

Article

Transpersonal Exo-Consciousness through Human Initiated Contact: A Transpersonal Psychology Perspective

Raul Valverde*

Concordia University, Canada

Abstract

Exo-consciousness recognize the “cosmic multi-dimension” of any being and therefore any human by giving more power to people by awakening their consciousness to their universal nature. The more awareness of this cosmic reality, the more spiritual values a human can experience. With exo-consciousness, humans and non-human intelligent beings share a conscious reality. Non-human intelligence contact is non-local, transpersonal, transcendental and opens the individual awareness to the omnipresent mind. Altered states of consciousness encompass transpersonal experiences that can be incorporated in Transpersonal Psychology. This paper provides a model to experience Transpersonal Exo-consciousness as an altered state of consciousness that can be incorporated into Transpersonal Psychology.

Keywords: Non-human intelligence, contact, spiritual development, spiritual growth consciousness, transpersonal psychology.

1. Introduction

Traditional materialistic science tends towards reductionism, providing an ostensibly limited point of view of reality. Transpersonal psychology, on the other hand, is the result that the study of the psyche and cannot be limited to the parameters of orthodox science and must go without hesitation towards what, in a broad sense, includes transpersonal experiences. Transpersonal psychology is a more open paradigm that accommodates any contribution that helps us penetrate this knowledge of the psyche without losing sight of the fabulous window open to beyond matter by the new physics and receptive to the penetration of the spiritual philosophies from the eastern and western sides of the globe.

Exo-consciousness recognize the “cosmic multi-dimension” of any being and therefore any human, by giving more power to people by awakening their consciousness to their universal citizenship. The more awareness of this cosmic reality, the more spiritual values will be present on earth. With exo-consciousness, humans and non-human intelligent beings share a conscious

*Correspondence: Raul Valverde, Concordia University, Canada. E-mail: raul.valverde@concordia.ca

reality. Gradually, non-human intelligent contact integrates with a definition of self, until a person self-identifies with cosmic consciousness. Non-human-intelligent beings contacts have the potential to integrate the self until the self-identification could go up to cosmic consciousness.

The human initiated contact has spiritual implications as our thoughts and all intentions can help to achieve deep meditation to reach that cosmic unity (Fike 2013). Direct mental interactions with non-human intelligent beings can be possible for intentional influence at a distance (Schlitz, 1997). Non-human intelligence contact is non-local, transpersonal, transcendental and opens the individual awareness to the omnipresent mind. This is supported by Schrödinger who hypothesized that the quantum mechanical wave function serves as a field of consciousness (Schrödinger 1967). It is this field of unbounded mind that is the ultimate Internet for interstellar communications. These advanced ET civilizations have technologies that interface with coherent thought emanating from this expanded state of mind and this is the central technology of the CSETI CE-5 Contact protocols developed by Greer (2006). We will soon discover, I believe, that the most important science of the next 1000 years will be the science of consciousness (Greer, 2006).

Meditation is the most well-known and widely practiced altered states of consciousness and it is now taught in universities, colleges, and schools. Individuals recognized as early as the paleolithic that focusing exclusively on a single stimulus, such as sounds or breathing, results in a distinct form of consciousness. Hardt and Kamiya (1978) discovered that subjects who meditated had higher levels of alpha activity in the frontal and top of the head, even though these wave trains are more prevalent in the occipital region.

Grof (1988) proposed that the term "altered states of consciousness" encompass transpersonal experiences; however, certain types of altered states of consciousness do not meet the transpersonal criteria (involving an expansion or extension of consciousness beyond the limits of the usual and limitations time and space). For example, a living and complex childhood memory occurs during an altered state of consciousness (e.g., hypnosis or psychedelic sessions), but does not meet the criteria for being transpersonal.

Earth's natural heartbeat rhythm is the frequency of 7.83 Hz, also known as the "Schumann Resonance". A 7.83 Hz frequency is an alpha/theta brainwave frequency in the human brain. Through meditations, it is possible to achieve the Schumann resonance that would allow the individual to experience altered states and connect to earth, and the cosmos (Pereira, 2015). The concept of Human Initiated Contact is that once a theta state of consciousness is achieved, the exo-consciousness is reached as this special sensitivity would be used to orient it to our far space connections.

This paper explores one of the least understood aspects of consciousness that is nonlocality, with the goal of providing a model to experience Transpersonal Exo-consciousness as an altered state of consciousness that can be incorporated into Transpersonal Psychology. Human initiated contact

can be considered an altered state of consciousness that can lead to exploration of the cosmic nature of consciousness and unity of mind.

2. Oneness Theory of the Mind

Are there many minds? Is there a single universal mind with which connect all individual minds? Perhaps we should agree with many other great thinkers at this point and opt for the idea that there is only one universal mind with which connect all individual minds. As an analogy, it would be similar to what happens to the rays of the sun that are seen from different windows of the same building. Each person can look from one of them, but really all observers are seeing the same light from the sun. In our case, it would be a single universal mind to which we look through different windows, our own individual minds.

Ordinarily, we live in the belief be far apart from each other, but the truth is that we are united by many things over which we suspected, including the laws and vibratory field. Although the vacuum created to be separate unites us, this gap that we have discovered is so full of vibration field. Therefore, from this postulate, it exists a single universal mind, which lies in the vacuum itself, in the vibrational realm and the realm beyond the vibrating, the essential field. There is a universal mind, and we show ourselves to it.

The universe can interpret as a matter-mind continuum. There is a universal mind which everything and everyone is connected, a single universal mind with which connect all our individual minds (Bruza & Ramm 2019). Erwin Schrödinger (1959), one of the fathers of quantum physics, Nobel Prize in Physics for his wave theory in his book “Mind and Matter”, he states:

“What we build in our minds cannot have a dictatorial power over our minds, cannot question it or destroy it. Some of you say, I'm sure, that this is mysticism. Thus, while recognizing that the theories of physics are always relative terms-for basics- depend on certain assumptions, we can say, or so I believe, that current theories of physics strongly suggest the indestructibility of Mind versus time.”

David Bohm (1990) also holds that matter and mind derive from the same multidimensional reality. David Bohm is the author of the concept of holomovement, according to which postulate the universe is movement, an interconnected, holistic and unitary process, in which everything is connected to everything through the implicate order and explained, and through a holomovement

is the unity of the whole cosmos, the whole universe Therefore this oneness of mind is what emerges from the matter-mind continuum, this is the basis of theories of, among others, of Erwin Schrödinger and David Bohm. Similar views also agree Eastern and Western mystics the mystical ecstasy sit in the center, they feel attached to the One, God, as the center of everything.

David Bohm states that we are in the center of the cosmos through this vision of consciousness, consciousness through which we see things through which we see ourselves. I see myself, I see all that I have around me through this consciousness, but this consciousness has deep roots in the center of the universe, some roots in the vibrational and vibrational beyond, in the field where the vibrational essential is generated. Therefore, we, through this awareness, we are connected to the center of the cosmos, the center of the unit, and thus become, the center of the cosmos.

3. Quantum Holographic Theory of Consciousness and the Contact Modalities

Hernandez (2018) argues that the Quantum Hologram Theory of Consciousness (QHTC), explains the nature of our reality and non-ordinary states of consciousness. Hernandez et al. (2018) argues that one of the keys to understanding “consciousness” is the analysis of contact with Non-Human Intelligence (NHI) using what they call “contact modalities”. During Altered States of Consciousness, people have experienced contacts with Non-Human Intelligence (NHI). Hernandez et. al (2018) define the different contact modalities of Non-Human Intelligence as:

- NDE contact
- Unidentified Aerial Phenomenon (UAP) contact
- Out of Body Experience (OBE) contact
- Shamanic Hallucinogenic contact
- Channeling of Non-Human Intelligence
- Spirit communications
- Remote Viewing contact

Hernandez *et. al* (2018) hypothesize that all of these contact modalities are interconnected through what is commonly called consciousness and that advanced physics, in particular, the Quantum Hologram Theory of Physics and Consciousness (QHTC) can begin to provide a rudimentary understanding of the relationships between diverse paranormal contact modalities (Mitchell 1999). The Quantum Hologram Theory of Consciousness (QHTC), which explains the nature of our reality and non-ordinary states of consciousness, may provide the foundation for understanding the

interrelationship between the various contact modalities.

Certain features of these contact modalities appear to have quantum-like holographic properties that correspond with some of the basic principles from quantum theory. These include: 1) Non-locality, coherence, and instantaneous information exchange in a timeless and placeless dimension; and 2) Experiments that demonstrate phenomena indicative of quantum entanglement, which are not affected by distance such as “telepathy” (outside space) (Grinberg-Zylberbaum Delaflore & Arellano, 1993) and “precognition” that can provide information regarding future events (outside time) (Paul 2019).

Consciousness is multidimensional and can exist in different realms at the same time. Everything that exists has a vibration that distinguishes it from other things (Valverde 2018). The vibration dimension has an ordinal scale, meaning that a given vibrational state is higher, the same, or lower than another state. Realms are regions in the multidimensional vibrations of consciousness that differ in their vibrational state. Altered states of consciousness appear to be related to the capacity of the human consciousness to access different realms. One of these altered states of consciousness is Near-Death Experiences. The idea that consciousness persists after the failure of the body is becoming more accepted as many people have reported NDEs when the body fails temporarily after potentially life-ending events (Long & Perry 2010, Greyson 2010).

The QHTC states that our universe, instead of being a 3-dimensional spatial construct, is actually a 4-dimensional construct which includes time (past, present, and future) and is more like a holographic image built up by interacting vibratory waves. According to Mitchell (2001), the quantum hologram is “a model that describes the basis for consciousness and explains how the universal consciousness learns, self corrects and evolves as a self-organizing, interconnected holistic system that governs the complete universe. (Mitchell, 2001) The QHTC also postulates the concept of a universal memory that postulates that at the subatomic scale of matter all objects in the universe retain evidence of each event that has occurred to them that is stored in a holographic form that can be retrieved by the mind when it “attends” to an object. The QHTC explains that matter is an illusion of the mind and is consistent with the quantum consciousness model proposed by Valverde (2018) that proposes that matter is a vibrating energy matrix composed of fluctuating particle-waves.

The QHTC, which proposes that consciousness is non-local, originated and is supported by Schrödinger who hypothesized that the quantum mechanical wave function serves as a “field of consciousness, and that Extra Sensory Perception (ESP) could be explained by realizing that the quantum wave function extends over the entire planet and that our minds are immersed in it

(Schrödinger 1967).

4. Exo-Consciousness

Consciousness is the ability to be aware, it is outside of space and time (Valverde 2018). Consciousness is not what we are aware of, but rather what we are aware of. It is being aware of being aware. Because the total number of minds and everything else is just one thing (Schrödinger 1967), consciousness is a single thing. It is not something that can be split up.

Material things of the world are created by our consciousness, these are shadowy reflections of invisible but more substantial spiritual realities (Valverde 2018). Consciousness is like white light in a movie projector that lets you see all the images in the movie at the same time, it is the element that allows to see how things work in the world.

We are each unique, then there is the "transpersonal" or "beyond individual" self, which is not bound by any one person or thing. A snowflake is unique because each one is different, just like each alley is unique. However, our consciousness that flows through our individuality or that is shown through our individuality is a single thing. This ability to see your own self, or ego, or personality, it is an unbounded part of this consciousness. You always have a sense of who you are, even when you're asleep or awake. In other words, it's not bound. As we start to investigate this consciousness, there is no limit to how much conscious intelligence there is. When we think about it, all we perceive is nothing but a manifestation of that consciousness. We are unique and have our own personality. As conscious intelligence is not limited, it can go anywhere and at any time, this happens as we become very aware of our awareness. One has conscious intelligence that is everywhere, this is what makes who we are.

Like all other conscious beings in the universe, our consciousness has a universal aspect that goes beyond our own individuality. Because of this, we can look very deeply into this universal consciousness and get around all the limitations of time and space that are there. We should see this consciousness as an unbounded and pure part of the universe. To let our awareness, grow, we should think about everything in the universe. As the universe is full of beautiful spiral galaxies and the magnificent globular clusters of stars that go on forever, we can see in our mind's eye that we can be there. This ability to expand our consciousness folds the universe inside of us, so that we are awake as a single thing. This expansion of awareness is not broken up by our ego, time, or space. Because of this, we can go back and forth in time and space at will.

In this great universal cosmic mind, we can sense into space there are stars, they might look very far but close at the same time because we are all part of this universal cosmic mind. There are many civilizations on their planets that are connected and aware of our own planet on Earth.

Exoconsciousness is the awareness of being a single mind in the cosmic reality, it is the awareness that our individuality and ego is just a temporary part of our existence, but our true essence is cosmic, unbounded and outside time and space. Humans and non-human intelligent beings share a conscious reality. Gradually, Human initiated contact integrates with a definition of self, until a person self-identifies with cosmic consciousness. This experience makes the individual aware that we are part of the universal consciousness and that everything we see and experience, is part of a single consciousness. Every single consciousness in the universe is connected through what religions call “God” or universal mind.

5. Human Initiated Contact Process

The paper suggests using a modified version of the CSETI CE-5 Contact protocol of Greer (2006). The modified version includes the use of neurotechnology to induce altered states that can be used to enhance the protocol for the meditation component:

- **Team Dynamics:** It can be done alone or with a group of people. Working with a group is ideal, and if everyone has the same mindset, it can make the experience even better. The group's effectiveness could be hurt if someone is afraid or apprehensive about non-human intelligence contact. Non human intelligent beings are very considerate of people who are afraid of them, or who aren't ready for them to show up in public. As a result, they will tailor their presence to the least prepared member of the group. For this reason, it is usually best to have no more than six to eight people at a meeting.
- **Chairs:** For meditation and stargazing, the group should bring a chair that is easy to move. Anti-gravity chairs can be a good option as they allow us to easily move from 90° to almost 180° for the best view of the stars.
- **Clothing:** Warm clothes are a must in cold places.
- **Binoculars:** A good pair of binoculars can help us to see things that are above the ground or that are far away. They are usually better than telescopes because they make it easier to keep track of moving things. Image Stabilized binoculars can improve the clarity of objects that are magnified, even if they are flying outside the Earth's atmosphere.
- **Charts:** Star charts and satellite charts can help us find things in the sky. This is what some apps and websites can help us do. They can help you figure out what objects are in space at any given time. It's always important to check what you're seeing in the night sky

because there are more and more man-made objects in the sky. These include the International Space Station, the SpaceX Starlink satellites, the Iridium flare satellites, and more.

- **Choosing a Place:** People who do contact work need to be able to relax their minds, so they need to find a quiet place where they can do that. The ideal place is away from public roads and houses, and it's close to nature. There are no bright city lights or noise. If we have a team and find the right place, arrange the chairs in a circle facing outward. This way, the group will be able to see from all sides. If we want to see the best, we should plan our fieldwork when the Moon is new or only a few days old. The sky above us might also be filled with celestial events like meteor showers, unusual planetary alignments, eclipses, and so on. WE should also keep an eye out for these events so that we know what is going on.
- **Crop Circles or Fibonacci sequence broadcast :** Greer (2006) proposes the broadcast via radio signals or sound playing of crop circles or Fibonacci sequence sounds, this with the intention to broadcast the location of the team that is looking for the contact. These sounds have a history of have been recognized by non human intelligence as a signal of intention to contact them by humans (Hein 2002)(Cameron 2019).
- **Meditation:** Meditation is an important part of making contact, an altered state of consciousness would be ideal to make the contact, there is evidence that the channelling phenomena is linked to altered states of consciousness (Valverde 2015 a). Theories of meditation predict systematic changes or alterations of consciousness that go along with increased practice. Some practices of meditation with good results are: Buddhist meditation, the Samkhya/Yoga meditation, and mindfulness meditation (Sedlmeier,2018). It has been found that the world of consciousness is shared by all living things in the universe (Greer, 2006). A great intention to desire the contact is important, intentionality is captured by the universe and broadcast like a radio signal (Bradley 2020). We should make sure about our desire to make peaceful contact, and that we do our best to quiet our mind and calm our body. Nonhuman intelligent civilizations are very happy when humans make a real effort to go into altered states to open a communication channel. In this paper, we propose the use of neurotechnology to induce to induce these states, the use of isochronic tones has been proven to induce these states (Valverde 2015 b) (Valverde 2018 b). Isochronic tones at the 7.83 Hz frequency (Schumann Resonance) would allow the individual to experience altered states and connect to earth, and the cosmos (Pereira, 2015).
- **Cohesive thought process:** Consciousness doesn't move in a straight line, so you can see far away places and times without going anywhere. The US military and the CIA have

been interested in this for a long time, and they call the practice "remote viewing" (Targ 2019). Coherent Thought Sequencing (CTS) is a technique that Dr. Greer (2006) came up with that has been very good at using consciousness to make peaceful contact with non-human intelligent civilizations. CTS is a way to get into a state of heightened awareness through meditation and projecting images of where we are with our mind. These images appear in the field of consciousness and show any nearby nonhuman intelligence where we are. The steps below can be used as a guide to help us better understand how the process works:

- At the start, project an image of yourself sitting in your chair out into the world.
 - Look down from hundreds of feet above your location and project that image outwards.
 - Go up to several miles above where you are. Appreciate how the landscape would look from that height, as well as any city lights that a visitor would be able to see from there.
 - If you were at the edge of the Earth's atmosphere, looking back at Earth from where you are now, you would see images of what you would see.
 - Imagine what the planets would look like from the outside of the Solar System, and then go there.
 - Now, go outside the galaxy and look back at the outer spiral arm of the Milky Way, which is where the Earth is.
 - Finally, look at the Milky Way from a long way away in deep space.
 - From now on, you'll do it the other way around. First, project what you'd see from your location in deep space, then from outside the Milky Way, then from the edge of the Solar System, and so on down to your exact location on the Earth.
 - Think that any nonhuman intelligent beings who pick up on these thoughts should come to your location and show up in any way that is safe for them.
 - This sequence of thoughts and images, which you project into the world with your mind, can help nonhuman intelligent civilizations find you. Remember to be patient, even though this method has worked on hundreds of occasions, there are many reasons why it might not be safe for any visitors to show up in person. They will also only do so if they think you are ready and not afraid.
 - People who come to your show should know how much you appreciate them going above and beyond for you.
-
- **Things to Find:** When you are out in the field, you should be on the lookout for a lot of things that are linked to nonhuman intelligence activity. All the senses are affected by

these things. They include things like visual and remote viewing and hearing and touching as well as smell, taste, and emotions.

6. Conclusions

Exoconsciousness is the awareness of being a single mind in the cosmic reality and makes us aware that we are part of the universal consciousness and that everything we see and experience, is part of a single consciousness. Transpersonal psychology includes transpersonal experiences through altered states of consciousness. The paper proposes a model to initial non-human intelligence contact that incorporates altered states of consciousness, this can be used to induce transpersonal experiences that can be helping to awaken individuals into their cosmic reality and understand their true nature.

Future research would involve results of this model, empirical research would need to be conducted to generate these results that can be used to justify these experiences as part of the transpersonal theory.

References

- Bohm, D. (1990). A new theory of the relationship of mind and matter. *Philosophical psychology*, 3(2-3), 271-286.
- Bradley, R. T. (2020). Group intuition and intentionality: collective action at-a-distance?. In *Handbook of Intuition Research as Practice*. Edward Elgar Publishing.
- Bruza, P. D., & Ramm, B. J. (2019). Absolute Present, Zen and Schrödinger's One Mind. In *Quanta and Mind* (pp. 189-200). Springer, Cham.
- Cameron, J. L. (2019). *Spiritual and Galactic Awakening: The Cosmic Classroom... an Ongoing Story*. Balboa Press.
- Fike, M. A. (2013). *The One Mind: CG Jung and the future of literary criticism*. Routledge.
- Greer, S. M. (2006). *Hidden Truth, Forbidden Knowledge*. Quality Books.
- Greyson, B. (2010). Implications of near-death experiences for a postmaterialist psychology. *Psychology of Religion and Spirituality*, 2(1), 37.
- Hardt, J. V., & Kamiya, J. (1978). Anxiety change through electroencephalographic alpha feedback seen only in high anxiety subjects. *Science*, 201(4350), 79-81.
- Hein, S. (2002). *Opening Minds: A Journey of Extraordinary Encounters, Crop Circles, and Resonance*. Mount Baldy Press, Inc..
- Hernandez, R., Davis, R., & Schild, R. (2018). A Study on Reported Contact with Non-Human Intelligence Associated with Unidentified Aerial Phenomena. *Journal of Scientific Exploration*, 32(2).
- Grinberg-Zylberbaum, J., Delaflor, M., & Arellano, M. S. (1993). Human communication and the electrophysiological activity of the brain. *Subtle Energies & Energy Medicine Journal Archives*, 3(3).

- Grof, S. (1988). *The adventure of self-discovery: Dimensions of consciousness and new perspectives in psychotherapy and inner exploration*. Suny Press.
- Long, M. D., & Perry, P. (2010). *Evidence of the Afterlife*. Harper Collins Publishers.
- Mitchell, F. (1999). Nature's mind: The quantum hologram. *National Institute for Discovery Science, Las Vegas, NV*, <http://www.nidsci.org/articles/naturesmind-gh.html>.
- Mitchell, E. (2001). *Natures Mind: The Quantum Hologram*, Institute of Noetic Sciences, Petaluma, CA.
- Paul, Jai. "Future is not separate from the present or the past: Can temporal nonlocality in Quantum Entanglement explain Retrocausality (effect preceding the cause). Precognition and Déjà vu?." *Journal of Emerging Technologies and Innovative Research*, 2019; 6(5).
- Pereira, C. (2015). Quantum resonance & consciousness. *Journal of Consciousness Exploration & Research*, 6(7).
- Sedlmeier, P. (2018). Meditation and altered states of consciousness. *Journal of Consciousness Studies*, 25(11-12), 73-101.
- Schlitz, M. J. (1997). Intentionality: An argument for transpersonal consciousness distant. *World Futures: Journal of General Evolution*, 48(1-4), 115-126.
- Schrödinger, E. (1958). *Mind and matter*. Cambridge: University Press.
- Schrödinger, E. *What is life?* Cambridge University Press, 1967 ISBN 0 521 42708 8
- Targ, R. (2019). What do we know about psi? The first decade of remote-viewing research and operations at Stanford Research Institute. *Journal of Scientific Exploration*, 33(3), 569-592.
- Valverde, R. (2015)a. Channeling as an Altered State of Consciousness in Transpersonal Psychology Therapy. *Journal of Consciousness Exploration & Research*, 6(7), 405-416.
- Valverde, R. (2015)b. Neurotechnology as a tool for inducing and measuring altered states of consciousness in transpersonal psychotherapy. *NeuroQuantology*, 13(4), 1-16.
- Valverde, R. (2018) a. Quantum Theory, Consciousness, God & the Theology of the Urantia Book. *Scientific GOD Journal*, 9(6).
- Valverde, R. (2018) b. Neurotechnology in the development of cyber-psychotherapy systems for inducing and measuring altered states of consciousness in transpersonal psychotherapy. In *Web-based behavioral therapies for mental disorders* (pp. 185-211). *IGI Global*.
- Valverde, R. (2020), *Exploration: Alien Encounters, the Theology of the Urantia Book & the Origin of Human Consciousness*. *Scientific GOD Journal*, 11(4).
- Valverde, R. (2021). Encounters with Non-Human Intelligence in Mexico, Altered States of Consciousness & the Quantum Consciousness Model: The Alberto Zecua Case. *Scientific GOD Journal*, 12(2).