

THE HIDDEN REALITIES OF OUR CONSCIOUSNESS

*We are more than
we believe ourselves
to be and are
part of a greater
consciousness.
By transcending
limited mindsets
and utilising key
quantum principles,
we can access
higher-dimensional
realms for healing
and soul expansion.*

by Peter Smith

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In ancient times, our ancestors reflected on their purpose for being and their place in the universe. They shared their musings with others, and this started a quest for humanity to find out at the deeper level who we truly are. Some men and women have been trying to answer that question ever since. These people are the seekers, those who transcend popular belief that what we see around us is all there is. Deep inside we know there is more; the evidence is absolutely abundant. In order to understand, we simply need to pause and reflect. The answers are already before us.

To understand our place in the universe, we first have to define what we believe it to be. Interestingly, this is a place where spirituality and science already align to a point. This starting point is simple: everything is energy—whether it be the massive, expanding sea of subatomic particles that make up the universe according to quantum physics, or the gentle *qi* or universal life-force energy that underlies all of existence according to the philosophies of vibrational medicine practitioners, energy workers and spiritual seekers.

What is Consciousness?

For decades some branches of the sciences have been exploring the question of consciousness, with various underpinning beliefs and expectations that have to do with cognitive abilities, brain function and even our intellect. This search for scientific truth is doomed to fail from the start in some respects due to the Observer Effect, discovered through the famous double-slit experiment¹ and so broadly documented these days. An early version of this experiment was performed by Thomas Young² as far back as 1801 when he was researching the properties of light and observed its wave function. Simply put, what we expect to see, we will. We can't be separate from our experimentation as we entangle energetically with and become part of that environment, bringing our own beliefs and expectations to bear.

Various religions also try to answer this question about defining consciousness, and ultimately their answer is that it is "God". This divine energy permeates all, created everything in the first place and often awaits us at the end of our time here, though usually conditional upon our behaviours and intentions towards others.

Both of these well-meaning traditional perspectives seek to find certainty through process and doctrine respectively, but how can we seek to define something that is unlimited through mindsets that carry limitations driven by the human intellect? Fortunately humanity evolves, mindsets change and we continue to seek new answers when the old ones no longer resonate with our deeper truth.

Quantum physics is a branch of the sciences that advocates an unlimited universe. The quest for the "theory of everything"³ creates great discussion in quantum circles. There is enormous debate about whether or not the universe

is made up of an unlimited number of tiny vibrating strings (string theory⁴, etc.) that underpin all of reality. Those conversations continue, though this branch of the sciences finally confirms that, rather than having all the answers, it is still working on the right questions.

After many generations, traditional religions seem to have lost their lustre as some people see those doctrines as merely a step towards a spirituality that is based on personal experiences, a yearning for exploration and the uniting with other seekers of truth.

So back to the question, "What is consciousness?" If it comes from people's individual journeys, then all of us will have our own definition according to the unique aspects of a greater consciousness that we already are a part of. You are the only person who can define your place in the universe, as you are the one who creates it. Those of us who are researching consciousness and building new models call it the Creator Effect, not the Observer Effect. All are empowered to seek and find their own truth, though we researchers still need to offer some context about the universe and consciousness generally, to assist people to find what they seek. More broadly, we could offer this context: "The entire universe is made up of energy; it is the grand infrastructure of all there is. This infrastructure is brought to life through an awareness that we call *consciousness*. It is the experience of this expanded awareness that allows us to transcend this human existence and to know that we are an integral part of this greater energy."

We don't have to seek our awareness because it already exists. We simply need to remember that we are part of all there is. Through the experience and research at our Institute for Quantum Consciousness, it has become clear to us that no one truly forgets their magnificence. It simply remains hidden, patiently waiting outside of time and space to be rediscovered at a time in a person's journey when their seeking takes them there or when circumstances bring it to them. We await, in anticipation of remembering...

One of the aspects of this search for our greater consciousness is that the journey is seen as something external to ourselves. This remembering of our magnificence is an *internal* journey, though still we seek truth beyond ourselves when it is right in front of us (or at least within us) all the time. Later, I share stories of those who have explored within to discover their greater selves and the hidden realms of their consciousness.

There *Is* More!

The abundant evidence that I refer to at the beginning of this article is highlighted in the following examples.

- Dr Carl Jung's ground-breaking 1916 theory of the collective unconscious⁵ told us that every thought we have, every word we speak or every action we take forms part of the energetic history of humanity. These early thoughts of a greater repository of humanity's collective experiences showed us clearly that we create from our own intentions. What is inside us ripples out through us into this collective unconscious. Everything comes from within, before we interact with the world. While this piece of his work was moved to the background compared to his work on psychoanalysis, Jung's famous quote summarises his thoughts beautifully: "Who looks outside, dreams; who looks inside, awakes."

- For his Map of Consciousness, Dr David Hawkins calibrated human emotions through the modality of applied kinesiology. He was able to document his map through muscle testing of the various emotions and allocate to each emotion a score which he objectively obtained across a vast number of independent tests. He found that even the human body is a portal to greater truth. He calibrated from the lowest scored emotions, e.g., shame (20), all the way through to enlightenment (700). At the point of courage (200), the vibrations move from negative to positive. It is as if at the individual level we have simply had enough and deliberately choose a higher vibration as the underpinning energy of our unique journeys. Like Jung, Hawkins

understood us to be not just spectators of the universe around us but contributors towards it and integrated parts of something greater than ourselves. In true holographic fashion he calibrated individuals, groups and even humanity itself. Hawkins wrote: "The Subtle Power moves all things and has no name."⁶

- In my early days of using hypnotherapy to unlock the hidden secrets in clients' subconscious minds, I was shown the incredible holographic potential of our deeper states of consciousness. Rather than finding just a timeless energetic record of a client's past history of trauma from the formative years, I found far more. We could regress a client to the consciousness of their unborn foetus as they absorbed stress and anxiety from their mother. The subsequent release of this energy could at times heal a lifetime of anxiety or even depression with repair of the client's energetic history.

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The deeper we went into the consciousness of the client, we could find memories of other lifetimes in other bodies where imprints remained to this day. Even further, we could access the client's all-knowing part, sometimes referred to as the *superconscious*, where we could seek answers to the purpose behind this incarnation and soul contracts with other souls and also connect with the remaining soul energy held in the afterlife with which we remain entangled during incarnations. Note the importance of this metaphysical entanglement. Again, we are simply remembering that we are part of a greater consciousness, even while retaining the unique identity of a soul essence that transcends time and space. This incredible discovery, known as the Life Between Lives state, was brought to the world by Dr Michael Newton⁷ across a body of work of around 7,000 case studies that started in 1968 and continued until his retirement early this century. The work has been further validated to the tune of some 30,000 cases by highly trained therapists of The Newton Institute⁸, founded in 2002 to continue his life's work.

So here we have completely separate bodies of work building separate models of human consciousness that offer a broad theme: we are more than we believe ourselves to be, we are part of something greater than ourselves, and more importantly we can retrieve that state of being and bring it into our daily lives. This last comment more than anything has the power to shift humanity into a new level of awareness, a new consciousness, and allow us to solve some of the issues we have created on this planet in the name of economic progress. With issues around global warming, the poisoning of our water and food systems, and twin epidemics of obesity and starvation, this situation could better be known as *planetary genocide*—though perhaps *suicide* is a more accurate term, as all these problems are caused by our own hand.

These are deliberately strong words for serious times. The only true catalyst for change is dissatisfaction with the current state. Daily this is growing and, again, the solution to all of our issues is within our grasp. If as a collective we can focus on the shifting consciousness of humanity, we can transcend the mindsets that hold us back. We can do this holographically as a collective consciousness. We simply need to engage our own Creator Effect and make it happen, though we have to start at the individual level.

It was Einstein who said something important that was later evolved by consciousness activist Gregg Braden to become the statement: "We can't change a reality if we remain in the same consciousness that made it."⁹

Expanded States of Awareness

So can a change in consciousness at the individual level change a life? Anyone who has ever had a near-death experience (NDE) undertakes some level of transformation. An incredible amount of research into NDEs is now available and many books have been written by the survivors of such an experience who articulate their own journey out of body and into their true state of being, unbound by time and space.

In her book *Dying To Be Me*, Anita Moorjani shares her experience of this state of being that embraces a broader consciousness of self:

...the concept of reincarnation in its conventional form of a progression of lifetimes, running sequentially one after the other, wasn't supported by my NDE. I realized that time doesn't move in a linear fashion unless we're using the filter of our physical bodies and minds. Once we're no longer limited by our earthly senses, every moment exists simultaneously. I've come to think that the concept of reincarnation is really just an interpretation, a way for our intellect to make sense of all existence happening at once...

In the physical plane, however, our sensory organs limit us. Our eyes take in what they see in this instant; our ears hear in the same way. The mind can only exist in one moment, and then it strings those moments together to form a linear progression. But when we spill out of our bodies, we cross all time and space with awareness—not sight, hearing, touch, taste or smell. We're

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*pure consciousness.*¹⁰

This is indeed an articulate summary of how we see the universe from our grander state of being, our expanded state of awareness...and our true, authentic self.

Anita Moorjani and other NDE explorers validate what Michael Newton's research has shown us. Our personal consciousness, our awareness if you like, is not anchored in the physical body. In fact, it is "interdimensionally mobile" because we can remember an out-of-body experience while still in the body.

I recall a particular client who had been in a car accident and woke up in hospital two days later. She wanted to find out what had happened in between, so we undertook hypnotherapy as a way to retrieve the missing days. We found that her consciousness had left her body and returned, finally convinced that she could be saved. I remember a particularly vivid scene during our work together as her consciousness flew above the ambulance as it sped along the highway transporting her damaged physical body to the emergency room at the local hospital.

So what is the true potential and the unlimited talents and abilities of this unique consciousness that we hold

at our deepest authentic level? What is the true nature of our inner magnificence that many of us have glimpsed from time to time?

I believe that two things hold us back from these deeper discoveries. The first is as Anita Moorjani tells us: we are bound by our human senses and while still in the body our well-trained analytical human intellect tells us that that's all there is. The second is the conditioning of our physical presence which starts even before we are born, when our consciousness is first active *in utero* and we take on our mother's experiences.

Again we return to Carl Jung, who once stated that we can never really become who we are meant to be until we release the conditioning of our immediate family culture usually embedded so unknowingly during our formative years (i.e., the first decade or so), and then of our culture that carries societal expectations and the need to conform simply to fit in.

These days you could also add a third layer of conditioning permeating our lives through the mass media, advertising, social media and the financial, judicial and medical systems that we participate in as part of a greater business model that retains us as ongoing compliant contributors.

We are worthy of more, as in our greater consciousness we are truly magnificent. Whether we see ourselves as a person chasing their greatest potential or an eternal spiritual being having a human experience, it is in our individual interests to transcend the thoughts of others. Beyond that, it is in the interests of humanity for us to do so as we break mass mindsets and collective behaviours that have us heading down a path of self-destruction.

Accessing Other Realms of Consciousness

Our Institute's research is showing us that once we move outside of time and space, we can have access to different realms of consciousness. Around 200 cases have led us to remarkable discoveries about our ability while in an expanded state to visit other realities, parallel lives and interdimensional realms. In these other "places" we can retrieve wisdom from or offer healing to these doppelgangers, other forms of life that we exist in, or even just rest outside the body as we connect with the universe itself.

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Once the conscious mind that holds us in this dimension lets go, we rediscover that the greater universe is our home. An aspect of our consciousness is anchored here in our body on Earth, it's true, though this body is not a prison: it is a portal to other realms of consciousness just waiting to be activated.

The documentary evidence for experiences outside the body is huge. Merely a snippet has been covered thus far in this

article, and there are many ways in which to experience this state. We advocate that everyone has the divine right to discover their inner magnificence and to "remember" who they really are.

Our methods embrace a process where we fertilise the present consciousness to release the "cause and effect" view of life and activate the quantum possibilities hidden though present in human form. We are, after all, completely made up of these subatomic particles whose home is the greater universe.

We use some of the core principles of quantum physics: the Observer Effect becomes the Creator Effect as we create an experience that accesses these other realms of consciousness. We embrace entanglement as a concept which we refer to as Intanglement, i.e., moving within to contact other aspects of self. These remain connected in other realities because they were once the same subatomic particles before a decision point created a split in linear time to establish that other reality. We also remain connected through the unique eternal consciousness that permeates all of our existences.

The concept of Non-locality (i.e., everything exists in its possibilities until the collapse of the wave function to a specific state) means that we can embrace our Everywhereness. We exist in many

places at once. Our consciousness is multidimensional outside of time and space. Everything is indeed happening at once.

Finally we embrace the Holographic nature of the universe. The large and the small are intricately interwoven with the same information. This means that we can send ripples of wisdom or even healing to all other selves throughout our personal universe. Furthermore, this validates that we are the portal to so much more than we realise.

The opportunity to transcend the heavy energy of this planet has become one of the key findings in our research to date. While so often our clients receive wisdom from themselves at any age, we have come across aspects of healing that are required due to traumatic experiences held in the energy of our clients. These traumas sometimes extend further into Alternate Realities where regrets or pain may be held for the other choice taken compared to the one in this reality, and may even extend to the challenging circumstances of Parallel Lives ("past lives" outside time and space that are still unfolding in true quantum fashion) lived in darker times in Earth's history.

We observed something of great significance to us when we expanded further to embrace the realm of Interdimensional Consciousness. Our intention for this realm is to access the client's consciousness in a form of life held in another body or type of existence. We have found consistently that these other places do not hold the trauma

and heavy energy that we find here on Earth or in the realms of consciousness that are influenced by this planet, i.e., Alternate Realities and Parallel Lives.

We've found that experiencing these interdimensional existences, during what we call Quantum Consciousness Experiences, has the twofold benefit of showing clients first hand that they are more than they believe themselves to be, and of bringing deep healing and peace at a time when they may most need it. Following are two relevant case studies that we wish to share...

Case 1: The Pulse

As we entered the realm of Interdimensional Consciousness, Jane experienced what she described as a "pulse". She said her role is to receive a vertical stream of light that comes to her, which she converts to the pulse and then sends to this sector that includes Earth,

though it also echoes into other realms. In Jane's words:

It works like a ripple on a pond. The requirement of the pond is the call of remembering. It carries the wisdom and knowing of what is required. I send it out, and if I was not here another would come. Some hear it and pass it on; there are different vehicles for the remembering...it connects with a core that can't be touched. There is a quality of waking up or activating, amplifying what already is, though how each responds is unique to them. There should be great peace knowing this is in place.

When asked how this pulse could be more consciously activated and shared, Jane responded:

Receive the pulse and show the way. Know much is in place. It is helpful to sit in silence and receive for self-remembering. The pulse contains information, details of the remembering guidance...hearing it better amplifies the remembering.

Jane's whole demeanour changed, reflecting a deeper wisdom as she shared this information.

This pulse appears to be a particular form of sound wave or frequency that holds information. Retrieval of this information allows some form of transcendence to take place.

Perhaps this is an awakening that permeates our universe, waiting to be heard. Perhaps we simply need to listen, and then, as Jane mentioned, pass it on to others—a ripple effect through the collective consciousness.

It is common to receive information in the interdimensional realm that seems to surpass human understanding, though at a broad level the messages are clear

under the common themes that characterise Expanded States of Awareness work: we are more than we believe ourselves to be, we are part of something greater than ourselves, and we can access this state of being while still in our earthly bodies.

Case 2: A Blue Cloak of Energy

As we entered the realm of Interdimensional Consciousness, Naomi saw and felt light: a big royal cloak, dark blue in colour. She felt this magical cloak cover her body and sensed a deep connection to Source. The message she received was about bringing the light to each planet in the universe and connecting her people. Light, energy and communication of the highest vibration surrounded her as flowing "stardust".

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We asked Naomi if she was aware of her role in this, and she replied that she is the stardust flowing through light. She said her mission is to touch or reach all planets and living beings. In this moment, we observed Naomi's physical presence to be very calm and almost floaty—like the "stardust" itself. Naomi anchored this blissful state within herself as a way to retain the experience. In that vibration of blue energy and gold stardust, Naomi's consciousness expanded out into the cosmos to other galaxies. Naomi described the experience as a beautiful sensation, something out of this world—ancient, pure and breathtaking—something connected to sacred geometry and feeling forever young. We witnessed Naomi's discovery of her true state of being...

Towards Deeper Self-Discovery

The offering to you is a simple one. Break the mindsets and conditioning that keep you trapped. Know beyond a shadow of a doubt that you are a part of the greater universe and that your inner magnificence is within your grasp. Once discovered, this world looks very different.

There are many ways to expand your consciousness into an experience of deeper self-discovery. Find the one that works for you and make this existence a shining

beacon in the centre of your personal universe and a memorable chapter in the lineage of your soul. ∞

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Endnotes

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