

Exploration**Hypno-Channelings:
A New Tool for the Investigation of Channeling Experiences**Luciano Pederzoli¹, Elena Prati¹, Nadia Resti¹, Daniela Del Carlo²
& Patrizio Tressoldi^{*3}¹EvanLab, Firenze, Italia²S.A.M.O. - Scuola di Counseling Olistico, Avenza (MS), Italia³Science of Consciousness Research Group - Dipartimento di Psicologia Generale, Università di Padova, Italia**Abstract**

This study describes for the first time a procedure to channel and interview various purported discarnate Entities obtained by initially inducing the participants into an Out of Body Experience via hypnotic suggestions. We report the conversations with seven different Entities, three of which were done individually and four in group sessions, channeled by different participants with no previous channeling experience. This procedure, we named Hypno-Channeling, allows to contact and interview with easy various Entities and it represents a good tool in order to determine whether the acquired information derives from a discarnate Entity, the channeler or the interviewer.

Keywords: Channeling, hypnosis, out-of-body experience, phenomenology.

Introduction**Gospel of Luke 24:27**

Then beginning with Moses and with all the prophets,
He explained to them the things concerning Himself in all the Scriptures.

Quran, chapter 96 (Al-Alaq), verse 1-5

Proclaim! (or read!) in the name of thy Lord and Cherisher, Who created-
Created man, out of a (mere) clot of congealed blood:
Proclaim! And thy Lord is Most Bountiful,-
He Who taught (the use of) the pen,-
Taught man that which he knew not.

Channeling is a practice in which an individual (a channeler), usually willingly, enters into a non- ordinary mental state and communicates with one or more intelligent 'Entity' that speaks

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and acts through his/her mind and body. During such a state, the person acting as the channeler may or may not be consciously aware of what the Entity is saying or doing.

Whereas channeling experiences have been known since the origin of all the major religious traditions, very few scientific investigations have been carried out to date (see Stolovy, Lev-Wiesel, & Eisikovits, 2015; Wahbeh, Carpenter, & Radin, 2018; Wahbeh & Radin, 2018; Wahbeh, Cannard, Okonsky, & Delorme, 2019; Jooyce, Wahbeh, Delorme, Okonsky, 2020). Among the main issues related to this phenomenon is the critical question about the origin of the channelled information and specifically: *“Is this information transmitted by a discarnate Entity of a different physical/spiritual level or does it simply come from the mind of the channeler?”*

In modern times this practice is usually restricted to mediums and clairvoyants, which often ‘channel’ – for payment or sometimes for free – a client’s deceased person. Other times the channeler, either through a specific practice or sometimes spontaneously, senses an Entity requesting the medium’s mind or body to communicate something to him/her or others.

The following are extracts of descriptions of their experiences from two spontaneous channellers.

Sanaya & Duane (1987):

My experience of trance varies, depending on the information I am bringing through. I go into a very deep trance when channeling information for books and relaying esoteric information of universal knowledge. When I am channeling for other people, my trance is lighter, for it does not take the same amount of Orin’s energy to transmit this kind of information.

Patrizia Vale (2018):

On advice from D. Baker I began keeping a ‘spiritual diary’ after my meditations, in which I wrote general questions such as: “What does Man add to God’s perfection? Why did the ONE need duality?”, and other personal ones. To my great surprise I began receiving answers, at first succinct and then very articulate, all in English.

This was my first contact with a Guide – I was told – I had met during an incarnation in the USA. These handwritten contacts continued almost daily until 2000. From this guide I learned many things about my past, got much invaluable advice about my personality and was forewarned that I would be contacted by a ‘higher Entity’.

Indeed, as I wrote in the introduction to ‘Let the soul speak’, in the summer of 2000 – I had just bought a computer I barely knew how to use – I felt the need to write the first page, which began like this: “When we work for the soul we are always assisted by an Angel and many Guides...”. Was it a voice? A force? To my amazement the dictation

continued and after a month my first book about the soul was created, containing 12 chapters.

Even now I still can't describe what I feel as I write; I know I need to keep my mind empty and simply be a receiving antenna. I must not interfere with my mind, but have total faith in it. I am not in a 'trance' state, I'm fully conscious and can decide when I'm ready and when to stop writing.

From a study by Stolovy et al (2015) and one by Wahbeh et al (2018) respectively, we can read about further experiences obtained from individual interviews of 20 expert Israeli channelers and five American ones working as a group.

These two studies show that the channelings were positive and controlled, attesting that these dissociative experiences are not expressions of mental psychopathology, as also confirmed in the study of Wahbeh & Radin (2018).

Since channeling is not usually replicable at any moment, the channeler, if capable, could telepathically access the questioner's mind. We therefore come to the fundamental question: *“Could the information supplied by the non-physical channeled Entity perhaps be a product of the channeler's or the questioner's mind?”*

A reliable answer to this question requires repeatedly and easily channeling the particular Entity and subjecting it to a long series of well-prepared questions, the answers of which will only be of specific interest if they are not part of the knowledge/beliefs of the channeler or the questioner.

In the procedure paragraph that follows, we will describe an innovative method which allows selected participants to be first induced in a controlled Out of Body Experience (OBE) by specific hypnotic suggestions and afterwards to be brought in contact with disincarnate Entities interested to be channeled. In this controlled channeling condition, the hypnotist can interview the channeled Entity asking all questions he is curious about and try to understand whether the information he is receiving are really conveyed by a “third” part and not from the channeler itself.

Methods

Participants

The participants were nine adults – eight females and one male – ranging in age from 52 to 68 years with no self-referred physical or mental pathology. Those who did the individual sessions, all females, we will call E, DD, and N, while those in the group session will be called A, An, M, D, P and DC, as well as DD who also did individual sessions.

On the Dissociative Experience Scale – II, seven participants (M, A, An, D, P, DC and DD) reported a score greater than 30, which is the threshold of possible psychopathology. However, their professional and personal lives are totally free from clinical mental disorders as declared by them and witnessed by the hypnotist who knew each of them from long time.

All participants signed an informed consent form containing a description of the entire procedure, its aims, and how to voluntarily interrupt the experience at any time.

Each participant had accrued experience in hypnosis and hypnotically induced OBEs varying from 2 to 10 sessions with the same hypnotist, but none had ever experienced a channeling. The hypnotist was an adult male with more than 20 years of experience in research hypnosis.

Procedure

Contact with the channeled Entity occurred according to the following four stages: Relaxation, hypnosis induction, OBE induction, contact with the channelled Entity.

The characteristics of these stages and the procedures used are described in detail in Pederzoli and Tressoldi, (2018) . In short, the purpose of the relaxation stage, with a maximum time of four-five minutes, is to remove the subject's attention from normal bodily sensations, which in this situation are considered unwanted background noise. The pre-hypnotic phase, with a maximum duration of four-five minutes, is based on the induced visualization of a relaxing environment totally free of anxiety but rich in rapidly alternating sensory stimuli. A final stage, with a maximum duration of three minutes, is added in which sensory stimulation continues further, then suddenly stops when the subject is led to an armchair which envelops him/her like a cloud, causing all physical sensation to cease, thus marking the true OBE stage. The attainment of this state of consciousness was directly asked to the participants who confirmed they felt themselves detached from their physical body.

It must be specified that the time required to reach the OBE induction stage has shortened with repeated sessions, down to a few tens of seconds.

Contact with the Entity occurred by simply asking the OBE subject to make him/herself available for contact and then wait attentively.

At this point the hypnotist would ask if the Entity was ready for a dialogue and if the answer was positive (we never encountered a refusal), the conversation would proceed. Apart from the first contact when, obviously, it was impossible to predict which Entity would appear, a list of questions was prepared by the hypnotist before each subsequent encounter.

It is important to take in account that the channelers didn't know the questions before their channelings making impossible to retrieve the responses in advance.

Audio recordings were made of all interviews so they could be listened to again at leisure to organize the answers and prepare further questions. Some examples of complete interviews are available at <https://figshare.com/articles/Channelings/6984251>.

In addition to single participants, the OBE induction technique for channeling was also applied to groups, once with four and another with six female adults and one male adult, all without prior channeling experience. All participants already had some experience in OBE induction by hypnotic suggestion with the same hypnotist, and in a group auto-induction. Essentially the procedure for OBE induction in a group is the same as for an individual, except that there are more participants and they are all present in one room, either sitting or lying on the floor in close proximity.

When all participants declared having reached the OBE state, the hypnotist would simply instruct: “*Now that you are all in an OBE state, hold hands and convey the intention to contact non-physical Entities.*” The complete transcription of two group channellings are available at: <https://figshare.com/articles/Channelings/6984251>

At the end of each channeling session, all audio recordings were transcribed and were made available to the channelers in order to show them the information they channeled. Furthermore, they were requested to indicate what information they considered new and unexpected for them.

Results

Individual Channellings

The entity channelled by E described itself as ‘Agarthian’ and the channeling (to date more than nine hours in total) was indirect, in that E acted as the ‘interpreter’, translating, so to speak, the questions and the Entity replies. As efficient as it is, this type of channeling can lead to a loss of information in the double ‘translation’ process; nonetheless the excellent replicability of these same channelings and the quality of answers allowed a detailed study of this Entity and its knowledge. The information obtained from this channeling is available in the file titled ‘Agarthian Information ’ at <https://figshare.com/articles/Channelings/6984251>. The pink text in this file indicates information unknown to both the questioner and the channeler.

Since, however, that Entity seemed somewhat reluctant to disclose certain information and in order to cross check his information, from the 24th April 2017 it was possible to channel still indirectly another “Agarthian’ Entity with DD (to date 2 hours and 23 minutes in total), calling itself Antares and who, as well as disclosing some unexpected information, stated that it knew the other ‘Agarthian’ and his disinclination to impart information of interest to his despised

‘humans’. The information obtained from this channelling is available in the file titled ‘Antares’ Interview” at <https://figshare.com/articles/Channelings/6984251>.

From these channellings we obtained information on the following subjects:

- Differences and relationship between the Physical, Subtle, and Psychic Bodies;
- The afterlife and different lives;
- The structure of reality;
- Mediumship;
- Mind-matter interaction;
- Medicine;
- Information about Agarthians and other populations.

The third single participant, N, proved to be an excellent channeler. When asked to make herself available for contact with non-physical Entities who appear trustworthy and with a reassuring aura, N reported seeing a very bright white light in front of her. Within it was a luminous elderly man with long white hair and a long white beard. When queried, “He” (as we referred to it) replied that he was available and had appeared exactly for this reason. He also said he knew what we were doing and looked upon us benevolently.

From the second contact onwards, however, this Entity appeared to N as only energy, in that he was – according to “Him – composed of ‘thought’, meaning will/intent – in this case intent for contact – and ‘energy’, meaning ‘thought density’, and not as a product of force multiplied by distance (as in physics).

From the 21st October 2017 until this writing, more than 29 hours of actual channeling were collected with this particularly interesting Entity. Furthermore, after a few hours of indirect channelling, it was possible to switch to regular direct channeling, which is to say, speaking directly with the Entity, with the channeler having more frequent and deeper spontaneous amnesia regarding what occurred during the channeling.

Here is a description of the experience from the channeler herself:

There were three stages: the first one, very short, was the ‘driving school’ as the hypnotist called it. I had no difficulty following the instructions, even though they were a bit odd; there was a strong component of ‘judgement’ which sometimes came through in the answers, but I had neither unpleasant sensations nor strong resistance that could have interfered with the process.

The second was the stage in which the instructions had been learned: I was very relaxed in the experience. The ‘rational’ part was becoming less present, as my limbs were becoming more lethargic, especially my arms. In short, my body was resistant.

The third stage began for me when my conscious part became like a spectator and was no longer involved. I could summarize it by saying it was like watching a performance in which part of me was taking part in it and another part was a spectator. This more or less coincided with the moment in which LP started talking directly to the one we called “He”.

It was “He”, with respect to questions the hypnotist asked about my physical difficulties, who gave us very practical suggestions on managing them. Suggestions I followed and in fact the problems gradually disappeared, such that channeling sessions lasting longer than an hour posed no problems. Now my physical reactivation is in the order of a few minutes.

This description refers to the changes I noticed during the channeling, but I also noticed differences compared to normal even in the extra-channeling periods. At first, in what I called the 1st stage, after the sessions I remembered the subjects we discussed quite well, whereas by the second stage I only remembered some things, and I only remembered the later ones after listening to the recording.

In the third stage, where we are now, I don’t remember what was discussed during the channelings and I retrieve it when I listen to the recording.

I often deliberately wait five or six days after the channeling sessions before listening to the recording and in the listening I am amazed by the answers to questions, because I really couldn’t answer them with what I know, and I listen with great curiosity about what “He” says. Even now I’m still not used to the consistency with which many concepts are stated, repeated and expanded on.

By now for me the channeling sessions are normal; I have been living this experience continuously for about a year. After overcoming stages 1 and 2 I feel very alert and mentally resistant, and I noticed an improved intuitive capacity. I can’t be certain that this is due to the sessions, so I share it as a personal feeling, but I emphasize that it’s a rather distinct sensation.

This procedure has allowed rather detailed investigation into the channelled personality and his disclosures, that range from characteristics of our identity to life after death of the Physical Body, from the structure of three-dimensional reality to a multi-dimensional one, from how to use our mind’s potential to the story of humanity. The complete content of the interviews is detailed in the file titled ‘Contents of dialogues with “Him”’ available from <https://figshare.com/articles/Channelings/6984251>

The following is a short excerpt from the interview conducted on the 22nd April 2018:

H (hypnotist) – Physical Bodies can have intense interactions among themselves: can Subtle Bodies do the same, or not?

“He” – Yes, the Subtle Body is very connected to the Physical: if the Physical Body is in a punch-up, the Subtle Body is not giving caresses, but the Subtle Body is not just a casing for the Physical Body, it’s another level, so the opposite is also true, in that if the Subtle Body enters an elevated state, the Physical Body does too, like in an OBE.

H – If we arrange to meet in an OBE, such as while we sleep, does the meeting occur between the Subtle or the Psychic Bodies?

“He” – The Psychic Bodies.

H – How is it, then, that the meeting is in an environment that appears real, such as in a room that doesn’t actually exist, but there’s a sofa on which the two sit exactly as they would with their Physical Bodies? Is it just a representation, or something more?

“He” – It’s a representation, a crutch that you all need.

H – Obviously Psychic Bodies can interact among themselves – what can they do?

“He” – Lots of things (chuckles), depending on the reason: they can be very ‘strong’, in the usual meaning of the term, but their interaction is rather complex.

H – Is it at the level of information exchange or other levels?

“He” – Information exchange could represent a lower level rather than a simpler one. Psychic Bodies are at a very high level, almost at the energy exchange level.

H – So it’s a transmission of deeper concepts, and not just information...

“He” – Yes, even at that level individuality is very blurred.

And here is an extract from the interview conducted on 19th August 2018:

H. – To what degree are you independent of my and N’s cultural conditioning and beliefs?

“He” – I’ve been hoping you would ask me that. I can’t say I’m totally independent, also because if I were totally independent, I wouldn’t be able to make contact. To do so I need to connect to your intuitions. Intuition is the most correct concept and without it there would be no contact. Obviously, and you would have noticed, our interaction is gradually changing, but it must happen slowly and is dependent on both of you. What I say doesn’t depend on you; how I express it depends on your conventions, culture, and ability.

H. – In fact, your statements sometimes coincide with what I think and other times they don't, and for me those that don't agree with either my or N's convictions are the most credible because when something you say coincides with my point of view, I wonder if it was me transmitting that idea.

“He” – I know very well that you haven't always believed everything I've told you.

Group Channelings

The subjects covered by the two Entities are concentrated on the differences between our universe and others. The full translation of these two channelings is available in the file titled 'Group channelings while in hypnobe' from <https://figshare.com/articles/Channelings/6984251>

Discussion

The achievement of an OBE state via hypnotic induction has allowed some very interesting channelings with participants who had never previously undergone such an experience.

After more than 40 total hours of channeling with nine different channelers and seven different channeled Entities, the repeatability of this procedure is therefore not just scientifically approachable, but can also be used for new and worthwhile research into a heretofore unexplored field.

We advise those who seek to use our procedure to be very mindful of the goal of these experiences and the personal characteristics of the channelers in order to avoid dissociative effects or possessions which can cause harm to their mental health.

Among the many advantages offered by this procedure with respect to voluntary and involuntary channeling, we emphasize the fact that it allows the 'translating' of information given by various Entities into words and concepts familiar to the questioner, even though many times these same Entities had difficulty finding words to express what they wanted to say, for example:

H – If I understand correctly then, 'my' Psychic Body has multiple identities – of which LP is a part – that make up a 'lives plan', but in turn is part of a 'higher' plan of which various Psychic Bodies are a part: we could perhaps call it a 'Super Psychic Body'.

“He” – It's better to call them 'branchings'. What I'm doing – my activity – is at the level of your current Psychic Body: it's part of a bigger plan and acts on your Psychic Bodies. The situation is not as hierarchical as you make it sound, it's more 'fluid'. Your situation, with different interacting Psychic Bodies, is not very common: I can, in a way, 'see' your branchings and when I mentioned many lives (the exact number is not important) I was referring to the overall plan, which in your case is rather complex.

Other times though they clearly stated that certain things for now cannot be understood, for example:

H – Sometimes, when speaking of human evolution so far, you used words like ‘maybe’ or ‘probably’: is it limitations of your knowledge or in the explaining?

“He” When I used the word ‘maybe’, it was appropriate at the time because I was taking into account the range of possibilities for humanity’s development and I chose what was needed for the answer, but there could have been others.

H – Are there other recordings like those of our past, potential, or parallel history?

“He” – Depends on what we talk about: we spoke about many events on this Earth, but it’s a partial conversation. We could risk being ‘diverted’, because even for questions about Earth’s history we need to adhere to a type of boundary, or we could truly lose ourselves. It’s not that I, as an Entity, don’t know: from where I am, I can easily access that information, but it wouldn’t be useful.

The above excerpts underline the importance of practice for the channelers to reduce their cognitive filters and hence allow a direct conversation between the interviewer and the Entity.

Do we have enough evidence to prove that the information obtained is from Entities and not from the channeler and interviewer/hypnotist minds?

Those who conducted and participated in these experiences firmly believe so, but it is certainly not enough to convince those who think that all the information received would have been drawn from the memory – even if unconsciously – of the channelers and/or hypnotist. The bottom line is that until now, the information received does not contain predictions of events or knowledge that can be verified in the immediate future.

We can definitely exclude the possibility that the information was obtained by the telepathic connection between the channeler and the questioner’s conscious mind, in that it would make no sense for the questioner to still be collecting information from the channelings if it were only what was already known.

Conclusions

Whether or not the information received was simply obtained from the channeler remains an open question. Our channelers ruled this out categorically after having read the contents, but although they had the interviewer’s total trust, we cannot entirely exclude this possibility even though it seems highly unlikely considering the variety of subjects covered.

We believe that, for the time being, the best proof of the source of the information lies in independent repetition by different hypnotists and channelers.

If these replications will confirm that the information received comes from non-physical Entities, we believe our procedure may represent a true and compelling possibility of communicating with Entities living in a different dimension to ours. If not, it would still be very interesting to investigate how the channelers can obtain such information that would otherwise be unavailable in an ordinary state of consciousness.

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