

Etheric Body Examinations

The following is a conversation that arose in 2012 between Tom Campbell and I on the MBT forum board due a series of new experiences that at the time were becoming common to my OBEs. I call them EBEs : Etheric Body Examinations.

Every now and again in OBEs I will receive a full body examination. It is a full sensory "in first person" experience. Everything gets looked into and checked, if there is anything awry in the physical system it is corrected. Periodically I receive upgrades. To-date, I have not been able to open my eyes [receive visual data] during one of these experiences. This may in part be the lingering effect of one of my first OBEs, which as fate would have it was one of these exams. I am wanting to work through this and release fear so I can face the full sensory experience.

[Note: Tom comes in on page 12](#)



From the MBT Board

Casey -I have some difficulty integrating a particular experience common to my OBEs.. I am wondering if anyone here has these experiences too. I call them etheric body examinations, they generally happen near the top of the night, 1-3 hours after I've laid down. I am generally conscious when they happen, I shift from my room onto a large, flat, steel table and am given what we here would call a "physical".. I experience these in a highly physical way, I feel my body, my organs, everything being looked into, probed and prodded. All orifices are generally probed, eyes, ears, nose, everything. Samples are often being taken.

I have calmed, over the years of being aware of this happening.., but I have not yet to-date been able to 'open my eyes' and get the full visual range of data regarding my surroundings. It is all I can do just to stay calm through the tactile sensations, as you might be able to imagine. I can hear perfectly well, and listen to the communications taking place between those present, who I perceive as doctors, scientists and helpers. I almost always do go after at least some visual data, but not much comes through, and what does I receive through strong 'human' filters, so those present all look human. I am not ready to let go of the filter, but I am working on it.

So does anyone here ever get these types of experiences?

If so I would like to hear what sort of visual data you get, and how you have worked through fears in order to get it.

I appreciate all you would share.

Ted: What you are describing is the alien abduction/examination scenario. All you have to do is search on the Internet for those experiencing alien abduction and you will find those descriptions of being probed and poked and specimens taken and all of the rest of it. If you search for 'alien abduction' you will receive many links to sites. This was the second on the list, after Wikipedia, claiming to be the largest web site related to the alien abduction experience. <http://www.abduct.com/> I glanced at it enough to see that it likely has something to match what you describe. If not that site, then surely another on the list. I warn you that this site was quite getting into what you might call date rape by an 'alien angel'.

Casey: Hi, Ted, thank you..

I generally do not visit those types of sites, I am looking for level headed, informed people [such as those here] who experience this phenomena without jumping to a lot of emotional conclusions. I do not feel I am being abducted, but I understand this feeling in those who do feel this way. My communication with the Inner Ones is decent, and was established prior to my OBEs, so I know it is my own Inner Team who is looking in on me. This does not immediately stop the central nervous system from experiencing a degree of shock when it happens, though.. If there is anyone here who has worked their way through the initial shock I would appreciate speaking with them. Again, specifically to hear the process of clearing the pathway toward being capable of receiving accurate visual data.

Just to say,—I have my own boards as well, and one or two others I frequent along with this.. I was surprised when I asked, and of many hundreds, maybe thousands, only one other claimed experience with this. He has not yet worked through his initial

shock, his decision is to close himself off from knowing anything of these events. Which I respect, and understand.

Ted: I gave you that link because these reports go together. Sometimes abduction, sometimes abduction plus examination, sometimes just the examination. If you search for 'examination by non human aliens' you get pretty much the same sites. What you described fits the scenario, like it or not. You should perhaps invest some time and effort in shutting out such experiences. It is not necessary to endure that in order to go OOB. You have my sympathies.

Casey: Yes I appreciate you sharing the link, Ted, thank you again.. I understand in my own way what I am experiencing, I understand other people calling these abductions, I do not call them abductions myself, it does not accurately depict what I currently feel happening. Regardless of what others feel and relay. Knowledge, in my experience always leads to less pain. Clarity has this effect. It is in confusion that I feel pain. If I stop now the confusion remains. To deal with inevitably so why not now?

Those who are working with me are highly skilled, I have never been hurt, have never experienced pain nor anything beyond my immediate handling skills during these experiences. I choose to assist in the clearing of pathways, the clearing of fear in and around the area of this type of experience. It is part of what I feel I am here to do. I find it all more fascinating, than anything else. Fear will never stop me, my constitution is just not set up that way., I see only opportunity for growth here.

I video journal my experiences to help me integrate, and to help others..

This is one that goes into what we're talking about here—
It was challenging for me to do, please bare with me:

II

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II

V



[Original footage shared begins at 15:05](#)

Ted:

Casey,

I watched your video. Having seen it, I am reminded of what I would now consider to be a test from childhood that I experienced repeatedly in dreams and have mentioned here on the board. I see this as a fit for your experience and for that of the general abduction/examination scenario. In my case, I was chased by wolves/dogs who I could escape by the childhood magic of running back to my bedroom and jumping into bed where I would be safe and untouched. The night I remember was the night this ceased and because I was not able to reach the magic goal/safety zone of bed in time. So I turned and with my two hands grabbed the upper and lower jaws of the 'wolf' and split its jaws apart, breaking them like pulling a 'wishbone'. At that point I experienced the 'wolf' turning into my "Snoopy Dog" pull toy. I never experienced this kind of dream again. The test was over as I had conquered the attacking fear object.

This may be a standardized type of test for you and many others in this abduction/manipulation fear as opposed to my test which was another different kind of primal fear type test. I wonder if you, by analogy, although you are very bravely facing your fear by attempting to not give in to it are not yet failing the test by not confronting the testers and 'breaking' the fear. I would considering this to be the pass for the test, since it goes on and continues, with you passively accepting the test rather than confronting the testers and throwing them out of your mind. Do you see the analogy? Could this not be a simple fear test which you must pass by confrontation rather than attempting to pass by passive acceptance and investigation as a phenomenon?

Taking this pattern matching a step further, I suggest the following.

I have often wondered why there is such a common experience as encounters with 'reptilians' by so many people. We have not collectively reached the understanding that we are commonly tested during dreams. Tom has described being tested. I feel now that I have been tested in various scenarios in the past. Others on the board have been so tested and reported it here. My conclusion is that this is a standard test type given to many, if not everyone, which they remember very frequently. It is a test that is repeated because it is not passed. That is the only thing I have ever been able to think of that could explain the 'alien abduction' phenomenon in a Virtual Reality. It is a commonly given and commonly failed test so it gets repeated until it is passed. Therefore people keep remembering dreams (tests) in which they were abducted/processed/manipulated by aliens experienced as reptilian in form. Continually repeated because the test was failed. This would explain this whole phenomenon.

Taking the pattern matching still a further step forward, all of this testing would have the object of taking us past and through fears so that we can explore mentally more freely. It is a battle for control of our own minds by lowering our entropy in this fundamental way of conquering fears.

CASEY:

Ted,

Yes there are certainly testing elements,

Yet as with all experiences there are layers to it. Much of this (which follows) is storyline data, but as an ET experiencer I will share my perceptions as they relate to one of my own perceived purposes for being here.

>>>Through my system old neural pathways are being cleared and new ones are being formed for (what I will call) a 'future' human which will have full awareness of, and be in regular contact with ET races. Currently, in this timeline these neural pathways do not exist, they must be built from within the timeline through systems like mine and others like mine which can endure the initial shock without a systems fail, as well as be capable of experientially moving through the related fear layers. Not through a single layer but through the full spectrum. I understand a structure of 7, similar to a chakra system or rainbow. The process of moving through this structure represents not only a full transmutation of fear [in this given area] but also the evolution of one's quality of consciousness, as Tom would say, beyond the current paradigm.

At the root, or base end of the spectrum there is the primal 'fight or flight' response to neutralize. We often see through our dream awareness how this is being worked on. The ultimate task is to neither run from nor attack what is coming, but to be purposefully still in the full on experience of this energy without losing any degree of consciousness. A practical example might be that of a husband not wanting to face his wife, but rather than avoid, or fight with her he stands, experiencing the energy and doing neither. In this moment there is the opportunity to be and behave in new ways. The opportunity for growth.

Opening out into the next layer there is the sex urge, and then the feeling for willful creating/manipulating, the taking one into your personal love and caring --> communicating --> merging --> and ultimate BEing of that other. Where you are standing in their perspective looking back out at yourself through their eyes. It is a challenging process to fully move through even human to human, human to non-human is amplified to many powers. But perhaps this can help much of what is experienced in ET encounters be understood by the very local onlooker. We are all moving through the same process, it is only that some are bringing elements beyond the current paradigm in, which is evolving the timeline more rapidly.

Fundamentally, nothing untoward is happening through our encounters.. fundamentally they are a process of transmutation, an opportunity for the system of the human individual to evolve into something all together new, all while awake, alive and in the body. But conscious minds are struggling with the process, struggling to understand what is happening from a start point of being essentially blind, where their own fear creations are being imposed into the mix. But all is well, it is all a part of the process.

I have a certain advantage over some, in that my range of vision was extended prior to my conscious out of bodies and what some call the kundalini.. I am consciously able to hold multiple layers of reality simultaneously. Not always, but often enough for there to be an impact. In OBEs I often have the full awareness of four layers of experience, and four discrete vision fields.. I can see, feel and fully experience what is happening in the physical [conscious] layer, the etheric layer, the astral [subconscious] layer, and a layer that is perhaps a full blending of them all, where I am what I call superconscious. This is how at times I can see into the fundamental reality, and into the evolution. It is not an easy experience to describe.

Ted:

For what it is worth, I don't remember anyone ever talking about having an experience at all like yours, Casey, and mentioning it on the board. I have made Tom aware, by e-mail, of both of your presences on the board as I have not seen him sign on lately although I am not aware of what he is busy with. He is commonly very busy. He communicates with a great many people, frequently asking him for help, and I felt

that he would have a better chance than I of being aware of the range of your concerns.

Tom has always advised people to be open minded but skeptical in regards to anything received as data from NPMR entities. To compare what you are told with what you otherwise know and use good judgement rather than just accepting it as a great spiritual revelation. I am aware of problems that have occurred but not nearly to the extent as Tom and they were relatively minor. Not accepting candy from strangers, and certainly not somehow going off with them, is after all the warning of all mothers to their children and there have been problems.

My comments about your experiences, Casey, being simply a common test from the LCS were simply the first time I could ever make sense of the wide reporting of 'reptilians' or the kind of abduction/examination that you have experienced. I suspect that it applies to most such cases. In your case, I also recognize that it might well be a matter of being a person capable and self selected to examine the phenomenon further and get a thorough understanding of it. I am impressed by what you have been putting yourself through. You've got moxie, kid, as the old saying goes. I wish you good fortune with your quest for knowledge.

CASEY: I appreciate you reaching out to Tom, Ted.. thank you.

Your comments have ALL allowed me to look further into what I am experiencing, everything is helpful.. I have received data that was prior not so clearly here. I am pleased to hear a bit more clarity came through for you too. In bits and pieces it comes, but it does come. Thank god. —or the LCS whichever makes more sense.

Ted:

Casey,

You stated that your vision had been augmented to permit sight in an extended range compared to normal. This means either the ultra violet or infra red end of the spectrum. Your statement has been tested? Do you for instance see an extended range when you see a rainbow? Is there any objective result in your normal range of vision or are you talking about seeing auras? You implied that you think that they are making improvements in you at other times and in other ways. Are any of these objectively observable? Would someone who knows you well be able to note the difference? Are you becoming able to leap tall buildings with a single bound or bend steel with your bare hands for instance? I'm not poking fun but what else can I say as a guess (too obvious to resist the impulse for someone who grew up when television and the Superman show was new). Any real change is likely to be very subtle and observable only by you in actuality. Are any of these 'upgrades' you describe actually

resulting in observable change? I am still not aware of anyone here describing this kind of experience. There are descriptions of subjective experiences relating to perceptions going on even now on the board. Not however of the types you describe.

CASEY: Hi Ted..

Yes these are really good questions (!).

It is my current perception that the upgrades to my system are more widely associated with my state of health, and capacity for healing. The two most blatant examples of this from my lifetime are:

1) A second degree burn over 60% of my body I appropriated as a youth.. I had gone out to Lake Mead (in Las Vegas) with my friends for the day. It was the first time my father ever agreed to let me do this, go out in the sun like this for such an extended period during the summer months. I came back with a first degree burn, generally over my whole body, and second degree burn (blisters) on top of that over 60% of my body. I was in a lot of pain, and fluctuating between cold chills and fever. My sister, who at this time in life did not ever give me the time of day was very concerned. She kept coming into my room every 30 minutes to check on me. I finally had to ask her to stop, to just leave and let me rest. I remember going in, and having to really focus on this, it was serious. In the morning I woke fully healed. There was not even any peeling. Just a dark, even tan head to foot. No evidence of the evening prior at all.

2) If you are familiar with testing positive for tuberculosis, (this might be the more interesting because I kept all the medical records), in my mid-twenties I did indeed test positive. At this time I was working as a casino cocktail waitress and for my health card required bi-annual TB tests. The skin test read positive, so I went to the doctor to confirm and was given subsequent tests, x-rays of my lungs, etc.. I was sent to a pulmonary specialist who read the x-ray and put me on a course of chemotherapy. I immediately had a sensitivity reaction, developing dozens of different types of bumps, notably on the soles of my feet, palms of the hands and forehead. I intuitively knew something was very wrong and, against doctors orders stopped the prescribed medications, I think the second week into them.

Now if you are familiar with ever testing positive on a skin test, you know that once you do you can never receive the skin test again (or else horrible 'elephantitis' type inflammation can occur; potentially permanent as I was told). At this point you have to have the x-ray to determine the TB. But one year, I am sitting at the health department, specifically here for my bi-annual testing and for whatever reason feel I have to know. I suspect I do not have the TB germ, neither inactive nor active. And I take the skin test. I didn't even sweat it. I tested negative. To this date I test negative on skin tests. Which in PMR is not (supposed to be) possible, once you test positive you always test positive.

There are many such occurrences throughout my life, these are the two coming to the front of my awareness for you at the moment.

My vision:

My vision was always expanded, I lost the awareness of this sometime in my late teens, and slowly re-gained it over the course of the last dozen or so years. In the year before my first conscious OBEs, which wasn't long ago, 4 years ago, I began remembering. How I could take my gaze into anything and pass into and through it. How I could see at [what my guess is] a subatomic level. And even deeper. I can see well beyond the visual spectrum, into the pure consciousness space. Mostly I see subatomic structures. If I take my gaze into the space where your body seems to be, and let it soften, somewhere I will begin to see a sort of depth. A deep spot. Holding my gaze here I sort of 'fall in' and begin to see quite large [to me] snowflake-like formations of brightly colored light. I see this at the same as I see the PMR. I do not know what these structures are yet. But I can fall into them too. I have not consciously done so, and returned to the PMR retaining awareness of what took place. But soon, I feel. It has to do with how I help others heal. It is why at present, and for the past 20 years I have been a care worker.



Body Phenomena, Contact, Using my Upgrades

Ted: Casey, what you are describing as having your vision extended is describable differently in our terms. You are thinking in terms of having your 'physical' visual capabilities extended or expanded to see these different things. If you could understand the MBT model of reality, you would understand this as instead using your Intent to request information from the Larger Consciousness System. In an entirely non physical process, you as you exist as your mind are requesting information which is being sent to you and substituted for your data stream that represents your visual field normally. Thus you see things 'below the surface' or expanded greatly as you say. In your thinking in terms of layers and vibrations and levels of being, you will not find a clear description. In terms of a purely non physical data process, it is more readily understood. This is very much like what those who do healing on the board are used to.

CASEY: Mm, yes I do understand, Ted..

There is what is fundamentally happening, and there is the experience of what is fundamentally happening.

I do tend to describe to others what I am personally experiencing, the vast majority are more able to connect with this. When I am able, I do endeavor to put it all into context by stating the fundamental with this. I learn languages very fast, "communications" is also on my docket , I am one of those middle children who can reach easily both beyond and behind of where I am. In the scheme of the very first languages I learned, the Vedantas and the Yogas, Tom's is relatively easy. Notably because he is so clear within himself when he speaks, it is very easy to catch on. I do not read anymore, so I've not read the book, but I can absorb information through osmosis, so benefit from sleeping with the book nearby me. I have listened to every interview ever done with Tom, a few of them multiple times. So I am on the page with you, I'll just need a minute for the full settling in.

Ted: Let me describe something in relation to myself regarding healing. I have what is readily describable and matches Ankylosing Spondylitis and associated problems. Particularly problems with inflammation of the rheumatoid arthritis type and including a rare but know inflammation about the aorta. My inflammation was visualized by someone attempting to heal it as a black area on my heart. Tom visualized it, with his longer history and healing ability, as being gray with other details and above my heart. I did not visualize it but somehow got the idea that by taking vitamin C, I could reduce all of my inflammation points. I have also been on the healing list for some time and others have been working on my problems also. My inflammation with the AS became so bad related to my heart that I was experiencing heart block where your conduction channels related to keeping your heart muscles pumping properly quit, for 2 out of the 3 pathways and my heart was working down in the 40 to 45% range of

effectiveness. A combination of the Vitamin C and the healing help stopped this and the cardiologist released me as not needing to see him any more or needing the pacemaker that was being recommended. I am taking 9 grams of vitamin C daily and that much should, if I were not using it up to fight inflammation, keep me in constant diarrhea. I sometimes have a little gas which is the common first sign of having just a little too much vitamin C. Obviously my body is using almost all of the vitamin C to deal with stress and inflammation. This is pretty much in line with how Linus Pauling described the production of vitamin C as needed by stress level in other animals that still have the ability to produce it like animals other than humans have as required.

You do not have this model of visualizing data that you request from Consciousness so it does not make sense. With our model, Tom's model, it makes perfectly good sense. Search for auras with the author as twcjr and you will see where Tom has described seeing auras. This provides information about the person for whom you are seeing the aura. It can be coded, if you ask properly, to provide data about the persons health, developmental level or other information. What you are describing as enhanced vision is this same kind of asking for and receiving information that you are doing instinctively. You do not actually have to be present to do this in relation to a person. It is the same kind of process that is involved in remote viewing. It is the same kind of process involved in healing where you do not have to be in the presence of the person being worked on. You just need to understand the relative path to that person. That is, you have a friend whom you know. You want to provide healing to their cousin Harry. That is sufficient to be provided the necessary visualization to mentally observe their problem requiring healing, identified in some way that you are used to as a vision of that person's body with whatever indicator of disease you are used to using as a tool. Perhaps you visualize the problem area as glowing, perhaps covered in black, whatever to indicate the disease problem. If you then use your Intent to remove the indicator of disease from your visualization, you can heal them more or less quickly as your ability and the probabilities involved that lock them into that disease process allow.

You really should read Tom's books for completeness and read around on the bulletin board and on the Wiki to learn Tom's viewpoint and detailed model. These metaphors make what is happening with you much more understandable and usable in your functioning. Here is the link to the Wiki where you can find links to the model and Tom's lectures and much more. http://wiki.my-big-toe.com/index.php/Main_Page I could show you many more links on the Wiki, but you can find them readily from the main page and from there to the portal page and everything else. Ask if you have any problems. I think that this is basically the information that you have been seeking.

CASEY: It makes perfect sense.. and I will do that, it sounds incredibly related to what interests me.

More often than auras, which I do see, but generally in the white and gold schemes only, which for me serve very specific functions, the white taking me into the pure consciousness field of the person, and the gold taking me into their energy essence [for lack of a better term].., I see beings very closely associated with the person, the subatomic structures I mentioned before, and the elemental particles that compose space, and form as we know it. My attention can even isolate one these tiny brighties, and look inside.

I understand proximity to not be necessary, but at the moment I do require it. I've great respect for those who can consciously work at a distance, as it were, and I can also do this, but just not as finely, or detailed as in person. And my conscious awareness will be left out of a lot of it, because I require strong visual data for the detail that lets me relay things back to you. I need your body in front of me for this. My energy automatically reaches out to those nearest by, and I suppose there is only so much my [personal] system can handle. I am always working. It is perhaps a matter of this. But I don't know. Would you like me to look into your systems, Ted?, I could work from a video, and perhaps still frame.

I will surf the Wiki, and see if there is anything that pulls me in.

Thank you for the link

[Tom enters the discussion.]

Original Quote

Casey –I have some difficulty integrating a particular experience common to my OBEs.. I am wondering if anyone here has these experiences too. I call them etheric body examinations, they generally happen near the top of the night, 1–3 hours after I've laid down. I am generally conscious when they happen, I shift from my room onto a large, flat, steel table and am given what we here would call a "physical".. I experience these in a highly physical way, I feel my body, my organs, everything being looked into, probed and prodded. All orifices are generally probed, eyes, ears, nose, everything. Samples are often being taken.

I have calmed, over the years of being aware of this happening.., but I have not yet to-date been able to 'open my eyes' and get the full visual range of data regarding my surroundings. It is all I can do just to stay calm through the tactile sensations, as you might be able to imagine. I can hear perfectly well, and listen to the communications taking place between those present, who I perceive as doctors, scientists and helpers. I almost always do go after at least some visual data, but not much comes through, and what does I receive it through strong 'human' filters so those present all look human. I am not ready to let go of the filter, but I am working on it.

TOM: A long time ago, I experienced much of what you describe. Beings probing my "etheric body", examining, checking, "doing stuff", quasi-medical setting, I was told it

would help me advance, etc. I too cooperated at first. One day, after being "summoned" I had to wait a few minutes because they were busy with someone else. While waiting, I took the time to penetrate the minds and feelings of those who were doing whatever they were doing to/for me. It was easy to do then, but difficult to do while "on the table". The result wasn't what I expected (something was fishy — there were ulterior motives other than those disclosed). The process was not mostly about helping me, though that seemingly had occurred as a result. As I evaluated the help I had received, it turned out to be things that I could have and would have done on my own anyway. I felt that my mind was being manipulated (suggestions and attitudes being implanted). Nothing terrible or particularly evil, but more the way that parents, schools, and professionals manipulate young children to be more pliant and trusting as well as less critical. I didn't like the feel of it (deception) and cut off all relationship with these beings. They tried to pull me back with grander claims of things to come and when that failed with warnings of penalties to pay but I no longer trusted them to be honest. I cut them off permanently. At first, I wondered if that was a mistake but soon realized that that attitude was being placed in my mind. Ending the relationship was the right thing to do and I held firm in my resolve.

Eventually, I came to see the whole thing as an elaborate teaching tool – a test given me by the LCS. [From my perspective, every interaction constitutes a learning opportunity]. I was put into this somewhat unusual if not dubious circumstance and promised personal gain (advancement) in exchange for my cooperation in a harmless endeavor. However that cooperation seemed to be continuously getting me deeper (more committed) into something I didn't really understand — that by itself was a problem. The attraction pandered to my ego (a short cut to advancement), and then to my fear (warnings and penalties and dire consequences of breaking off the relationship). The key problems that developed were violated trust (all was not above board — other agendas kept from me were the main motivation for our relationship) and that attitudes and feelings were being nudged into my mind – i.e., I was losing my integrity – being subtly controlled — though only within the context of this relationship with “them”. My job (learning opportunity within in this test or “standardized learning tool”) was to realize I was slowly and subtly selling my integrity for personal gain and then to have the strength and courage to permanently break it off (against their best efforts to pull me back in) as soon as I realized there were problems. It seems that most people do not pass this particular test – it is a difficult scenario to see through — and then stand up to a persistent authority.

By answering your question, I may have ruined this particular learning opportunity by allowing you to apply a solution from the intellectual level, rather than from the being level where it counts — but, in this instance, that outcome was decided to result in a better overall long term result for you. (that is why you were sent here with that question). They (the LCS) will find another way to offer the same learning opportunity (test) – and you will be more prepared (more likely to succeed) having gone through and understood this one.

Casey : It is good for me to hear you have experience with this, Tom. I am not feeling you ruined anything for me by sharing your experience and where you took it, I would not effectively be able to apply your discovery to my experience, we are not necessarily experiencing the same set of specifics, or receiving the same test —right? Your experience has elements linked with you and your particular evolution, mine has those linked with me and mine. So there would be no benefit in me attempting this.

To boot, I don't even know what my details are yet, what my [full] interpretation of the tactile sensations I am experiencing are. That's sort of why I feel I have to 'open my eyes' and get the visual data. More—so than the specific detail(s) of our experiences, I feel I am helped by the opportunity to see the path you took through them to clear fear. And in this case, remain in your integrity. May I ask?, did the beings in your experience appear non—human when you were "on the table".

If so, did you do well with this from the start?

Were you always able to receive the visual data? With me, this does seem to be in part the test. To—date, fear has not let me do it. I seem close.

TOM : It may or may not be the exact same test — some are standardized down to the smallest detail, some are only generally standardized, and most are individual.

I had no trouble with visuals from the start — they were humanoid but not human. And yes, where I was taken could easily be interpreted as a spaceship sort of structure. But that was a long time ago before I understood that visuals always represent your own interpretation — metaphors overlaid upon the data you receive. "Visual" data may (the metaphor is given to you, i.e., "visual" imagery suitable to their purpose is provided by the sender) or may not (you supply the metaphor entirely) be delivered in the data stream for you to interpret.

In cases where specific visual imagery is provided it is generally because the sender wishes to create a given effect or connection in your mind/emotions/beliefs/fear. In other words you are being set up (manipulated) to have a specific experience/reaction by those who know you and your experience base well enough to effectively set you up. This is often the case with both tests and dreams — and assorted other NPMR encounters.

NPMR is not a 3D spatial reality. There are no fundamental or objective spatial shapes or forms or physical senses to see or hear with other than those imagined/interpreted by a limited, rule—set constrained FWAU consciousness. In fact, experiences where one is dropped into a "given scenario" situation that roughly resembles PMR reality structures you are familiar with (easy for you to relate to and understand the primary elements no matter how strange, other worldly, or bizarrely they are presented), and

in which you must interact and respond, is a hall mark of a LCS manufactured test/ lesson whether you get to it from a dream, or OOBE, meditation, or some other way.

Given all that... there are no hard and fast rules. It is what you make of it. What you do not make of it, is not part of your reality. Reality is fundamentally individual and personal, though some parts of it (mostly fragments of the virtual environment — e.g., rocks trees, weather, bodies, space ships, tables, rain) can be shared among players within a common experiential game (reality frame).

Casey : Thank you, I am with you on all of this.. Notably the part where you say "It is what you make of it. What you do not make of it, is not part of your reality." So curious about what I am creating. What opportunities are being created through my experiences of this? I am certainly all for testing elements that help bring me and other FWAUs deeper into their own sovereignty, the question left lingering, the one that is always left lingering.. is whether my experiences are with other FWAUs, or whether they are purely simulated. Do you have a perception on that? Is there a test I can make? In events of the latter, do you ever shift into an experience with those behind the simulation? I do..., which is why I ask, this is the only way I have ever been able to note a purely simulated experience.

TOM :

>>"The question left lingering...is whether my experiences are with other FWAUs, or whether they are purely simulated."

Everything you see, hear, smell, touch and feel in NPMR is an interpretation of data sent by consciousness — the only question is who and why. Except to the ego, it matters not. Because what you must do in response to that data stream is the same regardless of the source. Your job is to interact or deal with whatever data comes your way and through your free will choices evolve the quality of your consciousness — learn and grow, express yourself as love. Every source provides a challenge, an opportunity to evolve both yourself and the LCS.

Trying to make better choices by using your ego–intellect to game the system (try to figure out the right answer) instead of just interacting directly from the being–level is counterproductive. Acting right in lieu of being right sets you up for problems. In other words, trying to specify the source (the who and why of the source sending the data stream to you) — e.g., good guy, bad guy, tricky guy, evil guy, user, manipulator, helper, enemy, friend, etc. — so that you can respond accordingly is counterproductive. Yes, it is a strategy we all use here in PMR. It doesn't work very well in PMR either but it works much better in PMR, with its tight buttoned down rule–set, than it does in NPMR where there is an order of magnitude more hidden

variables. You will never have enough information to know for sure who and why because you can always be tricked by those who know more than you do. The correct approach is not to depend on a "clever" ego-intellect to help you pretend that you are more competent and grown than you are, but rather to get rid of all your fear and ego and then just be yourself — have the courage to let your choices honestly and directly reflect the knowledge and quality of you at the being level. Then pay attention to the feedback and make adjustments to who you are at the being level as you go (i.e., off-load any new found beliefs, fear, or ego — i.e., pull yourself up by your bootstraps).

All experiential realities are virtual realities — simulated realities with rule sets. The reality with the table and examiners, the dream reality, the reality in which you wake up after dying in PMR, and PMR itself, are all virtual realities. Only consciousness itself is fundamental.

Casey : Yes I agree, and am clear except in two areas—

I am not sure how to word this in your terms, I do not seem to have done well with my first choice of phrasing. Let me ask this way.. Here in this PMR I am a FWAU, in experience with other FWAUs. In the experiences I am having, described in the original post, am I also in a PMR [with or without a different rule set], in experience with other FWAUs? And.... in the time between my last experience and the next, is there value in me trying to see what my fears are? This is in great part what I am trying to identify. But if you tell me your experience leads you to feel there is none, I will see very good cause to set this down.

TOM: There is always value in trying to determine what your fears are if your intent is to get rid of the fear once it is discovered. Fear blocks your evolution to a higher quality consciousness and thus should be hunted down and eliminated.

In our local PMR where this forum resides, you are interacting with a large mix of individuals — each of which is very likely on its own independent evolutionary path making choices by exercising its own independent freewill. In the experiences you are having in NPMR or in this other PMR you have described, or wherever, the situation described above (mix of independent individuals) is, in my judgment, possible, but very unlikely.

It is more likely that it is just one individual FWAU (the LCS can implement an FWAU and interact within any reality frame) playing all parts (other than your part) so as to create a challenging learning opportunity just for you. Think of this most probable possibility as a dialog between you and your teacher wherein the two of you are together acting out an often used canned drama called "ET examiners" designed to provide you with interesting learning choices and which takes place in its own little

PMR-like reality frame. A frame created just for this game, just for you and your teacher. You play yourself and your teacher plays all the other characters in the drama. Though your teacher has free will, he is just following the tried and true "ET examiners" teaching-tool script for the most part and ad-libbing here and there within the context of the script as necessary. However, you are not told that this is just a learning game because such intellectual knowledge on your part would likely make your choices somewhat intellectually driven instead of straight from the being level (which is what is necessary to support personal growth). You must believe the game is real for it to be effective. So the game is presented to you in such a way that you think it is real. To succeed, you must deal with the situation, discover the fear, and then face it by making the appropriate choices — and you must do all this from the being level or you won't learn/grow much.

So, yes, by all means, identify the fear and make the appropriate choices. Otherwise you might be stuck in this game for a long time. You have already passed stage 1 (not freaking out and descending into a vortex of fear because of the nature and character of the examinations.). In part 2 you are supposed to find the rat in the woodpile (discover the fear). In part 3 you deal with it successfully (with courage and determination) - thereafter you will have no need to return - game over, experience gained, lessons learned.

Casey -Very good, thank you, now I am clear you are not linking "fear finding" to "intellectual pursuit". And to be sure, let me check >>you are saying that, most likely, what you are calling my teacher is an LCS generated interface (generated strictly for this lesson?), rather than an IUOC or FWAU currently in PMR, is this right? Still lacking full comprehension on this one. And then, also, what if it is the unlikely, a mix of independent individuals? Do you have experience with this? I have many different types of contact experiences, and am one of those people who experience a lot of body phenomena, day and night, referred to by other groups as the kundalini. I have tended to lump all of my experiences together in a pile I could label 'connecting with my Inner team'. But this experience, the EBEs [etheric body examinations], I just don't know, it is the one that really rattles me. Less and less, though, I have calmed significantly. Just not enough yet to 'open my eyes' during one of them.

TOM: That is correct — the larger consciousness system trying to create a productive learning situation for you. Sometimes, these are called "tests".

Yes, one can interact with individuals, but typically these are more informal, extemporaneous and fluid, and not so highly structured, context driven, or process focused like Tests and dreams (dreams are often tests).

Although the overall experience can be similar, kundalini is something else all

together. The focus is not so much on individual interaction or context, scenario, and structure, but rather modifying your FWAU (a metaphor) to be able to accept and deal with a larger awareness. Actual Kundalini work, especially with knowledgeable and competent NPMR beings leading the process, should not take long or need to be protracted or repetitive.

You may have several independent and quite different things going on and are lumping them all into one basket.

You probably need to screw up your courage and open your eyes (metaphor for see the truth) and then deal with it successfully.

Casey Yes this goes right to it. A larger awareness does not fit into the current body system, it too has to be adapted, and inevitably begin to evidence the larger awareness. I say this having been experiencing the process for the past 3 years. Do you see why I am inclined to throw the EBEs in here? I suspect they are one of the many ways I perceive the modifications taking place. I am taken into various of the layers to witness this. It is only in this particular [etheric] layer [very close to the physical] that I experience fear. You are right, of course, the bottom line is I need to gather my courage and get on with this. Momentum is building, thanks to you, Ted, and others here.

Being brought in to communicate with those performing the modifications are among my favorite experiences, but I typically do not bring the details of our talks back through with me. I am with you, that the work these one's are doing likely does not take them very long, it is more that my experience of it, (my processing of the data) in/through OBEs and regular everyday life is ongoing. Remember the actual shifts and changes have to happen through me and I want to be conscious of as much as possible. This opportunity may not come again for some time.

Are you moving through this process too, Tom? (do you get the body stuff?)

TOM: The initiating, raising up, directing, and guiding of the kundalini process was ordered up or brought to me by those who were developing and guiding my potential in this experience packet and was facilitated by two NPMR beings (specialists sent for just this purpose). I went through that entire process when I was 7 years old. It was intense, to say the least, but lasted less than an hour of PMR time. Though my physical body was 7, I was a young adult in NPMR (roughly equivalent to a 25 to 30 year old range in PMR) and was fully aware and engaged throughout the entire process.

Casey: At 7 years old you may not have noticed the shifts and changes, not enough previous physical body experience to compare things to. Or did you?, were you symptomatic from this point and for some time. Do you recall? Or were you one of the ones who came in with the new system pretty much in place. I am not certain about this, but based on my experiences and the way I interpret them I suspect the vast majority of 'abduction' type events are fundamentally NPMR beings readying PMR systems for change. My central nervous system went into shock when I first became conscious of NPMR, and of these events, so I understand what can happen in such instances and until the shock wears off. Which in my case took two years. There are many conscious-mind fear created scenarios to disentangle. Mine as well as many others. Could the tests you mention be given for this reason?

TOM: Yes I did, though I was 7, my perspective on NPMR associated matters, was adult even in PMR. My kundalini experience came at the end of a long training period where my abilities, sensitivities, reflexes, and judgment within NPMR were honed and made ready for the future when I would need them. It was mostly a matter of quickly getting back up to speed in this experience packet and learning a few more skills that I would likely need.

Casey: were you symptomatic from this point and for some time. Do you recall? Or were you one of the ones who came in with the new system pretty much in place.

I recall clearly: All physical symptoms disappeared in less than a day. Awareness was forever altered but soon enough I was just me.

Casey: I am not certain about this, but based on my experiences and the way I interpret them I suspect the vast majority of 'abduction' type events are fundamentally NPMR beings readying PMR systems for change.

I agree with your statement but not with what you mean by it. I agree that it is a fear test, the purpose of which is to help people grow up (change). It would appear that most flunk that test and ratchet up their fear instead. I also think that it can expand one's thinking to allow for a reality greater than the physical (much as OOB or lucid dreams or remote viewing can) – i.e., another opportunity for positive change. But most seem to miss grasping that opportunity and explain their experience as entirely contained within the PMR Universe (ETs from elsewhere in our PMR universe). At least they see reality as larger than most people think.

Why provide a test and opportunity if most fail to make good use of them? Because it sets these people up to get it quickly when they finally understand the nature of reality and it entices many millions who never have such an experience to see and accept mystery and unknowns within our reality as possible, thus making them also able to quickly get it when a good explanation of the larger reality comes their way. So, I agree, the population is being primed for change. Also the ET fear is rather safe

since it has no " physical enemy" at hand that can be subjugated, maimed, jailed or killed — only a lot of words and excited rhetoric. It also can be used as a "source" metaphor for passing information to PMR individuals from NPMR individuals with intents that may be good or not good.

However, I do not think that the probing and tampering with etheric (or as some believe, physical) bodies that appears to go on in these experiences is accomplishing anything more than setting up the scenario or conditions of the test/opportunity. The physical body is virtual, the etheric body and the FWAU are metaphors. Only consciousness is real and fundamental. The FAU, a subset of a subset (IUOC) of the larger consciousness (LCS), is a metaphor that represents an individual interface to the LCS. That raising the kundalini modifies a virtual body (etheric or physical), thus allowing more awareness, is also a metaphor. Bodies, physical or etheric, or auras around bodies, or chakras, do not exist except as data in a data stream, that is as interpreted metaphors – that is the nature of a virtual reality. They are very handy and very necessary metaphors that enable communication in PMR language about kundalini and many other important concepts. Kundalini is a metaphor that represents the more or less sudden improvement or upgrade in the functionality of that individual interface with the LCS — A condition that must be earned. Like a college degree, one can work on it a long time, but once you have earned it, the actual process of handing out the degree is relatively quick. Kundalini and a college degree are the end result of a long process, not given piecemeal throughout the process itself. Acquiring Kundalini without earning it is usually a problem (sometimes a disaster) for the individual who has gotten the cart in front of the horse. it is not a partial benefit.

“I suspect the vast majority of 'abduction' type events are fundamentally NPMR beings readying PMR systems for change. My central nervous system went into shock when I first became conscious of NPMR, and of these events, so I understand what can happen in such instances and until the shock wears off. Which in my case took two years. There are many conscious-mind fear created scenarios to disentangle. Mine as well as many others. Could the tests you mention be given for this reason?”

Indeed, that is usually the point; an opportunity to overcome fear... to make good long term entropy lowering choices and to do so fearlessly (without ego or expectation). Getting rid of fear is step one since it is required for getting rid of ego, expectation and beliefs. Thus, initially, tests are almost exclusively about getting rid of fear. Once the fear is gone, the rest is relatively easy.

Casey: It is like you know right where I want to go.

The fundamental reality is one thing (yes), and from my perspective is just as you have stated it — Consciousness. I understand the importance of grasping this, along with the associated ideas of data, metaphor, virtual.. And I can, I can intellectually grasp all you are saying, I am close enough for this, yet I cannot know it in this moment beyond my current experience.

The experience of Consciousness, as it exists within each of the subsets could be said to have its own relative fundamental reality. When speaking from this, the experience, as it more actually is for the IUOCs and FWAUs within the subsets who are growing from a precise and unique set of parameters, the 'fundamental' can sound a bit different. I understand what follows here is in good part relative to the growth space within this subset, but in regard to it I have a question.

I see, quite literally with my [awareness through my] physical eyes that visual reality is virtual. That it is created. Visual reality is very closely associated with BODY, it is outline, form and color that gets predominantly seen in our subset. The first upgrade I experienced was to my vision. With it I began to see the elemental particles that compose space, and matter as we know it. My vision can zoom in and zoom out of space, like a telescope and microscope. So I can see the particles that are used to compose our bodies. And I can get pulled into them. I am discovering I can get pulled into almost anything. I know now, for myself, these guys are conscious. There is a beingness to them. They are another subset of Consciousness.

This makes sense, because if Consciousness is fundamental, and therefore all there really is, then Consciousness is all there is to create from. Consciousness is all there is of anything.. even what we call the body. But my experience is limited. What experience if any do you have with elemental particles, how do you see them and how does your big t.o.e address them?

I do agree. (>>re: the process of Kundalini)

But are you saying the rate of the handing out and the rate of experiencing the receiving [within this subset] are equal?

TOM: All that you experience is (all experiential realities are) virtual — data, information. You interpret this data with symbol and metaphor in terms of your present personal PMR experience/knowledge base. Thus, what you "see" is limited by who you are and what you know. Your intent queries the database. Zooming your awareness (in this discussion limited to vision) in and out (microscope to telescope) from subatomic particles to the surface detail on some planet a million light years away is nothing more than focusing your intent on the information you want, i.e., where you want to go or what you want to see) and then interpreting the data you get back from your query. The affect is that you are there among whatever it was you intended to see and you can probe further to whatever depth and extent you wish -- to the depth and extent that your limitations can make sense (useful information) out of what you see. Once past that point, you are just drifting among images that you do not understand, that you cannot convert into useful knowledge (constructively build on what you already know).

One sees auras, future probabilities, health conditions and remote views in exactly the same way – your focused intent gathers data and you interpret that data. Because you had an intent to see inside of matter, to see the foundation, the stuff behind the stuff, what is at the root, you got data on atomic and subatomic structures. You interpreted that data to the extent that you could. An error that many make is that once they reach their personal limitations on meaningful interpretation of the data, they just continue on with their imagination. A seasoned investigator/explorer realizes that step 2 (after learning to focus one's intent to get the data desired) is to become aware of their own limitations.

My analogy: the process of delivering a diploma to the students who have spent years earning one takes only a few days (Graduation immediately follows final exams) and, likewise, going through the kundalini process takes only a short time (maybe a few days, maybe a half hour) although the process to earn that particular upgrade to the individual–LCS interface may take a long time. Another analogy: you may prepare for years to receive a kidney transplant but it only takes a few hours to do the operation. That kidney cannot be transplanted a cubic centimeter at a time over several years.

One day it happens, the next day it is over, the change may or may not be a big deal for a very short time, then you quickly absorb the permanent change and go on with the rest of your life. The only thing that is drawn out is what leads up to the final diploma, transplant, or kundalini process/event. The event itself does not last long and there are no lingering "symptoms" associated before or after the event, only a permanent change in state that quickly becomes "normal".

Casey: Tom,

Thank you for sharing your knowledge and experience with Kundalini, it is certainly unique.

I had high hopes for you answering my question about elemental particles, but I think I am inviting you into area you are politely declining. I understand, as I hoped to relay above that my query is relative to a particular growth space (ie: limited). I am okay with this, it is the growth space I am currently trajecting and the one I want to experience as fully as possible. But I do understand this not being interesting to everyone. So let me thank you for your time, and your patience, I appreciate and have enjoyed this talk with you very much.

warmly,

Casey

[Tom exits the discussion.]

fast said:

I have been following your communication with Tom and found it very interesting, I cant relate to it by experience but I do try and note things without understanding them. It seems when things start to happen to us fear is the biggest obstacle that will hold us back. Fred searching for truth.

jonathan said:

hmm ... I, too, have been following this conversation ...

It was certainly very interesting and providing insights ...

Tom explaining his viewpoint and reasons for it, and you yours

(not changed by such input ...)

I wish you will be able to see through it!

All the best!

kroeran said:

Casey: wow! what an entrance!

Thank you for coming up with a subject of sufficient interest to Tom to get him talking...that was absolutely delicious and inspiring.

I hope you hang around and share more of your experiences.

CASEY: Kroeran, you are welcome, and I will.. I will share more here when and if I have another of these EBEs.

For all who may be following this thread, I thought to be more clear about my last post. I was not clear enough in my last question to Tom, regarding what I am calling

elemental particles, so the question that got answered was not what I was actually asking. I was asking if he, Tom Campbell, FWAU in this PMR has direct experience, interaction and/or communication with elemental particles. And if so, if from within this particular constraint he has ever perceived them as [even potentially] having consciousness. I asked this because I do have this experience and have questions about it. The majority of which likely haven't even formed yet, in part due to me not having anyone to really discuss this with. Either people do not have the experience, and/or perhaps like Tom, fall so far on the other side of it that effective discussion is less possible.

I know Tom rarely speaks of personal experience, this is the "area" I am referring to as him politely declining to come into. But this is the area in which I feel a bit of company would be helpful to me, I don't feel I can effectively skip over what I am experiencing, ahead to any sort of conclusion without a rift remaining. An array of too many unanswered [unexperienced] questions. I have to experience my way through this one. I do feel it is tied to the EBEs. Although at this point I cannot say precisely how. I just know it is something I am learning. If anyone passing through here does have this experience, maybe you will share with me what is happening there with you, and what you make of it.

kroeran said:

Have you tried talking to obe4u.com people or TMI people?

RBM said:

I think you got a answer to that [re: the elemental particles], but you didn't recognize it cause Tom didn't use your terminology which is personal to you.

fast said:

Since you mention that a NDE named George Rodonaia told of such of a experiences. He was a Russian brain scientist, he has since past away, you can Google his name and probably hear him talk about it . I always found him to be very creditable. Fred searching for truth.

CASEY: RBM, I can certainly see why you would say this, questions were indeed answered, they were not exactly the questions I asked. Let me ask you.. do you see elemental particles? When you put your hand there in front of your face, you see your

hand, right? Do you ever see into the realm of the particles that compose your hand? When this happens what do you see?, what do you experience? To begin, it is either a yes or a no. If it is a yes I would very much like to speak with you.

Abi said:

You might be interested (or perhaps already familiar with) this TED talk given by Jill Bolte Taylor, a neuroanatomist who was able to experience (and report) accessing her right hemispheric consciousness sans her left hemispheric consciousness during a stroke.

Sainbury said: (quoting my post to RBM)

Omcasey – Tom did answer your question. I'm not sure you understand his TOE. Consciousness is the only thing that is fundamental and all else is virtual. Thus the particles you are talking about are also virtual and are only being rendered because you want to see them (even if you are not aware of your intent.)

Ted Vollers said:

Casey,

Let me also try a clarification. Tom built his model of reality based upon his extensive personal experience in exploring consciousness space and the NPMR and PMR type Virtual Realities. That model does not have any kind of fundamental particles inherent to our PMR experience that possess consciousness. That consciousness is rather limited to conscious entities participating in and portrayed within the PMR VR as 'attached' IUOCs. If his experience had been different, his model would have been different. As his experience was that consciousness is limited to IUOCs, his model was limited to expressing that. These particles are not described as something possessing an 'attached' IUOC. Thus they are not conscious.

IUOCs come in a wide range of functionality and their decision space within their roles here in PMR also vary widely. They vary from microscopic critters with very limited perceptions on the order of light versus dark and food versus not-food to human beings. Conscious entities do not include plants as not having an IUOC attached as their mind. That does not say that plants do not react under the rule set turning their leaves towards the light, etc. But they cannot pick up and move to a better location. Tom's model does not portray any kind of fundamental particles in PMR as conscious because he did not experience them as conscious. If he had experienced them as

conscious, he would have created his model differently to explain their being conscious.

CASEY:

Hi Sainsbury,

I did attempt in the quote above to enter my question a bit more slowly. My sole intent in this is to perhaps gain a little company as I work through a particular growth space –just as Tom himself shares as being so critical, "without applying a solution at an intellectual level". In Tom's reply to me, he very clearly goes into the fundamentals of my own experience, and this is appreciated, it is just not what I was inquiring into. I was inquiring into his experience. His personal [PMR] experience. I am asking, Tom and all else who pass through here what is now a very specific question... When you put your hand there in front of your face, you see your hand, right? Do you ever see into the realm of the particles that compose your hand? When this happens what do you see?, what do you experience? I know a part of my query is including 'what you see', we are visual beings, but so it may be clear, I myself am not currently confusing [what I am calling] the particles with the appearance of the particles. They are no more their appearance than are we. Again, I understand visual reality is virtual. I literally see this with my awareness/eyes.

Ted,

The information and insight you provide me continue to be very helpful, thank you.. Still feeling that working through this particular growth space, in this case by drawing the dialogue out to include personal experience may provide opportunity in which my many questions can arise. And potentially get addressed. Do you see the particles?

Ted said:

No.

CASEY: An answer!, Ted you're the best –(I could hug you.. Okay thank you, yes if you were you could maybe help me work out what I am cognizing exactly. I still don't know. But there is a clear enough question that arises from it.. Is there more to the body than it's appearance? It is something in the process of being internally answered for me. Through this particular growth space I am suspecting there is indeed more to the body than it's appearance. But what this is is so vague.

Lena said:

Casey, your next step should take you further from your physical body to become aware, that PMR is a virtual reality, and everything in PMR is virtual. A human body is included. There is no body, no brain, and no particles exist.

Rendering of this virtual reality is one on one process. LCS renders body particles to you, because it might be important to your development at this time. Or it renders body particle to you, because this is your intent to see them. Or it could be something else to this rendering, and you should figure it out on your own, because this is productive for your growing process. If Ted doesn't require or interested to see particles to be aware and be connected to NPMR, most likely he will not see particles at all. He is already beyond this kind of proof, that PMR is a virtual subset of virtual NPMR.

LCS has unlimited resources to provide guidance, nudging, help and teaching to all FWAUs and corresponding IUOCs. The goal is entropy reduction, and how this is done by each FWAU is secondary. Though it could be interesting, scary, uplifting, and each turn brings its own tools and methods. As long, as we don't get attached to anything in this process and move on from one experience to another we are all right. Qualities developed in a process of entropy reduction, as clear-vision, healing abilities, reading Tarot, seeing particles are not a goal in itself. They could be experienced all or some of them, but their value is to help appreciate what is beyond PMR, open our mind, eyes, learn to be attentive to our environment, and that's it.

CASEY: Hello, Lena..

[apologies for the way I am going to come at this, it will help me say it more concisely]

There is a Zen Buddhist Koan:

First there is a mountain
Then there is no mountain,
Then there is

To briefly explain-- First there is a mountain because prior to practice [and study] we assume things to be the way they seem. Then there is no mountain, because while practicing we come to see nothing is at it seems—that what we consider a mountain is unreal. Then there is (a mountain once again), because in the culmination, the mountain exists but in a new way. I am in stage three. I am standing in the culmination, a living example of coming to be here in a new way. This may be considered, so that dialogue can flow forward more smoothly, or be challenged. To just put it on the page, as a courtesy, here it is.

My attention in the experience with the particles I am mentioning is not on their appearance.. Which is clearly seen, yes, but is not what my primary attention is on. This too may be considered, or challenged, and may or may not inevitably become more obvious, if and when someone passes through who also has this experience — of, from their PMR position seeing through the gross physical appearance into what is behind it.

As each one of us lowers our entropy, new and novel experiences get created through us....to be aware of and enjoy here in PMR. Through me, and many others something novel is indeed coming. I feel I am simply cognizing what this is. But again, at present, what it is is so vague. I am trying to bring it fuller to me through this conversation.

Montana said:

As a general experiential principle I guess my position is a bit at odds with some of those other posters in as much as referring 'sensory data' of any sort as "just data and therefore an illusion" seems entirely unrealistic.

Even if it is true!!!

Here all you "just data-nistas" try this experiment:

Walk outside through the muddy pasture and then walk in the house and don't take off your shoes and and put your feet up on the coffee table, and wait for mom or spouse to walk into the room. When high objection is made just say "But, tut-tut dear! ~ It's only data, after all~....".

Continue to monitor your data stream as you hear the (somewhat loudly spoken) words "So's THIS VASE!!!" (CRASH!!!!)

Now: THAT"S data!

If Casey see's particles, she see's particles. Let's stop de-legitimizing each others' experiences, for heaven's sake! If someone said to Ben Franklin "It's all just an illusion, it's all just data" and he listened, he would have never discovered electricity, and we would now be forum-ing by moving abacus beads back and forth and sending them via carrier pigeon!

But, so, Casey.... I didn't see much data there about your experience of 'particles'. So, here:

Under what conditions are they best observed?

Do they present images that are consistent in both eyes or just one, or do they seem unnecessary altogether, and they are visible even with eyes closed?

How big are they? Is their size constant?
Do they have color(s)?
Are they exact spheres, or is there some other shape to them?
So they have sounds or smells?
Do they interact with each other?
Do they occur singly or in piles or both?
Is there only one kind or is there more than one kind?
Are they solid, translucent, clear...?
Are they static or moving?

Are they (time-wise) static or transient? By that I mean, if you observe a particle, can you, say, set it on the table and come back and observe the same particle an hour later? A minute later? Is it there for only a third of a second? Are unique particles identifiable at all or is it more like trying to follow, say, birds in the air in a great flock from some distance?

How do particles behave in a strong wind or sitting before a fan?
What happens when you try to pick one up with a pair of tweezers?

Do they respond to mental efforts to move them...? Can you will one to fly out (or through) the window?

Do they seem to behave differently around or in light, electricity or magnetic fields?

Are they the same in water ...? Do they dissolve in water?

CASEY: Montana, yes, experiences are no small deal, they are what we came here for, because entropy can be reduced through PMR more rapidly than NPMR. Tom says this, right? As well as anyone else I've ever come across. For those following, I am not suggesting the personal experiences here in this thread are anything more [or less] than this. Like all experiences they are being learned through, as well as providing the very specific torque through which my personal entropy is being lowered. Which in this case is allowing something new and novel to occur here. Again, not nearly clear enough on what this is but I would very much like to be. It IS happening, I am just not fully cognizing it yet.

You've an impressive list of questions there.. about the particles.. It is all very fun to speak of, but for the sake of retaining the focus I've been building, here in this thread I will attempt to condense. The particles I see are not physical particles, they cannot be picked up with tweezers, for instance. Their appearance [color, depth, movement, activity] changes in relation to how many layers [dimensions] I see into. Perhaps more importantly than this is that when experiencing these little guys I detect a feeling presence from them. An intelligence and capacity to communicate. My experience extends only so far, though, and it has been awhile since I have gone into experience with them. Tonight this may be a good idea.

Ted said:

Casey,

I do not see your 'particles'. I do quite well see Tom's model. Within Tom's model, what underlies the simulation of the appearances and sensations of our PMR experience is a data stream that we interpret to create the appearances and sensations of our PMR experience. We can Intend the augmentation of that data stream and the addition of information to it as in seeing auras, being aware of indicators of 'disease' processes. Perhaps you are Intending the awareness of that actual data stream without interpreting it. It will not be in the form of 1s and 0s but can be interpreted in that way, as 1s and 0s. What that will 'look like' we do not know as we do not know the Cellular Automaton like rule set of the underlying Consciousness System which would represent that data stream as it is conveyed to us over the Reality Wide Web data buss. Are your observations as of a 'stream' of these 'cells' that you can slow down and thus observe or is your interpretation as of a static display that you can expand further and further to observe the microscopic internals?

Tom's model provides for observing 'within' the PMR experience of things by Intent modifying the data stream coming to us that represents the experience of things representing the interior of the things we normally experience only from the exterior appearance. These will not represent conscious cells although they will be composed of the basic stuff of the Consciousness System as data. Tom's model does not discuss being able to observe the actual data stream that produces the PMR experience although it considers it as not impossible that we could so Intend this to be provided to us over the data stream. But it would again not consist of or represent conscious cells. The consciousness in this understanding resides within the IUOCs that are the actual experiencers of our PMR experience as the 'real us' as digital minds.

Have you ever created visual descriptions of these cells which you consider to be conscious? If not as a 'picture' drawn or painted on paper, what about as a word picture of what you see? I need more information to make sense of what I gradually understand that you are after. I think that Tom likely also needs such additional information to interpret. I have not noticed him coming on the board since his last comment to you. That does not mean that he has not as although I am on the board frequently, I could miss his presence. Have you other information that you could provide to work our way through some of the questions that I have raised here in terms of understanding the nature of the phenomena that you observe?

CASEY: Ted, the attention, and time you put into receiving me is appreciated beyond what I can say. Thank you. The rest of my evening is taken, but I will do what you ask and try to put this through tomorrow or the next day.. being thorough as I can. I may then very well need to call upon you to give me the grade school version [you know with easy practical examples and such] of if and how it fits into Tom's t.o.e..

Later I drafted these articles:

Vision Sight, Penetrating the Layers
Between the Visual and the Void

There is more to this ongoing dialogue but I did not save it separately so when the thread was deleted from the MBT board it was lost. Although I did not find it important to save, I did save a final note which I titled : "I am my own and I am yours" >>>

CASEY:

There is an opportunity, an opening I would like to step into—
Inside out. center to circumference

Consciousness alone is

(there is not Consciousness and something other than it

Consciousness is all there is of anything. It is the Material of all metaphor. The Player of all parts. — All patterns. programs. portions. perceptions. process. points of view. (every one — Large or small. microcosmic or macrocosmic.

Me. mind. breath. body. body-systems. cells. no matter how nano the concept.

Consciousness in it's totality is all that is ever present. ever re-presented. (e v i d e n c e d

Consciousness alone is.

*

This is a pattern.

A pattern of awareness.

Potentially (potently laying at the foundation of my being, breath and biology.

The pattern composes me. constructs me. Is and Instructs me.

It is. and it is here for some purpose. (which does gradually reveal itself

As it is revealed (to me, I myself am revealed

Unveiled

*

I am my own

My own experience, my own perception

I am this regardless of circumstance or event. (as are we all

There is nowhere we may not be. (high or low. — Nowhere our love may not go

We are given and we cannot be taken away. We are here and we are ours

Create what we will. Individually, collectively

Potential has never been greater.

There is a reason metaphor, model and mapping may take one only so far.

It is not because the metaphor, model and map is flawed. (ever. but because these things are many. multi.

In the multi realm if any one, by itself could be complete there would be no need for any other. It would seek to make redundant all but it. Do away with all else. There would be no way out of the onslaught. The war. The inherent I am right and you are wrong and all that arises within this wake. Local consciousness has been in the mess of it for some time.

It is critical to learn our first language—our metaphors, model and map. But completion comes not once it is known, skillfully navigated or spoken. It comes in the letting it go. In the capacity within us all to know another. An 'other'. In the malleability to be not only one but all. (as Consciousness Itself is.

Quote: "While each of us are operating within our own individual and unique point of view, we cannot know if her perception is "real" or not. We can only decide to believe, disbelieve or remain open minded and skeptical until we THINK we have enough information to determine the validity of the perception of her or others. This becomes easier if we share similar experience."

All of this is possible. and more. (((there is always more

There is a way to know one another, to know 'one' and 'other'. You may lean into me. (I into you

I am doing this even as we speak, shifting into your perception, looking out through your eyes. (sometimes even standing in your footsteps.

It is a tangible event—feelable, experienceable, you may even BE feeling it.

How is it possible to touch someone, without touching them.

SEE them, without seeing THEM

It is not

*

Go out beyond yourself. It is the opportunity, the opening,

The ephemeral doorway we are all upon

Step through

Casey

