

*JE Oglesby*

# **Crashing Time Tracks**

*The Manual for Self-Preservation  
of Your Earthly Soul - and Beyond*



*Crash Your TimeTrack  
And Free Your Soul  
From One Of The Worst Crimes  
Waged Against Humanity*

# **Crashing Time Tracks**

Crash Your Time Track, And Free Your Soul From One  
Of The Worst Crimes Waged Against Humanity.

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## INTRODUCTION

On February 13, in the year 1968, during the Apollo Program, a technician inside a huge carrier vessel positioned about 900 miles above the Earth, started to communicate with me telepathically.

And over the course of that 50 plus years of ongoing contacts and communications, I was given technical and spiritual knowledge via the ET technician, and from the waves of benign energies emitted from the one ship, the ETs deployed for communicating with me over the course of the ensuing decades.

Subsequent to the end of the initial cycle starting on March 6 and ending on September 15, 1968, the mission-intensive ETs departed the Kennedy Space Center complex for good,

To soften the feeling of emptiness inside me, when the ETs left, I decided to take a break and visit my parents living in Orlando.

After the visit, I drove to a homegrown family bookstore in Deland, Fl. that I frequented, before the ETs entered into my life. And I came across a book about the meaning of time.

I skimmed the chapters and paused at the chapter titled Crashing Time Tracks.

The chapter title peaked my interest. I purchased the book, and couldn't wait to get home and read it, especially, the chapter on the idea of Crashing Time Tracks.

According to the author, human beings form attachments to all sorts of things, and most people tend to develop a fondness for their facsimiles. Facsimile defined: as an exact copy, for example of a book, a painting or a manuscript, however the author wasn't referencing inanimate objects, but human beings.

Once the sobering reality hit home that the ETs were gone, and their clandestine mission finished at the KSC complex, I terminated my job for the Bendix contractor and accepted a job as a carpenter for my father and moved to Savannah, Ga

Well, the ETs found me and then the communications started again. I shelved the crashing time tracks book, until the

construction job was finished, and I moved back to the area where the ET contacts started in 1968.

Interestingly, when the ET contacts started to fade, I turned my attention to the book and it was at that time I started to devote serious thought to the concept of crashing time tracks.

In the spring of 1971, one night as soon as I climbed in bed, a stranger appeared in the bedroom and the bedroom faded away, and off I went, OOB, traveling at an incredible speed. Then, I stopped, and returned to my physical body lying face-up on the bed.

After that incredible experience, I realized if I had not aborted the OOB event, the stranger probably would have taken me to experience another world, but obviously I wasn't ready to take that journey at the time.

In the fall of the year, 1971, an adept named Sonam Dakpah, known by numerous other people, several, of which I had the privilege to meet, shared some of their interesting experiences with me.

They told me that this being had appeared in their lives for various spiritual reasons, and according to one source, "this Great Being was (allegedly) born in the 14<sup>th</sup> century, and continues to operate the same physical body he was born in."

Well, unbeknownst to me at that time in my life, the adept needed a vehicle/conduit to communicate with people (pre-selected) by the adept, from all walks of life on a spiritual level.

However, before that incredible cycle of (inner communications) could happen, it would be necessary for me to undergo an usual (inner) operation, once performed would open a pathway so a greater flow of Light into my brain via the frontal lobe.

This being continued to come and go in my life until 1989, and during that (time-frame), he taught me spiritual techniques designed for spiritual survival. Then, just like that he was gone. However, the lobe operation continues to function off and on. I will explain in this manual what I did to affect the opening or the closing of the frontal lobe.

See Chapter 21/titled Frontal Lobe/pages 55-58

I had help putting together some of the content in the manual. The (unknown) assistance utilized my brain, guiding my fingers as I pounded the keyboard, and the words flowed.

It would be presumptuous of me to say for sure, who assisted me. Was it, our ET neighbors who helped me write *Travelers From Venus*? Possibly, The assistance could have come from Sonam Dakpah? If not the ETs and or the adept, then who?

The answer to that question has yet to be answered.



## Let's Get Started

### C1

Sonam Dakpah, an adept, stood on the top of Mount Everest, the highest mountain in the Himalayas, and shouted, “Humans, get off this planet, or get out of the physical body! I added a third option; if you’re happy with your current state of consciousness and the life you’re currently living, then so be it.

The message uttered by the adept continues to echo through the valleys, across the deserts, the villages, the towns, and the cities small and large, globally.

Option one: Now the knowledge that thousands of human beings will leave this planet most unexpectedly will happen in the not to distant future. I addressed that catastrophic event in my book, *Travelers From Venus*: however, this manual is not about that particular devastating event, but the title *Travelers From Venus* does suggest something quite different than *Crashing Time Tracks* – the title of this manual.

I intend to communicate with our neighbors from Venus, and I will ask them if they know (when) that horrific event will happen, including the geographical area, it will occur. I’ll wait for a reply and I will make that information available on the Jeff Rense Program, if and when I receive a reply from the ETs.

Option two: Getting out of the physical body; and moving into a higher state of consciousness is worth its weight in spiritual gold. It’s one thing to learn and to practice the techniques required to get out of the physical body, but developing the essential skill-set required to move out of the physical body (at will); consider the following scenarios: You’re trapped in a burning building on the 20<sup>th</sup> floor, or you flew through an intersection (green light), and

you see a vehicle moving at a fast speed about to broadside your vehicle.

If faced with one of the examples listed above, or whatever the survival situation, you could find yourself in, the ability to get out of the physical body, will increase your survival factor 1000 fold.

That ability will also provide you with a 360-degree viewpoint or field of vision, roughly twice that of the 180-degree field of vision, most people utilize every day when viewing the world around them, and for processing information within such limited viewing range. Vertical range of the human visual field is about 150 degrees.

A 360-degree viewpoint will also allow the viewer to see anything and everything behind, above, left and right without turning around, looking up or sideways. However that unique perspective will change every day, because the conditions will be different. Just be aware of that.

Option three: If you're happy with the life you're currently living, so be it.

However, if you're tired of the insanely, chaotic world that's spinning out of control; then read on.

## **The Bold and the Adventuresome**

C2

I will assume the role of a narrator throughout this manual. And I will address the reader in the second person, also as a practitioner, as you prepare (should you decide to pursue a journey like no other). A journey beyond the limited confines of a (matter-based) three-dimensional construct the uninformed masses have accepted as reality.

Only the bold and adventuresome shall see God. That statement could be interpreted in many ways, however, for this manual, I shall apply it to the techniques presented herein.

The least-traveled journey will require familiar positive character-building traits utilized by writers, artist, visionaries, earth-movers, entrepreneurs, spiritual adepts, including (truth-seekers) to name a few.

The qualities: courage, determination, a strong will, self-control, mentally strong, attitude, motivation and perhaps one of the most important qualities, or faculties, known as imagination.

I'm partial to self-control, motivation and imagination.

We've all read stories of individuals – when faced with an obstacle or a life-threatening situation, – call upon courage, to help resolve or get through a problem.

Self-control: The ability to control self, in particular, one's emotions and desires or the expression of said emotions and desires, and one's behavior, especially in difficult/trying situations.

Motivation: Motivation for good health, or writing a book, or going to a gym and working out, the list is endless; it is human nature, however, when the going gets tough to simply give up,

rather than reaching down deep inside and do what would be required to accomplish say a common everyday goal like physical exercise. .

Adopting a strong mental attitude implies developing a skill-set that will guarantee the practitioner (you), the ability to maintain a specific state of consciousness even though there may be other things or events going on around you that could jolt you back into the state of consciousness you're used to operating in.

Imagination: Imagination could be thought of as your savior. The president of the United State cannot save you or me, or the citizens of this great nation, neither can the government, (please!), from what's coming.

So, that comes down to us humans, taking charge of our lives, if we don't who will? The truth: No one is going to save you or me from anything, especially ourselves.

I realize that statement may ruffle some feathers, but that's my take on it, my point of view.

I remember sitting near an open window at night in my bedroom, looking out at the myriad of countless shimmering stars/starlight, and I (imagined) beings inside space ships, zooming across the sky. I was a 12 year-old kid at the time. The year was 1952. Sixteen years later, in the year 1968, extraterrestrials contacted me. Imagination rules!

Thus the question posed: Did my imaginings setup a future event/condition, in my life that placed me in the right place, at the right time, including the right circumstances, when extraterrestrials visited NASA's Kennedy Space Center during the Apollo Program, and contacted a 27 year old metal certification clerk, in the year 1968? Yes.

Scientists have concluded the average human body contains approximately 37.2 trillion cells. The human brain contains approximately one hundred billion cells.

So, we are more than germs of matter. We are Soul and we are Spirit. Soul is limitless, and not bound or limited by matter, time or space. Soul can be several feet outside of the physical body, and can in an instant, accelerate several miles, through the atmosphere, or accelerate 1000 miles out into space, in a microsecond. And can

visit the planets in this local planetary system, or instantaneously hyper speed to a star-system

How cool is that!

Right now living on this planet, thousands, perhaps millions of human beings, from all walks of life, leave their physical bodies while asleep at night, and travel to other worlds. So, I'm proposing that anyone (once properly trained) can free soul from the physical body and can live outside of the physical body in perfect health.

It is simply a matter of rearranging our current states of consciousness with matter, energy, space and time, and deal with the undo attachments to anything and everything that weighs us down spiritually and traps soul inside our physical bodies.

Once you realize that matter is perceived as an extension of consciousness and not the other way around, you will have solved one of the greatest mysteries of the universe. Sit back for a moment and imagine matter as an extension of consciousness.

What does that mean? Well, if that physics bender is true, then you and I possess the power and the ability to control matter. And to do that, you need look no further than yourself.

The secret comes down to utilizing the ability to control and or shift your attention from this (matter-based) 3-dimensional construct to say an idea or an ideal, or a powerful vision, or Venus, or Mars, for example. It takes practiced to do that (at will).

The idea; develop the skill-set to consciously shift your attention from the (outer) matter world to the astral plane, or the inner (spiritual) worlds. The inner worlds will become as real to you as this outer world. That transitional phase requires repeated practice but it can be done, even mastered.

The inner worlds are not stacked upon each other like a stack of pancakes. The trillions upon trillions of atoms that make up an inner world or a dimension occupy the same space, but slide past one another.

The inner worlds are not (out there), but within.

And that's where imagination plays an important role. You start imagining something and if you stay with it, magical things will start to manifest in ways beyond your wildest dreams.

## **Physical/Spiritual Survival**

C3

Physical/spiritual survival. I think it would serve us well, if we learned how to survive physically, if and when this whole thing comes down, and it will come down, or change/morph into something quite different, from the America that we have come to know, respect and love.

Rumors, floating around out there, about some kind of a (reset), that's supposedly coming.

I think a reset in consciousness from the material world to a higher state of consciousness would Trump a political reset.

However, storing up food would be a practical, sensible, prerequisite for physical survival during these "trying times."

In a report from the President's National Infrastructure Advisory Council and published by the Department of Homeland Security, the government is urging the public to prepare for up to six months without electricity, transportation, fuel, money, and healthcare. Six months might seem extreme, however, only time will tell.

So, I think it would be good to stock up on food, and the other essential items.

Rumors circulating around the globe, suggest if the supply lines break down, the shelves in the major food chain markets would be cleaned off in a matter of hours. If the rumors come true, then that might suggest massive soup lines. Imagine standing in a soup line for several hours.

So, there again stock up, and if you have the funds, get out of the big cities; buy a piece of property, become a prepper, learn self-defensive tactics, go to a gun range and learn how to fire a

weapon. Communicate with neighbors and friends who feel and think the way you do, not by cell phone, but in person. If you have family, girl friend, boyfriend, take care of them, and love them with every fiber of your being.

If there was ever a time to tell it like it is, IT IS NOW! It's time that each and every one of us like minded people wake up spiritually.

As of this revision, we now know that Joe Biden has assumed the position of the president. Well, democrat or republican, or neither of the two factions, change is on the way.

So, if you perceive yourself as a spiritually charged soul, and you are comfortable and satisfied with your lot in life (under the current adverse conditions), what with the mounting chaos on this planet), then so be it.

And, if you've chosen prayer or praying as your way of communicating with God or a higher power, great; if you're utilizing other modes of communicating with God or a higher power – great.

However, if you're interested in (consciously) tapping into more of the brain's latent power, beyond the scientific communities' knowledge of the most complex and mysterious component of the human body, then imagine the possibilities.

## **The Way It was/Social Media/Games**

C4

Life was fascinating before social media. It was filled with things you could hear, see, touch, smell and taste. We talked to each other in person. We hung out and went to places together, like family outings, picnics in parks. Now we communicate one another online.

Human beings have always communicated with each other the natural way, however the digital world has changed the way human beings converse with each other, and that's by design.

The disadvantages and advantages of social media platforms can be viewed on the Internet. If you're interested, check them out.

The current chaos on this planet didn't happen in a vacuum. It was (allowed) to happen when the citizens of an idea, known as America, young and old, gradually became more interested/attracted to the myriad of devices, things, gadgets, sports, games, television, honestly anything and everything that has captured the (attention) of the human mind and has also played to the emotional (feeling factor) of humanity en mass.

These two elements, the human mind and the feeling factor are the essential tools utilized by the advertising magicians, to do what? Control the attention by flooding the mind with images depicting material things.

Now, there's nothing fundamentally wrong with enjoying the material/outer world things, but when we allow, that's the key word, (allow) our minds and our attention to become too attached to such devices, to me, that's not a good thing, but to each his own.

According to gamers, some games feature spiritual aspects in their story lines, and that could be a good thing. Being exposed to a



mental aspect of a spiritual quality could open the door to a spiritual experience.

Movies. You can sign up/subscribe to Netflix for about 10 bucks a month, just click on a movie and you're good to go – cancel any time.

Netflix claims during quarantine people have been viewing around 6 billion hours of its shows and movies a month.

For comparison, Twitch, a live streaming platform owned by Amazon, boasted more than five billion hours from April through June in 2020.

Now, there's nothing wrong with being entertained by watching movies, or being a gamer, or any other physical/outer-world device. The economy needs all the help it can get.

I watch a movie from time to time, just to well, be entertained and as a temporary diversion from staring at the computer monitor while writing five or six hours every night.

The truth is, we cannot separate the physical/material world from the inner/spiritual worlds. I know from personal experience when anyone becomes obsessed with the spiritual worlds and neglects daily responsibilities, to family, friends, employer, and that's not a good thing.

I course corrected as needed and learned a valuable lesson from the experience.

Do video games make kids smarter? New research has shown that playing video games does make users smarter. And, according to a new study published in *Nature*, play action video games might potentially increase gray matter volume in the brain.

Are video gamers more intelligent? A research from the U.S. Department of Defense discovered that gamers are considerably smarter than non-gamers. They perform 10 to 20 percent higher in terms of perceptual and cognitive abilities compared to non-gamers.

## **The Time Wizards**

C5

A long, long time ago, the Time Wizards snared soul, and reduced its higher perceptions to the body senses. And that's never changed.



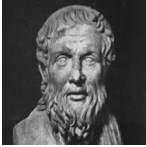
The statement above is not fiction. The statement above involves each and every atomic, molecular- structured, human being currently living on this planet.

Why did the Time Wizards devise such a devious plan?

Control of human thought designed to keep our minds and our “attention” on the material life. When our attention is on the material life; other words, the shiny things, then soul, the higher self, seldom if ever, will have an opportunity to express (greater light) through its physical counterpart.

## Apollonius of Tyana

C6



Apollonius of Tyana was born on February 16, 15 A.D. in Tyana, Greece, in the Roman province of Cappadocia in Asia Minor. He died 100 A.D.

He was educated in the nearby city of Tarsus, where he devoted himself to the doctrines of Pythagoras and adopted the ascetic habit of life in its fullest sense.

Note: Pythagoras of Samos (c. 570 – c. 495 BC) was an Ionian Greek philosopher and the eponymous founder of Pythagoreanism. His political and religious teachings were well known in Magna Graecia and influenced the philosophies of Plato, Aristotle, and, through them, Western philosophy.

Apollonius was an attractive, precocious child and was sent to reside at the temple of Aesculapius in Tarsus at age twelve, where he was initiated by the priests and where he excelled in religious and philosophical learning and debate, and even performed healing miracles.

At the age of sixteen he adopted the Pythagorean philosophy and the lifestyle of abstaining from animal food, wine, and women, living only on fruits and herbs, maintaining five years of silence, praying to the sun three times a day, dressing only in white linen (non-animal fabric), going barefoot, and never cutting his hair or beard.

Having reportedly kept a vow of silence for five years, Apollonius decided to travel to India to learn the wisdom of the Persian magi and the Indian Brahmins.

He believed in the immortality of the soul, in metempsychosis, and in a supreme deity ruling lesser deities. He also wrote books on astrology. Before starting his public mission he gave away his riches to his relatives with the aim of seeking only knowledge and wisdom.

He was fearless and spoke out against the tyranny of Nero and Domitian for which he was jailed but later released. His most recounted incident was at the court before emperor Domitian, where he (disappeared) into thin air before the emperor could lay any kind of charge on him.

Note: Actually, he was shackled in ankle chains, and when Emperor Domitian sentenced him, he was reported to have stated: (allegedly) you could hang this body, but I don't think so.

He disappeared much to the chagrin and utter surprise of Emperor Domitian, and the court clerks and attendees.

Apollonius had mastered the ability to dematerialize his physical body; other words, rearrange the molecular structure of his physical body. If he had physically disappeared, then it would stand to reason, that Apollonius, had to have had prior knowledge of how to disappear (at will).

There again, if the story of his life is fact-based, then I believe the story rings true.

He maintained five years of silence. Now, imagine living five years dedicated to silence. Obviously, the times were different back in those days, in the east.

I would imagine that living in total silence for five years would have completely collapsed (not deleted) all of the subconscious files stored in his brain's memory banks.

## **Crashing Time Tracks**

C7

The idea or the concept of crashing time tracks will not be found on the Internet, however, it is an interesting phenomenon, and it involves a complex process.

Crashing time tracks is defined as the concept of identifying and defining recordings or facsimiles that can morph into hardcore attachments/to material forms including something as simple as images on cereal boxes, and psychological issues.

Psychological defined as affecting, or arising in the mind related to the mental and the emotional states of a person.

Obviously, an alcoholic would be subjected to incurring mental and/or emotional issues as he struggled to work through his addiction to alcohol; however, for this manual I decided not to open that can of worms.

This manual and the techniques that I used to take on what logical-minded thinkers might think of as a radical psychological departure from a sense of normalcy, well, crashing time tracks, has worked for me (to a significant degree) without making an appointment with a shrink and going that route.

Imagine the direction that conversation would have gone.

So, in practice, a (potentially) skilled time-crasher devotes quality time to understanding (how) a seemingly harmless habit, could morph into a hardcore attachment. A hardcore attachment is a habit that cannot be easily eliminated without professional help..

Therefore, it will be my responsibility to each and every human being who reads this manual, and the content within, (if they so chose) might at some point in time, make a decision to set aside quality time out of their demanding lives, i.e. family

responsibilities, or demanding business projects, for example, to do anything and everything required to developing an interest in the meaning of time initially, and then crashing time tracks.

Let's stay on the subject of time for a moment, shall we.

'The concept of time is self-evident. An hour consists of a certain number of minutes, a day of hours and a year of days. Time is represented through change, such as the circular motion of the Moon around the Earth. The passing of time is indeed closely connected to the concept of space.'

[www.sciencedaily.com](http://www.sciencedaily.com)

'Time in physics is defined by its measurement: Time is what a clock reads. In classical, non-relativistic physics, it is a scalar quantity (often denoted by the symbol  $t$  (2).) and, like length, mass, and charge, is usually described as a fundamental quantity'

[www.en.wikipedia.org](http://www.en.wikipedia.org)

'Time is a component quantity of various measurements used to sequence events, to compare the duration of events or the intervals between them, and to quantify rates of change of quantities in material reality or in the conscious experience.

'According to theoretical physicist Carlo Rovelli, time is an illusion: our naive perception of its flow doesn't correspond to physical reality. Indeed, as Rovelli argues in *The Order of Time*, much more is illusory, including Isaac Newton's picture of a universally ticking clock.'

The illusion of time – Nature

'The first part of the book, will be familiar territory to physicists, covering topics such as time dilation, the arrow of time, relativity, synchronization and the notion of the Planck time – the smallest possible length of time,  $10^{-44}$  s. The second part (imagines) a world without time, while the third is more (speculative,) in which Rovelli (wonders) how we perceive a flow of time in a timeless world.'

How do scientist arrive at their conclusions about a problem that they are trying to examine – like the meaning of time? They collect as many observations as possible about said problem.

Then they consider their observations and think about (how) the observations might relate to their problem/s. If the problem could be proven wrong, then a hypothesis is formed.

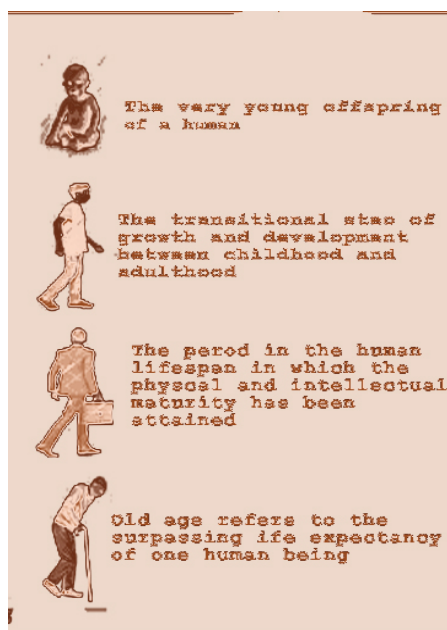
Consider, if you will, the following definition of science: the intellectual and practical activity encompassing the systematic study of the structure and behavior of the physical and the natural world through observation and experiment.

Therefore to arrive at certain theories about the structure and behavior of the physical and the natural world, scientists work from the outside in to arrive at their theories about the structure and the behavior of the physical and the natural world; conversely, spiritual practitioners arrive at their facts of the structure and behavior of the physical and the natural world by working from the inside out.

Theoretical physicist Carlo Rovelli, stated that ‘time is an illusion: our naive perception of its flow doesn't correspond to physical reality.’

If his belief that time is an illusion, then consider the following phenomenon. It is by far one of the most inhuman acts being perpetrated upon the human race and it happens when people become trapped in time. When that occurs, physical bodies become diseased, and the aging process accelerates,

Note the elderly gentleman.



If time is an illusion, then how is it that being trapped in time accelerates the aging process?

When anyone develops a hardcore attachment to say alcohol or crack cocaine, or something seemingly less destructive as eating fast foods on a regular basis, unbeknownst to the alcoholic, and the crack cocaine user, a recording is formed in the brain,

Obviously fast foods, like burgers and fries, for example, if consumed regularly, the consumer may risk developing heart disease and perhaps a heart attack.

Being trapped in time, is not the only (aging agent); excessive alcohol consumption, smoking, cocaine, methamphetamine, including numerous other health destroying drugs, oxidative stress, glycation, telomere shortening, mutations, cancer, radiation and chemotherapy, and numerous other aging agents too many to list.

I think the scientific community might best serve the world and humanity by continuing to live by the following scientific motto: Science is the pursuit and application of knowledge and understanding of the natural and social world by following a systematic methodology based on evidence, experiment and/or observation as benchmarks for testing hypotheses.



They tread deep waters however, way above their knowledge and understanding when they try to explain consciousness. They can't because the very idea of the concept known as consciousness does not fall within the framework of material science.

Physics is the only science that explicitly studies time, but even physicists agree that time is one of the most difficult properties of our universe to understand.

Physical bodies do not move through time, but through definite regions of space. Therefore, the motion of human bodies can be tracked; so crashing a human beings time track can also be recorded.

When I first started writing *Crashing Time Tracks*, it hadn't occurred to me at the time, precisely how I was going to explain what was meant by the phrase "crashing time tracks" specifically individual time tracks, but I kept writing, and it wasn't until I had finished writing this manual, save editing, spelling etc., that I finally had to face the fact that I still didn't understand the meaning of crashing time tracks.

So, last night I was at the computer writing, and then came a thought, *check the "Meaning of Time" book*. I pulled it off the shelf and I started to read page by page.

And long about three quarters of the way through, I came across the following passages and I quote, "Human bodies do not pass through time, but go through definite (regions of space). Wow! I thought, That mind bender suggests to me, that perhaps there are forces at work, that could be tracking the physical motions of every human being on this planet.

It gets better.

Electronic structure of atoms: Within each subshell, electrons are grouped into orbitals: regions of space, within an atom where the (specific) electrons are most likely to be found. Each orbital holds two electrons that differ in a property known as spin.

Space-partitioning systems are often hierarchical, meaning that a space (or a region of space) is divided into several regions, and then the same space-partitioning system is recursively applied to each of the regions thus created. The regions can be organized into a tree, called a space-partitioning tree.

Statistical models based motion synthesis methods such as the method proposed by Min et al. “I can synthesize realistic human motions according to spatial and time constraints by optimizing latent motion parameters that were found using dimensionality reduction methods. The resulting motions are ensured to be natural using a statistical model of training examples as prior knowledge.”

[onlinelibrary.wiley.com](http://onlinelibrary.wiley.com) › doi › abs › cav

So, the atomic/molecular structure of every physical human body currently operating on this planet can be tracked via specific regions of space at the atomic/molecular level.

Thus, the question posed: is it possible that human motion can be tracked en masse? If so, who are what is initiating the tracking, if indeed, that is the case?

**Joshua Sariniana, PhD.**

C8

The college graduate's interest in photography as his passion in the brain and mind, started to develop, as he studied neuroscience at UCLA, MIT and as a Harvard research fellow. Then Sariniana started to switch his focus to the practice and theoretical study of photography.

### **Human Memory and the Photograph**

"Memories of our experiences connect with one another and they are the basis of who we are as individuals. Memories of our experiences are called autobiographical memories and they rely on a brain region called the hippocampus.

"If the hippocampus were to be taken out of your brain right now, you would be stuck in time and memories of new experiences would rapidly fade away. The hippocampus functions to create a seamless story of the self.

"It's pretty clear that there is a connection between human memory and the photographs we take. Simply put, a photo is information about past light that we can perceive in present time. Similarly, memories are the affects of our past experiences on our present self. Photographs can serve as memory storage and, when viewed, can activate memory recall."

[www.joshuasarinana.com/memory/photography](http://www.joshuasarinana.com/memory/photography)

This manual, however, addresses a modus operandi that will demonstrate how to crash time tracks with the brain in tact.

## **Exteriorize or Higher Consciousness**

C9

Exteriorize. I define exteriorize in the context of this manual, as an art form, and cannot be achieved utilizing Higher Consciousness techniques.

A practitioner utilizing exteriorization will detach mentally and emotionally from this matter-based, three-dimensional construct, and if successful at holding a specific vibration frequency, will rise in consciousness into a higher state of consciousness.

Higher consciousness practitioners use scientific methodologies for achieving higher states of consciousness. A practitioner utilizing higher consciousness techniques will project his/her attention out into space and while in that elevated state, (with practice) knowledge of other worlds beyond the physical senses will just come to the practitioner; but the skill-set to accomplish that ability will require time and practice, as the downward pull of matter (not gravity) starts to loosens its hold on the mental, the emotional and that Center of Gravity hypothetical point around which the force of gravity (appears) to act.

Rising above this matter construct will occur because the practitioner will have finally succeeded in freeing his/her attention/consciousness from the sense attachments, and has started to become comfortable with being outside of the physical body and can now, enjoy experiences beyond this material world.

The really neat thing about traveling outside of the physical body, gravity will not be an issue, unlike physical machines, such as aircraft and human bodies that are subjected to the downward attractive force/pull of gravity.

‘The fifth dimension involves vibration frequency. This frequency is super imposed on matter and energy at the sub atomic

level. This would be called its resonant frequency. The fifth dimension has many different levels. In these infinite levels, matter and energy exists in a natural state. What mankind does not know is that matter and energy, and that which is the essence of life, exists at different vibration frequencies.

‘Each vibration level is independent from each other, but occupy the same space. Atoms of different frequencies do not mix; they simply slide past each other.’

The above excerpts extracted from The Grant Chronicles.

Several days ago, I was shopping at a local market and during check out, I shoved my debit card into the transaction slot and the system rejected the card. I tried it several times, wiped the card off on my sleeve and tried it again, same result.

“Would you mind if I try it sir?” the clerk asked. She shoved the card in the slot and the system accepted the card.

At that time, unbeknownst to me, my body’s basic (coded) vibration frequency had been raised and when I shoved the card into the slot, the system electronics rejected the card transaction. The energy flowing from my fingers blocked the processing inside the system.

Today was a chilly clear sky December 9, day. I went to the market to pick up a hot meal from the Deli, and when it came time to checkout, I shoved the debit card into the system slot, but the system refused to process the transaction. Tried it several more times, same result.

The check out clerk commented, “That’s really strange.” So, the manager showed up, shoved the card into the slot, and it went through.

That interesting computer glitch has happened twice in less than a week.

I’ll see what happens the next time I shop at the market.

When we change the vibration frequencies of our physical bodies, said change can affect electronic devices.

## **Vibration Frequency**

C10

Vibration frequency. Vibrations refer to the oscillating and the vibrating movement of atoms and particles caused by energy. Because of this, all humans and objects emit an energy field that has its own Vibration frequency. A frequency, measured in hertz (Hz) units, is the rate at which vibrations and oscillations occur.'

Purelysimpleorganicliving.com

Vibration frequency defined from my perspective and personal experience. I have discovered when I apply a specific technique that raises my physical bodies (coded) vibration frequency, when that occurs I feel a significant increase in energy, and awareness, of my immediate surroundings.

However, I also discovered that awareness increased significantly only when I was able to maintain the energy, the power, if you will, inside the physical bodies, Bio-field, or aura.

What does that mean, you might ask. I'm not going to get into all the numerous personality traits of human kind; instead I'm going to narrow it down to two types of personalities for this manual; the excitable and the non-excitable types.

An excitable personality type when conversing with another person, or shouts at a motorist for cutting him/her off, releases emotional energies that breach his//her Bio-field, while non-excitable personality types tend not to wear their emotions on their sleeves, but close to their chest; nuclear scientist call that containment.

Nothing wrong with being classed as an excitable type, the idea however (when working with higher consciousness energies) the idea is to control the energies and to do that requires practice.

I know that to be true because the increased energies have forced me to exercise even more self-control.

Every human being on this planet emits a specific (coded) vibration frequency that can be activated. In order to activate that specific frequency, it will become necessary to identify, confront and eliminate any/all hardcore attachments.

As complex and as daunting as that task may seem, it will come down to the practitioner (you) incorporate this (timely) information presented in this manual, into your life style.

To accomplish that I recommend the following daily practice: (1) If you have family, it is perfectly OK to let your mate in on what you're planning to do, actually, it might be a smart move, or your mate may start to wonder why the sudden change in your usual habit patterns because your behavior will change.

Find a quiet place in your apartment, condo, home, sit down, get comfortable, back straight, breath deep and relax and release all tensions and stress.

That's very important.

Place a pad and pen next to you, and close your eyes. Then, mentally time travel back into your life, slowly now a day a week, a month, three months, six months, a year. It will require focus and discipline, and try to think about when a certain habit started that you continue to struggle with, if at all.

I'm not talking about the daily habits we use naturally, like feeding our cat or dog or bird, or taking out the trash or such things, but the habits that control us, like the donut shop we feel like we just got to stop on the way to our place of employment, for that large coffee and a donut or two.

Soft-core habits (described above) are repeatable habits that (for the most part) seldom pose a problem.

There's nothing wrong with a particular habit, unless it becomes a regular thing. And before you know it, the habit starts to control you and if you don't get control of it, you got a lock; other words a hard core attachment, and a potential problem.

Hardcore attachments drain mental and emotional energies.

Habits. “According to a scientific research institution, their research team concluded it took between 18 to 254 days for a habit to stick.

“Stick with it any longer, and you'll end up with a habit you can keep without thinking.

“Unwanted habits? Breaking a habit really means establishing a new habit. The old habit is still there, filed away in the brain's elaborate filing system. To successfully break a habit, you need to think of your strongest motivation, which will drive you along.

Be patient. The longer you've entertained a habit, the longer it will take to get rid of it. Longtime habits are literally entrenched at the neural level. The good news is that people are nearly always capable of doing something else when they're made aware of the habit and are sufficiently motivated to change.”



## **Recordings**

C11

Repetition compulsion. Repetition compulsion is a psychological phenomenon in which a person repeats an event or its circumstances over and over again, often endlessly.

[WWW.en.wikipedia.org](http://WWW.en.wikipedia.org)

Repetition Compulsion, or (automatic recording), my interpretation is a habit or a predictable behavior pattern repeated over and over, rather like a record that you play on a phonograph.

The repeatable habit becomes a copy, a facsimile of the original, and a condition known as automaticity, occurs.

Automaticity defined. The ability to do things without occupying the mind with the low level details required.

[www.yourdictionary.com](http://www.yourdictionary.com)

For example: An assembly line worker puts together a toy, or a computer or an automobile without engaging the mind because the assembly of the toy, the computer and the car becomes an automatic function.

This manual, however, is not about assembly-line work. It's about what I have termed negative (hardcore) attachments to the material/matter-based world and the physical forms that (unaware) human beings inevitably become trapped like a fly becomes trapped in a spider's web.

The fly physically struggles to free itself from the threat of being eaten by the spider, conversely, many human beings resist struggling to free themselves from a destructive hardcore habit if they fail to perceive the habit as a threat to their well being.

I define hardcore attachments as a condition or a situation that people refuse to deal with or honestly speaking, they seem to like

their facsimiles/attachments. However, when a hardcore attachment becomes automatic, that phenomenon might be compared to (robotic actions).

That idea might seem frightening, something straight out of a horror movie. Yet, it is played out 24/7 around this planet, and millions of human beings trapped in that seductive web continue to live their lives completely unaware of their situation.

Meet Henry. He's a fictitious character who popped in my mind several nights ago. He volunteered to demonstrate my points. I'll use a restaurant as a prop to set up Henry's experience.

He strolled into a restaurant one bright sunny afternoon to enjoy a meal. It could have been a tavern or a bar but Henry suggested a restaurant.

The first time Henry entered the restaurant, to enjoy that meal, I labeled that (first time) the original. The second time Henry entered the restaurant to eat, I labeled that a recording.

Once Henry fell into the daily habit of eating at that particular restaurant, he unwittingly qualified as a prime candidate for the automaticity category; but unlike the assembly line worker, who did things without occupying the mind unbeknownst to Henry, he had formed a hardcore attachment to eating at that restaurant on a daily basis.

The same hardcore attachment would also apply to a tavern, or the market where he shopped for food or the store where he shopped for clothes.

So, a hardcore attachment is a habit or an attachment to whatever it is that Henry believes that no matter how hard he tries, he just can't seem to break the spell.

Some attachments carry over from past lives. Now, that's where awareness comes into play. So, don your intuitive hat and make a list of any/all habits that you've kept secret, hidden away in your subconscious. You know, those dark secrets that bleed over into your daily life, from time to time, and you wonder where they come from.

Monitor and list them. More often than not, the very act of writing down the (unfamiliar) habits will collapse the image and

the energy that's associated with that dark-suit monkey perched on your shoulder, and you'll sleep better.

I'm going to share an experience that happened to me in real time. A seemingly harmless experience that in the end cost me a 20-year marriage.

It all started the first day I decided to lunch at a McDonald's fast food restaurant close to where I worked at the time. Note: the first time/the original.

The next day I lunched at that McDonald's again. The second time morphed into a recording, a copy of the original. The next day (you got it) I decided to lunch there again.

That night in a dream, I found myself in a small boat floating over a dark river. I paddled near the shoreline, hopped out and I tried to climb up the side of the bank of the river but found it very slippery.

The next day I decided to lunch at that McDonald's yet again. That night the dream repeated the previous nights' experience of trying to climb the slippery bank.

Well, a week or so passed, before I realized the significance of the "slippery" riverbank. Slippery suggested I was treading down a slippery path.

Now at that time I had yet to establish the condition known as automaticity. The next day McDonald's again, but on that night the dream changed, and I found myself in a small dark windowless structure. There was, however, a door slightly ajar. I pushed against it, and it gave a little, but no more.

The following day – McDonalds again; well, on that night I found myself in the same dark, windowless structure again. I pressed hard against the door, but it wouldn't budge.

I didn't realize it at the time, but my most recent visit to McDonalds had setup the condition, known as automaticity.

That condition inevitably led to the dissolution of a 20-year marriage. Hardcore attachments create division in relationships, including friendships, and if not addressed, the gaps grow wider and the relationships slip past the point of no return. It happens all the time.

Facsimiles. The word Facsimile comes from two Latin roots: *facere*, meaning “to make,” or “like.”

Facsimiles or recordings are created and given life once a person repeats a habit until said habit/attachment has crystallized into the thought processes and the feeling factor of the person that falls prey to the condition, automaticity.

I dare say that 90 to 95 percent of the human race will fall in the “automaticity” category. However, it depends on the culture and the race included in the stats.

The daily rituals of the Hunza people of Pakistan: the fruits, vegetables, nuts, whole grains, beans, cheeses and other dairy products from their goats and cows, plus rigorous exercise, all contributes to their longevity.

Longevity to me suggests their lifestyles protected them from becoming trapped by western social lifestyles and the unthinkable habits that contribute to accelerated aging.

It’s easy for people (in general) to fall prey to unhealthy lifestyles, and, once (locked in) to an image of say a particular restaurant, or a food market, or a favorite “shopping” store, that person or persons will remain in a state of mental immobility, until (1) he/she realizes what has been going on, or (2) someone points it out to the person in question, like a friend or a mate, for example.

In both situations, the person experiencing such a debilitating condition does have recourse. There are numerous medical facilities that deal with drug and alcohol addictions, and a myriad of similar addictive habits, i.e. cigarettes, caffeine, cravings for certain foods, etc.

There again, moderation in all things, however, the fact remains, that many people struggle, when it comes to the idea of trying to maintain balance in their lives.

If you happen to be a coffee lover (and millions are), try to moderate/cut down on your coffee consumption, and see how that works out.

November 21, 2020. Check this out. I was sitting at the computer, adding content to this manual. And, out of the blue, an image of a local Dunkin Donuts’ restaurant just appeared on the

screen of my mind. I sat back and I asked myself, “Did I initiate that image, or did the image just appear?”

I thought about that and I went with the former. I initiated the image because of the fact that several months earlier, I had purchased a half-dozen donuts and a large coffee from that donut and coffee shop.

Be that as it may, I ignored reacting to the image and continued working on the book. The next day I was shopping at the market for a few items and stopped at the deli, purchased a sub and as I headed to checkout, an image of an espresso popped in my mind. Well, I was having issues with caffeine, and I had decided to stop drinking coffee.

So, I ignored the image of the coffee, paid for the sub, hopped in my car and on the way back home, an image of Dunkin Donuts (several blocks down the street), popped in my head.

I ignored the image, returned home, wolfed down the sub and returned to the writing. I included the experience, simply as a reminder of just how persuasive and seductive images and the feeling-factor that’s connected to all habits can and will become.

The image itself has no power over you – it lacks movement, action or change, but the (feeling factor) associated with the image once recognize, then the idea is not to be affected by it.

## **Holding a Vibration Frequency**

C12

According to numerous scientific reports, the average human body contains approximately, 37.2 trillion cells. For this manual, I'm interested only in the 100 billion brain cells.

Now hidden away in that 100 billion brains cells, and unbeknownst to me at the time, specific dormant/inactive codes needed to be activated. And I did in time (quite by accident), or perhaps random chance, stumble upon a technique required to activate that particular code.

Then, I took it upon myself to become (aware) of the attachments to the things of this world. And once I had identified each and every attachment, that I was aware of, I set about the awesome task of systematically eliminating the attachments one by one until the pesky bugaboos no longer appeared on the screen of my mind.

That process of elimination required patience and time.

Well, I soon came to realize that my systematic plan to eliminate the pesky attachments had failed to eliminate not one hardcore attachment. And, in time I came to understand why.

Luke 9.62. Jesus declared: "No one who puts a hand to the plow and looks back is not fit for the Kingdom of God.

Then, I came across an article written by another spiritual master. He said, "Once you set a spiritual goal, keep moving;" that was it, no moving forward, just keep moving.

Now, these two quotes may be interpreted many ways, but I arrived at my own conclusion as to what the masters meant when they uttered those profound statements. The system I had selected to eliminate just one hardcore attachment had failed to eliminate

the image associated with the attachment. I realized it was impossible to destroy an image filed away in the brain's elaborate memory banks.

So, I contemplated the puzzling conundrum and here is what worked for me. I pulled back (detached) from the hardcore attachment, and went about my life, until the image stopped appearing on the screen of my mind.

To accomplish such a tricky feat is an art form, not a science. Like I said earlier, it requires time and patience. Or, substituting another image for the one that's bugging you also will do the trick.

However, the ability to move in/out of the physical body (at will) requires a scientific technique, and lots of practice and time before one can master the physics behind the process. Mastered implies having the ability to repeat the process, at will, and holding a certain frequency.

The mental and the emotional components are so much a part of our daily lives in this three-dimensional construct; however, if the task is to move into a higher state of consciousness, then these two components must be temporarily disengaged, and that takes lots of practice.

There is another techniques that will not require detaching from the emotional/mental components, or the pulling back from this matter-based outer construct, its known as the (stilling the senses technique), but I prefer the former, because it works for me.

The (stilling of the senses) technique, however, is in a way, similar to the (pulling back) technique; other words, the mental and the emotional components when practicing both techniques must be disengaged.

I'm not keen on sitting in quiet contemplation and getting in the right frame of mind to still the outer senses. It's been my experience as soon as I ended contemplation and went shopping I realized I was as unstable as ever in my mental and emotional behaviors.

For example, there was a time when I shopped for clothes or food; and an image of my favorite restaurant would always appear on the screen of my mind, and when the shopping was done, off to

the restaurant I would go, instead of going straight home and making a meal for myself.

It took some time before I figured out I was being controlled by the image and the feeling-factor associated with the image. Other words, the image appeared and the feeling associated with the restaurant drew me to the restaurant like a fly to sugar.

However, Henry (remember him) utilized images to travel or walk to wherever he needed to go. For example, the essential images, i.e. doctor appointments or taking the kids to school, or shopping, but Henry also needed to be aware, of the (non-essential images) like the coffee and donut shop or his favorite bar, that mysteriously slipped in with the essential images.

That weeding out process requires time and awareness, but it can be achieved.

Individuals high on the survival scale go through images faster than an eyewink. They are out there, quietly working behind the scenes, helping other people master the time crashing techniques.

I didn't just think up or accidentally stumble upon the arcane knowledge presented in this manual. I had help too.

The hardest and the most difficult challenge that Henry will face, including you and I, will come down to staying with the techniques.

The mind however, resists change. It works in grooves. Just when Henry thinks or feels like he has finally succeeded in getting control of the persistent habits and he feels like he has experienced a modicum of success at entering into a higher state of consciousness associated with that experience, he returns to the old habits.

Henry realizes when he returns to his physical body the old habits tend to hang around. That has happened to me numerous times, but (guess what!) that's normal.

As I stated earlier, it's impossible to separate the physical world from the spiritual worlds; they are connected. So, we resume our practical responsibilities and keep at the techniques.



## **The Finished Kingdom**

C13

What does the term, finished kingdom imply? It implies that this physical construct integrated within the atmosphere of a planet called Earth is finished.

So, if you, or I or anyone interested in exploring the astral plane and/or the inner worlds/dimensions, then it will be necessary to gradually, (let go) of anything and everything emotionally and mentally, straight up, that causes you to react to the current political (albeit) negative climate that is sweeping across America.

If you have the ability to do that, and not be affected by whatever's vying for your attention in the outer world, including any/all images that have appeared on the screen of your mind, then, by that very process, you will naturally, rise into another dimension, and you will have experiences in that dimension.

It all comes down to having the awareness to perceive the images that appear on the screen of your mind, and then go through them without being affected by the ones that need to be addressed.

Sounds simple uh. Well, that process will require a significant range of time, and practice, so just keep at it. Spiritual gold is worth the risk. The continuous effort to accomplish such an inner feat echoes back to the millions and millions of souls, who came before us and have since moved on into the other worlds, did what was required of them.

You will experience a phenomenon (if) and/or when you succeed at completely detaching from the mental and emotional components. That phenomenon will require much practice, and if

successful, the physical sensations may feel like you're going to drop into an abyss. The first time I experienced it I allowed fear to interfere in the process, and I instinctively reached out to grab hold of something solid, but nothing was there to grab onto.

I freaked out and watched a movie simply as a distraction from what I had tried to accomplish, and I returned to human consciousness in the bedroom – a solid structure.

The second time it happened I just relaxed and it seemed as if I only dropped several feet. It was a strange feeling, so the idea is not to be affected should you experience that phenomenon. Of course, everyone's experience will be different.

## **The Subconscious**

### **C14**

“The subconscious mind makes everything you say and do fit a pattern consistent with your self-concept. This is your “Master Program.”

“Your subconscious mind is subjective. It does not think or reason independently. It merely obeys the commands it receives from your conscious mind.

“Your conscious mind can be thought of as the gardener, planting seeds. Your subconscious mind can be thought of as the garden, or fertile soil, in which the seeds germinate and grow.

“Your conscious mind commands and your subconscious mind obeys.

“Your subconscious mind is an unquestioning servant. It works day and night to make your behavior fit a pattern consistent with your emotionalized thoughts, hopes, and desires.

“Your subconscious mind grows either flowers or weeds in the garden of your life. Whichever you plant is based on the mental equivalents you create.”

Brian Tracy: Leading Self-Development Courses.  
[www.briantracy.com](http://www.briantracy.com)

So, if you give your subconscious good material, it will give you a good life. If it's given faulty material, one need not look any further than the (out-of-control) crime on this planet.

The subconscious is the corner stone of God. Feed it positive/constructive thoughts, such as prayers, affirmations, and it will respond in kind; feed it negative/destructive thoughts and it will attract negative experiences into your life. Negative thoughts,

and anger for example vibrate limited ranges; conversely, positive thoughts and love vibrate unlimited ranges.

The subconscious responds to the energies, thoughts and ideas that writers generate while working on projects like novels, movie scripts, poetry, and painting pictures. While the writer sleeps, the subconscious creates characters, situations, settings, environments, etc

So, if you decide to take this journey into the unknown, just be aware that your subconscious will come into play when you start to shift your attention from the outer construct to the inner worlds or the universe.

The subconscious will respond to the patterns of behavior you have given it, so when you try to make a change in an image pattern, it will be necessary to adopt a firm and consistent attitude in order to make the necessary (image) changes.

If Henry believes someday he will fall off a cliff, if he continues to harbor that thought, at some point in his life that will happen. The subconscious will act on the thoughts given it. So, Henry must change his thought patterns to avoid falling off that cliff.

## **Human Motion/Movement**

C15

Movements of the body are brought about by the harmonious contraction and relaxation of selected muscles. Contraction occurs when nerve impulses are transmitted across neuromuscular junctions to the membrane covering each muscle fiber. Skeletal muscles are attached to bones and produce movement off the joints.

Reader, try this for a week. Before you arise each morning, pay close attention to your body's muscles action. Notice, as you start to get-up, how your muscles (lock-in), as you prepare for your daily activities. That's known as "muscular adaptation." The next morning before you rise, try relaxing your muscles.

If you are successful at doing that on a regular basis, one morning, you may realize that you're in an altered state.

OK, moving right along. So, what causes human motion? Lets start with the forces that act on humans.

Physicists recognize four fundamental forces. In the order of their relative strength from weakest to strongest they are: gravitational, electrical, weak nuclear, and strong nuclear. Only the gravitational and electrical forces are of importance in our study of the forces affecting the human body.

Newton's first law states that every object will remain at rest or in uniform motion in a straight line unless compelled to change its state by the action of an external force. This is normally taken as the definition of inertia, if that velocity is zero, then the object remains at rest.

When I applied the (pulling back), or the (stilling of the physical sense's) technique I traveled in a straight line, but altered course when an image (not an outer force), of a destination appeared on the screen of my mind.

So, is an image also a force that activates human motion?

## Inertial Mass

C16

Inertial mass is a mass parameter giving the inertial resistance to acceleration of the body when responding to all types of force. Gravitational mass is determined by the strength of the gravitational force experienced by the body when in the gravitational field. If a force of (F) is required to achieve an acceleration of a physical object then the mass of the object is ( $m=F/a$ ).

Everything naturally tends to move and change. In the world of mechanics, there are four basic types of motion: rotary, oscillating, linear and reciprocating

Rotary/rotation defined. A rotation is a circular movement of an object around a center (or point) of rotation. If the axis passes through the body's center of mass, the body is said to rotate upon itself, or spin.

Oscillating defined. Oscillation refers to any Periodic Motion moving at a distance about the equilibrium position and repeats itself over and over for a period of time.

Linear defined. *Linear momentum* (for brevity) is defined as the product of a system's mass multiplied by its velocity.

Reciprocating defined. Reciprocating motion, also called reciprocation, is a repetitive up-and-down or back-and-forth linear motion. The two opposite motions that comprise a single reciprocation cycle are called strokes.

I'm not a physicist, so I'm not qualified to try and explain precisely how each motion would apply to the experience I'm going to share with the reader; however, I'll have a go at the force known as Oscillation, and focus on the state of equilibrium:

Equilibrium: When all the forces that act upon an object are balanced, then the object is said to be in a state of equilibrium. The forces are considered balanced if the rightward, forces are balanced by the leftward forces and the upward forces are balanced by the downward forces.

The following experience that happened to me in 2009 was a culmination of two decades of knowledge and experiences that didn't just happen overnight.

I had been devouring any/all information relative to the atomic structure of a human body, time travel and how time affects human motion. I added the latter entry.

Well, I took the information seriously. And I was determined to delve into the subject with every fiber of my being, not by applying scientific theories and lab-type experiments, but by applying a time crashing technique.

And, the experience must have triggered something inside my being, resulting in the unexpected phenomenon that I shall now share with the reader.

I had just finished enjoying a delicious meal in my favorite restaurant, and I was in my car driving down Woodland Blvd in Deland, Fl. on the way to my favorite coffee shop, for an espresso.

It was then, a strange feeling swept through my body head to toe, and then I felt a swirling motion, and I could see through my arms and hands and fingers, and I thought I might disappear.

And I also felt a significant increase in energy and it felt like my physical bodies inertial mass had decreased significantly.

And when I thought about the phenomenon, everything returned to normal.

I returned home, plopped down in my favorite chair, sipped the coffee and wondered what might happen next, if I continued in probe the unknown.

I believe that phenomenal experience may have qualified for the force known as Oscillation and the state of equilibrium where the forces are considered balanced if the rightward, forces are balanced by the leftward forces and the upward forces are balanced by the downward forces.

During that experience, I felt that all the forces that were acting upon my physical body and that “center of gravity” spot had been neutralized to the point that my body’s mass seemed almost non-existent or weightless.

Sunday, January 31, 2010, Dr. David Lewis Anderson was a guest on Art Bell’s Coast-to-Coast program. Dr Anderson discussed at length, Time Travel. I listened to the complete interview but when Dr. Anderson broached the idea of consciousness and how it related to solving the idea of time that got my attention

I wasn’t interested in learning about time traveling, per se, but I was interested in learning more about the nature of time. That intrigued me, and I was determined to explore not only that subject but also, how consciousness related to solving the idea of time.



## **The Power of Attention**

C17

I'm going to start this chapter with the following scenario. I'll pose it to you, the reader, in the form of a question. Now, get comfortable in your favorite chair, or couch or where and what you do when you contemplate.

Now, focus your attention on the planet Mars. And you see what looks like a squirrel sitting upright on a rock. What's actually looking at the squirrel, your mind or soul?

If you thought soul, you were correct. The mind is a focusing tool, but a very versatile tool; however, the mind cannot reason. The valuable attribute known as reason is a quality of soul. If the mind could reason, there would be no wars. Think about that.

Mind is mechanical and automatic in its functionality.

In previous chapters, I explained a technique once mastered will make possible for anyone to generate an impenetrable focus, and if held long enough, this three-dimensional construct that the uninformed have accepted as reality, will start to fade from consciousness; not break down to its basic atomic/molecular structures but that spiritual phenomenon will free the practitioner from the downward pull of matter, (not gravity).

And, while in that heightened state, the practitioner will experience an increase in energy that will enhance the Bio-field enveloping the physical body. The bio-field is also thought of as aura or a magnetic field.

That field can be increased to a higher frequency that will render a physical body into a state known as invisibility.

## **Redoing Relationships with Matter, Energy, Space and Time**

C18

‘Lets start with matter. In Classical Physics general chemistry, matter is any substance that has mass and occupies space. All physical objects are composed of matter, in the form of atoms, which are in turn composed of protons, neutrons and electrons.

Matter however is also perceived (by those who know), as extension of consciousness; therefore can be manipulated. Reader, stop for a moment and visualize what that idea would look like according to your current point of view. Write that visual down and tape it to the bathroom mirror, you face each morning when you shave (if you are a man), or when you put on makeup, if you are a woman.

Tape it to the rearview mirror of your car; it will help to keep you focused on what it is that you’re attempting to accomplish.

To survive spiritually in a world made of physical matter, it would serve us well, if we would realize that we have two fundamental choices while living on this planet; control matter or be controlled by it; other words, if you show a weakness, the universe will force you to conquer whatever the weakness happens to be or be conquered by it. It really comes down to that

When matter controls us, our physical bodies enter into a state of gradual disintegration so, the idea is to unfold spiritually, (like a Morning Glory unfolds its petals when affected by the rays of early morning sunlight), and rise into the higher worlds/dimensions where the downward pull of matter (not gravity) cannot touch you.

**Energy:** In physics, energy is the quantitative property that must be transferred to an object in order to perform work on, or to heat, the object

Energy is also the ability to move or elicit change in matter. In effect, the amount of energy something has refers to its capacity to cause things to happen. Energy has a few important properties. For one, energy is always "conserved" it cannot be created or destroyed.

**Space.** Space is the boundless three-dimensional extent in which objects and events have relative position and direction.

Physical space is often conceived in three linear dimensions, although modern physicists usually consider it, with time, to be part of a boundless four-dimensional continuum known as space-time.

Time is concerned mostly with the (feeling factor), than the thinking mechanism.

Time is a component quantity of various measurements used to sequence events, to compare the duration of events or the intervals between them and to quantify rates of change of quantities in material reality or in the conscious experience. Time in physics is unambiguously operationally defined as "what a clock reads.'

The uniformed masses are so wrapped up in their lives and all the noise going on around them, that none can help them be aware of the fact that they are being controlled by a myriad of subtle forces whose job it is to keep their minds on the materialistic way of life.

So, that comes down to the individuals who stand out or separates themselves from the social media environment, as well as, the socialistic agendas.

There was a time when the idea of individualism was enough to find its place in society, but individuality is under attack.

This manual and the revolutionary techniques contained herein (if practiced) will open portals to esoteric knowledge that will help (you) the practitioner, see what's ahead and course correct as needed.

## **Realities Become as Stone Statues**

C19

When you put your attention on say a restaurant that you have visited numerous times, your subconscious activates the sense/imagery files associated with that restaurant, and communicates that information to the conscious mind, and off you go to that restaurant.

The spiritual workers/ namely, the genetic designers, however you wish to classify them, programmed that complex system to function precisely as it has in this world since the phenomenon known as time permeated the collective consciousness of humanity on this planet.

It's important to know, the subconscious mechanism, utilizes images, and never any other method to affect human motion.

That mysterious elaborate system was imagined, created, programmed then nature-fitted into the human brain for automatic processing. Without that system, human beings would not have the mental perceptive awareness to get from point (a) to point (b), or specifically in a more practical term from any/all distance destinations that humans utilize daily, be it walking, or by way of vehicles, planes or by sea, human motion always starts with an image of said destination/s.

Now, what would happen if Henry decided not to return to the restaurant, that he regularly visited, but instead he decided to go to a park with his family, that is if Henry had a family. What happened to the image of the restaurant?

Now, this is very important!

The restaurant, and all the physical senses data, associated with that restaurant, from the moment that Henry set foot in the

restaurant, will becomes like stone statues because of the fact that Henry had shifted his attention off of the restaurant, and put it on the park.

If the reader, can mentally cogitate what just happened, then you have recognized another significant element that will draw you closer to understanding one of the deepest secrets of nature; the meaning of time, and how it functions in our daily lives.

## Soul

C20

Soul is eternal; God loves soul.

“The word (Jivatma) is a Sanskrit description. Jiva refers to the human part of the body, the mind, and the form; the part that can think, taste, and touch; the part that eats, sleeps, wakes, grows, fears, defends, reproduces, and ultimately dies and decays.

“The part that is driven by the intelligence of the body, and the logic of the mind – including calculation, rationalization, and forming beliefs based on past experiences.

“Jiva also refers to other living entities like animals, fish, birds, bugs, and even plants; however, for this manual, I’m interested only in human beings.

“Atma is the deepest part of us that is a spark of divinity itself. The part of us that is wise, fearless, and still. This is the part of you that’s simply content to be, the being part of us. Just as a seed contains all the qualities of a tree within it, the Atma contains all the qualities of the divine/the Supreme Being/God.”

Quoted material by Saiisha, [www.NestInTheForest.com](http://www.NestInTheForest.com)

In the last paragraph, second sentence, I quoted, “The part of us that is wise, fearless, and still. The third quality (still) is the one quality that stands out in my opinion. I addressed that quality of soul earlier in this manual. If you, the practitioner, can (still) the outer senses, then while in that serene state, soul will express itself according to the (clear) conduit that you create for It to express through art, writing, etc.

I’d like to introduce a list of images and (illusionary) devices utilized by the negative forces, designed to trap soul.

Yes, soul; that divine spark, that individual unit of awareness, can be trapped inside the physical body, and at times must be coached out of the physical body, to communicate a greater expression of its divine essence or for traveling to another planet or an inner world, for example.

In a forthcoming chapter, I'll give a personal experience that proved to me that soul could be trapped in a physical body.

## **Frontal Lobe**

C21

### **Mystical Experiences Open a ‘Doorway of Perception’ in the Brain**

Charles Q Choi is a contributing writer for Live Science and Space.com. He covers all things human origin and astronomy as well as physics, animals and general science topics. Charles has a Masters of Arts degree from the University of Missouri-Columbia, School of Journalism and a Bachelor of Arts degree from the University of South Florida.

He posted an article on Live Science written by scientist, Jordan Grafman.

Grafman stated "About 15 years ago, my mom died," Grafman told Live Science. "I was walking down the street to catch the bus at about 5 a.m., and I looked down the street and saw who I thought was my mom, although my mom had been dead for a week. I looked back, and whatever was there was gone."

"The frontal lobes are the most evolved areas of the human brain, and help control and make sense of the perceptual input we get from the world," Grafman said. "When the frontal lobes' inhibitory functions are suppressed, a door of perception can open, increasing the chance of mystical experiences."

"Now, Grafman and his colleagues have evidence to suggest that pull theories may help to explain mystical experiences," Choi wrote.

Article by Charles Q. Choi-February 09, 2016

"The frontal lobe is the part of the brain that controls important cognitive skills in humans, such as emotional expression, problem solving, memory, language, judgment, and sexual behaviors. It is, in essence, the "control panel" of our personality and our ability to communicate"



[www.healthline.com-human-body-maps-frontal-lobe](http://www.healthline.com-human-body-maps-frontal-lobe).

The functions of the frontal lobe described above were designed for human beings living on this planet; however, unbeknownst to the scientific community, other functions of the frontal lobe, when activated or opened, create a portal for the introduction of intense powerful flashes of Light into the brain.

I know that to be true. In 1971, I was living in a mobile home in the same general area when ETs contacted me in 1968.

It was on a bright spring afternoon when Sonam Dakpah, an adept, entered my life, and he needed a conduit to move amongst the people.

I would arise early each morning not knowing where I would be going or the people I would meet.

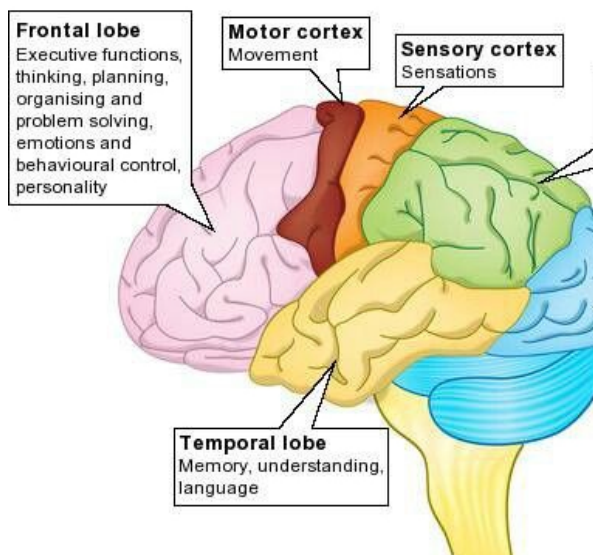
The idea being; work one on one with people from all walks of life, teachers, business executives, the common man, i.e. farm workers, including people strolling casually through a mall or walking down a sidewalk downtown Orlando, Fl.

So, one morning, I set out for Orlando, and I was guided to park in the parking lot of a mall on the eastside of the city. I headed for the mall entrance and a man approached me mumbling something.

Our eyes connected and a gentle flow of energy, infused with a wave of love flowed from my eyes into the eyes of the stranger. The connection with specific (pre-selected people) went on for several weeks, and one day the communications just stopped.

I remember driving home the last day and I wondered what that unexpected phenomenal series of communications meant. Adept Sonam Dakpah answered my thought, *Souls in transitional states of consciousness*.

But before that unexpected, interesting phenomenal inner connection with total strangers could take place, it would be necessary for me to undergo an incredible operation.



The morning before the operation, Sonam Dakpah, appeared in my bedroom and he got straight to the point: “It will be necessary to rearrange the atomic/molecular configurations of your frontal lobe, thus creating a pathway for 12 flashes of light.

“Why Me?” I ask. Sonam paused and just looked at me for a moment

“Several lifetimes, perhaps longer, would be necessary for the (inner) preparations of a human beings’ molecular structure, specifically the frontal lobe before the chosen (energy transference vehicle) would prove useful to assist in the upgrading of human consciousness to a higher state. Even then, there was no guarantee the one chosen would prove a useful prospect.

“I chose you because previous lifetimes of “inner and outer readjustments” had prepared you for a greater flow of higher energy.

Then Sonam Dakpah vanished.

It will not be compulsory for me to explain every detail of what the adept had instructed me to do prior to the “inner operation” but I decided to include that experience in this manual because the frontal lobe is an important component, and when (utilized

properly), will help a practitioner move into a higher state of consciousness.

The following night I was in bed lying on my back when I experienced excruciating pain across the frontal lobe, followed by 12 intense flashes of light.

The term (utilized properly) means the practitioner shall cultivate the awareness to discreetly avoid any/all eye contact with strangers that you pass by while perhaps walking down a sidewalk or entering a building, or wherever it is you go where there are people moving about.

When two strangers pass by each other, unbeknownst to both, energies are at play in the eyes of both parties.

Obviously, if you or I pass by someone we recognize, rather than come across as anti-social, we would most likely engage eye contact with that particular person.

However, I once delivered a package to an address, and when the door opened, a slender dark-haired woman whose dark eyes locked onto mine, and I felt an immediate energy drain.

The strange woman signed the receipt and I got out of there as fast as I could. I had read stories about people who had the power to extract energy from unguarded minds, and I know from personal experience the stories were true.

## **The Global Controllers**

C22

Who are the Global Controllers? The Global Controllers, AKA, the Grim Federation, my label of an off-world military-style host of Draco Reptilian Infiltrators responsible for creating the chaos on this planet.

I am surprised the leaders of nations haven't figured this out. The chaos isn't just happening in America, it is occurring around the globe.

The reptilians could take the planet by force. Their technologies are so far advanced from anything the US or China or Russia has currently in their secret military arsenals.

They could create friction between countries, like China and the US, possibly to the point where war ensued and nuclear annihilation of both countries would be the result of such stupidity.

There is however a better solution, deadly viruses released around the planet designed to kill off millions of human beings; destroy economies and plunge humanity into another dark age; however, the planet's immense wealth (rather the spoils of war), would be there for the taking. So the "Reppies" play the waiting game.

If you're really interested in knowing more about the "Bigger Picture" read *Bringers of the Dawn* by Barbara Marciniak. It's available as a PDF.

According to the Pleadians, who communicated with author Marciniak, the reptilians have long since viewed the Earth as a prime piece of real estate, and they intend to claim or reclaim it

Also read *Alien World Order: the Reptilian Plan to Divide and Conquer the Human Race* by Len Kasten.

Be forewarned, however, Kasten has done his research, and, well, if you 're truly interested in what's coming, then read the book. If you'd rather not know, then don't read the book.

I do not know from personal experience if any of that information is true; however, I do know a race of reptilians do exist and they have infiltrated this planet.

In 1994, an OOB experience, happened, oddly while I was in bed suffering from a nasty bladder infection, agitated by a high fever.

Usually, when I have an OOB experience, I am aware of leaving my physical body, but on that particular night, I didn't remember leaving my body, but I do remember flying over an assemblage of tall, muscular reptilians clustered together in groups of three or four.

They seemed intensely engaged mentally or telepathically in something quite serious. I say that because I watched the groups one by one step through what looked like some kind of an electrical fence or wall that separated Earth from where the reptilians had gathered. Feel free to read into that scenario what you will.

The bottom line: The human race is rushing headlong into a world where technology rules; and earthquakes are waking up, asteroids heading our way, as the United States and China prepare to go to war. Time frame for that war: 2030-2033.

That's my take on when the United States and China will lock horns. I was hesitant to throw my prediction hat in the ring, (what with all the chaos and confusion on this planet. I didn't want to paint a gloomy picture of how that war will end, but China will win that war, because the leadership of the once formidable U.S. military machine will fail due to drugs compromising the leadership.

## **Plan of Action**

C23

1. Start at the beginning of this manual and read, contemplate and mentally digest every detail associated with the techniques, and the experiences that I had, so you, the reader, can see what will be required, if you are sincerely interested in freeing your minds and souls from perhaps one of the worst crimes waged against the human race en masse, by the negative forces' team of Time Wizards.
2. Open your spiritual toolbox and take out as many of the following qualities that you choose to commit to incorporating into your plan of action: Self-discipline, persistence, motivation, imagination, including qualities that you would like to add to your toolbox.
3. Sit down with pen and pad. Relax, breathe deep, exhale slowly, center your being, and write down the habits/attachments that you think and/or feel you cannot mentally and emotionally walk away from. In the beginning you might not be aware of an attachment that you have yet to identify, as you start to apply/incorporate the techniques into your life.
4. Attachment/habit could come from a past life. What I'm saying here is we bring with us any/all unresolved issues from past lives. They often will show up early during adolescence, but could show up later on in life. When we translate/die/pass on, we exit a physical body, and that body will be buried or cremated. But every thought, word, and deed of every living being, good, bad, and indifferent, in all times; past, present, and future are stored in the Akashic Records. But those who are familiar with the records report that there is no judgment or implied penalty in the records, but are said to simply be a record of each souls journey through the infinite.
5. The day to day process depends entirely on lifestyle; interests, opinions, behaviors, behavioral orientations of an individual, group, or culture, religious beliefs, and

personal experiences related to UFO encounters, spiritual experiences, family responsibilities, and yes, the responsibilities to boyfriend/girlfriend relationships.

6. The time and effort that you set aside each day for the purpose of experiencing and realizing true freedom in your life.
  7. If you happen to enter into an imaginary world or another dimension, it might be a good idea to mockup an imaginary friend who is familiar with that dimension and can act as a guide, even though that entity may (seem) to be imaginary.
  8. Or, you could call on Jesus, or Buddha, or a saint to guide you on a journey that will be unfamiliar to you in the beginning. The experiences that you will have will be for you and you alone.
  9. Once you have read through this manual beginning to end and you have made a decision to open your own spiritual toolbox, and start the journey, or continue the life that you have set in motion, whatever you decide to do, I'll end the Plan Of Action manual with an overused cliché; "at the end of the day" it will come down to the choices that you and I make in life, be it such trivial decisions as what you will have for dinner that night, what programs you're going to watch on TV, or what consciousness changing technique you're going to apply to your life.
  10. When it's all said and done, and you feel confident that you have given this Inner journey, all that you have to offer, and you decide to step back and look at a sense attraction of your choice and not be affected by it, then you are free in the truest sense of the word.
11. My email address will be included on the author's page. If you have any questions, please email me and I will answer your questions ASAP.

## **The Pineal Gland: The Truth**

C24

The Tucker Carlson show – January 11, 2021.

Carlson stated: “Some scientist have revealed that most whites are unable to produce melanin because their pineal glands are often calcified, or non-functioning.”

The pineal gland is a pea-sized gland shaped like a pinecone, located in the middle of the brain. It’s believed to be the seat of soul.

According to numerous medical reports, it’s also believed that fluoride was/is responsible for contributing to the calcification of the pineal gland.

Some foods restrain the pineal; others will help decalcify it. Chlorella, apple cider vinegar, and iodine will all help contribute to a healthy pineal gland.

I’d like to address the (non-functioning) aspect of the pineal gland; information the scientific community is clueless.

The primary reason human beings pineal glands may be non-functioning comes down to their relationship with Matter, Energy, Space and Time, and that relationship has nothing to do with the color of anyone’s skin, fluoride or any food source.

I know that to be true from my own experiences. If anyone is truly interested in activating the spiritual eye, then start by shooting your television. Easier said than done uh. Well, I had help. In 1968, an ET started to communicate with me telepathically. From that moment forth, my TV watching days ended.

Generally speaking, most people, will not be willing to part with their TVs. Television has provided many things to many



people dating back to the time that television entered the consciousness of people around the globe, and they are not going away, anytime soon.

So, choose carefully the programs that you choose to watch.

Soul, also thought of as the Higher Self, operates at an ultra-high frequency, and when anyone (allows) his/her attention to become mesmerized or hypnotized by television, or any/all other electronic devices like computer monitors that give off magnetic fields soul instantly enters what's called a "Reduction Phenomenon."

Computer monitors mostly emit non-ionizing radiation in the form of weak, pulsed electric fields, and create very low frequency and extremely low frequency magnetic fields. ... At about 24 inches from the front of the monitor, the levels are typically below those cited as cause for concern.

As I reiterated in a previous chapter, Soul can be as small as the point of a needle, or as large as the universe.

When soul encounters physical matter, other than its relationship with human beings, it becomes effect. Since we live and have our being in this matter-based construct, giving into the sense attractions, for example, the entertainment world, soul instantaneously reduces its potential atomic magnitude down to the size of a pea or smaller, thus a Reduction Phenomenon."

**Making Sense Of It All: animals, insects & Love**

C25

I have lived most of my adolescent years in Rincon, Ga. At the time, Rincon was a small farming community located 20 miles from Savannah.

In 1954, my family moved to Albany, Ga. We lived in a two-story house “Smack dab” in the middle of a pecan orchid.

Yep, I was a corn bread, collard greens, sweet potato pie eating southern born, Huck-Finn, river fishing boy at heart.

At the end of the workday, I’d go fishing with the young black farm hands, and sometimes we’d wind up in the barn after dinner, and we’d wrestle.

My dad, “Ernie,” was a construction foreman. He didn’t have a racist cell in his body. If you could do the job, you got the job; and the color of a man’s skin didn’t matter. So, I grew up treating people of color with respect, period.

Animals. My take on animals: people wrapped in fur. Dogs for example, give love unconditionally; not so for many human beings. Do animals have souls? Most animal lovers say Absolutely!

How about insects you say? If I may, I’d like to share an experience with the reader that convinced me that insects have souls and or aware critters.

I was married at the time, and one afternoon, following a thunderstorm and a light rain, Laurel, my wife, and I headed for the backyard for a little (vitamin d) sunshine. So, we plopped down in the lawn chairs, and suddenly a wasp appeared seemingly out of nowhere, flew completely around our heads, making a buzzing

sound, then landed in a small clump of wet dirt, right next to where we were sitting.

We watched the wasp (commonly known as a mud dauber) dip its mouth into the pile of wet dirt; made a low humming sound, and then began to form a ball from the wet dirt, that the wasp will use to build a nest usually underneath the eaves of a house.

So, we got up and quietly knelt down next to the busy little creature, and watched it finish making the mud ball. Then in unison we gently uttered a sound that we use in contemplation to open our hearts, and it was then, the wasp stopped making the mud ball, turned its head around, looked directly at us, then flew away.

I realize a skeptic will say, well, you probably disturbed the insect, and that would explain why it looked up at you before flying away.

The following week, I was parked under an oak tree next to a lake in Orlando. It was summer, and I rolled down the front windows and let a breeze flow through.

At the time, I didn't understand why I decided to park the car. I was on my way to my parent's residence for a visit

So, I was sitting there watching the traffic roaring by, when I noticed what looked like a bug seemingly heading right for the car, then it flew through the open window, paused right in front of me, made a buzzing, vibrating sound that swept through my heart, then flew out the window and resumed its initial path.

A coincidence? Not a chance. Words cannot begin to accurately describe the sublime feeling that swept through my heart when the insect flew in the window. What have I learned from those two experiences? God or a divine source works through all life forms to express Its Divine Essence.

Another experience that taught me how to love began one afternoon when I stumbled upon what I initially thought was a baby rat, until I realized the hairless little thing was a baby flying squirrel.

Apparently it had fallen out of a nest high up in an oak tree near our house.

I gently picked up the critter, hastened back inside the house, slipped into the bathroom, grabbed the bottle of iodine from the

medicine cabinet, removed the eyedropper, and flushed the red liquid down the toilet.

I sterilized the eyedropper, heated some milk, went to my room and gently put the eyedropper inside the little guy's hairless mouth and it drained the dropper. I fixed another and it drank a little then stopped. I figured it had had enough.

Luckily for me, my parents had gone shopping and they took my sisters and brother with them. If my mom had caught me flushing the iodine, that would not have gone well for me.

About four weeks later, hair began to cover the squirrel's body and its eyes had opened. And, it wasn't long before it began to eat pecans and no longer seemed interested in milk.

I named my pet Chico. And, it wasn't long before he would follow me around the house. At night, after I went to bed, he would snuggle up to the right side of my neck.

So, one night I decided to open a window, and unhook one of the window screens, and propped it open several inches. I had a hunch that Chico missed being with his family, and if he wanted to leave, I wasn't going to prevent him from doing so.

I got back in bed and as soon as I settled under the covers, Chico leaped off the bed, hopped on the windowsill and disappeared into the night. How did the squirrel know my intent, and actually understood that it could leave via the open window and screen?

I didn't know if he would return, and I would surely miss him, but I realized it wouldn't be right to keep him, if he wanted to be with his family.

I tossed and turned all through the night until at some point I drifted off into a light sleep. I was awakened long about sunrise by a thump sound.

I looked over and was surprised but overjoyed to see Chico as he leaped off the windowsill, climbed up the bed and snuggled up to my neck, and folded his flat little tail over his face and went to sleep.

He had been out there all night with his family, until about sunrise before returning to me.

Each morning after I got up and dressed for school, I would put him in my shirt pocket and off to school I would go.

Flying squirrels are nocturnal, so he was comfortable sleeping in my shirt pocket. A strong bond was formed. I really loved that adorable little squirrel, and I knew that he loved me.

Well, one morning I forgot to put Chico in my pocket, and when I returned from school that afternoon, I went to my room, but no Chico. He loved to roam around the house, and if he found a drawer open, he would climb in and take a nap during the day.

I knew that something wasn't right. I found him in the bathroom medicine cabinet. Apparently, he had tipped over the bottle of iodine but the eyedropper wasn't secure and he took a sip, and it killed him.

I was devastated. I felt a pain like I had never felt before. I cried and I cried and I cried. That little fellow brought so much joy and fun, not only to me, but my family as well. And, he had opened my heart to love.

I apologize for getting off point, but I didn't want to end this important manual without including the most cohesive force that holds the universe together . . . Love.

God or a Higher Power or a Divine Source works through nature to show us humans, what will be required when we return to the higher worlds/dimensions and continue our spiritual journeys.

Salmon during their relentless (gauntlet run? to the "spawning waters" encounter all kinds of dangers along the way; bears, birds of prey, fisherman, for example, during their relentless, determination to swim upstream, and overcome waterfalls where bears line up to pluck them out of the air as they sail by.

So for us humans, every inch of the way will be met with resistance in some form; therefore, it will be necessary for any/all interested in rising into a higher world/dimension beyond the perceptive, albeit limited range of human consciousness, to detach mentally, and emotionally from anything and everything that binds us to this material world. Not giving up things, but detaching.

I'm not talking about our families, our relatives, our friends, or our furry friends.

Some so-called pundits might perceive the techniques and the content described in this manual as utter nonsense, or perhaps a radical psychological transformation of a human psyche.

The latter is certainly true; however, nobody said the never-ending spiritual journey that each and every soul currently living on this planet, embarked on perhaps since time began, would not be fraught with all sorts of pitfalls, illusions and well The Unknown.

The success of the techniques utilized and practiced in this manual will come down to the practitioner's ability to reconstructs his/her relationship with the four basic universal physics main stays; Matter, Energy, Space and Time.

Therefore, the modification of that (basic four) when applied correctly may free the physical body, the emotional, and the mental components, and soul from a plethora of traps, that (we) as human beings must confront and conquer, and to do that one must be willing to conquer the little self.

I emphasize the word (may) in the previous paragraph, because there are numerous factors that will play into the (sustained) ability to conquer the little self, and its body senses.

Like I stated in The Time Wizards, Chapter 5 paragraph 1, "A long, long time ago, the Time Wizards snared soul, and reduced its higher perceptions to the body senses and that's never changed."

This world is not a paradise. It was created simply as a training ground for soul. Human bodies come and go from lifetime to lifetime, and the roads to that long, seemingly endless journey to eternity are littered with the bones of the souls who tried to make that journey by their own will, efforts, and volition.

What does that signify? Soul enters a physical body at birth, and from that day forth, that "Divine Spark," That Unit of Divine Awareness, if given the opportunity to express itself via a human body, that (IT) occupies, will express itself only to the degree that its human counterpart will allow it to do so.

Soul can be as small as the point of a pen, or as large as the universe; it comes down to the awareness of a human being's willingness to get out of the way, and let the Light of God, (if you will) shine soul's Light onto this spiritually starved planet.

According to:

<http://www.4chemistry.co.uk/L5th-atom-notes1.htm>

about five million-hydrogen atoms could fit on the head of a pin. Some factors would affect that number like the area of the head and the size of atoms (as well as attractions between atoms). Some atoms are larger than others.

So, if soul can be as small as a pinhead and as large as the universe, then we're talking atoms. So, does soul have structure? Well, if soul can occupy a human body, and bestow it with life's true essence then perhaps it does.

I'm not keen on utilizing theories to try and prove a point, so, I'll end this chapter by using one of (which there were several) personal experiences that proved to me that soul does occupy human bodies, and that there are circumstances and/or certain conditions whereby it becomes necessary to actually coach soul out of a physical body.

To prove my point, I purposely watched programs and events on TV like sport events for a full week. And then I stopped watching TV and I returned to my consciousness-raising techniques.

I got comfortable on the bed, pillow supporting my back and I shifted my attention out there in space and I just sat there quietly.

And, after about ten to fifteen, I felt movement starting at the ankles, and moving upwards, and when the movement, call it spirit or soul reached the frontal lobe, all movement ceased, and the movement returned to where it had started at the ankles.

The movement that started at the ankles could have been the astral body, because the astral body is the human bodies counterpart.

The following night, I resumed the technique, but that night, no ankle movement; however I felt a distinct vibration gathering at the frontal lobe, and then the vibration stopped.

Well, I continued the technique night after night, and then on the fifth night, I felt the vibration as it passed through the frontal lobe and I flew out of my physical body and shot out into the star-filled universe, then I paused and returned to my physical body on the bed.

So, it required a series of nightly contemplations before I felt a very subtle vibration that I believe was soul. And, it became necessary to coach soul out of the physical body.

I believe by watching television for just one week, doing that had affected souls (upward movement) and when soul reached the frontal lobe it paused because of the magnetic wave emitting from the monitor when watching the TV programs for one week.

I waited another full week and then I decided to do another experiment. I got comfortable on the bed, and I started another contemplation. I placed my attention (out there) in the vastness of space, and within seconds, I felt the vibration of soul, move through the frontal lobe and out of my body.

I proved my point.



## **The Last Chapter**

**C26**

When I decided to write this (how-to) manual, at that particular time, I had invested/dedicated about three decades of my life into the idea of crashing time tracks, an idea that soon expanded to crashing individual time tracks.

And, I had been successful at practicing the revolutionary techniques, described in this manual. And, as with any objective or endeavor that one chooses to pursue, an unwavering attention to what it is that one attempts to do is essential to said success, as well as, an attitude of staying the course no matter what.

What I had not perceived however, at the time I had started to immerse myself totally into writing the manual; and stopped practicing the consciousness-raising techniques, and when I finally realized the experiences had ceased, it was too late.

There is a distinct difference in the mysterious workings of the creative process when writing a book, or painting a picture, but practicing the techniques in this manual engages the inner/spiritual energies.

I learned (the hard way) a valuable lesson from not paying attention to what was going on while writing the manual.

The good news is it's just a matter of getting back into the techniques. I miss the joyous, sublime experiences that are there, right at one's fingertips, so to speak.

So, it is possible to visit the subtle worlds/dimension while still occupying a physical body and living on earth.

It's all a matter of redoing one's relationship with the MEST worlds, known as Matter, Energy, Space and Time. Of course there are other ways/paths, to the inner/spiritual/ heavenly dimensions, and that's' all well and good.

As spiritual beings, from my point of view, when it comes to the inner/spiritual worlds, we have the freedom to explore those heavenly worlds, unlike the current chaotic conditions that currently exist on this planet.

Well, that's it folks. I hope that you enjoyed reading the manual, and if you just happened to learn something that you can carry with you, as you continue your journey on this planet.

## Authors Page



Georgia Native, Long-time  
Floridian, Navy Veteran, Patriot,  
Graphic Artist, ET Contactee.  
And interested in understanding  
one of the deepest secrets of  
nature, the true meaning of time.

I think crashing time tracks is without a doubt one of the most fascinating, unexplored physics/spiritual phenomenon unknown to human kind.

In closing, I have included my email address. If anyone would like to contact me please do so. I'll answer your questions, if I can.

[Jogl99z9@gmail.com](mailto:Jogl99z9@gmail.com)

Yours For Understanding

JE Oglesby



**JE Oglesby**

Georgia Native, Long time Floridian,  
Navy Veteran, Writer, Graphic Artist,  
ExtraTerrestrial Messenger

I will assume the role of a narrator and  
practioner throughout this manual for  
those who may choose to pursue a  
journey like no other: beyond the limited  
confines of the three-dimensional  
construct that is accepted as reality.

*Besides the introduction into the concept of*

**Crashing Time Tracks**

*this manual holds vital insights into and about*

**Physical / spiritual survival**

**The Way It was / Social Media / Games**

**The Time Wizards**

**Exteriorize or Higher Consciousness**

**Consciousness practitioners**

**Vibrational Frequencies**

**Recordings / Repetition compulsion**

**Holding a Vibrational Frequency**

**The Finished Kingdom**

**Human Motion / Movement**

**Inertial Mass**

**The Power of Attention**

**Redoing Relationships with**

**Matter, Energy, Space and Time**

**Realities Become as Stone Statues**

**Soul**

**Frontal Lobe**

**The Global Controllers**

**The Truth About The Pineal Gland**

**Making Sense Of It All**

**Crashing Time Tracks**