

Beyond the Veil

A Research-Integrated Journey Into Consciousness, Contact, and Multidimensional Awareness

Author's Note

Dear Reader,

Before we begin, I want to offer something important.

This book is not asking you to abandon reason, skepticism, emotional grounding, or critical thinking. In fact, I believe the deepest spiritual exploration requires all of those qualities.

What follows is an exploration of consciousness through the lenses of contemplative practice, experiencer testimony, consciousness research, mystical traditions, meditation protocols, symbolic interpretation, and nonlocal awareness studies.

Some readers may interpret the experiences described in these pages psychologically. Others may interpret them spiritually. Still others may view them as evidence of multidimensional consciousness, nonhuman intelligence, or aspects of reality not yet fully understood.

You do not need to force certainty.

You only need curiosity.

Throughout this book, references are drawn from the work of researchers including Reinerio Hernandez, Rudy Schild, Jon Klimo, and Steven Greer, whose investigations into consciousness and contact phenomena helped shape many modern discussions surrounding telepathy, meditation-based contact experiences, altered states, and nonlocal awareness.

The practices in this book are intended to support:

- Deep meditation
- Emotional grounding
- Consciousness exploration
- Reflective channeling
- Dreamwork
- Symbolic interpretation
- Compassion-centered spiritual practice
- Nonlocal awareness exercises
- Expanded states of perception

Please move slowly.

Drink water. Rest often. Stay emotionally grounded. Spend time in nature. Remain connected to people who genuinely care about your wellbeing.

Spiritual exploration should deepen your humanity, not disconnect you from it.

And perhaps most importantly:

You are not required to believe everything you experience.

Sometimes the mystery itself is the teacher.

Introduction

Consciousness as the Hidden Frontier

My friend, if you are holding this book in your hands, there is a good chance you have already felt it.

That quiet pull.

The feeling that reality may be far larger, stranger, and more interconnected than we were taught.

Perhaps it arrived through meditation. Perhaps through dreams. Perhaps during grief, synchronicity, stillness, or a moment beneath the stars when something inside you whispered:

There is more.

For thousands of years, human beings have described experiences that appear to transcend ordinary waking consciousness. Mystics entered visionary states through prayer and contemplation. Shamans journeyed through trance. Monastics described encounters with luminous beings. Dreamers received symbolic guidance. Meditators reported states of unity, timelessness, and expanded awareness.

Modern consciousness researchers are increasingly examining these experiences through interdisciplinary frameworks that include psychology, neuroscience, spirituality, quantum theory, anomalous cognition research, and studies of nonlocal consciousness.

In *Beyond UFOs: The Science of Consciousness & Contact with Non Human Intelligence*, researchers Reinerio Hernandez, Rudy Schild, and Jon Klimo analyzed thousands of experienter reports and found recurring patterns involving telepathy, altered states, mystical experiences,

intuitive knowing, synchronicities, and transformations in worldview following contact phenomena (Hernandez, Schild, and Klimo 28–34).

One of the most striking findings within modern experiencer research is that many individuals describe contact not primarily as a physical event, but as a consciousness-centered experience. Communication is frequently reported as telepathic, symbolic, emotional, intuitive, or multidimensional rather than verbal (Hernandez, Schild, and Klimo 52–55).

Steven Greer similarly proposed that consciousness itself may function as a bridge between human awareness and nonlocal intelligence. Within his CE-5 protocols, meditation, coherent emotional states, focused intention, and group consciousness are treated as central mechanisms for contact experiences (Greer 114–119).

Whether these experiences emerge from spiritual realities, subconscious symbolism, nonlocal cognition, archetypal psychology, or dimensions of consciousness not yet fully understood remains deeply debated.

But one truth appears repeatedly across traditions:

Human consciousness may be far more expansive than conventional materialist models suggest.

This book does not ask you to accept any absolute conclusion.

Instead, it invites you into direct exploration.

Together, we will examine:

- Meditation-induced altered states
- Channeling and intuitive reception
- Nonlocal consciousness theories
- Dreamwork and symbolic cognition
- Telepathic perception practices
- Energy awareness traditions
- Out-of-body exploration
- Contact meditation protocols
- Consciousness coherence exercises
- Mystical traditions across cultures
- Emotional grounding and discernment

But we will approach all of it carefully.

Because discernment matters.

Fear-based thinking can distort perception. Obsessive spiritual seeking can become destabilizing. And not every unusual experience should be interpreted literally.

Throughout this journey, grounding will remain essential.

Healthy spirituality should increase:

- Compassion
- Clarity
- Emotional balance
- Creativity
- Presence
- Humility
- Connection

If an experience moves you toward fear, superiority, paranoia, or emotional instability, pause. Rest. Reconnect with ordinary life. Seek balance.

The universe does not require you to lose yourself in order to explore its mysteries.

And perhaps the greatest discovery awaiting humanity is not merely the possibility of intelligence beyond Earth,

but the realization that consciousness itself may be woven into the fabric of reality.

Part I — The Architecture of Consciousness

Chapter 1

Nonlocal Consciousness and the Hidden Mind

One of the most revolutionary ideas emerging from consciousness research is the possibility that awareness may not be entirely confined to the physical brain.

This idea is often described as nonlocal consciousness.

In simple terms, nonlocal consciousness suggests that awareness may extend beyond ordinary physical limitations of space and time.

Although controversial, this concept appears repeatedly within:

- Mystical traditions
- Near-death experiences
- Remote viewing studies
- Telepathy research

- Meditation practices
- Contact experiencer reports
- Out-of-body experiences
- Psi research

Hernandez and his collaborators noted that many experiencers reported profound intuitive knowing, telepathic impressions, spontaneous information downloads, and perceptions that appeared to transcend conventional sensory mechanisms (Hernandez, Schild, and Klimo 88–93).

Similarly, researchers exploring remote viewing and anomalous cognition have long investigated whether consciousness can access information nonlocally under altered states of focused awareness.

Consciousness Beyond the Brain?

Materialist neuroscience generally interprets consciousness as a product of brain activity.

Yet many philosophical and spiritual traditions reverse the equation.

They propose that consciousness may be fundamental — and that the brain functions more like a receiver, filter, or interface.

Hernandez discusses models suggesting that physical reality itself may operate within a larger consciousness-based framework, sometimes compared to a spiritual-virtual reality system (Hernandez, *The Mind of GOD* 41–47).

This does not prove supernatural claims.

But it opens philosophical possibilities that challenge conventional assumptions about perception and reality.

Coherence and Resonance

Advanced meditation traditions often emphasize coherence.

Coherence refers to a state in which:

- Thoughts become calm
- Emotions stabilize
- Breathing deepens
- Attention becomes unified
- Internal conflict quiets

Many practitioners describe coherent states as producing heightened intuition and expanded awareness.

Greer's CE-5 meditation protocols emphasize group coherence, emotional calm, compassion, and focused intentionality as foundational states for consciousness-based contact practices (Greer 117–120).

The emotional state matters.

Fear constricts awareness. Calmness expands it.

Practice: Coherent Awareness Meditation

Sit comfortably.

Relax your jaw. Relax your shoulders. Slow your breathing.

Imagine your awareness expanding gently beyond your physical body.

Do not strain. Do not force visualization.

Simply allow yourself to feel spacious.

Bring your attention to the center of your chest.

Imagine breathing through the heart.

With each breath, cultivate:

- Calm
- Compassion
- Curiosity
- Humility

Now silently repeat:

“I remain grounded, clear, emotionally balanced, and open to wisdom aligned with compassion.”

Rest in silence for several minutes.

Notice:

- Emotional shifts
- Physical sensations
- Symbolic imagery
- Intuitive impressions
- Silence itself

Do not chase phenomena.

Presence matters more than spectacle.

Chapter 2

The Telepathic Field

One of the most consistently reported aspects of consciousness-centered contact experiences is telepathic communication.

Experiencers frequently describe receiving information as:

- Instant knowing
- Emotional downloads
- Symbolic imagery
- Conceptual understanding
- Inner dialogue
- Multisensory impressions

In the FREE Experiencer Research Study, many participants reported that communication during contact experiences felt fundamentally telepathic rather than auditory (Hernandez, Schild, and Klimo 52–55).

This raises an extraordinary possibility:

What if consciousness itself functions relationally?

What if minds are not completely isolated?

Mystical traditions have hinted at this for centuries.

Buddhist teachings describe interconnected awareness. Indigenous traditions often describe communication with nature, spirit, or consciousness fields. Esoteric schools speak of thoughtforms, collective mind, and subtle energetic connection.

Modern theories of nonlocal consciousness attempt to reinterpret these ideas through contemporary frameworks.

Intuition as Signal Reception

Some researchers propose that intuition may function similarly to a form of subtle signal reception.

This does not necessarily imply paranormal certainty.

The subconscious mind continuously processes enormous amounts of information outside conscious awareness.

However, many experiencers report intuitive impressions arriving with unusual clarity, emotional neutrality, and symbolic precision.

The challenge becomes learning discernment.

Fear is loud. Intuition is quiet.

The Emotional Signature of Authentic Intuition

Many experienced meditators report that authentic intuitive impressions often feel:

- Calm
- Spacious
- Non-demanding
- Symbolic
- Emotionally balanced
- Unexpectedly compassionate

Fear-driven thoughts often feel:

- Urgent
- Catastrophic
- Obsessive
- Emotionally overwhelming
- Ego-centered

Discernment is spiritual maturity.

Practice: Quiet Mind Transmission Exercise

Sit in meditation for ten minutes.

Do not attempt contact.

Instead, focus only on becoming internally quiet.

When thoughts arise, let them pass.

Then ask gently:

“What does my deeper consciousness most need me to understand today?”

Observe without force.

Write down any impressions afterward.

Treat all responses symbolically rather than literally.

Meaning matters more than certainty.

Chapter 3

CE-5 Protocols and Consciousness-Based Contact

Steven Greer's CE-5 protocols represent one of the most widely known systems of meditation-based contact practice.

CE-5 stands for "Close Encounters of the Fifth Kind," a term Greer uses to describe intentional, consciousness-centered attempts to initiate peaceful contact experiences through meditation, coherent emotional states, and focused awareness.

Greer argues that consciousness itself may function as a universal connective medium capable of transcending ordinary limitations of space and time (Greer 103–109).

Within this framework, meditation is not merely relaxation.

It becomes a method of resonance.

The Core Principles of CE-5 Practice

Although variations exist, most CE-5 practices emphasize:

- Deep meditation
- Emotional coherence
- Peaceful intention
- Group synchronization
- Visualization
- Non-fearful awareness
- Compassion-centered focus
- Observation without expectation

Importantly, practitioners are encouraged to avoid fear, sensationalism, and obsession.

The emotional tone matters deeply.

Fear narrows consciousness. Compassion stabilizes it.

Consciousness Mapping Visualization

One CE-5-inspired technique involves mentally visualizing your location from progressively larger perspectives.

You may begin by imagining:

- Your body
- Your room
- Your home
- Your city
- Your country
- Earth from orbit
- The solar system
- The galaxy

The purpose is not fantasy.

The purpose is expansion of awareness.

Practitioners report that this process creates feelings of interconnectedness, perspective, and spatial openness.

Practice: Consciousness Expansion Meditation

Sit comfortably outdoors if possible.

Relax deeply.

Slow your breathing.

Imagine your awareness expanding outward gently.

Visualize Earth suspended peacefully in space.

Feel gratitude for life.

Now imagine consciousness itself as interconnected.

Silently repeat:

“I approach the unknown with peace, humility, discernment, and compassion.”

Remain present.

Observe without attachment.

Do not force interpretation.

Afterward, journal:

- Emotional shifts
- Symbolic imagery
- Bodily sensations
- Thoughts or intuitions
- Feelings of connection

Remember:

The goal is awareness. Not proof.

Chapter 4

Multidimensional Symbolism and Archetypal Contact

One of the most overlooked aspects of contact experiences is symbolism.

Experiences often unfold through:

- Archetypal imagery
- Sacred geometry
- Light phenomena
- Mythic beings
- Emotional downloads
- Dreamlike narratives
- Cosmic landscapes
- Transformative encounters

Psychologically, these experiences may reflect deep structures within the subconscious mind.

Spiritually, they may represent encounters with dimensions of consciousness expressed symbolically.

The two possibilities are not mutually exclusive.

The Language of the Subconscious

The subconscious communicates primarily through symbols.

Dreams rarely speak literally.

Meditative imagery often behaves similarly.

A star being may symbolize:

- Higher awareness
- Wisdom
- The unknown
- Spiritual aspiration
- Transformation
- Expanded consciousness

The meaning matters more than rigid interpretation.

Sacred Geometry and Consciousness

Many meditators report perceiving geometric patterns during altered states.

Examples include:

- Spirals
- Grids
- Fractals
- Spheres
- Mandalas
- Light structures

Across spiritual traditions, geometry often symbolizes:

- Order
- Unity
- Creation
- Interconnection
- Cosmic intelligence

Whether neurological, symbolic, or metaphysical, these experiences often leave individuals with profound feelings of awe.

Awe itself can be transformative.

Final Chapter

Becoming a Consciousness Explorer

My friend, if there is one thing I hope you carry with you after reading this book, it is this:

You do not need to fear mystery.

The unknown has always existed.

Human beings have always stood beneath the stars asking impossible questions.

Who are we? Why are we here? What is consciousness? Are we alone?

Perhaps the answers are far more complex than humanity currently understands.

Or perhaps the journey itself is the answer.

What matters most is not collecting beliefs.

What matters is cultivating awareness.

Remain curious. Remain compassionate. Remain grounded. Remain emotionally honest.

Meditate. Dream. Create. Observe. Question. Reflect.

And remember:

The most important contact experience you will ever have may ultimately be the deepening relationship with your own consciousness.

Works Cited

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