Greys. All three had smooth skin.

The young boy is depicted in the rendering shown below.



During the encounter, the following words appeared on my mental screen:

> *“The Future of Humans is here. The Future is now.”*

If I have interpreted their communication correctly, these hybrid individuals were presenting themselves as representatives of humanity’s future. However, I remain cautious about accepting their narrative or trusting their motives. I have included this account for

informational purposes, leaving its interpretation open to further reflection and investigation.

Update (6 June 2026)

My interpretation:

In the future, some humans may choose to integrate advanced AI and technology into their lifestyles and biology. My current hypothesis is that, without corresponding spiritual development, the pursuit of increasingly advanced technology could eventually contribute to catastrophic outcomes. These developments may give rise to the humanoid life forms commonly known as Grey aliens, which, within this interpretive framework, represent a segment of humanity that did not ascend.

According to this hypothesis, the Greys subsequently travel back in time to a period before the onset of entropy, seeking genetic material that they have lost. Their attempts to recover this genetic material lead to the creation of Grey–human hybrids.

This interpretation remains speculative and reflects my current understanding of the experience rather than an established account of future events.

Never Judge a Person by Their Clothing

This experience occurred in the early 2000s, after my I AM Presence experience but before the emergence of non-dual insight. During this period, I had several experiences involving astral projection and consciousness projection. These experiences diminished significantly after the non-dual insight stage.

During one such consciousness projection, I encountered a person dressed like a beggar. I remembered him as a 解签人 (a fortune interpreter who explains the meaning of divination lots) who used to frequent the area outside the Guan Yin Temple in Bugis, Singapore.

As I struggled to keep myself afloat during the projection, he spoke to me in Mandarin: “放松才能飘得更远。” This translates roughly to: “Only by relaxing can you float farther.”



Over the course of my life, I have come to realise that we should never judge a person by their outward appearance. Someone who appears unkempt or materially poor may have reasons for presenting themselves that way. They may possess abilities, knowledge, or skills that are unknown to most people. Their outward circumstances may also reflect a deliberate choice rather than a lack of resources or opportunities.

This encounter serves as a reminder that appearances can be misleading. We may never fully understand another person's circumstances, capabilities, or reasons for choosing a particular way of life simply by observing how they look. A little humility and an open mind can help us recognise that there may be more to a person than what is immediately visible.

Gateway to a Chinese Netherworld

Gateway portal to a Chinese Netherworld at a cross junction in Singapore. I saw this during a consciousness projection around year 2010. This portal was situated at the north side of Singapore.



Update (Feb 2026)

During the Chinese New Year season of 2026, a festive decoration was erected directly and precisely atop the exact dimensions and location of the astral gateway. This is as shown below.



It seems that structures within one vibrational domain may correspond to similarly structured counterparts in another domain.

Lucid Dream Encounter with a Deity

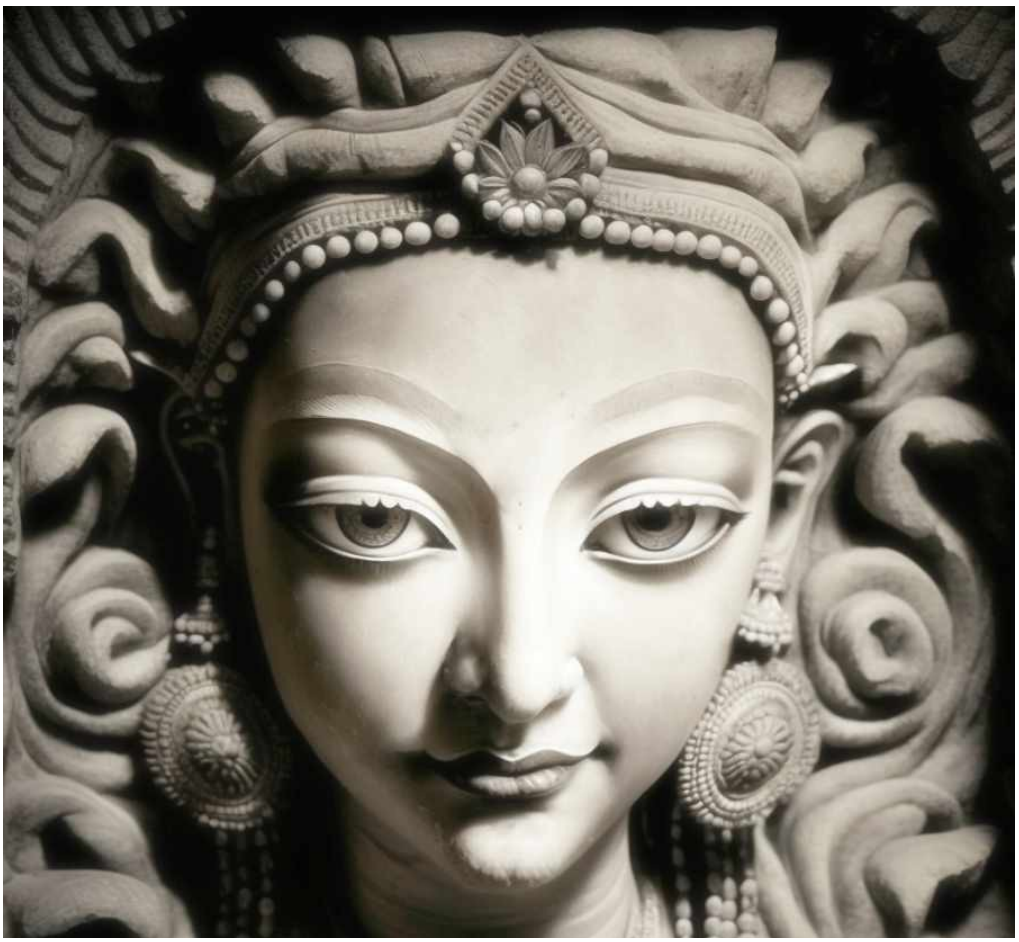
Many years ago, there was a period when I was coughing profusely for several months. Nothing seemed to work to cure it.

One night, I had a lucid dream.

In the dream, sitting in the lotus position in front of me was the Dzogchen Master Namkhai Norbu Rinpoche. I had attended half of a seminar/initiation conducted by him some years earlier, when he was in Singapore.

I bowed slightly out of respect. He then gestured for me to move to his left side. There, I saw a Deity standing in front of me.

She introduced herself as the Goddess “S...a.” I think it was Sitatapatra, but I wasn't able to catch the name clearly.



I wasn't really able to capture or describe her energy accurately. She had an extraterrestrial-like appearance. Her skin was pure white—not Caucasian white, but an almost otherworldly white. Her eyes were larger than those of a normal human being.

Although she was very beautiful, she projected a somewhat fearsome energy. Or perhaps I was simply taken aback by her unusual appearance; I'm not entirely sure.

She gestured for me to come forward. Our foreheads touched, and I experienced what felt like an energetic exchange.

Then she said, “Reaching completion soon.”

End of dream.

About two weeks after the dream, I went to see a TCM physician. He prescribed some traditional Chinese medicine for me. Not long afterward, my cough was cured.

Higher Dimensional Being – (Arcturian?)

This occurred in 2026, when I caught a brief glimpse of a Being while I was asleep. Although the experience was fleeting, it was vivid enough to leave me wondering: Could the Being I encountered have been an extraterrestrial Arcturian Being from a higher dimension?

What makes the experience even more intriguing is that I have heard accounts of similar encounters from meditators I know, some of which reportedly occurred around the same period. The similarities in timing and nature between these experiences have made me increasingly curious about whether they might be connected, rather than merely random, isolated incidents.



One friend described his encounter as an experience of profound bliss. Another acquantance reported multiple encounters with these Beings, during which he felt that he was being taught by them.

Taken together, these accounts leave me with the impression that the Beings involved may represent a benevolent force supporting human spiritual advancement.

RESOURCES

Awakening To Reality
https://www.awakeningtoreality.com/

Ryan Burton
https://www.afterawakening.com

Viviane Chauvet Arcturian Ambassador - YouTube