

Out-of-Body Experiences:

The Vehram Energy System

- Unlock your ultimate spiritual power!
- Discover proof of life after death!
- Learn the true fundamental secrets to astral projection!



Vessen E. Hopkins

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Introduction

Mankind's oldest quest throughout the history of human civilization is to determine what happens to us after we die. No other question has so captivated our collective imagination, or remained for such great length of time as a utterly unanswerable enigma. Now, for the first time in the history of civilization, mankind has been given the fundamental knowledge needed to unravel our greatest unknown. The Vehram Energy System is more than the secret to astral projection. It is the vital proof needed to demonstrate the basic nature of consciousness as a separate entity from the body.

Science is beginning to understand the structural mechanics of the brain. The laws governing thought processes are not entirely of a chemical nature as we had long thought, but of a quantum nature, suggesting a non-localized process. Consciousness is integrated within the brain, not of the brain, but driving different parts simultaneously – faster than the speed of light would allow – by quantum entanglement processes occurring within the dendrites of neurons.

Dendrites are nano-sized hexagonal tube structures that are located on the surface of the neurons in the brain. These structures allow for the storage of vast amounts of data on their surface and by a process of quantum entanglement, information can be sent, stored, and retrieved.

What is driving the process of quantum entanglement, itself?

The answer is Consciousness.

To understand a little more about quantum mechanics, and the

processes happening within the brain, we will discuss more on this subject later in the guide. It is my argument that the Vehram System allows us to demonstrate the fundamental principles governing the situational focus of consciousness through “complex energy configurations” much in the same way consciousness utilizes the complexity of the human body to perceive the physical world around us.

Until we have a way to physically film, photograph, or otherwise detect this energy system through some technological breakthrough, there will be skeptics continuing to suggest that one's perception of these external power sources is merely a hallucinatory response. However, for the individuals who have felt this power, there are clear indicators that would suggest otherwise.

But I am getting ahead of myself. The story is yet begun.

This guide is based on more than 16 years of research and personal exploration into a phenomenon that has intrigued man throughout the ages, the out-of-body experience. The technique offered is designed to take advantage of the bio-chemical processes governing sleep to enable one to enter the critical hypnagogic-state in about 3 to 5 seconds. The preparatory process that allows us to place the body into the most conducive state to make that transition in such short time requires little more than simply going to sleep.

Once you have mastered the process of going to sleep and waking up at the specified time (a few hours or a few minutes later,) the next two steps are so easy that the ability to leave the body becomes virtually at will.

The principles of the human body that allow you to cross the threshold of hypnagogia are quite standard to most all humans. Ask yourself one simple question – if you were to get up in the middle of the night, how co-ordinated would your muscle reflexes be? Would you stumble across the room with a slight trouble maintaining balance?

The answer, unless you suffer from a rare sleep-disorder, is yes.

The reasons are bio-chemical. And this bio-chemistry of the human body can be used to enable one to cross the threshold of hypnagogia in as little as 3 seconds. Take the time to master this one aspect of the out-of-body process and you will have mastered the only real difficult aspect there is.

I have every confidence in your ability to achieve the out-of-body experience because we are all truly the same. We come from the same place – we are all made of the same stuff. We all possess this external power. This is not one person's ability or even that of a limited few. All mankind possesses the ability to release their own consciousness from the bio-chemical chains of the body to explore the true reality that is our existence beyond physical reality.

Part of what makes this possible, on a physical level, is the Vehram System. But this external array is more than the key to astral projection. It is more than the secret to proving life after death. It is the most obvious statement from our Creator to us, as a young species still attempting to understand our place in the universe, that we are truly one and the same, and divine in our own right.

Whom or whatever one may deem God to be, Universal Consciousness, Group Consciousness, Creator of All That Is, etc., the Designer(s) incorporated the principles of both body and spirit to be as they are. The Vehram System has always been, as long as we have been. As with all grants of knowledge from the Divine, we must simply open our hearts and minds to listen. The message has always been there, the statement timeless. We have finally, in our own time, stumbled upon it. The question is, “Are we willing to truly listen?”

I am a soul in a human body. I am more than my physical body. I am not of this body, but merely perceive our shared reality through it. I am no different than you. You are no different than me. The power I

describe is yours, just as it is mine. We are all the same.

But is it real? The Vehram energy system exhibits universal qualities including exact location and layout of the individual energy centers, the same kinesthetic response - the sensation of vibrational energy radiating from the center, and unique jolting and charging effect that occurs as a result of direct contact. The sheer intensity of this jolt is so powerful and unexpected that there is no possibility that it could occur in separate test subjects merely as a result of hallucination, but rather must be the result of a real external stimulus.

Because these universal qualities could only exhibit themselves as a result of a real stimulus, the experiencer must be having a real and authentic separation in coming into contact with this external array.

If we know the energy system is real, then we look at the fundamental principles governing the nature of consciousness that could enable the separation of the astral body beyond the physical to interact with this energy system.

We perceive the Vehram System from the hypnagogic state, through the separation of the astral body. For the researcher, it becomes clear that, through these events, one is witnessing the scientific principles responsible for consciousness' ability to separate from the body: namely, the fueling of the astral body, a configuring of energy on a fundamental level to create a suitable vehicle to cradle one's center of awareness and carry it beyond the physical body. It is, however, also the act of consciousness creating and manipulating the very fabric of reality.

To understand how consciousness is capable of such a feat, the nature of what consciousness truly is must be considered. We must understand that consciousness is more than the physical body, not of this universe, but rather exists here as a result of seemingly divine laws in quantum physics, principles we are only beginning to unwrap.

What are we if we have no body and, yet, we are aware and able to

control our movement purely by thought? In the spirit realm, we are in fact gods, able to control and manipulate every facet of our reality. The Vehram System is but a small example of the tremendous power we possess, and a clever implementation in the dynamics of the bio-ethereal machine we call the human being that would give us the ability to not only peer beyond the physical realm, but enable us to prove to ourselves that we actually have this ability.

It is the key to unlocking our true potential, the power to reclaim our divine selves.

Discovery – Unlocking the Ultimate Secret

In the summer of 1991, I had just finished my sophomore year in high-school. The summer was a much needed break for a guy who dreamed of someday becoming a rock-musician. I had time to play and time to dream. I had a lot of big dreams and spent the better part of my time daydreaming. My biggest problem in school was the fact that I would rather contemplate my own thoughts than what was being discussed in class. Homework was entirely too time consuming, and if it weren't for my ability to pass the final exam by just coasting through class on the teacher's explanation, I would never have made it passed the 9th grade.

From the moment I had my first out-of-body experience, however, I knew nothing would ever be the same. I may have been a dreamer, but I also knew that dreams were only fantasy. Either my experience was a dream, or it was more. I remember thinking to myself, “surely there must be a way to determine which?”

After my first out-of-body experience, I began researching the history of paranormal occurrences and other supernatural phenomenon, looking for clues that would shed light on this incredible mystery. While I learned

a great deal about the nature of paranormal phenomenon, as well as out-of-body experiences, what was most clear was the fact that, in spite of all the mounting evidence, none sufficiently represented unequivocal proof of the existence of the soul.

There existed no proof that these experiences out-of-the body were based in reality. I found myself questioning the validity of my own experiences – how could my experiences be real if no one else's were?

Three years later, in the spring of 1994, an event occurred that would mark the beginning of a new understanding.

It was a wonderful spring morning. I had slept little the night before, as was becoming customary in my sleep practices. Usually, I would find myself wanting to take a nap mid-morning and, having rested barely enough the night before, could easily enter the hypnagogic-state, often without ever losing consciousness.

On this morning, I slipped quickly into the hypnagogic-state, and immediately began attempting to will myself out. Having the usual difficulty with no vibrations present, I pushed and pulled every direction imaginable trying to lift out of my body. At last, I managed to free only my left arm.

I looked through my closed eyelids and could see my ethereal hand floating in mid-air. I could also feel, and see, my physical arms folded across my chest.

Curiosity piqued, I reached toward my left side.

My intention was simply to reach out and touch the wall across the room. It was something I had read about and I was simply curious what it would be like.

However, before I could reach even to arm's length, I felt a radiance of energy enter my hand and begin to disperse in through my astral arm. I was quite surprised at the sudden realization this energy was emanating from a distinct source, apparently being generated from some sort of orb

or point. It wasn't clear exactly, only that it was most intense when I reached near a specific place.

I pulled my hand away and the radiance of energy entering my hand decreased. Immersed in curiosity, I reached back where I had felt the surge. Slowly, I pressed my hand closer. There it was again, a radiance of energy emanating from this distinct source. I could feel all around it, energy bleeding off in all directions.

As I reached in toward the center, I felt the surge of energy intensify. I decided, out of curiosity, that I wanted to stick my hand directly into whatever or wherever this energy was coming from. I expected a tolerable flow of energy as there was nothing in my experience so far to suggest anything dangerous. However, just as I reached into the center of the emanation of energy, a tremendous amount of energy surged down through my arm, into my upper torso and lower neck.

The flow of energy was so powerful that I could not keep my hand inside the center of it but for the split second, as I realized this power source was more than I could bear. I pulled my hand out much more quickly than I placed it in!

The whole upper part of my body, especially on my left side, was racked with vibrational energy, which then began to spread into the rest of my body, before finally fading away.

I knew immediately that the energy I felt was the same vibrational surge of energy I had felt many times before, the same as that required to induce the out-of-body experience. I had no idea there existed a source to this energy. In fact, I shared the popular belief that the vibrational surge comes at a specific time, and is strongest at around 4:00 a.m., more so during the summer solstice than during the winter solstice. Even the cycles of the moon affect the level of vibrational energy.

I thought for a minute about Robert Monroe's method for obtaining the energy from a point above the head. It had been a while since I even

thought about the “point above the head,” as he describes it in “Journeys Out-of-the-Body,” Doubleday 1971. I figured if there was a source of radiance to my left, and, according to Monroe, there was this place above the head from which to obtain the vibrational surge, perhaps there were other places, as well.

I slipped back into the hypnagogic-state, and managed to separate my right hand this time. I felt over toward my right hand side where I thought the radiance of energy might be and sure enough, it was there. These three points led me to suspect the one below the feet, though I didn't feel for that one. I could however pull energy from that point just as I could from the other three points. It took a couple of months of exploration into this system before I discovered that there are in fact two more points of radiant energy, one located directly in front of the body, and the other directly behind. These two, along with the one to the right and the one to the left are all centered on a horizontal plane at or near the same level as the chest or solar plexus area. The remaining two are located, one above the head, the other below the feet. These six points of radiant power located systematically outside the body comprise what I call the “Vehram” Energy System, an anagram of mine and Monroe's initials.

Seat of Consciousness

Monroe knew for some reason that energy could be drawn from this place directly above the head. While he never mentioned, and possibly never knew, that this source was in any way connected to other points of external radiant energy, our experiences represent separate and individual confirmation of the existence of external sources of ethereal energy, utilized for the exact same purpose: to induce the separation of consciousness from the body.

Because this energy system exists universally for all mankind, it demonstrates that the separation of this non-physical body, through which one may independently observe the Vehram System, is a real event. Thereby, we scientifically define characteristics of the nature of consciousness that determine the mind and brain to be separate, proving the existence of the soul.. However, to understand how consciousness achieves a state of separation from the body, we must understand consciousness' current position in the body. The answer, interestingly, is that it is not in the body, not even in the brain, itself.

Consciousness is driving a process from a vantage point beyond time and space. Through an interface with the quantum entanglement processes occurring within the brain, consciousness is perceiving this reality through the physical senses because we are perceptually locked into a bio-chemical machine that has the built-in capacity to interact on a quantum level with consciousness.

Already, scientists have demonstrated consciousness ability to drive quantum processes in the physical fabric of time and space. It is consciousness that is responsible for the “collapse of the wave-function,” which is what scientist define as the moment a photon must decide, upon manifestation into the 3-d space/time continuum that is the universe, whether to take on the behavior of a particle or a wave. Consciousness is what determines the behavior, simply by whether or not we observe the event.

Just as we are interfaced with the brain, but not actually in the brain, consciousness can utilize other energy vehicles for perception beyond the physical. The Vehram System was created as a source of power we may utilize for the specific function of achieving a state of separation from the physical body, to form the ethereal energy body, which is in turn, capable of mimicking all the wonderful complexities of the human body and more. We integrate with it in much the same

manner as we are integrated with the brain. But the real reason for its existence is to allow us to maintain the interface with the physical body. To leave the interface and simply pull out of the body altogether would result in death of the body.

As we enter life in human form, consciousness locks itself into the quantum interface of the bio-organism. This occurs from the moment neurons begin to fire in the brain. To perceive beyond this body, consciousness must extend from that vantage point, through the body, not beyond it. The out-of-body experience is the perception of consciousness, indeed a carrying of one's center of awareness, through the physical body, into the ethereal body. However, consciousness is still locked into the interface of the brain. Only upon death does consciousness release itself from this interface and we regain our full awareness, the awareness of the higher, or total-self.

Some, however, are so focused into the belief systems of their human lives that the journey back to full cognizance can be delayed. Their awareness is still projecting the reality they experienced in their physical lives, and so we have those souls who perhaps don't know they are dead, or souls who simply are still very much in human character.

We all take a certain amount of time adjusting to the reality that is our true existence. It's similar to waking up from an intense dream where you think for a moment that you are still in the dream. It was so real, you have difficulty distinguishing the dream from reality.

From the hypnagogic-state, as the onset of the vibrational surge occurs, and the ethereal body is formed, we immediately have the perception that we are no longer paralyzed. We go from being unable to move, to instantly having the ability to feel around, move our arm or leg, to lift out completely. The integration of consciousness from the physical into the ethereal is so smooth that we don't even realize that we have a different body. Many oob practitioners have the experience of thinking

they are moving their body at first, only to realize that it was their astral body, instead.

The key is knowing whether or not the vibrations are present.

If the vibrations are present, the ethereal body has formed and consciousness is operating that body. If the ethereal body is not formed, then consciousness is still locked into the body and one experiences sleep paralysis.

Now, it may be possible to form the ethereal body with such little ethereal plasma that the sensation of vibrations are extremely low, or even imperceivable. This occurs in instances where the radiance of energy emanating from this system reaches just far enough to barely reach the body. In such cases you will not have a sense of sleep paralysis that normally accompanies the hypnagogic-state. At the same time, you would not feel the vibrational surge, either. With a slow and deliberate attempt, it is possible to separate the soul from the body, though it requires a much greater desire and will to separate than when the vibrations are in full force. Many are unable to separate completely and experience the partial separation, as occurred in my case, when I found the point to the left.

Making the Case for the Vehram Array

There are actually a number of unique characteristics governing the Vehram Energy System that can be independently verified. The universal nature of this phenomenon not only proves the existence of the system, but that the experience of separation is a real event.

First is the unique location of the individual centers. There are exactly six points located in precise configuration relative to the body. Each is a radiant sphere of pure ethereal plasma approximately eight

inches in diameter, with energy emanating in all directions from any given sphere. This configuration is the same for everyone.

Second is the purpose of the energy. The energy that emanates from the Vehram System is recognized by astral projection practitioners as the vibrational-surge. The Vehram System serves the unique purpose of enabling the soul to achieve a state of separation from the physical body. Without the presence of the vibrational surge, separation from the body is impossible. We are just beginning to understand how consciousness can create and integrate itself within “complex energy configurations,” much in the same way that it is integrated within the brain. After all, the brain, like all forms of matter, is simply energy in a different form, configuration, etc.

Third, is the unique kinesthetic response. In one case is the vibrational characteristic of the energy that is felt from a distance. This energy obeys what is called the “inverse square law,” which is a law of physics governing how energy dissipates in space with direct correlation to the distance from its source. Upon approach there is a charging effect felt in the astral body. As you pull away, this effect weakens.

There is another kinesthetic reaction, however, that occurs when direct contact is made with an energy center. Contact with the ethereal plasma that forms the Vehram center is equivalent to placing your hand in an electric socket! There is an immediate, powerful jolt of energy that enters the astral body, so strong and intense that the practitioner cannot maintain direct contact and is forced to remove their astral hand.

These unique principles are exhibited regardless of previous awareness of the system and are of such a specific nature that universal confirmation of these characteristics amongst subjects who have no previous experience or knowledge, prove the system itself is not a figment of the imagination. Because the system is real, because the person’s experience of the system is a real event, the actual experience of

separation is also a valid event. The existence of the Vehram System outside the body and our ability to reach beyond the body to interact with it proves the existence of the soul by demonstrating the separate nature of consciousness from the body.

The vibrational surge is our perception of the Vehram Energy coursing through the astral body. Awareness of the energy is possible only from the hypnagogic-state because it is through the hypnagogic-state that consciousness re-tunes itself, disengaging one's center of awareness from being focused strictly through the physical body, and is then able to manifest the astral body.

In essence, as the brain and body enter a sleep state, consciousness pulls slightly out of its tight-knit integration with the brain. Normally, one's center of awareness goes along with the greater consciousness into dream land. However, when one's center of awareness passes over the threshold of hypnagogia and is maintained within the subjects control, that portion of our awareness is then free of the limitations of the brain. We are left with control over our own consciousness from a reference point where we encounter much less obstruction from the physical integration of soul and flesh than what we experience when we are physically awake.

To attain full separation, however, requires a vehicle. This is because consciousness would have to relinquish its position in the human body if no vehicle were used, resulting in full disconnect from the brain and consequent death of the bio-organism. The vibrational surge is the forming of that vehicle.

Once outside the body, belief and assumptions we hold about ourselves often dictate a physical form, but we may have any we choose.

We cannot help but contemplate the many implications the existence of this power presents us. The impact of man possessing such a tremendous power, associated with one's inherent ability to manipulate this energy with the will of the mind, present a formidable challenge

against traditional orthodox thought. We must begin the arduous task of rectifying a number of inconsistencies between science and the supernatural. And yet, science is now about to demonstrate such abilities as telekinesis (mind over matter) to be a natural aspect of consciousness – abilities possessed by all mankind.

This e-book is designed to offer what I believe is truly the easiest approach to utilizing this amazing new energy system to achieve the out-of-body experience. However, there remains much to learn about this power and we are only beginning to scratch the surface. As more and more individuals have an opportunity to reach out and explore this amazing energy system, our collective understanding will grow, and we will begin to realize the full potential of what it means to be a soul in human form, and more interestingly, a soul without human form.

Out-of-Body Experiences: The Easiest Method

The Vehram System is the source of the “vibrational-surge,” and is used primarily to fuel the soul’s separation from the body. Consciousness integrates itself with the vibrational energy by molding this ethereal power in accordance with a waveform of conscious thought. The result is a non-physical (astral) body, which serves as a vehicle for consciousness’ separation. This energy vehicle is necessary only as a medium to achieve separation from the body. Evidence suggests that it can be discarded after separation is completed, although this usually only occurs in the process of inter-dimensional travel, and another energy body takes its place.

Although achieving the out-of-body experience requires successful completion of only two stages, this technique covers an additional initial phase that is extremely effective in preparing the body for the real beginning of the out-of-body process. It is possible to use a variation of the technique prescribed and circumvent the initial phase, though it tends to prove more difficult for most people than the recommended version here.

So the first two stages involve placing the body in the proper physiological state known as the hypnagogic-state. The third stage will allow you to achieve the vibrational surge to leave your body.

To handle the first two stages, the included technique takes advantage of a natural principle governing the body’s transcendence into sleep: by practicing auto-programming to wake up at a specific time, usually a few hours after going to sleep, the body can be “primed” to enter hypnagogia. Since the body remains close to the sleep state immediately upon awakening, our ability to re-enter that state, physiologically, is quite easy. In fact, it’s difficult not to slip back into the sleep state. Having had such a short rest, the body wants nothing more than to drift back to sleep.

The transition will occur within three to five seconds from the point the body is relaxed! Now, whether or not your consciousness goes to sleep with the body is an entirely different matter, but I have an easy trick that works very well in keeping your awareness while moving across the threshold of sleep.

You will read about the breathing exercise that is used to force the body into hypnagogia in stage two. It works also to keep your awareness focused on the physical and in the present moment. Stage two specifically incorporates this breathing process, such that the practitioner can actually control the body's transcendence into sleep, while also focusing the mind on the here and now. Each time the body exhales, it naturally relaxes, causing the nervous system's synapses to more and more shut down, forcing the body closer to the edge of hypnagogia. As transcendence occurs, one maintains awareness by staying mentally focused on their body and each breath or exhale. The body goes to sleep. The mind doesn't.

Stage Three involves attaining a specific spiritual energy state, commonly referred to among astral projectionists as the "vibrational-surge." Since the Vehram Energy System is the source of the vibrational surge, all that is necessary is to mentally pull this energy from the Vehram System. Once the vibrations are relatively strong, you then "will" yourself out.

The whole technique, from when you first wake up and enter the hypnagogic-state, to the point you leave your body, should be no more than five to ten seconds! And since we all go to sleep every night, the technique offers plenty of opportunities to practice. (There are easy variations on the technique that can be used anytime.)

Stage 1

Auto-programming: Highway to the Subconscious Mind

Auto-programming works on a simple principle: that the subconscious mind can be given orders. And while consciously, human beings are often forgetful, or at least, late on remembering, the subconscious conforms like an atomic clock, recalling the suggestion you gave it at precisely the intended time, even when you are completely unaware of what time it is.

For example, how many times have you gone to bed at night, knowing you had to get up at a certain time in the morning, say 6:00 a.m., when just moments before your alarm goes off, you find yourself wide-awake? This is an often-cited example of how people auto-program themselves without even realizing it. Some people actively use auto-programming to find keys or other items they have misplaced. By telling themselves over and over that, as they sleep they will remember where they placed it, upon waking in the morning, they automatically know where it is.

This technique will enable you to utilize this natural principle of the human mind to prime the body for hypnagogic-induction, the necessary state of body and mind to separate the soul from the body.

- 1) Begin by lying down in bed. Relax and allow your mind to calm.
- 2) Give yourself the following suggestion: "I will wake up in three hours, barely gaining lucidity."
- 3) Allow yourself to feel a sense of urgency, as if you absolutely must get up at that time, the same urgency you might feel if you were afraid of being late to work, or an important meeting, if you were to oversleep.

As you repeat the suggestion over and over in your mind, visualize yourself waking up at the time intended- pretend you are waking up and realize what it will be like.

4) Allow yourself to drift off to sleep, expecting to wake up, just barely gaining conscious awareness.

Remember as you awaken to be aware of your immediate position in bed. Allow yourself to become lucid of what time it is, but at the same time, quickly focus the mind on your body and the breathing technique discussed in the next section.

The first step, lying down and quieting the mind, is crucial. Relaxation of the body and mind allows a focusing of thoughts, giving each thought a more powerful connotation in the sub-conscious, and will therefore enhance your chances of success. The sense of urgency will couple this effect.

As you drift off, don't worry about forgetting about your suggestion. If you have followed the plan accurately, the sub-conscious mind will have taken the suggestion to the level necessary to act upon it at the appropriate time. You will wake up!

This process may take several attempts. Like all things new, practice makes perfect. Once you have succeeded, immediately proceed with the next stage of this method: hypnagogic-induction!

Stage 2

Hypnagogic-Induction Doorway to the Spirit Realm

The hypnagogic-state is essentially defined as a physiological condition in which the mind is awake, while the body is asleep. The hypnagogic-state marks a change in the focus of consciousness from that of being locked into the biofeedback of the human body, to gaining awareness of and control over the spiritual body. It is from the hypnagogic-state that the conscious mind becomes more capable of configuring energies into a feasible vehicle for separation, in essence, of manipulating the very fabric of reality. And so, it is the state from which consciousness can utilize the power of the Vehram Energy System to obtain the vibrational surge.

The method for hypnagogic induction utilizes a simple physiological principle: when the body is just waking up, it can very easily slip back into the sleep state. The body has much the same chemicals and hormones floating through the blood-stream immediately after you gain lucidity as it does while you are unconscious. It is these chemicals that render your body asleep, in much the same way chemicals produce anesthesia during surgery, although we now know that consciousness does not use chemical processes to communicate within the brain.

When the body first wakes up, it is just beginning to make its way toward a state of complete wakefulness, and will require a given period of time before the chemicals are removed from the blood-stream. This is the reason why when you first get up in the morning, the body feels groggy and less responsive.

During this initial phase of waking up, the body wants nothing more than to return to a state of sleep. The natural tendency for the mind and body is to go hand-in-hand, and yet, the mind does not have to follow. In order to reach the hypnagogic state, the body and mind must diverge

paths. What is needed is a way for the body to be coerced back into the sleep state while the mind maintains conscious lucidity, thus breaking the natural cycle. Here you will learn a very simple breathing technique that accomplishes this with greater ease and allows greater control over the process than I have found with any other method available.

Once you have gained lucidity from the auto-programming technique, simply follow the following steps to enter the hypnagogic-state: Remain relaxed and calm.

- 1) Immediately focus your attention on your body and your breathing. Be sure you are in a comfortable position that will not compromise your circulation, as well as a position that will ensure your head is not facing directly toward the ceiling. This will ensure your breathing is not compromised when you fall back asleep, as the muscles in your body will relax, including your tongue. If your head is facing the ceiling, your tongue could fall back in your throat, making it uncomfortable to breathe. If this should ever happen, simply force yourself out of the hypnagogic state by rolling over, then repositioning yourself.

- 2) As you exhale, allow your body to relax deeper and deeper. Feel your body weighing down into the bed. Expect the transition to occur during or immediately after any given exhale of breath.

- 3) Focus and maintain your awareness on your body in order to sustain awareness through the transition.

- 4) Entry into the hypnagogic-state should occur within 3 to 5 seconds from the moment you first begin this exercise.

The reason the transition into the hypnagogic state is most likely to occur when exhaling is due to the fact that the body is more relaxed when you are not breathing. The amount of stimulus to the nervous system is just enough less during this period so as to induce the body into the sleep state. All you must do is maintain your awareness, which is done by

focusing your awareness on your body as that transition takes place.

Don't worry about whether or not you might prevent the body from going to sleep by "thinking too much." The body wants to go to sleep and it will- with or without you. You want it to do so without you. Just stay relaxed, focus on our body and breathing and wait for it to happen. Expect it to happen.

What exactly is supposed to happen?

You will find yourself at first still in control of your physical body. You can move if you want, for instance. As you relax, on a given exhale, the body will literally go to sleep. You will become paralyzed and unable to move. (If you force your body to move, through extreme attempt to roll over , etc. it will cause your body to wake up.) As the transition into the hypnagogic-state is occurring, you will feel a tug on your awareness – essentially you will be attempting to fall asleep mentally. By holding on to the awareness of your breathing process, you maintain full awareness across the threshold as your body goes to sleep, leaving your mind awake. Just focus on each breath in and out and relax. Let the process occur and simply stay focused mentally on your body.

When I say your body goes to sleep, it is not like when you have been sitting in a bad position and your leg goes to sleep, followed by a sensation of "a thousand needles." This is caused by a lack of oxygen to the tissue and is a completely different phenomenon. The hypnagogic-state is a state in which your body is physiologically asleep, just as it is when you are asleep at night.

Once you have reached the hypnagogic-state, your body will be completely paralyzed. It is important at this point to remain calm and try to prevent excitement from pulling you back out. Just stay relaxed and proceed on to the next stage in this program to achieve the vibrational surge.

Stage 3

The Vehram Energy System: Power to Separate Consciousness

The Vehram System is comprised of six individual “centers” located at specific key points outside the body. One is located directly in front of the body at chest level, approximately three feet away. Another is located directly behind the body; there is one to the right and one to the left, each of which are also at chest height. The remaining two are located the same distance from the body as the other four, one directly above the head, the other directly below the feet, as illustrated on the cover page.

The Vehram System is the source of an energy that has been recognized for millennia by astral projectionists as the “vibrational-surge.” This intense sensation of vibrational energy is known to be a prerequisite to being able to separate from the body. However, until the discovery of the Vehram System, the source of this vital escape energy remained a mystery.

The technique for obtaining the vibrational energy, which energizes and forms the astral body, is quite simple.

You must be in the hypnagogic state to access the Vehram System. When first getting started, try concentrating on the energy center directly in front of the body. Use this one to practice with until you have the hang of it. From the hypnagogic-state, mentally focus on the individual center and “will” the energy from any or all of the centers into your body. Concentrate on the energy centers and mentally pull the energy from each one, directing it to flow into your body. You should immediately feel the vibrational surge enter and begin to permeate throughout the body. Push the energy into different parts of your body to get a feel of how you can manipulate the vibrations through concentration. Once the level of intensity has reached a strong but tolerable level, separate from your body by willing yourself out.

Separation is sometimes obvious in that you can feel the soul pass through the physical body as it leaves. However, other times separation occurs with little or no sensation and you may even wonder at first whether it is your soul moving or if it's your physical body. You'll realize fairly quickly that, while in the hypnagogic-state, the body requires much more effort, as well as specific intention, to move it than the soul requires separating. In other words, if it is the soul you are trying to separate, then that is where your energy is directed. In order to move the physical body, you would have to be specifically attempting to move the body itself.

The only thing to consider from this point is where you want to go and what you would like to do.

Quantum Physics and the Entanglement of Consciousness

Quantum physics began with an experiment aimed at determining why the heating element in an oven glows brighter as the temperature rises. The mathematics pointed conclusively to the fact that energy exists in a quantitative state, which is a fancy way of saying that it's measurable in whole-parts.

Quantum physics is simply the study of the nature and behavior of energy, on the smallest, most fundamental, level. Energy exists as a particle, yet behaves within the fabric of space as a wave. As this particle moves it generates a field effect within the space/time continuum.

All forms of energy are grouped under the title of "electro-magnetic" radiation. X-rays, gamma rays, heat, the visible colors of the spectrum, even radio waves, they are all the exact same energy, simply different frequencies.

Energy propagates through space at the speed of light and diminishes from its source in accordance to a strict scientific formula, known as the inverse square. Even gravity moves at the speed of light, and diminishes from its source in accordance with this formula, and it is because of this law that we are able to measure the distances to the stars. The brighter a star, the closer it is to us.

However, a curious little occurrence takes place in regards to what happens on a quantum level, depending solely on the fact of whether or not consciousness is observing what is taking place. It would appear that simply by being observed, sub-atomic particles must decide which form to take - how they will behave, as a particle, or as a wave.

For example, the effects of conscious observance on the patterns generated in atom-smashing super-colliders have been documented in a number of instances.

Science is already drawing the very same conclusions as those generated by the implications of the Vehram System and our ability to manipulate this energy system with the will of the human mind: that consciousness does, somehow, have an effect on the world around us.

To exert control over this energy system requires merely the proper state of conscious awareness. Simply by re-tuning conscious awareness, and deciding to manipulate this energy, we demonstrate the mind's ability to manipulate the very fabric of the universe. After all, while the Vehram System may serve a spiritual purpose, its external configuration circumspect to the human body would strongly suggest that this energy system is somehow connected to the physical, even if it exists purely as a result of the integration of consciousness within the body.

I would speculate that the Vehram System exists on the physical plane. When we enter the hypnagogic-state, we are very much in the physical body, on the plane of the physical universe. The Vehram System's existence in 3-dimensional space and time, perceivable from an alternate state of consciousness that is still local in relation to the physical body, places it squarely within the realm of the physical universe, and must therefore be governed by laws of quantum physics, detectable through a process of quantum entanglement. Any shift in dimensional location prior to separation, would void the laws that keep consciousness integrated within the brain, and leave no reason for the necessary presence of the vibrational surge to achieve a state of separation in the first place.

The Vehram System is perhaps representative of the link between the physical and the spiritual aspects of our reality. If we learn how to measure this power, then we will have discovered the next step to measuring and detecting the presence of the soul, itself.

Defining the level where the Vehram System exists involves a consideration of the system's role and the characteristics of the energy

emanating from it. It behaves much like all other known forms of energy. It emanates outward from the individual energy centers in all directions, diminishing according to laws governing electro-magnetic energy. Yet, it serves the distinct purpose of energizing the astral body.

Our ability to pull this energy into the body and configure it into a vehicle for consciousness is the equivalent, in many respects, to creation, itself. It is another example of our ability to mold the world around us to our own conscious will. But this is nothing quantum physics wasn't already telling us to be the case.

How does consciousness achieve formation of an astral body and then integrate itself within that vehicle to perceive reality? Let us look at how consciousness achieves its place within the brain.

We are, in simplest terms, consciousness integrated within a bio-chemical machine, a machine that is of such extreme complexity as to allow for all the systems within the human body. We are of skeleton and flesh. We have a circulatory system that feeds the tissue oxygen, nutrients, and we have nano-sized bio-machines in the form of cells that work in perfect (relatively) harmony, forming tissue, bone, brain, etc. This amazing bio-chemical machine has a network of neural cells that form the nervous system, which in turn allows the transfer of information between the nervous system and the muscles as well as between the nervous system and the brain. We have an endocrine system that filters waste from the blood stream. We have the most wonderful computational devices ever created in the human brain. More than 20 trillion computations every second are occurring within your brain at any given moment.

All of the complex systems within the human body must work in perfect unison and harmony in order for the body to perform the miraculous tasks of being a living, reproducing organism. But the purpose behind the system is simply to provide a body that can house conscious

awareness, to provide an interface with the physical universe because, in spite of all the amazing capabilities of consciousness, it is not, in and of itself, physical. Nor is it anything that can be quantitatively defined. No realm of creation can match it for substance. In order to perceive any reality, consciousness needs a vehicle of perception.

That is what the human body is. This is also what the astral body is. Ghosts, for instance, materially manifest themselves in the image of a body. When we come to physical reality, we must create and integrate ourselves within an ethereal body in order to perceive that reality. It is the desire to perceive a given reality or from a particular vantage point that creates the vehicle.

To see, from the hypnagogic-state, through closed eyelids, requires the desire to see, coupled with the belief that it is possible. During the instance we have a desire, the soul is deciding what it is we want to create. The belief that it is real then manifests it. This is the act of creation. The very most fundamental capability we have, as conscious forms free of physical interface is the ability to create whatever we want.

Yet to create anything, we could only doing so by interacting with reality on a quantum level, directing the formation and structure of energies.

Now, we know that it is by a process of quantum entanglement that the brain is transmitting information within itself. Different parts of the brain are acting in perfect unison faster than the speed of light would allow. If there are quantum entanglement processes occurring within the brain, then scientifically speaking, something else, something dimensionally beyond the brain must be driving this process.

Scientists have identified the structural components within the brain that would theoretically allow for the transmission, storage, and retrieval of massive amounts of data, in the form of dendrites located on the surface of neurons. However, these structures are merely the

receptors for consciousness to achieve the interface with the brain. They do not decide, by themselves what or how to store the information. Information can be stored in any manner. If there were no guiding force behind the process, the process would represent random, nonsensical data that could not be re-interpreted as valid information by the system itself.

Consciousness demonstrates its effect on quantum mechanics through the act of observation, as mentioned earlier. If consciousness is simply driving the process of quantum entanglement within the brain, then consciousness is not actually in the brain, as consciousness could not be present as a material manifestation. Rather, consciousness is directing things from a higher level.

Think about it like this. As you look at your monitor, you are reading words. You might be typing back and forth. You are, in many respects, interfaced with the computer. Sending and receiving data. However, you are not of the computer or a part of it. You can utilize it to communicate over vast distances, even though you may not necessarily understand the mechanics involved in data transmission. In order to make that communication, you require the interface that is the computer screen, keyboard, cpu, hard-drives, etc.

Consciousness needs the physical body to be a human being, in the physical universe. This is not to say that we are limited to human bodies, but merely that we require some type of interface within which we can perceive and interact within a given reality. In the physical world, human bodies are what we use. We may also utilize other energy bodies, such as the ethereal body, which are less constrained by physical laws. Consciousness creates these bodies by simply desiring the existence, and accepting the reality, thereof.

Exploring the Spirit Realm

The possibilities in spiritual reality are limitless, once you understand that reality, itself, is the by-product of conscious thought. Everything around you is the direct result of manifestations of conscious energy. Any action you wish to perform requires thought. This means both the idea, coupled with concentration and, of critical importance, a belief that it is possible.

This last part is sometimes a little tricky. Reality is quite convincing, in and of itself. We have a natural tendency to accept what we are seeing in the context of the situation. If for example you find yourself under water, you may wonder, "Can I breathe?"

Obviously, the soul cannot drown. You absolutely could breathe, but then you really don't need to, either. You can't die. Nothing can harm you. Knowing this doesn't always prevent us from believing otherwise. And merely the thought, once coupled with belief, can very easily create the reality.

Movement, in the spirit realm, is achieved by thought. Simply concentrate on a destination and will your self there. You can go anywhere in the universe and beyond. You can travel through physical space at incredibly high speed (faster than the speed of light,) or you can travel inter-dimensionally, even faster.

There does appear to be at least two different modes of travel, though this may be the product of operating in 3-dimensional space and time. One type of travel involves actually covering the distance you wish to move. The other is more of a phasing process in which you concentrate on a place you want to go.

You will feel yourself being swept up in a kind of whirlwind, accompanied by a sense of speed, and then suddenly, you are at your destination. It is quite exhilarating, though there is a sense that,

wherever you end up, it wasn't through traveling in a linear direction between point a and point b. This is the more common mode of travel, particularly once you become adjusted to the astral realm.

One thing noticeable right off is the high-energy nature of consciousness in its pure state, outside the body. Your soul is vibrating with energy and there is an innate sense of instilled power. You feel invincible, which in fact, you are. There is no greater sense of freedom than that felt while out-of-body. You have the ability to go anywhere and do anything you heart and mind desires or can imagine. Below is an abridged list of some of the many things possible while out-of-body. This is by no means a complete list and there are many abilities we have not yet realized we possess.

A couple of rules to remember while out-of-body. Never attempt to inflict your will on another. Remember that every thought that goes through your mind has a connotation. Stay positive and have fun!

Time Travel – One may travel to the past or future, including alternate pasts and futures. Reality is a series of multiple presents.

Future, past and present are all one. The illusion is that there is sequential order. We experience reality in a series of moments that are tied together through time and space. However, from beyond physical reality, all moments are accessible, as they are all “in the present” including alternate events. Every event has any number of possible alternative outcomes. The soul has the ability to experience any it so chooses.

Psychic Abilities – The soul possesses extraordinary abilities of e.s.p. Imagine the ability to view things beyond the present moment in time and space from where you are. Clairvoyance is as easy as thinking about what you want to know about and “seeing” the events unfolding. Telekinesis, or the ability to move objects with the force of your thoughts is just as simple. All you must do is concentrate on the object and how you wish for

it to move. Objects may be in the physical realm or beyond. However, in order to move physical objects you must be on the physical plane. If you are too much out of phase with the physical, your thoughts will have no effect here.

Transformation – The ethereal body is malleable. It can take on any shape or form you choose, or none at all. The unique aspect of shape shifting is that you actually become whatever it is you change yourself into. If you are an eagle, you will see like an eagle. You will think like an eagle and you will feel like an eagle. Even though you may have no previous idea how an eagle must feel, think or see. The soul has the uncanny ability to mimic on a scale that will simply blow you away.

Inner-Body-Experience – The inner body experience is different than any other type of experience you will have in the astral realm, as it takes place inside your own mind, literally. The inner body experience is achieved by entering the hypnagogic-state and then focusing inward. The idea is to enter into direct communication with the higher self, in search of direction and guidance. If you want to effect a real change in your own consciousness, from increasing intelligence to attaining greater spiritual powers in your waking state, the seat of the soul can be reached through the inner-body experience.

Creation – Perhaps the most incredible experience one can have while out-of-body is the process of creation. We have the ability to create exotic locales that are complex beyond the scope of words. They are fully functioning realities with their own set of rules and governing principles, whatever principles *you* decide. The soul has the underlying complexity to create on a scale that is humanly impossible to understand. Yet, even human consciousness, once separated from the physical body, can be entirely aware of what it is doing. The increased knowledge and understanding is obtained on an intuitive level. If you want to know the answer to a question, simply ask.

As you project your perception of what you want to create, you will see it materialize right before your eyes. You can create anything you can imagine – something as simple as a sphere of light, or something as complex as an entire world or universe.

One thing to be aware of - it would appear that whatever we create continues to exist on some level from then on. Nothing is ever destroyed. It may change shape, form, or dimensional manifestation, but it is never “gone” from all existence.

Conclusion

The astral realm offers a glimpse into eternity, itself. We now have the ability to see for ourselves, individually, what we are, where we come from, and where we are going. Most importantly, we have the ability to reclaim an integral part of what we lost upon the folding and integration of consciousness within the body during our birth into the physical realm. We have the ability to tap into the very essence of our divine selves and the Vehram System is the key we were given at the very moment of our creation, for the specific purpose of unlocking our true inner power.

For the first time in all of human history, we are shown the path to understanding the truth about our divine nature, a path to personal exploration of the soul, itself. The Vehram Energy System serves not only to open the portal to the afterlife, but is a measurable phenomenon that proves these experiences are real.

I wish you the very best in your journey. Reach for your dreams and may you find them to be your reality.

Thank you for your interest in Out-of-Body Experiences: the Vehram Energy System. My hope and belief is that you will have the greatest success possible in your out-of-body explorations. I look forward to hearing about your experiences and would like to invite you to log onto the site at <http://vehram.com/projects.html> and let us know how it's going.