



Research Study

111 Cases of Interdimensional Consciousness

observed through the
Quantum Consciousness Experience

A Quantitative and Qualitative analysis

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1. Executive Summary

The primary purpose of this study is to bring to the readers awareness that we are far more than this physical body. The secondary purpose is to show that this can be personally experienced under the trained hand of a competent facilitator. The final purpose is to offer findings, conclusions and discuss trends that have emerged during the analysis of a large number (111) of these experiences.

Over the past 8 years we have been offering the 'Quantum Consciousness Experience' across our network of facilitators. This journey across different realms of consciousness has now reached a level of maturity that offers the possibility of deeper enquiry, into the field of human consciousness.

It's time we knew more of our place in the universe and how it unfolds around us. Rather than continue to be a passenger in an ever-unfolding tapestry of magic, we can now change our role. By having a deeper understanding of how it works and knowing how we can influence it, we become consciousness in action. We can become drivers of our own destiny, and creators of a new world, in tune with the greater universe itself.

We have focussed this study on the realm of Interdimensional Consciousness, defined as our consciousness in action beyond human form and this dimension. It is a component of the overall Quantum Consciousness Experience, but recent trends are showing that the emergence of 'off world experiences' is drawing us further into the cosmos.

For example, more information is being published about the incidence of UAP (Unidentified Aerial Phenomenon – formerly known as UFO) sightings. Another example is the Members of the Michael Newton Institute reporting in 2017 at their World Conference, an increased number of souls incarnating on earth with more cosmic soul lineage than human experience. Finally, Scientists at Harvard University suggest that from data analysed through the Kepler Telescope for over 4000 exoplanets similar in size to earth, many may contain oceans just like our own earth¹.

My presentation at UFO Megacon in May 2019, was the first time some of the information in this study was shared, though it has now been taken to much deeper analysis.

While most people look externally and skyward for cosmic connections, we look within the client themselves. We take them into expanded states to discover their cosmic connections. We have found that we don't need satellites, rockets or spaceships. We simply expand the awareness to connect beyond ourselves and the universe is ours to explore.

So a summary of what this study will offer you:

111 sessions were conducted, all in English, though in various geographies as per below. The weighting towards Victoria, Australia, is a result of the Institute being based there in that period of time and most trainings conducted there.

Geography	Number of Sessions
Victoria	52
NSW	11
South Aust	11
Western Aus	10
USA	10
Tasmania	7
Queensland	5
UK	3
Canada	2
Case Total	111

All sessions took place between October 13th, 2015 and September 26th, 2018.

We then categorised the journeys themselves into 9 distinct categories of the experiences you can see in the following table:

Category	Frequency	%
OWB - (Off World Being)	25	22.5
ES - (Energetic State)	23	20.7
MM - (Metaphoric Message)	22	19.8
ELF - (Energetic Life Form)	19	17.1
MCC - (Met Collective Consciousness)	6	5.4
PLA - (Past Life Aspect)	6	5.4
WHB (Wise Human Being)	5	4.5
REL - (Relative Contact)	3	2.7
AS - (Alternate Self)	2	1.8
Case Total	111	100

Categories will be defined further in Section 10 of this study

Our High Level Observations showed:

- The top 4 categories account for 80.1% of the experiences.
- The most common experience was contact with an Off-World Being.
- Trends lean towards energetic experiences (ELF & ES specifically).
- Metaphoric Messages trended as a common way to offer information.

From there we drew 2 major findings, with a number of conclusions drawn from those findings:

1. The landscape of the universe (beyond our physical existence here), embraces energy and light and it is within reach.

- We can take someone beyond their body under the Quantum Consciousness Experience (QCE) to embrace metaphysical experiences.
- There is a relationship between the client's needs here in human form and what their experience was.
- There is life on other planets and sometimes it may be us, in other incarnational forms.
- We can contact off world civilisations without using physical contact.

2. We are offered an experience that we can understand and integrate; in fact the universe speaks our language.

- Metaphor and analogy enable the integration of experiences during expanded states of awareness.
- The natural world is used as a powerful messenger for clients.
- We see the breakdown of time and space as we know it, showing the universe to be more metaphysical in nature than we realise.

It is time for us to accept that we are a natural part of an ever-unfolding universe.

What we all see in the mirror each morning is a portal to our magnificence disguised in human form. The universe isn't physical, that is just a small part of it and much of what we experience in this form is for learning. The deeper truth is that you are so much more than you could ever imagine.

In the words of one of our facilitators who took part in this study:

"Where science and religion consistently view man as outside, and subject to their various laws; spirituality has shown and now even more so, that man is simply another element in all there is. Where religion prides itself in immovability over centuries, science has had to evolve and grudgingly acknowledge that man actively engages in the universe in real time as evidenced by such phenomena as the observer effect and the placebo effect. Spirituality is growing at an even greater rate, thanks to pioneering work such as detailed here in this study, highlighting that each one of us exists in several modes at any one time and we hold the ability to direct our own learning experiences in the greater cosmic creation."

(C. Eldridge)

Our purpose at the Institute, is to help you discover this for yourself, through a firsthand experience.

We are grateful to the 111 clients, 33 Facilitators and 4 client's who shared their stories. They have shown us through this study, the possibilities of who we can be in a remembered state.

2. Contextual Background

The Institute for Quantum Consciousness was founded in 2014 with a number of intentions as stated on the website for the organisation:

1. Offering experiences to individuals that show us that we are so much more than we have been told, that we are multidimensional energetic beings in a universe of possibility.
2. Showing that this human vehicle is a portal to our magnificence beyond time and space.
3. Training a network of global facilitators that know very deeply that their clients are magnificent beyond their knowing and can transcend what may often be a lifetime of limitation.
4. Establishing a global network of our graduate facilitators who take these services to the world, as we support them in the continued unfolding of the work we are bringing to this planet at this time.
5. Continually seeking new ways to offer our education, training events and personal sessions that echo the changing vibrations and the new frequencies that are being offered to humanity.
6. Courageously researching and exploring consciousness in ever expanding new ways.
7. Aligning with other organisations who share these intentions.

The sessions that form the basis of this research study support points 1. and 2. The Facilitators who contributed to this study were trained as per point 3. and are part of the network in point 4.

This study is evidence of point 6. and by sharing this information more broadly, we hope to encourage point 7.

The Institute for Quantum Consciousness's Guidelines and Protocols² for a Research Study (V1.0) were followed for this study.

The scientific method is difficult to follow for areas that are metaphysical. It is not feasible to have a control group of people who don't undertake a session simply for the sake of comparison. Also, the controlled environment used in some experimentation is near impossible to replicate for everyone, as all journeys are spiritually unique and delivered in accordance with the client's individual needs.

The best we can offer is evidence of trends that emerge across numerous client sessions and some examples of mind-blowing journeys that not only bring inspiration to all of us, but show us what is possible in human form.

3. Intention of the Study

There is a question that has been pursued by humans since we had our first thought: “Who are we?”.

Definition of us in human form has many wide and varied hypotheses from being a spiritual being having a human experience, through to the natural evolution of us from primate species.

The fields of theology, anthropology, philosophy, ontology and many others all make contributions to the answer of this existential question, though always within their own frame of reference.

The term Quantum Consciousness has been coined in many places, so the definition in regard to this study needs to be defined.

The word **Quantum** echoes the relationship to Quantum Physics as the science of possibility. This is a branch of science that speaks to entanglement with the universe, theories of alternate realities and how time and space are both malleable. We create our own reality through our intention, or observer effect³. Some will also offer that the universe is made up of vibrating strings i.e. String Theory. These are just a few examples of conversations that have been going on for decades and this study is not to take a stance on these matters but to simply recognise that we ourselves are part of this remarkable continually evolving landscape. However, we are still relatively unexplored as quantum metaphysical beings, instead we operate mainly from our conditioned belief systems, honed through the physical realm. It is said that we create our own reality from our intention. If we were to take a view of the universe that embraces unlimited possibilities, then what can we actually create? At the sub-atomic level particles do not behave in accordance with Newtonian Physics, they seem to take different shape and form and behave quite differently. Heisenberg’s Uncertainty Principal⁴, showed us mathematically that the more closely you measure the position of a particle, the less closely you can measure its momentum. The same stands for time measurement versus energy of the particle. The macro world we live in is made up of the Quantum world, so why do these behaviours exist in the macro and disappear in the micro when the two worlds are the same? Perhaps we move back to the observer effect once again, powered by our own belief systems.

The exploration of **Consciousness** is an emerging field that includes metaphysical phenomena like Near Death Experiences, Out of Body Experiences, Remote Viewing, Past Life Recall and Life Between Lives Regression. All of this remains a small sample of this emerging field where the paranormal becomes normal. Most efforts undertaken indicate that our consciousness can leave and return to a body, expand beyond it to embrace the quantum field, move between dimensional plains and can exist without a body at all. This is just the start of the field of metaphysical phenomena, that continues to explode with new information. In summary, we are consciousness... and there is a collective field of energy that we are all part of.

Gregg Braden refers to this as the Divine Matrix⁵. In his book of the same name, he quotes:

“The Divine Matrix is the container that holds the universe, the bridge between all things and the mirror that shows us what we have created.”(The Divine Matrix p4)

So, if we are quantumly entangled with everything around us... and we are part of an interconnected matrix of consciousness energy, then we can only come to one conclusion; We are literally part of the fabric of the universe, connected to everything.

I offer that Quantum Physics is the science of possibility, and tells us that the infrastructure of the universe is energy. Consciousness is what brings this energetic infrastructure to life with awareness, with light, with vibration, frequency and resonance. The universe responds also to our free will as we design and meet our own destiny.

So for this study you are reading, we see all of us in human form as vessels for Quantum Consciousness. We are multidimensional, quantum beings, existing in an ocean of consciousness ... waiting to remember our magnificence.

The Quantum Consciousness Experience⁶ is the journey through which we allow the client this remembering. It is a gentle non-invasive journey through expanded states of awareness that takes around 2-3 hours. It can be used as both a healing and exploratory tool, depending on the client’s intention and moves through a number of different realms of consciousness as the client is expanded more and more by their facilitator. Figure 2 from the book “Quantum Consciousness – journey through other realms” below, shows the realms in order, starting from ‘Present Consciousness’ and offers also a definition of each:

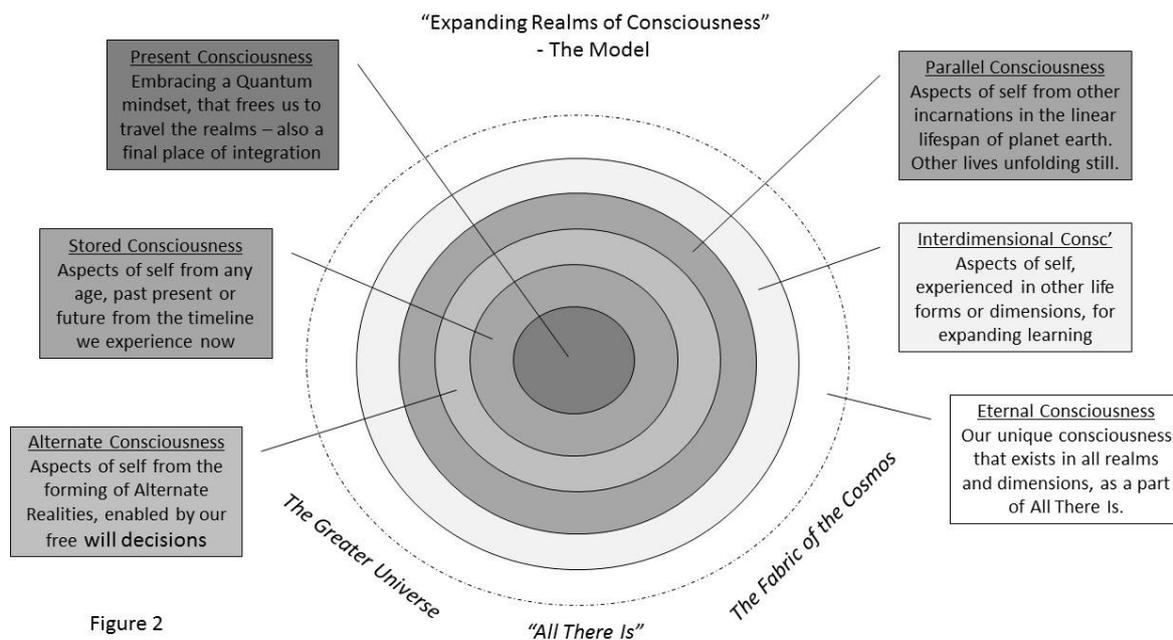
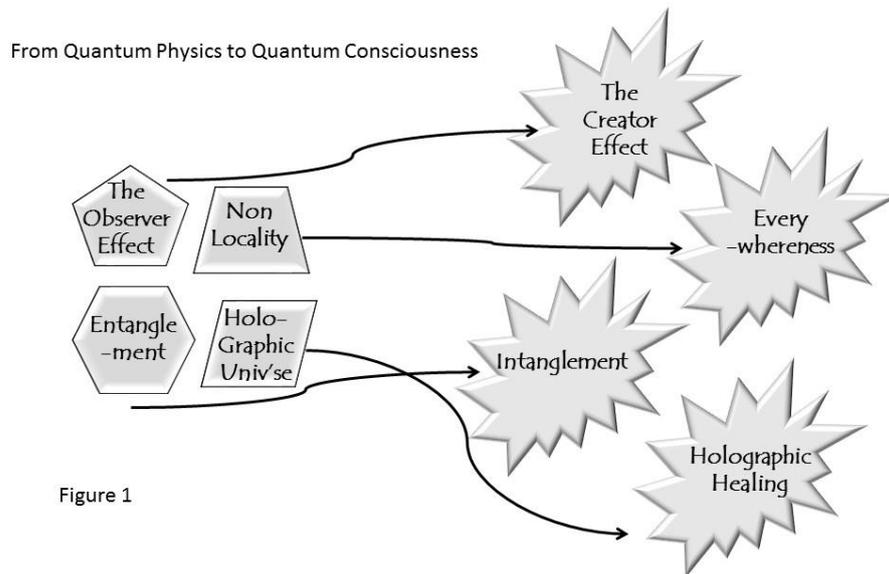


Figure 2

The journeys also focus on 4 aspects of Quantum Physics and expand them deliberately into the context of consciousness. Figure 1 below from the same book, offers those linkages.



For more information on the methodology of the Quantum Consciousness Experience, (QCE) there are references at the end of this document.

The focus of this study is the realm of 'Interdimensional Consciousness'⁷ and the client experiences as extracts of an overall QCE journey.

4. Description of Methodology

All contributing facilitators were trained by the Institute for Quantum Consciousness in the Quantum Consciousness Experience, in a course of 3-4 days duration. During this time, they both offered and received their own personal QCE session, prior to returning to their clinical practices to submit cases. Other characteristics consistent across the contributing cohort of 33 QCE facilitators are:

- All were experienced practitioners, qualified in another Alternative Health modality, with backgrounds in clinical practice and client interactions. Qualifications were of a broad range from Hypnotherapy, to Chinese Medicine, Homeopathy, Kinesiology, etc.
- Sessions submitted were part of the accreditation process following the course. This was helpful for a number of reasons:
 - The training was still fresh in the mind of the facilitator.
 - They followed the materials with best endeavours as they were seeking accreditation.

- The Facilitators were regarded as more purist in their approach to offering the QCE as they were yet to bring their own creativity and personalisation to the materials. This naturally unfolds over time, with more experience.
- Sessions were conducted in a Face to Face format.
- Our approach was and still is, to allow the client to make contact with another aspect of themselves in a dissociated way (i.e. another version of self) to access a different vibrational frequency, however the client may experience directly what it is like to be in another of these bodies or states of being. This is usually driven by the client themselves.

The Interdimensional Realm comes later in the overall QCE journey, when the client is in a more expanded state and the information forthcoming is often less influenced by human belief systems and conditioning.

We have also found that by the time the client arrives at this realm there is a change. Often patterns are dissolved and issues transcended through the earlier realms of Stored, Alternate and Parallel Consciousness. When we reach the Interdimensional Realm we often see a difference in vibration as we move beyond earth style interactions and beyond the challenges of human existence on this planet.

5. Author's Background

My background relevant to this analysis is important. A short biography follows:

Peter Smith had a 23 year career in banking, rising to a number of roles in Executive Management across International Trade, Change Management, Product Management and Human Resources. He was formally training in Work Study techniques, Quality Assurance and Project Management. He then spent time as a business consultant to organisations seeking his expertise in strategic planning, organisational transformation and leadership culture. He worked across Australia, New Zealand, India and the United Kingdom.

Peter was president of the Michael Newton Institute for LBL Hypnotherapy, (an NFP based in the USA and now with representatives in 40 countries), for ten years from 2009-2019. During this time, he oversaw the establishment of the Research Department, Ethics Panel and Mentoring Program and now works as an advisor to the Board. He has taught LBL Practitioners across Asia, Europe, the USA and Australia.

He started two separate Hypnotherapy schools and created the Hypnoenergetics® modality, before founding the Institute for Quantum Consciousness. He has taught the Quantum Consciousness Experience to facilitators in Australia and the USA and wrote the book, *Quantum Consciousness – Journey through other realms* (Llewellyn Publishing 2018).

Peter led the teams that trained the 33 contributing facilitators in the methods used to obtain the data. Peter analysed the data in this study himself, drawing conclusions from the 111 cases provided by the facilitators and also drew on 4 other cases of interest.

6. Contributing Facilitators

The following facilitators, are in no particular order and consented to be named in this report. They contributed between 1 and 5 cases to the quantitative part of this study:

Therese Newbon
Deidre Nevins
Savarna Wiley
Pat O'Malley
Lindy Stratford
Jo Colcott
Charles 'Cloudy' Eldridge
Mehgan Cooling
Kate Buncle
Robyn Carney
Michael Whelehan
Darcel Mailloux
Joy Nicholson
Stephen Savage
Lana Spitz
Toni Everard
Helen Rajkovich
Vikki Elms
Kiri Brennan
Billie Ariston
Natalie McGrath
Robert Coombs
Lyn Stewart
Joanne Greenland

7. Selected Sample

111 sessions were conducted, all in English, though in various geographies as per below. The weighting towards Victoria, Australia, is a result of the Institute being based there in that period of time and most trainings conducted there.

Note, apart for the USA, UK and Canada, the remaining geographies are Australian States.

Geography	Number of Sessions
Victoria	52
NSW	11
South Aust	11
Western Aus	10
USA	10
Tasmania	7
Queensland	5
UK	3
Canada	2
Case Total	111

All sessions took place between October 13th, 2015 and September 26th, 2018.

The average age of Clients was 50.3 yrs, Median Age = 50 yrs. Range 17-91yrs (Note: in 6 cases, the age was not recorded.)

8. Experience of the Client in 'Expanded States'

All clients were asked for their level of experience in expanded states work or other types of experiences like meditation and hypnotherapy. It was found that 50.5% of the clients, had experience with advanced work. 91.9% of clients had some form of expanded awareness as part of their background. This was deemed helpful, given the client's ability to 'let go' of the human side and move into expanded awareness.

The overall selection of clients was at the discretion of the facilitator and drew on a number of criteria including client availability, interest in the work and sometimes as a free session for a client who needed it.

The following table shows the levels of experience:

Level of Experience	Number of Clients
Advanced Hypnotic/Expanded States work	56
Familiarity with Meditation etc	23
Have done Hypnotherapy work previously	23
No experience	9
Case Total	111

9. Assumptions behind the data

The following assumptions have been made for the data collected

1. Facilitators followed 'The Guidance'. This is a document that details the facilitation path for the Quantum Consciousness Experience.
2. All 111 cases embrace data in the Interdimensional Consciousness component of the overall session. Only that data has been used. Some cases (less than 10) were rejected from the study for not having any data within that component.
3. Detailed case notes were not analysed as part of the research. The submission sheets for accreditation were the ones used. (These are constructed from the detailed case notes anyway.)
4. All sessions were conducted Face to Face
5. The clients were at the time, aware that their session was for accreditation purposes, though they were not informed that the session would also be used for research, hence the client anonymity in the quantitative data in this document.
6. There were no complexities due to government restrictions as all cases were conducted prior to 2019.

10. Interesting Trends Apparent

The 111 cases were broken down into 9 different categories as to the type of experience encountered. A legend appears below and definitions follow:

AS - Contact with an Alternate Self of the client state
ELF - Client has a direct experience of being another life form
ES - Client moves into a purely energetic state of being
MCC - Contact with a Collective Consciousness, with or without form
MM - Client receives a metaphoric message
OWB - Contact with an Off World Being
PLA - Contact with what looks like a parallel life (QC Definition)
REL - Contact with a relative known to the client
WHB - Contact with a Wise Human Form Being

Alternate Self (AS)

The client made contact with another version of themselves from the future, who offered some form of guidance or support

Experience of a Life Form (ELF)

The client experienced being another form of life as a direct experience, viewed from within and was able to describe a feeling experience.

Energetic State (ES)

The client became an energetic state of being, without physical form and most often without limitation.

Met with a Collective Consciousness (MCC)

The client was in touch with a collective group mind that they had some form of telepathic and/or familiar connection.

Metaphoric Message (MM)

The client was offered an experience that was more metaphoric, or an analogy was used to have a message understood.

Off World Being (OWB)

The client had contact with an off world being who offered wisdom or guidance at some level.

Parallel Life Aspect (PLA)

The client met themselves from another incarnation.

Relative Contact (REL)

The client made contact with a known relative or friend or both.

Wise Human Being (WHB)

The client made contact with a wise human being, often as an archetype or well-known figure.

The frequency of occurrence for each particularly category is documented in the table below:

Category	Frequency	%
OWB - (Off World Being)	25	22.5
ES - (Energetic State)	23	20.7
MM - (Metaphoric Message)	22	19.8
ELF - (Energetic Life Form)	19	17.1
MCC - (Met Collective Consciousness)	6	5.4
PLA - (Past Life Aspect)	6	5.4
WHB (Wise Human Being)	5	4.5
REL - (Relative Contact)	3	2.7
AS - (Alternate Self)	2	1.8
Grand Total	111	100

High Level Observations

- The top 4 categories account for 80.1% of the experiences.
- The most common experience was contact with an Off-World Being.
- Trends lean towards energetic experiences (ELF & ES specifically).
- Metaphoric Messages trended as a common way to offer information.

11. Findings and conclusions drawn

1. **The landscape of the universe (beyond our physical existence here), embraces energy and light and it is within reach.**

It was found in the three most common experiences 'Energetic State' (ES), 'Energetic Life Form' (ELF), and contact with an 'Off World Being' (OWB), the client directly experienced visually and/or kinaesthetically, light and energy.

31 of 67 cases mentioned the words *light* and/or *energy* when described to the Facilitator. In many of the others, it appeared to be evident as well, from broader descriptions, though the words were not specifically used.

Examples follow:

(Note some experiences may fit into a few categories, so a decision was made to place them into the most relevant category from further data available).

Experiences of being another life form: (ELF)

Jellyfish floating in space
Life on non-physical planet
Being a molecule of healing light
A blue green ball of light that moves
A dense cloud that changes forms
Being a ball of light
Cloud of light
Many little spinkly light beings
Natural landscape on another world
A star that has all the answers
A light, free and formless star
Experience of being a planet
Stardust, bright..encompassing all
An amphibious creature on another planet
Being in deep ocean, another planet
Water being, breathes underwater
Ant like being on another planet
Fast moving being on another planet
An energy form

Experiences of being in an energetic state: (ES)

Being energy on another planet
Existing in quiet space
Travelling through space
Beams of light from the point of creation
Light as a fountain of joy
White Light and Free
A state of energetic flow
Nothingness
Reflective state of being
A sea of black/blue energy
A tornado of energy
A place of stillness
Connection to everything
Source Energy
Energetic State outside time
Earth type familiar energy comes forward
An energy with wisdom and advice
Floaty form of energy consciousness
Experienced an Egyptian energy
Flying experience out over the galaxies on the wings of an eagle
Energetic experience of healing
Dinosaurs in another dimension then into other universes

Experiences of meeting Off World Beings (OWB)

Blue Syrian being - peaceful
Gentle energy being - male
Praying Mantis encrusted with Jewels
5 Tall entities blending with her
A woman of light - Metascientist
Sense of a record keeper of frequency
Two light beings radiating calm & emotion
Shown a blue light and merlin metaphor
Fairy type rat elemental being
A small purple being in wave of many
Male Pleiadean light being
Small grey off-worlder on another planet
Pleiadean energy without form
Green Being bringing healing not of this world
Wise and knowing alien telling us to remember the earth

Silver being, blue eyes, takes human form
A green lady with two spikes on her head from Alpha Centauri - Vanna
An Angel in a tunnel of light
Light Being with a download of information and a dense being to reflect heaviness
Being a fish on another world
Eagle with Big Wings
Being with large wings - half human half moth
Blue wisp of energy
Strands of energy
Alien star fish in the cosmos

Conclusions

As we embrace Finding 1. (*“The landscape of the universe beyond our physical existence here, embraces energy and light and it is within reach.”*), we can draw some other conclusions.

- **We can take someone beyond their body during the Quantum Consciousness Experience (QCE) to embrace metaphysical experiences.** This means that consciousness and the awareness that focusses it, is more than the physical body. The body provides the medium through which these sessions can be facilitated. Consciousness and the human body have a relationship, though the landscape of human consciousness is greater than just the body itself.
- **There is a relationship between the client’s needs here in human form and what their experience was.** This may have been as a result of their intention, or simply the universe responding to their unconscious vibrational invitation, supported by the quantum phenomenon known as the Observer Effect. For example, clients who had stress in their lives, tended to have an experience in the Interdimensional Realm that was peaceful or quiet. We can observe that these sessions are steered by something more than the client and facilitator themselves. Exactly what that is remains unclear, though it may be a case of universal laws in action, the ‘all there is’ moving further into resonance, or loving support and guidance from the souls at play through our human form.
- **There is life on other planets and sometimes it may be us, in other incarnational forms.** The ELF clients actually felt the experience of being in another form. Given this occurred in 17% of the sample chosen, we can assume that there are people amongst us who have incarnated on other worlds as part of their soul lineage. NASA estimates that we may have 100 Billion stars just in our Milky Way galaxy alone. It would be totally illogical to assume that all the planets around those stars are lifeless. These sessions have shown us that we

are part of a universe that is teeming with life. That life exists in many forms and dimensions and human form is simply one expression of consciousness, in a limitless number available.

- **We can contact off world civilisations without using physical contact.** The number of clients who encountered other civilisations either from contact with or speaking as the actual lifeform, was significant. Overall, 24 cases of the sample offered advice from off world civilisations. This included 6 cases where the client came in contact with a collective group consciousness (MCC). Of interest is that every encounter was a positive one. Whilst that is part of the QCE intention itself to have high vibrational interactions for the greater good of the client, (see the final comments at the end of Section 4), it gives an inkling of the benevolent support awaiting us as we embrace our cosmic connections as a species. We don't need spacecraft to do so, we simply need to expand our consciousness to explore the universe itself.

2. We are offered an experience that we can understand and integrate, in fact the universe speaks our language.

It was found in four categories, the experiences were tailored in ways that we would understand. 22 cases embraced a message by metaphor or analogy (MM), 5 had an archetype experience through a wise human messenger (WHB), 3 through a relative passed or living (REL) and 2 cases met an alternate future version of themselves (AS).

Some examples follow:

Metaphoric Messages received (MM):

Busyness of traffic, cars etc...that reflect life here
Dragon Fly – reminder you are part of everything
Puppet asking for help to cut strings – be set free and stand up yourself
Many soldiers blindly following orders – don't give your power away
Noddy in a toy village that disappears – what looks real...isn't
David Bowie – look at life in another way
Civilisation of little people lost in busyness and pointless activity
The wisdom of all the ancient cultures – is available to everyone
Unconditional love from her dogs – you are not alone
OoBE Journey as walking on the ocean with dolphins, forest, crystals etc
Being a dog that belongs to a shepherd – being the protector of others
Water and light as ripple effect – waterfall...remember to return to nature
Angels kissing and purple colours – connect to spirit more
A polished diamond given for the third eye – tune in to get messages
A goose – calmness and connection to the moment
Message from a Grizzly Bear totem – connection to Shamanic Energy
Black Panther for strength and power

A number of animals, koala, bird, wings and a cat – each with a message
Dog, plant and universe metaphors – each with a message
A kitten for tranquillity...water
Butterfly connection - energy and lightness
Eagle Metaphor - Shown as the client in relation to other birds

Contact with a Wise Human Being (WHB):

Native American - Have trust and faith. Use your power
Healer man with long hair - Lesson about accepting help from others
A Nun who took her on a journey -A message given about opening your heart
Kuan Yin - She's always around for support
Bald man with a beard - Message about appreciating differences, feeling genuine, nothing to prove

Contact with a Relative (REL):

Client's daughter comes forward and also a friend - Release of guilt, other interactions with friend about protecting energy
Client's daughter 5yo and a friend who's passed - Reassurance from daughter who wants to be there and friend who is 'ok now' in spirit
Grandparents who have passed - Interactions and questions. Wisdom shared, Grandmother was a healer

Contact with an Alternate Self: (AS)

Older self about 18yo - Reassuring Message from version of her that has already completed Year 12 at high school
Future Self - After some current life decisions taken

Conclusions

As we embrace Finding 2. (*"We are offered an experience that we can understand and integrate, in fact the universe speaks our language."*), we can draw some more conclusions.

- **Metaphor and analogy enable the integration of experiences during expanded states of awareness.** These mechanisms are well known and have been used across all of time. Stories have always supported the culture of civilisations. The Australian Aborigines have maintained their culture through stories and artwork for over 80,000 years, without a written language. Religious groups tell stories and parables of prophets and messengers that hold deeper messages of wisdom and hope. In more modern times we are told stories through books, movies and

television that talk of the rise and fall of villains and heroes. A picture is worth a thousand words they say and even when we 'hear' a story, it triggers pictures and feeling within us. The stories of these clients have been experienced through visuals, feeling senses and a deeper sense of knowing as a kind of sixth sense. Every one of the metaphors, analogies and stories observed during these cases, brought an insight or understanding. It's like the greater energy the client was part of, wanted them to truly 'get the message'. It appears that something is at work in this regard. Perhaps this is the eternal aspect of the client constructing this message so it can be integrated, or perhaps a deeper characteristic of human consciousness at work. Perhaps they are the same. In any case the message always gets through. All the client has to do, is take in on board.

- **The natural world is used as a powerful messenger for clients.** Another aspect of messengers is by use of archetypes. Various people, animals and natural phenomenon like water, appeared in sessions bringing their own messages and representing certain phenomena, needing to be brought into the client's line of sight. Even the human world was used at times as a way in which the client could experience first-hand, that which might not be working for them, or that which needed to be pursued with fresh energy. These messages are powerful, in that they bypass the critical factor filter of the human conscious mind. This can mean that the analysis and rejection process that we often undertake is set to the side and deeper integration becomes possible.
- **We see the breakdown of time and space as we know it, showing the universe to be more metaphysical in nature than we realise.** The cases showed contact across the realm of physical death (space) and meetings with future selves (time). While these were only a handful of cases, they are supported by hundreds of other cases outside of the sample in this study, where deceased relatives are contacted (Life Between Lives Hypnotherapy) and future selves are experienced (Ultimate Consciousness Facilitation). This aligns with what we know of the universe, in that time is malleable and consciousness continues beyond physical death. The client's awareness simply expands beyond their body to experience these phenomena.

12. How do we know its 'real'?

The question should always be asked as to how much confidence the author has in the data provided. If the data doesn't hold integrity, then how can the findings and the conclusions hold any credibility?

It is inevitable that any trail blazing work that opens new avenues of endeavour will face resistance from the existing mind sets and that's actually healthy, as long as the

mindsets of the challengers are open to the fact that there may be more to the universe than they know.

If they are not, then chances are it is more about being trapped in existing beliefs rather than robust exploration of new horizons, which was the original intention of the emerging sciences. We are obliged to explore, question, challenge and hypothesise new theories as that is how the greatest discoveries have been made.

Scientific method provides robustness of investigation, though it is confusing when different scientists come up with different theories within the same field of work. We have to ponder the Observer Effect and whether the people conducting the experiment, merely confirm the intention with which they embarked. They create their own reality in true quantum fashion. Then we have to ask what is reality anyway?

I was once asked, given the work I have been exploring for best part of 20 years whether I had lost my grip on reality. My response was simple, "There's every chance I lost my grip on *your* reality, because I have formed my own, from all of my experiences I have accumulated along the way."

For an emerging field of work, that is almost limitless in its potential, we have to ensure credibility through certain parameters that hold integrity and consistency while still embracing the skill of a unique client and a dedicated ethical facilitator. Every journey taken is a masterpiece of consciousness, by merely echoing the magnificence of the client.

We have to start somewhere, and here is our approach to ensure unique and credible experiences:

- Our facilitators are already qualified Alternate Health practitioners, before their training. They have a leaning towards and/or experience of the metaphysical, so their own belief systems are open.
- We use a specifically designed experience that moves a client towards an expansion of their consciousness, and gently guides them towards open information, as details of their experience emerge. Open questioning encourages the client to find their own answers.
- Each facilitator has experienced two of their own sessions during training, and also offered two to another facilitator under our coaching, support and feedback. This helps them to understand the energy of authenticity firsthand.
- We value the surprise factor, as the unexpected usually means an experience is unfolding outside the interference of human belief systems and conditioning. We also see the expression of emotion (e.g. often tears of wonder and joy), as a hallmark of a real experience.
- Another characteristic is the discussion of the client from the third person. When a client talks about the human aspect of themselves, rather than from the first person, we see that as coming from a place beyond the human intellect and

present consciousness. This can happen quite naturally at a certain point, and/or can be part of the facilitator's role to encourage this.

We also have confidence in the Quantum Consciousness Experience that has been serving the general public for 8 years, having commenced in 2013. Whilst we have seen around 500 cases come through the Institute for the accreditation process, we know that the number of sessions conducted by now would be in the thousands. We have taken over 50 graduates through the gruelling accreditation path, though there are over 200 in our alumni, all of them taking this work forward in their own way. They remain passionate, purposeful and are serving humanity in the inevitable shift of consciousness that is now underway.

13. Qualitative Analysis (Inspiring Stories)

This study would not be complete without information that echoes the potential of these QCE sessions to touch a life. There can be no going back from a direct experience of our multidimensional self. It is like you can never see yourself the same way again and you look at life differently. This has always been a characteristic of the metaphysical experience whether that be a Near Death Experience, Out of Body Experience, spontaneous past life recall or an unexpected experience of a heightened sense of enlightenment.

To have an experience at the hands of a well-trained facilitator using the dedicated QCE protocols, can offer so much to someone looking for the deeper answers to the questions of life, the universe and where they fit into it all.

What follows are a handful of client stories that go beyond the statistical research, findings and conclusions mentioned so far and move into the inspiration that this work can offer. Again, we will be focussing purely on the Interdimensional Realm of Consciousness as a component of the Quantum Consciousness Experience.

Case 1 - Steve

This live demonstration took place at a Quantum Consciousness Facilitator Training in 2014. Steve's journey was well under way and a theme around energy was already emerging, through the other realms of consciousness visited. At about the one hour point, Steve entered the Interdimensional Realm and found himself in the body of an underwater creature on another world. He described his moving through this landscape as "effortless" and it felt like freedom. Steve, described being able to see the energy move towards him from other creatures. They communicated through that energy and could 'feel and then know' information.

He was aware of being observed by others who were not human, though they felt superior. These beings were trying to understand Steve and his kind in this form and how they knew what they did. Steve described them as 'doing it the hard way.'

When Steve was asked why he was shown this particular existence, he replied: “To feel energy – it’s the easy way to do it”.

When Steve was asked how life will be different following this experience, he replied “Trust in it, I tend to block it. Open up to it, that’s what it is about. Use the energy... its easier.”

Steve was then asked, “How would life be, if you didn’t block it?” He replied: “It is like swimming...like freedom...I can now have confidence in it. There’s just a light all around me. It’s a knowing and an inner feel...no more doubting.”

Summary: Steve was shown another world existence, where he was able to use energy differently. He was shown that he could trust the energy as an extra sense to be able to feel his way though his life here.

A few years after this session, Steve started a Hypnotherapy Academy specialising in energy and consciousness.

Case 2 – Malwina

This case took place in 2016, again at one of the trainings. We have found that demonstrations in front of groups often bring out the best in our work and Malwina’s case that day was no exception. Already, she had travelled through the realm of Alternate Consciousness, meeting another version of herself who had made different choices. The other had pursued the more forthright masculine energies of life and our Malwina, the feminine side of things. Sharing experiences and energetic presence between them brought wisdom, experience and balance to each other.

In the realm of Parallel Consciousness, Malwina spoke from a place outside time and space where information is offered to our realm as people are ready and open to it. While this too was fascinating in what was provided, it was when Malwina entered the Interdimensional Realm, that the journey became even more remarkable.

Malwina started experiencing extreme heat in her body and this was clearly evident to those who were watching, as her face became quite flushed. Behind the heat was a presence which we explored. It was a large, thick reptilian type body, devoid of gender and with black eyes with no pupils. As she experienced being in that body, she could sense the contrast between the underdeveloped physical presence and the advanced mental state of this being. ‘He’ was described as having a crystal clear mind and a massive heart that was very strong. When asked why this was being shown, Malwina replied: “To see how different we can be, across lives lived simultaneously.”

These beings were described as very wise and making decisions from a united mind. While they looked like they were crawling in mud, they were obtaining nourishment from the landscape on which they lived, as it was absorbed through the skin. They moved in groups so the landscape changed under their weight, generating further nourishment. They operated from the mind and not their physicality. They derived all

their needs from nature and there was no disease on their planet. Their eyes were large and they could see all, through them. They work psychically across other planets and dimensions to clear energy from people so they can grow, their large strong bodies being there to support them in this work of projecting their consciousness across time and space. Malwina shared that she was one of these beings.

“The role they play for humanity is to work with us in our dreams. When we have nightmares, they help us process them and come out the other side. As they help us break through the negative images of fear, the more they can communicate in dreams and bring the light. Anyone can have this type of connection.”

“They seek nothing from us in return, they simply exist to serve other worlds.”

Summary: Two important things emerged in this session.

Firstly, Malwina was given a direct experience of being in a body that is the polar opposite to her physical presence here. She also experienced a more advanced consciousness, compared to what we experience in human form. This showed the wonderful multidimensional diversity of who we truly are.

Secondly, we witnessed firsthand, the loving support of other races elsewhere in the universe for us here on our own planet. That connection showed us the oneness, across all forms of life and that we are cared for in ways we don't even realise.

Case 3 - Doreen

In this case from 2016, Doreen entered the Interdimensional Realm and found herself walking through a forest full of lush and vibrant colourful vegetation that was not of this earth. Doreen described a community of cylindrical type dwellings where people come to learn. She described them as 'soul-pod dwellings', where they live and learn with people of a similar vibration. As they learn more and their vibration changes, they move to another dwelling with new learnings and people to learn with. There is no thinking about this as they follow the vibration of what they feel.

Doreen was told that this was the next evolution of where the earth is heading. As she interacted with this other version of herself, Doreen described her as female, relaxed and humorous at times. As Doreen felt her, she sensed a learning method more based on vibrational connection than anything to do with thinking processes.

This other aspect of Doreen, encouraged her to get out of her head and suggested to her to “follow the vibration, let it carry you to where you need to go next”. There was the most wonderful playful interaction between Doreen and her other self.

Summary: It makes sense that a universe based on energy, frequency and vibration should have learning systems to match it. Our academic systems on this planet, embrace critical thinking rather than vibrational presence. They are focussed on the human

intellect, which is so limited in context of who we really are. This journey has shown us a glimpse of what is possible.

Case 4 – Justin

This case took place in August 2019, during a tour organised to Northern Australia. Justin had always been able to astral travel at will and wanted to know more about his mission in life and his galactic family, if possible. As his journey started he was met by a hooded figure who brought the message that “You know what to do, so get on and do it.” – the message related to his mission to help heal the world, through bringing people together.

Justin moved on through other realms of consciousness, then found himself with a group of beings, not of our world. They had big heads and were quite short, being grey/green in colour. Their black eyes were heavily recessed back into their heads under a heavy brow bone. They offered the message: “We have always been with you.” And told him they work as guardians of a sort, encouraging him to keep exploring to find the answers he was seeking. Justin was told that in 2020, there would be a big change and more information about other beings, would start to emerge and we would enter a new era where people would be more spiritually elevated and accepting. Justin would be an agent of change in this, helping people change the way they think, towards endless possibilities. He has a gift for healing people that he can deliver through his hands and his knowledge will increase with practice.

Justin then found himself in space looking down at the earth, he was one of the beings he had met earlier and they were watching World War II unfold. These beings were sad and beings in other ships were watching as well. They have been here for a long time, watching over us and know that by protecting us, they also protect themselves.

Justin then drifted to a place amongst the stars where he goes to quite often. It is where he goes to recover and is a place ‘not a specific one’ of relaxation and energy. He finds it when he focusses on the big star. (Jupiter). When asked if this was to do with his galactic family, Justin had this to say:

“It is where we go to connect and recover, we are all there and appear like white mist. It’s like a regrouping or recharging, some are from here others from elsewhere...we regroup so we can all stay connected. There is a central light and we all come off it. It is how we all survive. It’s like we are downloading and sharing information and each other’s experiences – what others have done, so we can share the learning...that’s what the dreams are sometimes.”

Summary: A recent trend in this type of work, is the emergence of people who have galactic lineage, i.e. many lifetimes in other galactic civilisations. It is like they have become the boots on the ground for the evolution of human consciousness, playing an important role in the awakening of humanity. We see clients having skills around energy, telepathy, healing etc. that they bring here in these times in order to make a difference to others. It is common for them to be supported by a group, on the edge of their

consciousness. Justin's case is just one of many that are beginning to unfold as we move closer to our cosmic roots. Again, the message in this case is that we are supported in ways that we are yet to discover.

Justin's personal experience of interconnected consciousness and sharing of knowledge with others, supports other cases we've had over the years. We have seen that the unique and separate consciousness we hold in human form, seems to be driven by soul learning and evolution. Once we transcend human form we are more connected with other beings and the universe around us. The boundaries seem to fall away.

14. Closing Remarks

There is more evidence building that we are magnificent beyond what we have ever been told. It can be discovered through transpersonal and metaphysical experiences which are natural for a select few and can be professionally facilitated otherwise. To be able to transcend the human intellect and physical boundaries brings a richness to life that is both profound in the wisdom imparted and deeply healing, by offering a perspective that moves beyond the traditional landscape of Cognitive Behavioural Therapies and allopathic medicine.

It is also incredibly empowering to discover that the answers that we seek are already held within us. We don't need to defer to an external party for their 'expert' opinion, when the universe itself resides within. Where human help can really assist is to help us embed the learnings we find within ourselves, to operationalise it into a life that from that moment, is forever changed. It is said that many who have a Near Death Experience, hide it for the rest of their lives. Others write books about their experience and change the thoughts of others just by sharing their story.

Perhaps in years to come we will have personally facilitated experiences of our magnificence, followed by 'Consciousness Coaching'. I can see this replacing Counselling, Psychotherapy, Business Coaching, Life Coaching and even long term medication for Mental Health issues, with a source in trauma. This will take time, perhaps even a generation or two before it matures into a world-wide endeavour based on integrity and service to people, transcending the materialistic view of the world that we hold today.

What seems to open the door to these experiences for us is the energy of service to the client who explores. We call it "Holding the Knowing", we simply know without a doubt that the person with us, is a doorway to their expanded consciousness. Our knowing of this "quantumly entangles" with them and they are lifted beyond the restrictions of human form. You can call it our dual 'Creator Affect', as an advanced form of the phenomenon of the Observer Effect. Human ego has no place on either side of the session, either from client or facilitator. If we set an intention to explore the greater consciousness of a client, then it unfolds, you see we are moving with the natural flow of who we really are and that works as an enabler...

If we had to articulate exactly what is the greater purpose of this work, then I'd say that it is to simply know firsthand that we are part of something greater than ourselves. We are more than we have ever been told.

As we embrace that possibility... it emerges in all its limitlessness.

That, more than anything, is the message that people deserve to hear...

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