

CONTENTS OF ALL VR CHANSELLINGS

From dialogues with an immaterial being through V.R. in an hypnotic out of body state.

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Author's note - The pronoun 'He' will be used to refer to the non-physical entities for purposes of clarity and ease of reading: these entities are 'energy' and has no gender as we know it.

The latest updates are highlighted in colour

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INTRODUCTION TO THE CONTENTS OF ALL VR CHANNELLINGS

The following is the result, as of the 14th September 2020, of 14 dialogues totalling about 10 hours with 3 entities channelled by V.R. in an OBE state induced by Luciano Pederzoli using hypnotic techniques.

The procedure for inducing an OBE state via hypnosis is described in the work titled "A Guide to OBE Induction" (see: <http://www.evanlab.org>)

A distinctive trait of this technique is that, apart from allowing contact with non-physical Entities by those who had never experienced it before, it allows a direct dialogue with the channelled Entity, in the form of an actual interview about subjects of interest to the interviewer and collaborators.

The contents obtained from various dialogues are grouped into subjects for easier understanding and are not in chronological order. These may be updated in the future if these experiences continue.

On a cautionary note, even though the channel, interviewer, and author of this introduction are fairly certain that these contents derive from real non-physical Entities, it is however wise to bear in mind the possibility that they are the result of particular unknown mental processes of the channeller and/or the interviewer.

We therefore suggest that readers judge them for their informational value, rather than assume them to be absolute truths.

After more than 76 hours of channelling sessions, the perfect repeatability of this phenomenon is beyond any doubt.

N. B.: Unless otherwise stated, VR – while in deep hypnosis – lends her eyes and ears to the Entities during the interview with LP without her personal intervention.

“LIGHT”

VR says she sees a being that is actually a non-being, a warm white light. It is formless, just light. It tells her it is a being, but is not a being, it's part of the Light. It also says it is not particularly interested in interacting with her, seeing as it doesn't need anything. It is however prepared to answer some questions. LP then asks the being to describe the structure of reality, to its knowledge, starting from the highest point down to physical beings.

VR says it is truly difficult to understand the answers because this light is very evolved: it seems to be uninterested in material things... LP asks VR to put him in direct contact with the being and after a few attempts, she succeeds. LP asks the being to please introduce himself so as to understand, more or less, with whom he is speaking. The Being reaffirms itself as light and not matter, and that it lives in the cosmos – it is part of the light of the Universes. LP notes that there are therefore many universes... the Being says yes. It also says it has no name, because it is only a part of a light: it doesn't have its own identity and is a manifestation of something more advanced.

LP asks if our idea, according to which the Physical Body had a Subtle Body which links the Physical Body itself to the Psychic Body, is a reasonable depiction. The Being answers that yes, for humans it is effective. LP asks the Being if it is aware that LP is in contact with two other beings who define themselves Agarthians and with one we call “Him/He”, a fusion of two Psychic Bodies. When the Being answers in the affirmative, LP asks what level they are at with respect to this Being itself, especially “Him/He”, and the Being explains that they are a little lower, because “Him/He” has an identity better defined than the Being currently speaking. Actually “He/Him” chose to identify himself as two people, LP and NR, in order to send a message, but in reality “He/Him” is also part of a larger system and is only “He” when he is interacting with those two humans. LP asks if “He” is a branch of the Being, being “He” on a slightly lower level. The Being explains that the level is lower at the moment of identification, but can rejoin the Light of which it is a part, therefore access all that is known, because it already has this knowledge.

LP asks the Being how it can be contacted again, because now that it is speaking with LP and VR, it has a sort of identity. The Being explains that it is nameless, but can be referred to as “Light”.

“Light” states that, in the dimension in which humans live, their lives are truly ‘constrained’: each is required to live an experience and there isn't much choice, at best one can follow through that experience as soon as possible. LP asks “Light” if it has ever been physical, to which “Light” replies yes. LP then asks if it stopped because in ‘moving up’ one becomes detached, or for other reasons. “Light” explains that in reality it is not an actual ‘ascension’, but rather different levels of experience. Time doesn't exist, and so it says it simultaneously lives in multiple physical beings, multiple species, and also non-physical. Depending on the situation – humans have time, so it is a moment – it can convey different information and live different experiences. It believes that the choice of which experience to live is a matter of attention. Effectively, one focuses on tile X of the floor (or photo X) rather than another, but until one is non-physical, there is no awareness of the other pieces.

“Light” states that “He” is NR's contact and adds that “Light” and “Him” are very similar. LP notes that it's the first time he has seen an Entity like that identifying itself with two people instead of one or a group. Why? In fact, “He” says it is a type of union of LP's and NR's Psychic Bodies. “Light” replies that they don't have the concept of a ‘singularity’, of ‘individuality’, so for them it's very simple. “He” simply ‘feels’ both LP and NR. Humans need to identify as individuals, whereas they do not.

LP asks why did “Light” appear on the 11th March 2020 rather than the others, and what is “Light”’s relationship with other beings channelled by VR. “Light” replies that there is no particular relationship: the other Beings are neither competitors nor collaborators, but simply different. Each has its own experience to live. He appeared because he felt the need and can provide information to assist our evolution, as much as it’s possible for “Light”. LP notes that all these Entities prefer to answer questions rather than give out information. LP understands that usually those who ask need to know, and those who don’t ask don’t need it, but some people only need a suggestion – a prompt – to come up with new questions and then get new answers leading to more understanding. Could they (Entities) do this? “Light” explains that no, they can only reply to questions, because the information provided is consistent with the inquirer’s level of consciousness. Information that is not consistent cannot be given.

LP asks if the ‘higher’ beings are part of us or separate from us and “Light” explains that they are separate, independent, and many ‘levels’ above us, even though we share a common origin; they are distant and different, but all originate from – like us – the same emanation of the Supreme Being. LP asks if the fact that sometimes their statements seem governed by the channeller’s belief is because they use the channeller to communicate. “Light” agrees, because they still influence the channeller’s mind and will, who partially feels that the information is his/her own: this intertwining allows the connection.

Since VR mainly channels “Light”, but also another two entities respectively named “Vib” and “Ghost”, LP would like to know who exactly “Light” is, and who are the other two, as well as the possible differences between them. “Light” replies: “We are different. I am an Emanation dedicated to specific contact with VR, whereas the others are not specific.” LP then asks if the other two are negative or positive. “Light” confirms that “Vib” is a positive entity like himself, but not specific to VR – “Vib” ‘latches’ onto her with difficulty. “Ghost” is in some way far from him; neither positive nor negative. “Light” says it’s possible for us to contact “Vib”, but “Ghost” is not on his frequency. Since “Light” claims to be a separate emanation to VR and LP, LP would like to know if the connection with the two of them is due to an assigned task or something else. “Light” replies that, in the ‘Centre’ from which they come, there is no separation, and so when beings incarnate – especially on Earth, but not only – they must remain in contact with Emanations if they wish to evolve. “Light” is a fragment and is distinguishable only because we give it a name, but really there is no distinction: a name is only a point of contact for the energy from which they originate. LP infers that “Light” assumes a single identity only in the instant in which VR and LP consult him, so as to improve their understanding. “Light” confirms being VR’s point of contact, but is not in reality distinct from everything else.

LP asks if Beings like Light, who don’t have a Physical Body, have something similar to our sense organs: how do they collect data to be processed? Light states that what they mainly have in common to humans is perceptiveness, which humans can also have. LP asks if all of those like Light have the same perceptiveness. According to Light, basically yes, they have this perceptiveness that allows them to communicate without words or gestures, but through ideas.

LP asks: “With respect to you non-physical Beings – from another level – to what kind of questions can you give complete answers?” Light explains that they can only fully answer questions that help the questioner’s evolution in that particular life and also, through that person, give information for the evolution of similar people. This, however, is limited to that specific life and dimension. They are not interested in giving incomprehensible information because it’s more effective if an

individual human accomplishes his/her particular path and also helps others in their own path. In this type of reality (Earth) there is effectively a type of 'piloting'.

“VIB”

When asked by LP to identify itself, “Vib” says it is an entity which has, since the beginning, been close our universe’s Supreme Being and whose task it is to oversee many other lower entities; their task is to learn and “Vib” transmits what it receives from these lower entities. It can simultaneously sense everything, but hears it as many voices, each distinct and all coming to IT. LP asks if these entities have a hierarchy and “Vib” says yes, stating that at the lowest level are physical entities, much further below IT. LP asks what purpose is there for a level such as ours. “Vib” explains that this is also a level for learning, but much slower compared to non-physical beings. Some things can only be experienced in the physical: it’s a foundation that can’t be avoided because non-physical experiences lack this aspect. Because of this, there are physical realities that must be lived in bodily form. There is a dimension (*a reality – author’s note*) which has time and it is there only: that condition, and its ensuing static nature, can only be lived through the physical body. This bestows discipline and a sense that can only be acquired by physical beings. LP says that “Vib” initially appeared very bright: is it a representation of a concept, or is it real? “Vib” explains that it imparts a concept – brightness is a means of being ‘felt’. LP asks why, being so high in the hierarchy, “Vib” does not initiate conversation and only responds to questions. “Vib” explains that there is no point in giving information unless it is asked for. Learning happens through questions, because they define what a person needs and is ready to receive. LP notes that “Vib” speaks in the first person, and asks if “Vib” has a single identity rather than multiple, and “Vib” claims that, when communicating with us, he is a single one. LP asks how to call him for further conversations. If not by name, at least a useful definition. The answer is there is no name, because what is used here is only a manifestation, and useful for contact with us. It is natural to say he vibrates, therefore ‘vibration’ or something like that. He has no identity, it’s only for that part needed for talk to us. LP then selects the name “Vib”, short and easy, and “Vib” agrees.

“GHOST”

LP asks VR to call the highest entity available, and VR says she sees a distant light, like a point. If it's called, it approaches. It's here now: it's a nameless, blurred shape. Up close it seems smaller and less important than when it was farther away. It's not the same (VIB) as the being we spoke to the previous time. It asks to be called “Ghost”. LP doesn't like the name but it will do, and would like to know its role in the hierarchy of beings 'above' physical ones. VR says the being states it is a fragment of the Supreme, close to the Supreme and far from us. LP then asks if can speak to him directly. The answer is yes. LP asks what 'far from us' means and if 'below' it there is a large hierarchy of entities. “Ghost” states that we humans are very very far from him, not below. When LP asks if the experiences of physical beings reach his level, “Ghost” says he can see them. He does not use them directly: he is one of many 'vehicles' leading to the Supreme. LP asks if these 'vehicles' all have the same task or does each have a different task. “Ghost” replies that they all more or less do the same thing – they are channels to the Supreme but there is a processing part: when the experiences of other beings reach them, each of them adds part of itself, of its own processing.

LP asks why “Ghost” uses the pronoun “I” despite not having an individual identity, but rather multiple identities, and the answer is that beyond a certain level they are distant and there is no defined boundary: they are part of the same entity, like many cells. There is however a single identification, and they all feel part of a larger entity. This allows them to communicate and also learn individually: each entity has a certain amount of free will... LP asks if other entities have continual access to their individual experiences, or only when the individual allows it, and “Ghost” replies that they can access continuously.

THE OBE (Out of Body Experience) – NDE

LP states that during an OBE (Out of Body Experience) we are faced with a different reality to normal life, a reality that can be schematized as four spatial dimensions instead of three, and one of two-directional time (rather than one-way), and asks if this illustration is appropriate. “Light” agrees and LP says that four spatial dimensions infer the presence of infinite three-dimensional realities present simultaneously in the same three-dimensional space: an actual multiverse – “Light” says this is correct – but is the fourth spatial dimension the same as the other three, and therefore interchangeable, or is it different? “Light” replies that it is only one of the dimensions, like the others, but that it is not well understood from a human point of view.

LP replies that it is however describable and can be schematized mathematically/geometrically, but does “Light” know whether or not this is correct? “Light” confirms that it is correct. So, LP surmises that we have a reality with four mutually orthogonal spatial dimensions: the fourth dimension allows us to simultaneously see, from the outside, many three-dimensional realities in all their complexity and also to enter into each of them and examine them from within... “Light” agrees.

LP asks if there is a particularly critical moment as people move from a lucid state to an OBE, a moment in which they are vulnerable to attack by external entities. “Light” explains that attacks are possible, but in fact the dimensions in which humans live is full of attacks. When we attain an ‘astral’ state we are more vulnerable. We are less able to defend ourselves in the ‘astral’, but humans are constantly attacked and ‘pirated’ by other entities. LP states having noticed this, however, he also noticed that we can do much more if we go into an OBE feeling safe and able to defend ourselves. If we go in there with fear, we are exposed to all manner of attacks.

“Light” agrees and adds that it is important to protect oneself in the ‘astral’: when alone there, we must always protect ourselves, because a non-physical, conscious being is one thing, but a physical Being who detaches his/her psychic part to astral travel is very vulnerable. There are Beings of other species that are strongly piratical, so it’s important to learn self-protection.

We need to be aware of having a high vibration: it’s only a matter of knowing that a higher vibration is needed. This way we become unassailable. LP states: “I understand: it means having a yellow or gold aura.” “Light” agrees: yellow is the colour... yellow-gold.

LP asks if it’s worth doing OBEs in particular places or times, so as to get the most from them, or if those are irrelevant. For example, if from an OBE we want information about the construction of the Nuraghi, is it better to do it inside a Nuraghe? “Light” replies that location is unimportant; it is the degree of concentration of the person having the OBE that matters. It’s true that some places have more energy, but this is of little importance.

LP asks if in VR’s current condition (hypnotic OBE and additional hypnosis during the OBE), she can elicit psychokinesis, such as moving the PK pendulum on the desk. “VIB”’s answer is “No, at the moment she is in a state of stillness: As I speak, she is turned off.”

LP has a question: in the ocean of ‘voxels’ that make up reality, what distinguishes those belonging to one reality from those of another reality? Is it objective, or does it only depend on the choice of which sequence to ‘live’? “Light” replies that those living one sequence cannot distinguish it from other realities: the Supreme Being knows the difference. LP notes that during an induced OBE, people do not necessarily get the current time or place correct, nor, above all, do they see the correct ‘level of reality’: a person can appear in one of many similar realities that exist simultaneously (“Light” agrees), therefore those living them can’t see the situation, but those who

know and can see from the outside realise this, because in the OBE world there is a detail that is different from actual reality. "Light" agrees and adds that these are subtleties that are only noticed if they are suspected of existing.

CHANNELLING

LP states that other channelled beings mentioned parasitic entities that tend to 'occupy' humans, and asks for more information about this. "Light" replies that yes, there are many races populating the multiverses apart from humans, and some more evolved races - or rather, more able – from a psychic point of view – tend to pirate humans, which are more suited to physical rather than psychic experiences.

To remove any doubt, LP wants to know what percentage of what comes through from channelled entities is true. He notices three distinct situations: 1) the channeller's (more or less conscious) knowledge; 2) what could be in the subconscious of the channeller or the hypnotist-guide (accessible through involuntary telepathic contact); and 3) what appears to originate from external entities. "Light" says he is unable to give a percentage, but that it is likely an equal contribution of all of those: when in contact with us, it must use VR's voice, language, and knowledge, and feels much of what she is thinking. Also, all three of us (LP, VR and "Light") permeate each other, because in order to respond, "Light" must 'funnel' itself and, in a way, 'shrink' itself, otherwise it would be incomprehensible to us, and so there is also a lot of us, even if the percentage is unknown. LP believes the relevance here is that there is a consistent part of Light's original 'information' that is not influenced by either LP or VR. "Light" confirms that this consistent part is there, but it's only a small part of what it is and knows. To reply, it needs to 'enter' us, in a manner of speaking. LP says he also clearly senses some telepathic contact with both VR and "Light", which contributes to an unconscious information exchange. "Light" agrees that this allows movement of information. Telepathy is very important, because it captures much more than merely thoughts. It also captures what is hidden: telepathic contacts assists consciousness.

LP asks why channelled entities, such as "Light", answer questions – when they want to – but never make autonomous statements. "Light" says because it is important to answer in relation to the questioner's level of need: whatever "Light" knows is not important, only the answers to our questions are, and they are our need for knowledge. It's an instructional method.

LP says he has been involved with spontaneous channellers and would like to know if these spontaneous channellings, assuming actually a different voice (eg male instead of female), is a form of possession. "Light" says yes, in a way, because the channels allow other beings to enter them without a type of control or protection – it's a type of intrusion by other beings into those people. When channellers undergo unprotected intrusion, they don't know what can come along.

During an advanced channelling, LP takes the opportunity to ask how channelling 'works' and why only few people can do it. "Light" replies that during channelling the Psychic Body has to detach from the Physical Body, but in humans it must remain connected to it at the same time; this results in a channelling. Only people who are close to a complete detachment from the Physical Body are able to do it, because they are almost at the end of their life cycle on Earth. Other people are almost unaware of their Psychic Body; the latter permeates the Physical Body and this does not allow channelling.

LP asks about the guide's role – in this case himself – in channelling. "Light" states that the guide translates the contact, the interaction, and keeps the channeller anchored, otherwise it would be difficult for one person to ask questions and translate the answers, because at that moment the Psychic Body is detached and far from the Physical Body. The guide is the anchor and translator.

L-

L.P. would like “Light” to explain why some people channel advanced beings while others channel lower beings. “Light” explains that the Psychic Body’s detachment from the Physical is gradual. The first few times there is little to no detachment: there isn’t yet an awareness of detachment and therefore easy prey for lower Entities. The greater the awareness of detachment, the easier it is to contact Beings that are closer to the Original Source, the Supreme Being.

THE THREE BODIES

LP is curious to know what remains of an animal after its physical body dies, and “Light” replies that it is the same as humans: it is always a living being that simply lives a different experience. LP asks if this is why it is sometimes possible to notice, in the house in which the animal lived, the Subtle Body (a type of ghost) of a deceased animal – “Light” says yes – but what about the Psychic Body of animals? “Light” explains that it undergoes the same process as that of humans, and in fact there is no difference between their Psychic Bodies: the physical bodies in which they were doesn’t count. This also applies to plants – to all living beings. It also applies to non-living beings, like rocks, but they are a different vibrational level. Rocks have a ‘group’ Psychic Body: the whole earth. LP asks if animals and plants also have a group Psychic Body, and “Light” explains that it is not species-specific, it’s not about only one species.

LP asks if the outer appearance of the Physical Body is imposed by non-physical bodies or by something else. “Light” states that its appearance is prescribed by its genetics and LP replies that genetics carries a non-material message and asks where it comes from. “Light” explains that it is vibratory and is an emanation of the Supreme Being. A being’s Physical Body – its physical features – is always in relationship with the experiences it must have: this is why it assumes specific characteristics rather than others, or it will eventually be impaired. It is all a reflection of the material part and the genome’s vibrational part. LP then asks what supports the genome’s vibratory part, if there is one. “Light” replies that it’s always an emanation of the Supreme Being, and has no physical support. It is an energy/vibrational part that emanates and is not physically measurable, even though DNA does have a vibratory element that can be measured, because it is however a wave: it always has a wave motion. It’s even possible to measure this. LP states that we haven’t reached that stage yet, but it has already been shown (by Montagnier) that DNA emits very low frequency electromagnetic waves which can be recorded and then transmitted to DNA bases and these arrange themselves to form the same DNA structure as the emitting one. “Light” confirms that each genome is specific, and this specificity – a trait of every single person and organism – can be measured. LP asks if DNA is a trait of all living beings in the universe, or if there are some without it. “Light” replies that it’s not necessarily a double-helix DNA like ours, but there is always genetic information in all living beings, in other species and populations, because they are emanations of Supreme Beings – there are more than one of these. LP asks if, consequently, if there are more Supreme Beings in the same universe or in different universes. “Light” confirms that there isn’t a single universe, there is a multiverse, in which more or less each universe has its own Supreme Being, but “Light” can’t see beyond a certain level. LP points out that, if genetic information is as precise as “Light” says and all the components of our Physical Body are periodically renewed, why do scars persist? After a wound the Body should simply return to how it was before without any changes. “Light” agrees, but at their level, humans are as yet unable to master this ability. They can regenerate but, according to the human concept of time, this will be seen in millions of years from now. Some animals and species partially have it, but humans can’t master it; from a human perspective of time, it is still a very long way off...

LP states that he believes the Physical Body is associated with another much less solid body, which we call the Subtle Body, and that through this the Physical Body is linked to the Psychic Body, which is more advanced. LP asks “VIB” if whether or not this is correct. “VIB” confirms it is correct. In physical reality the Physical Body dominates and that should be the principal lived reality, even if there are other Bodies.

LP asks if “Ghost” can tell us if, for physical beings, there is another body near the Physical – the Subtle Body – which serves as a channel with the Psychic Body (usually all three are felt as one thing), does not incarnate and has infinite longevity. “Ghost” confirms this and LP asks how the Psychic Body communicates with other similar-level entities – is it direct or through other non-physical entities? “Ghost” replies that the psychic part still remains detached from the physical, so can directly communicate with other forms, at any level: it is potentially able to contact any being, since the Psychic Body is detached from the Physical. Humans are not aware of it nor do they have much control over it, but it can contact other beings. LP has observed that normally the Psychic Body controls a series of incarnations, which we call ‘life plans’, in which each physical being within them feels the life as one’s own: usually physical beings don’t have direct access to it, however they are influenced by it. LP asks if the Psychic Body only accesses this line of experiences, or if it can make contact with other Psychic Bodies and share their experiences with its own. “Ghost” states that the Psychic Body can feel the effect of multiple lives, even those of others. LP then asks if any physical being, under the control of a Psychic Body, think that those lives – before or after – are ‘his own’ because his Psychic Body also has access to the experiences of others. “Ghost” says yes, but that they are usually perceived as one’s own, mostly previous lives, however they belong to other physical beings. Some are ‘symbolic’, so to speak, because each physical being has a specific path and sometimes ‘remembers’ a life not its own, but which is useful to its evolution. It’s not necessarily one’s own, but is seen as such: if it is relived, it feels like one’s own. In reality time does not exist: what is seen by physical beings are lives on other ‘planes’ of consciousness and they can be induced to remember some lives as a key to understanding the current life. Sometimes though bits are unknowingly drawn from the lives of others, but when past lives are examined, a person sees himself in different bodies, not knowing whether or not these bodies are actually his own; this doesn’t matter, as long as the body is thought to be one’s own. The physical body needed for an experience could also be needed by someone else and this other would feel it as his own: in reality the value is symbolic. The Psychic Body has access to a limited number of these incarnations, but usually they are needed for the experience: on average about ten. LP asks what the Psychic Body does at the end of these incarnations: does it go onto another experience pathway, which we call the ‘lives plan’, or something else? Ghost explains that it can move and enter other lives and ‘feel’ them, however only those necessary for the current life’s path reach a level of awareness. Potentially the Psychic Body can see all lives, but only retrieves some of them, those that help raise the consciousness of the current ‘lives plan’.

LP asks what exactly does the Subtle Body do when the Psychic Body is occupied with a life. “Ghost” states that the Subtle Body is perceptive: it allows feeling what is ‘with’ the human, but is more limited than the Psychic Body even though more mobile. LP then asks whether or not it is associated with the aura and “Ghost” replies yes, it is: what we call aura is what surrounds the closest area to the Physical Body. The Subtle Body is like a container of emotions and mood. What we call aura is a graphic representation, as it were, of a person’s mood and emotions. During an OBE a person is in the Psychic Body: a part of the aura remains connected to the Physical Body and can change, but by little, because in reality in that moment VR is outside in the Psychic part. The Subtle Body can detach from the Physical Body, but only by so much. When the Physical Body dies, the Psychic Body always remains. The Subtle Body remains for a while and then disappears too, it returns to the non-physical part of universal energy. It re-enters the Psychic Body and blends with it. The Psychic Body is then directed towards other existences, usually part of the same evolutionary line, but sometimes there are ‘jumps’ to other evolutionary lines.

To help make things clearer, LP asks how many non-physical bodies we really have: is it only the Subtle and Psychic Bodies or are there other intermediate bodies? “Light” replies that there are 5

bodies in total. LP asks what they are for and “Light” explains that they are like a series of shells (like a Russian Doll): one Body is another’s shell, which in turn is another’s shell and so on. LP imagines that the first non-physical Body is very close to the Physical Body; “Light” agrees and adds that the others are progressively further away. LP wants to know if the closest body to the Physical is the one we call Subtle Body and “Light” explains that the Subtle is one of the five Bodies but not the closest to the Physical – it is further out. It is the third from the Physical Body, so overall is the fourth Body. The fifth is the Psychic Body. LP asks what the inner non-physical Bodies do, those between the Physical and Subtle Bodies. “Light” says they are emotional Bodies, one is linked to the common emotions of humans and the other is of a higher level, but not everyone is able to perceive higher emotions. LP asks if some are lacking this Body, or if they just don’t know how to ‘use’ it, and “Light” says that everyone has all the Bodies, but not everyone can perceive them individually. LP asks if it’s true that these two Emotional Bodies give information to the fourth, which is the Subtle Body, which in turn gives it to the fifth, that being the Psychic Body. “Light” agrees: emotions also represent an important part of the human being. LP wonders, therefore, if eliminating the first three Bodies – the Physical and two Emotional – means that the emotions are totally eliminated, so that the Subtle and Psychic Bodies don’t feel them. Is this so? “Light” explains that in the classical sense they don’t feel them – they are ‘mental’ – but they carry a memory of the inner Bodies. LP asks which of these Bodies have a single identity like the Physical Body and when does the identity start to become multiple. “Light” says that the outer Bodies are affected by all the inner ones, therefore the Psychic Body carries a memory of the Physical Body. LP has the impression that up to and including the Subtle Body, identity is the Physical Body’s single one, but that the Psychic Body begins to already have a multiple one. In practice it seems that the first four Bodies disappear like the Physical Body and transmit their stored information to the Psychic Body which, however, also has memories from other identities of Physical Bodies – a multiple identity. Is this correct? “Light” says it is partly correct: the Psychic Body, like the other non-physical bodies, has mainly the identity of the Physical Body with which it is associated and collects data it is fed by Bodies it ‘contains’; it can also acquire memories from other Psychic Bodies connected to Physical Bodies other than its own. LP asks if, going further, connections are formed between Psychic Bodies. Yes according to “Light”, but these connections are evident when the Physical Body is no longer alive: indeed, at death all ‘lower’ bodies funnel their experiences into the Psychic Body, where they flow into one ‘source’. LP asks if they go directly to the Supreme Being or first go through intermediate levels, and “Light” confirms that they are funnelled directly to the Supreme Being. LP asks how is it that some have the feeling of having had other lives and if this is in fact true. “Light” explains that people simultaneously live on multiple planes of reality, therefore have multiple lives, and so at higher levels messages can also arrive from other lives and give the impression of having had multiple lives, but are really simultaneous – parallel – even though they occur in different historical periods. A soul has the same experience but on different levels. LP asks if, at the Subtle Body level, but especially that of the Psychic Body, it’s possible to also receive information from other Subtle and Psychic Bodies pertaining to other lives which we consider to be our own even if they are not in reality. “Light” says yes, that’s true, because we simultaneously live on many existential levels – that is, many lives. LP asks again if at that point, the Psychic Body, receiving information from other Psychic Bodies, combines with these to form a sort of Super-Psychic Body. “Light” says no, each Psychic Body is distinct, but they can be connected to each other like transceiver radios. LP asks what is the Soul which was spoken about previously. “Light” explains that the Soul is a unity, a totality of the Subtle and Psychic Bodies and, when the Physical Body is no more, it also carries its memories and those of other non-physical Bodies. It’s like a matrix encompassing everything. LP asks if the Soul is connected to other Souls, or is it independent. “Light” confirms that Souls are independent, however, when they reunite as they approach the Supreme Being, they gradually lose independence as they fuse together. LP

notes that their identity gradually goes from single to multiple, until it becomes general upon reaching the Supreme Being. Is this correct? “Light” says yes. LP asks if this depends on their evolutionary level. “Light” says no: everything is funnelled towards the Supreme Being, but how to move forward depends on decisions connected to an individual’s evolutionary level. At any rate, everything returns to the Supreme.

THE AFTERLIFE

LP asks if in psychic reality, such as during an OBE or after death, learning is faster or slower, in human terms. "Light" says that in psychic reality humans can, so to speak, learn faster, but are compelled to return to physical reality and whatever was learned in the psychic dimension – which is faster – is translated with difficulty into the physical. Therefore yes, it's possible to somewhat learn faster, but there is a slowing down upon re-entry into the physical reality to which they are subjected. LP asks if there is a limit to learning. "Light" states that, theoretically, humans can learn huge amounts – with no limits – but at the moment, being what it is, they can't go beyond a certain level. LP asks if this is for physiological reasons, or due to inadequate mental training. "Light" says no, their task is to reach a certain level. It's possible to eventually go beyond it, but not in the reality that LP will be able to see.

LP asks if the soul which detaches from the Physical Body at death goes directly to the Supreme Being, or does it combine with others along the way. "Light" explains that it doesn't go directly to the Supreme: it may encounter souls from other beings and form a type of river that flows towards the Supreme Being. LP puts forward an analogy: suppose that the Soul is a spark that travels along a road with other sparks like itself, and with which it exchanges information. The sparks progressively increase in number until they merge into a huge bright cloud within the Supreme Being. Inside this big cloud each spark preserves its own identity (or memory), but also acquires that of all the other sparks, which are in the billions, therefore its identity is diluted in a sea of all other identities, becoming a whole in which that particular identity also continues to be present. "Light" agrees, and LP notes that it's an ancient concept that was also known to the Nuragic civilization 4.000 years ago. "Light" points out that, upon reaching the Supreme Being, a single identity permeates all the others and acquires a hugely broadened vision.

LP states that when death is relived in a regression, it varies from person to person: why? Are there many types of death or it is different points of view? "Light" says it's only differing points of view, and death is the same for everyone. The difference is evident in those who are only dead temporarily and recall a projection. LP asks for clarification of "only dead temporarily". "Light" explains that they are not totally dead, but only partially: the Physical Body is not fully dead and hasn't 'extinguished' completely. LP asks if this refers to NDEs (near-death experiences) and "Light" says yes, but LP was referring to actual definitive death, when the physical body has fully expired. Is there only one hereafter? The hereafter – says "Light" – is always the same, but it is described by beings who are ignorant of it, since they are alive. Each human has an image of the hereafter. While alive they can't know what it really is and only learn about it after death. LP has amassed much information about the hereafter over the years through various means and should therefore know something about it, so it shouldn't be a total surprise... right? "Light" says this is true, but it is still always a partial knowledge: accounts of it inevitably pass through a cultural filter and are a representation of the information given by a person about the hereafter.

LP asks if the hereafter is based on electromagnetic fields, other fields, or something else entirely, and "Light" replies that it's very much based on electromagnetic fields: it is energy. LP continues to ask if, apart from EM fields, there are other unknown fields, and "Light" says effectively no: it's energy... LP asks what things in the physical world can those in the non-physical easily act upon? "Light" says they can connect to the Psychic Bodies of living people to help them rise in consciousness. LP then asks if they can carry out physical actions, such as telekinesis, projections, or others, and "Light" says it is of no interest to them. According to LP, to round off the discussion, we can say that if reality is comprised of emanations of the Supreme, it is organized on various 'hierarchical'

levels which progressively 'generalize' as they approach the Supreme... is this correct? "Light" replies that the emanations, such as himself, are not truly hierarchical. LP says that "Light" is at a higher level compared to us. If "Light" were at an even higher level, he would be connected to a greater number of Entities like himself and would have a broader and more general view. Is this right? And "Light" confirms it's right. LP thus concludes that closer to the Supreme means a higher level of consciousness because there is a greater number of manifestations blending together and acquiring a common identity. "Light" says that it is an experience of the Whole.

DIFFERENT LIVES

LP asks what is the role of an incarnation in an environment described as timeless and “Light” states that the spirit lives the illusion, within different bodies, of a ‘before’ and an ‘after’, of a previous life and a successive one, but which are really simultaneous for ‘them’. Physical life exists for the purpose of experiences. When LP asks for an explanation of the difference between this type of experience and that which “Light” is currently having, it being a non-physical Being, “Light” replies: “Nothing: they are only different levels”. LP notes that, to his understanding, a physical being is still able to understand, despite being at the lowest level. “Light” states that every experience leads to a general consciousness and an individual is not necessarily aware of everything up to “Light”’s level, but a physical experience has the same value as “Light”’s: they are all part of the same learning process.

LP asks if it’s possible, for example, to switch from the middle of one life to the middle of a different one, and then back again, and “Light” replies that this is common, but a person is not consciously aware of it because this type of reality would not be maintainable. LP then asks if parallel lives are similar to each other or very different. “Light” states that they are similar in that they are all lives, but also different, however the learning of an individual is not important – it is the sum total of learning that is recorded. An individual does not notice these jumps, but they occur. LP says this is new for him; “Light” says that what counts is the Supreme Being’s learning, rather than an individual’s, but to LP it seems that the Supreme Being’s emanations are arranged in a type of hierarchy and that each physical being is in reality living a ‘programme’ – a ‘plan’ – of lives, in other words, a set number of lives needed for the being’s experience and that of the Supreme Being. “Light” agrees, but adds that the experience is always the Supreme Being’s: individuals are like pawns, or sensors.

“Light” confirms as being correct the fact that, according to LP’s model, in which emanations are organized in a pyramidal arrangement, an individual learns at the Psychic Body level from a series of lives, then other Psychic bodies learn from other lives and can exchange information amongst themselves and form a type of Super-Psychic Body, and so on... from above, the emanations appear as a pyramid formation, but from below the pyramid begins from successive groupings of Psychic Bodies and increasing levels. Therefore, a single individual through its Psychic Body has access to the experience from many lives not actually his/her own, that are under the control of other Psychic Bodies. “Light” says that is how it is, but those who live this experience are unaware of it, because to them it feels like it’s their own. It’s an illusion. LP stresses that the illusion is in thinking that one’s identity is permanent, and therefore fundamental: it’s actually very hard to convince people to surrender their personal identities and acquire that of a group. “Light” agrees: everyone must have this feeling of having a single identity and has to live it as such, because only those at the top collect all the illusions and amalgamate them all. LP asks if, seeing as there are many sequential incarnations, the sequence is at the level of the Psychic Body’s learning or is totally unrelated, and “Light” replies that it’s the Psychic Body’s learning, but not only that being – it’s more like a group of beings it conveys. There are also many related Psychic Bodies...

LP states that in each incarnation we lose the experiences of previous lives – “Light” agrees – and asks why: what is the real reason? “Light” explains that an individual’s experience is not important, and does not need to know about starting from scratch every time to follow a new path, otherwise all new knowledge will be contaminated. Only the Supreme Being can encapsulate it all. LP says that he believes each physical being carries inside – albeit unconsciously – a legacy of all previous lives and “Light” agrees, because it’s impossible to delete everything. LP therefore notes that a

physical being is conditioned by other lives. “Light” agrees and people who are more ‘receptive’ retain more memories, however these memories are not very functional: in certain conditions it’s best to not have them. LP asks if it’s true that these push us towards particular choices, but that it’s best to not know this, and “Light” effectively agrees, because each experience must stand on its own, but it depends on how much of what a human thinks as his past conditions the present. In reality each life has its own tasks and should be lived as such; the less baggage the better. LP notes that “Light” mentioned the possibility of jumps between parallel lives, and “Light” agrees, but explains that the purpose is not the individual’s learning – a single individual is not important. It doesn’t matter if he knows about and remembers these jumps, because all experiences are funnelled to the Supreme Being. LP states that those who experience these jumps, even if unaware, see their consciousness altered... or is that wrong? “Light” confirms that an individual is not important. Humans think one person’s consciousness is important, but it is not. LP states that this is hard to tell people, and “Light” agrees.

LP asks if, given that all lives are simultaneous, there is also a relationship between the ‘current’ life and what we call ‘future’ ones. In terms of experience, they can actually be ‘previous’. “Light” agrees because in order to learn, a human needs this sensation of relativity. LP notes however that this means the future has an effect on the past, and “Light” agrees that the experience is circular: a future event can be in the so-called ‘past’, as well as the reverse, because past and future don’t exist. LP asks, if we exclude time, what determines the reading pace of experiences? Each experience is followed by another, according to a criterion we consider temporal. “Light” states that the Supreme Being conveys everything: it’s man who needs time, in order to move from ‘before’ to ‘after’. This is why we must remember little, otherwise there’s no progress, not in terms of times as we perceive it but rather in terms of experience useful for the Supreme Being’s learning. LP notes that if the Supreme Being ‘learns’, it means that ‘after’ – not in temporal terms – it knows more than ‘before’: it goes from x to $x+1$... Is this correct? “Light” agrees – its level of learning increases. LP adds that therefore there is a sequence of learning levels and “Light” says this is one way of saying it: it’s a spatial increase, and expansion. The ‘space-time bits’ increase and others are put into circulation – the learning ‘mass’ increases. LP asks whether this expansion is limited or infinite. “Light” replies that it is ongoing, but “Light” can’t see beyond a certain level of expansion – it only knows that it continues. LP notes that this expansion allows us to at least establish a priority criterion – “Light” agrees – and this is important. In practice, what we call time is the reading of a sequence of movie frames – “Light” agrees – but who decides the speed of these frames? “Light” says it is a useful mental illusion that is needed. Images or memories reaching a person are in a certain sense ‘programmed’, so that the person has a specific experience rather than another. A person can move about within a single life, but is in reality very channelled, because she has to live only that experience. Meanwhile, information also arrives from other realities, other lives, and so moves along. It’s a continuous exchange. LP notes also that “Light” is also continuously evolving and “Light” says yes, because It is part of the system.

According to LP, we’ve said many times that death, like birth, is only a transition from one type of life to another, potentially from a physical life to a non-physical one; so then, if lives follow each other without pause, when and where is the experience from the latest life processed? “Light” replies that although consciously time is missing, the animic component (*the Psychic Body*) records everything, and it’s not as if one life ends and another begins: this concept of time does not exist, it’s wrong, and actually everything is simultaneous. The animic part is a matrix that records and processes the different levels of physical lives in different situations and in their various eras that are perceived as different; the same applies to non-physical lives. LP asks if ‘animic component’ means Psychic Body, and “Light” says yes, the Psychic Body. “Light” also adds that in order to

consciously look back on a previous life, there are regression techniques that LP knows or visualization techniques used by various people who have maintained more advanced psychic abilities; even humans, at advanced levels, have this capacity. LP asks the meaning of 'advanced psychic ability' and "Light" says it is the ability to see different lives, different levels of reality, typical of what we call 'enlightened ones' – those with advanced psychic abilities who can see and are aware of, as stated, multiple levels of reality and therefore make faster leaps of consciousness. LP asks if those who easily see other levels of reality can contact their "I" in those other realities. "Light" says yes, it's like that for everyone. The fact is that every person is living in multiple levels of reality. The dissociation is a requirement – in our case a human one, but also for other beings – however the Psychic Body lives in multiple realities, multiple Physical Bodies or also non-physical: it's always the same being divided into several components. "Light" and "Him" are the same emanation. LP infers that, if they are a single emanation, we physical beings are a sub-emanation. "Light" states that there is a distinction between beings: "Light" and "Him" are very similar emanations – non-physical beings of light – and each one has its own matrix living in multiple levels, multiple Bodies, but beyond a certain level there is no further distinction. At that level of consciousness are only non-physical beings, but there are also physical beings with an advanced level of consciousness, for example the Buddha, Christ... They have existed and some are around today, but remain hidden.

When LP asked if we choose a purpose for the 'lives plan', "Ghost" replies that the Supreme Being chooses the experience a person is to have in a life. LP asks if it's our universe's Supreme Being or that of all the universes and "Ghost" replies that it's a hierarchy: there is a cascade from the universe to the multiverse and so on. Different Entities choose for different species: it's a hierarchy. There are many Supreme Beings. LP states that in practice a 'lives plan' is given a task, but is this always carried out, or is there some chance of free will for the physical beings in this experience? "Ghost" clarifies that it's possible for a physical being to not do a given task, but life tends to always return him to that task, nonetheless he can always 'rebel' and not live it, but this will produce more obstacles. The important thing are the emotions stemming from the experience: these are amplified and reach the different Supreme Beings. Learning is a consequence of experience. LP asks if the Supreme Beings feel the emotions needed for an experience, or if this ability is only that of the physical, and "Ghost" states that Supreme Beings 'record': emotions as we know them are typical of physical beings, and other species – or same species at different levels – don't live emotions the same way as humans do. When LP asks: "If Supreme Beings 'record', what is their purpose?", "Ghost" replies that it is their own expansion. Their experiences add to their expansion: they gather experiences, and in this way they themselves expand and become bigger in spatial and also energetic terms.

LP questions if, when living at one's own level, there's a difference between a human who behaves morally and one who doesn't. "Ghost"'s reply is: "Not much". There isn't a type of moral judgement, it's the experience that counts. What LP is alluding to is only a human parameter. That difference is important for humans, but not at other levels, because at the human level the important thing is the experiences people must have. At higher levels there is little difference between killing a million people and saving one hundred thousand, because only the experience an individual must undergo is important. LP notes that for us it's difficult to accept the idea that there isn't always a sort of moral judgement that directs us in making certain choices over others. "Ghost" states that it isn't actually recorded like that. Even a murderer, if he has to have that experience, will do so, and then have others. Consciousness is above it all and evolves over many lives, gathering information from them and from many realities. Therefore one can live depraved lives and saintly lives, integrating them into an experiential line.

“Ghost” says that we place too much importance on a single life. In reality a being lives in multiple dimensions and multiple experiences. LP explains that there is a commercial reason for putting too much importance on one life: if people are convinced of having only one life, they will try to get as much as possible during that life. They are prepared to buy more and circulate more money, which is our society’s true god. Since we know that money can do anything, and ruins everything, LP asks if this is the experience we must have – or can we improve it? “Ghost” replies that this too is an experience: without money there would be another means of exchange. The fact is that humans live, and must live, within that evolutionary level. There are other levels in which humans are more evolved. All of these exist simultaneously. We are, in a manner of speaking, at a ‘lower’ level, but simultaneous; if humans too were at a ‘higher’ level, they would see time, a ‘before’ and ‘after’, this possibility to improve in a time frame, but it really already exists and is just on a different plane from what we ‘now’ see. LP states that if, for example, we are living 15 lives simultaneously, the concept of ‘exploring’ single lives as experiences requires at least a numerical succession of frames that comprise one life, while another numerical succession of frames comprising another life is happening. In living a life, we sequentially explore all these frames as if it were a movie. At the same time we also explore a second sequence, a third, fourth, a fifteenth, and see that between them there is a direction of the evolution of consciousness. In practice we live through time while exploring a single life, but all lives can be seen simultaneously in an evolutionary order rather than one of time. So time does not exist in the absolute, but exists while we are living a life because it is seen as a numerical sequence of still frames. LP asks if this is all true. “Ghost” confirms and says that humans must see live this way because they must have a sense of progressive learning, but in reality it’s an already defined framework. According to LP, using the movie analogy, on a reel that holds one life there is already everything that will be learned in that life, but if there’s some possibility of choice, then the reel is not necessarily exactly that one because something can be changed. “Ghost” states that certainly, there is some free will. We are brought to live a pre-determined experience, but we can rebel. LP notes that, with respect to a life, it’s like we pick up 2000 reels rather than just one, which represent all the possible variants of that life, from which we can choose by exerting our free will. “Ghost” agrees. Do the other 1999 reels represent the other ‘selves’, or just variations of the same ‘self’ living that life? Basically, are there other groups of reels representing other lives of that same self, or not? “Ghost” replies that the live that is lived is personal; what are seen as other lives are only partly one’s own, but are useful to the fact that it’s possible to live that specific experience. We can access and gain experience from what is seen in another life, but it is not necessarily one’s own life. LP then asks if particular lives are effectively his and “Ghost” replies that some are and some are not, but it’s not important. What is important is the message obtained from knowing about them.

“Ghost” states that if we want to evolve to ‘higher’ levels, as it were, we must carry out our task – the specific experience of this current life – to the fullest extent without strong opposition. This is the most important thing in allowing us to quickly reach ‘higher’ levels. Those who insist on not doing what they are destined to do will remain there, at ‘lower’ levels, several times without progress. There is no judgement for those who refuse to advance, they simply require more physical lives to advance, and are also part of a ‘slower’ learning: another experience. LP asks why there is so much variation in physical lives: on Earth it feels as if we are amongst people who seem human but in reality are not. “Ghost” explains that yes, it’s true, there are hybrids who walk with us. They are hybrids with a human and non-human part. They take on human form and also must live an experience: this is why they are physical. Having to co-exist with these, who are at a ‘lower’ level, is also part of our experience. The human part can also originate from other ‘dimensions’.

We can say they 'incarnate'. Some humans, during reproduction, can receive some DNA from other species and in this way they can come to Earth. The DNA is carried for us, over thousands of years, through the bodies of humans who have been implanted with it and are unconscious carriers of these genes, therefore their children are hybrids.

LP would like to know if our path, with the current Covid19 pandemic, has changed or if it is still the same. What are our prospects, if they can be known? Light explains that an individual's path is always the same, but it's important to know that Earth was used as a guinea pig and it is still being studied by other Beings and – even if it's not nice for humans – we have been studied for a long time. LP agrees but adds that it seems we have been studied at least by two opposing groups. Light says that there are more Entities interested in influencing us, at least four, with four different purposes. LP asks if right now there is one group whose purposes are predominant. Light states that there's an Entity which is very similar to humans, not distinguishable amongst them, and in this way guides them. But there are at least another two who are more interested in research, for now. LP asks what these four Entities look like, and if they have a Physical Body. Light explains that two of them are very 'ethereal', with no Physical Body. Another is indeed similar to humans, but has reptilian traits, but when it inserts itself amongst humans it is not recognizable. Reptiloids have vertical pupils, but when they are amongst humans their pupils change and become indistinguishable. It's difficult to see the fourth Being, it's more elusive and distant. It has no Physical Body. LP concludes that in practice only Reptiloids directly influence us... What about the tall blond ones we call 'Nordics', or the 'Oranges'? Light states that they have been amongst us for a very long time. Light was talking about Entities which are trying to manipulate, to use humans; the Nordics and Oranges are indeed amongst humans, but they are not 'pirates', whereas the Reptiloids are at their same level but are intent on pirating humans. LP asks if Insectoids, which we discuss, are here too or do they have other intentions. Light replies that they too have been amongst humans for a long time. Following Covid19, this is a time when humans are 'impoverished' and so are easier prey. The beings mentioned by LP have been on Earth for a very long time.

LP notes that obviously, as Light says, Covid19 has weakened humans, but it seems as if it has also put them at a crossroads and forces them to decide how to behave in future. LP asks if this is true. Light says it is true, they can learn from Covid19. LP asks Light if he can make any predictions as to how it will end, or will the future definitely be negative? Light confirms that this virus will diminish and reappear, but it will be managed by humans. The key point was in being able to weaken humans, to change their habits, to make them easier prey for other populations. The virus emergency will subside, but the virus will still remain on earth for many years. LP notes that it will do what every other virus does with which humans co-exist, because it's disadvantageous for a virus to kill its host, if it wants to survive. It will mutate and lose potency, becoming basically harmless. Light agrees. LP concludes that therefore humans are weakened, but will become stronger if they learn the lesson, but Light can't say whether or not they will learn. Light confirms that it's a path: some humans will go 'further' than others, because the human species is 'second-rate' and is destined to disappear, therefore it only applies to our time. Individuals still continue on their paths, to later reunite with the Supreme Being and then proceed to other levels. This is the only thing. The so-called 'human species' is destined to disappear.

Given that 'humans' and 'non-humans' co-exist within a single human species, LP asks what is the percentage of 'humans'. Light replies that there are many: more than 70% 'earth humans', but even they have seeds of other species, and represent a legacy that has weakened over generations, but still present in their DNA. LP states that, to his understanding, there are very few

humans able to attain higher levels, is that correct? Light explains that the inability to go beyond a certain level is intrinsic in humans: their physicality limits this. LP heard somewhere that about 10% of humans are able to 'go further'. He asks if this is true. Light says it's possible, but these have little of human in them: in their genetic makeup there is a large number of 'pieces' from other species. The typical human is unable to go further a certain level, and is not engineered to do so.

THE MIND

LP notes that, with respect to the mind's abilities, it only needs one person to do something unusual under scientific conditions for it to become easier for others to do also: once people know it's possible, they can do better. He saw what happened with the random number generator: after the first successful influence, many others started doing it. "Light" agrees, because they realize it's possible and LP points out that that itself is the limiting factor: human society has always taught that humans are incapable.

LP asks about the validity of an impression of his: when he thinks of something he is about to say - for example a question - in the instant before speaking he focuses on the question and how to ask it. In that moment to LP it feels as if a telepathic message has left him; if it is received, the listener has a clearer understanding of his words.

Without the telepathic message, his words would be more ambiguous. He theorizes that in this way, the listener acquires knowledge - even before the words are uttered - of the subject to be discussed. "Light" stresses that only some questions can use this method, but not most of them: usually the listener does not have telepathic contact. It happens only for certain subjects that are deeply felt by the speaker and possibly also the listener.

LP wonders if that is usually called 'evil eye' is simply a negative intention expressed towards someone, or if it's something more. "Light" agrees that the 'evil eye' is an intention - an opposing energy, so to speak - sent towards someone, and can be released unconsciously by other people or even non-human beings, in which case it is more difficult to control. It is difficult for a human to truly defend himself; it's not enough to be confident in self-protection. A higher energy will help, but when a person becomes aware of being the object of an evil intention, it's already too late because he/she has already been touched. The only defence is to maintain a high 'vibration'. LP says, as he understands it, 'high vibration' means the highest possible awareness and "Light" adds that it's not just a mental matter, but a physical one too: for example, a good breathing technique helps

"Light" states that what humans call 'evil eye' is partly envy of others, because their emotions - feelings - interfere with the target-person. LP wonders if it could be considered an example of the influence of mind on matter. "Light" says yes, but adds that the influence is more than anything else on the target's emotional component and also, as a consequence, the Physical Body. However the most dangerous aspect is attacks by other Beings against which humans have no real defence. LP then asks if we are totally defenceless or, if we maintain a 'high vibration', as they say, it is harder to be attacked. "Light" replies that yes, it's harder, but humans have little hope of shielding themselves from attacks by non-physical Entities, even with an advanced level of consciousness: they are still physical beings and this makes them weak. There are various types of Entities that attack from the outside: many groups feed themselves from energy given off by others because the Physical Body also gives stability, solidity, that they don't have as non-physical beings, and therefore absorb energy from Earth's beings, without discriminating between positive and negative energy.

Light replies to LP's question "Why do we sleep?", saying that sleep is needed to relax the Physical Body and during which the mind 'detaches', relaxes and recharges, so that the human being can receive information.

CONSCIOUSNESS

“Light” confirms being allowed to answer questions, but is not a teacher, and the task of all similar ‘higher’ beings is to help the ‘lower’ ones to learn, therefore questions are not a problem: “Light”’s task is to send the message to ensure the movement continues to circulate, from the Supreme Being and down, then up again. LP asks “Light” why it was initially distrustful and “Light” explains that humans have learning limitations and few are inclined to acquire even a part of knowledge, so for “Light” it is only worth answering if the speaker is genuinely interested, otherwise the knowledge will be directed to other beings. LP says he has the impression that human limits are further than what is thought: we could say humans are very lazy... – Not all of them, replies “Light” – in reality limits can always be pushed further out... “Light” confirms that however learning must have an incentive. LP states that it’s the same as that of the Supreme Being, of which we are a part. It wouldn’t be surprising if someone tries...

LP asks a question about free will: every manifestation of the Supreme seems to have an inbuilt limit to free will. Can this lead to unexpected behaviour by the Supreme? Is this all of its experience, or are there anticipated behaviours? By ‘unexpected’ LP means creating a situation without predicting the outcome and just observe what happens. “Light” replies that it is not unexpected. the Supreme Being has all possible variants and allows them to come about through many different beings, not just humans, and in many dimensions, therefore nothing is unexpected: the possibilities rain down and all take place. Humans, like other beings, only see their own little piece and within it variation is limited. LP points out that from a single being’s point of view there can be what is considered ‘creative behaviour’, which is the careful examination of a situation and making a decision which would not have been made by others, but it seems that “Light” says this too is planned... “Light” replies that the being living this experience can make decisions because he must have this stimulus: it is however a type of reality illusion in which the experience being lived is very channelled. The belief of being able to make different choices is necessary, and anyway the being is always brought back to the experience he/she must live.

LP asks when the ‘level leap’ that “Light” sometimes mentions will occur – before or after we die? “Light” states that it’s difficult to do within one earth life. Some do it, but the vibration of Earth people is always very low and so it’s difficult. Lives are guided by the Supreme Being, but we Earth humans can do our task well so that we don’t have to reincarnate here again.

LP asks if the Covid19 virus will push humans to make that ‘level leap’ that “Light” talks about, and “Light” replies that for now this virus has forced people to change their way of life; life on Earth will continue, it can’t end now. It won’t continue like now, it will change and won’t be like now anymore, but there will be others coming to Earth – some who are already here and other new ones. Earth is not yet ready to be without humans. LP asks if those to reincarnate will be better able to remember than those here now: at the moment we are born without specific memories of past lives, only beliefs. Occasionally a memory may appear in life if it’s needed. Will we have more memories in future incarnations or will we always start from zero? “Light” replies that humans will progressively acquire more awareness, and therefore more memories, however, physical beings on Earth will always be limited. But it’s not necessary to reincarnate only on Earth – it can also happen elsewhere.

LP asks if, as far as he understands, ‘higher vibration’ and greater awareness are virtually the same. “Light” agrees and says they are levels of consciousness. LP adds that it seems that

'vibration' does not refer to the physical, but is a type of metaphor... "Light" says not exactly, because consciousness varies with levels and each level equals mental learning; there are undulating vibrations of the mind. LP argues that an undulating vibration requires an environment that allows the wave itself. "Light" agrees that waves also travel in space (wave propagation). LP has a good understanding of both sound and electromagnetic waves, but both require space and, above all, time. He therefore asks if there also exists a vibration that is independent of time, and compatible with timeless reality referred to in these discussions. "Light" says yes, but it's not definable in our language: they are waves which propagate in space in all directions in the absence of time, because they instantly go in all directions. LP talks about visualizing, for example, electromagnetic waves propagating in all directions, but sees them as a function of time; should they be seen as a numerical sequence of changing situations (sinusoidal oscillations) that happen over fixed distances (wavelength) from their origin? It seems that what we call 'time' is the reading of a sequence of still frames and this would allow reading a vibration in what is only a sequence of stationary states. Is this right or totally off the mark? "Light" agrees it is a sequential reading, because time is a human projection. LP understands and imagines that even the environment in which "Light" resides is made of many fixed 'pieces' (which he labelled 'voxel'), each composed of some space and – maybe – a bit of energy. If we look at them in a certain direction, we live a particular life, but another sequence means living a different life. In living these lives we see time, but it doesn't really exist because voxels are absolutely stationary. "Light" agrees that this analogy is a good approximation. LP concludes, therefore, that vibrations are like a movie with fixed frames. "Light" agrees and adds that leaps in consciousness give rise to these vibrations.

REALITY

LP states that, as he understands it, the entity at the top – we can call it the All, the One, or Supreme Being – has a multitude of manifestations to assist it in understanding through experience: he asks if this is correct. “Light” says yes: there are many manifestations, all impalpable like Him, that act as sensors; they feel the vibration of everything that happens. This is transmitted and noted. LP uses the opportunity to ask, seeing as we mentioned vibration which for us humans is connected to that time that appears to not exist, how can the Supreme Being have billions of experiences that require a succession of sequential states, at least of the numerical type (with their consequent concepts of before and after). “Light” says it can be explained, but is difficult to translate into a human language. It’s a combination of geometrical figures that slot into each other; the Supreme Beings learn from these. Time does not exist, there are only these slots and time is not needed because, where an experience doesn’t work out, there are others that do, and it’s the sum of all these angles and slots that provides the experience. How does this happen without time? “Light” states that it’s simultaneous and LP asks if it’s as if the Supreme Being takes a snapshot of the current situation, which alters the situation itself such that the next snapshot is modified in zero time. According to “Light” there isn’t such a defined direction between ‘before’ and ‘after’: there is an acquisition and more is also acquired simultaneously, so it’s not a straight line. LP notes that it is said that the Supreme Being exists forever, but it seems that eternity does not exist, nor anything that is comparable to time. “Light” confirms that time does not exist: it is always ‘present’. For “Light”, it is difficult to explain this concept in human words, however it is always a present moment.

LP asks if there are other dimensions – apart from the four/five, including time, suggested by OBEs – and “Light” explains that there are many dimensions, but for now it’s not possible for humans to access them. LP asks then if, other than the first four, there are other spatial or non-spatial dimensions, and “Light” replies that the closest – there are up to ten – are spatial, then they become non-spatial. LP notes that it’s hard enough to imagine the fourth, let alone the tenth or eleventh... LP asks how the dimensions differ from each other. “Light” explains that they differ by their conformations: the spatial ones are somehow definable geometrically, but not the others because they have no space, being rarefied. LP remembers “Light” talking about ‘spaces’ and to LP they seem like what he calls ‘levels of reality’, to make things more comprehensible; he asks “Light” to explain what they are and how to move from one to another. “Light” says that ‘spaces’ are different levels of reality and LP asks if they coincide with infinite three-dimensional spaces that co-exist in a spatial four-dimensional reality. “Light” confirms they are, and LP agrees that it’s right to call them ‘spaces’: it’s more precise than ‘levels of reality’ and asks how to move between them. “Light” confirms they have levels – ‘types’ – of different energy: changing energy changes the ‘space’. LP is doubtful that the fourth spatial axis is energetic and “Light” says yes, He sees a long axis, a long base made of energy with many levels each holding a universe. LP then asks if, being where He is, “Light” can visit any one of these levels – enter and see what is there. “Light” replies that it’s difficult: He sees a certain viewpoint and can’t reach the distant ones. According to LP this is typical of the fourth spatial dimension, in which all three-dimensional realities are visible but the farther they are the less visible they are. It’s also possible to enter a single reality and see its details. LP asks if this is so. “Light” agrees.

LP asks what dramatic changes there are when moving from physical to psychic dimensions. “Light” replies that the psychic ones are very fast: they allow a very quick and even advanced learning compared to the physical. It’s a different way to learn. The physical environment is important because it allows development in a tangible reality, in the human sense of the term.

Once learning is accomplished in the physical reality, the psychic ones are much faster – there is greater evolution. Then, the Supreme Being gathers together all this learning. LP asks if these dimensions can be blended, and “Light” explains that a part of the psychic ones can also go into the physical, but not the reverse. A higher level dimension can understand those below it, but not the other way.

LP asks for clarification of the following: “Have you passed from the fourth to the fifth dimension (or from fifth to sixth)?” “Light” explains that it’s a schematization; there are dimensional levels and to say that moving from the third to the fourth dimension follows a framework that goes up to the tenth. Dimensional levels are mainly distinguished by their level of awareness, but there are also different geometrical dynamics. To better understand a specific dimension requires leaps of awareness.

LP states that the fourth spatial dimension typical of the OBE – as we understand it also geometrically, and although beyond our daily consciousness – can still, in some way, be understood by logic, but not the fifth. To non-physical entities, is what we call the fourth spatial dimension – with its two-way arrow of time, involved in all five space-time dimensions – the fourth, fifth, sixth, or what? “Light” replies that they don’t use this counting method for dimensions: it was used to give an idea of quantity and a ‘translation’ for us. There are ‘dimensions’ with a material aspect and other more ‘subtle’ ones, but the number we assign them – and that “Light” also mentioned – is a schematization for our benefit: there is no direct connection to what we call ‘geometric axes’. LP assumes that the term ‘dimension’ can have two different accepted meaning, like the term ‘energy’; different terms should be created for different meanings. The term AWARGY was created by LP to indicate a combination of traditional **E**nergy and **A**wareness. if there were an AWARGY axis, it would go from one dimensional level to another and all would be easier because we would be able to measure the changes in position. “Light” replies that this could be a good thing, because the transition from one ‘dimension’ to another is made by leaps of awareness and, when speaking of levels, this is measurable for us and also applies to the rest of the universe. LP notes that this is no little thing!

LP asks, seeing as time does not exist and our physical lives are parallel, how can we say that a particular experience precedes another – is there an order? “Light” replies that order is a simple way for humans to derive a sense of progression, but in reality they all occur simultaneously. There is constant jumping from one life and another, from one dimension to another, but a person could not maintain this situation and so needs this illusion of ‘before’ and ‘after’, but it is the stimulus for humans to learn within the space in which they live. The concept of time is fundamental for humans, otherwise they would feel blocked, trapped. LP notes that in reality, once an experience has ended (also as physical beings), we all re-live it together, not spread out over time. “Light” says yes, that’s true, but humans are limited in their understanding of these concepts; they understand up to a point, but are not programmed for a full understanding. They can go far, but need the concept of time – it’s indispensable for humans.

LP wonders if time doesn’t exist purely because each of us has our own, different to others. Indeed, we can’t consider learning without the concepts of ‘before’ (when something is still unknown) and ‘after’ (when it is known), without a temporal order, or at least a logical order. LP notes that these two concepts are inseparable from learning and should also involve the Supreme Being, if its purpose is to learn. Time perhaps does not exist because the Supreme Being learns extremely quickly and others learn slowly, so in reality there is no absolute time that applies to everyone; is there another explanation? “Light” confirms that there is not a ‘before’ learning and

an 'after' learning, because the Supreme Being already has the knowledge in itself, therefore it is a 're-discovery' of what it already has. In reality there isn't a timeline because there is an 'extraction' of what is already there. LP argues that if everything is inside, it's either all extracted together or a bit at a time; which of these two does the Supreme Being do? "Light" replies that the Supreme learns by ensuring each being pulls out, a little each time, what is already within himself. LP replies that beings require a 'before' and an 'after' in order to pull out what is inside, and "Light" says that this applies in the earthly logic, but elsewhere it is circular, a circle without a 'before' or 'after': a part of the information comes out, then returns to the Supreme Being, and so on. In this way the Supreme Being also learns, but basically already knows: it's a circular process. LP is rather perplexed and asks "Light" for a clearer explanation. "Light" says it's not easy to give a clear explanation for LP, who thinks in a consequential way and that is correct for the Earth and its 'dimensional reality', however it's not like this elsewhere and perhaps the simplest explanation is that what is learned really already is, and it's a circular motion. This is the best "Light" can do to make LP understand.

Given that time doesn't exist, LP asks if we can slow it down so as to do more. "Light" replies no.

LP states that, if he understands correctly, 'voxels' represent facts, while their sequential exploration represents emotions, interpretations, experiences – "Light" agrees – and asks where experience is stored (excluding voxels, which can't do this): something similar to a memory card, albeit non-physical. "Light" explains that experience is lived by an individual being and it is stored by the Supreme Being at a deep level of consciousness, not definable physically.

The Supreme takes everything in and lets everything out instantly, without time. LP notes that he is still unsettled by the sequence of 'don't know/learn/know', which seems time-related... "Light" claims that this is purely a human projection, so that the learning process has a beginning and end; outside the human sphere it happens instantly. The change is at a consciousness level, not as a temporal progression. Consciousness advances without time.

LP asks "Light" to define the origin of everything, i.e., the Supreme Being: has it always existed, or did it suddenly realize it existed and from then on began its course? "Light" says it is difficult to explain, but there is an immense light that has always existed, because it is timeless. Therefore this Being has always been, but, through the experiences of individuals, it has expanded and learned. It changes and becomes broader. In reply to LP's question if at a certain point the expansion stops, "Light" replies that he can't see beyond a certain point. LP notes that this means even "Light" is limited, and "Light" agrees.

LP says that in summary, we see the Supreme Being as an entity with many emanations, each of which has more, and so on exponentially, until the lowest level in physical life. A type of descending pyramid structure – "Light" agrees – and from there it rises up towards the ALL, forming other pyramids, this time ascending. If they exist, can these be many and reach the Supreme Being? "Light" says that there are these 'systems' of ascent, but closer to the Supreme Being there is less sense of identity: at a certain point there is a fusion with the Supreme Being, which is the sum and emanation of all experiences of all beings. In physical life there is a strong sense of individual identity and the closer we get to the Supreme Being the greater the loss of this identity. LP notes that this reminds him of two particles in freefall together in a vacuum, and if they are very close together they become entangled – in other words, become a single entity while still remaining separate. If it's similar to this – "Light" agrees – then the pyramids fuse together and the experience becomes one only. Situations are examined by the Supreme Being

simultaneously, but new ones arise... "Light" says that yes, it's a continuous cycle: when we re-connect with the Supreme Being, a part of it comes back down and the cycle repeats. LP notes that the multiverse is therefore a manifestation of the Supreme Being, but asks if we can apply the term multiverse only to the physical, or does the definition also include the spiritual, and "Light" explains that multiverse is also spiritual. The multiverse includes everything: the Supreme Being encompasses everything. To LP's question of whether or not there is only one Supreme Being, "Light" replies that His knowledge has boundaries; however, there is a feeling, so to speak, that there are more Supreme Beings. LP notes that this could imply the possible existence of a Super-Supreme Being above the other Entities: a Super-Structure. "Light" does not know.

LP asks what is the 'ether', the substance theorized by humans. "Light" replies that the ether, as thought of by humans, is an impalpable space, whereas the real ether is the Supreme Being. LP then asks if it is what is called 'quantum vacuum', from which everything arises. "Light" says yes. LP then asks about its behaviour, from a physical point of view, given that it has electrical and magnetic properties (at least in our space). Does it have other features? "Light" says no: it's a physical, spatial, rarefied, gaseous reality... LP asks if it's gaseous or liquid, and the reply is 'gaseous'. LP then asks if it can be compressed and expanded. "Light" says yes, in terms of human definitions, even if as a gas it's very rarefied: ultimately, it doesn't have the compression features of other gases. Consequently LP asks if the loss of energy by photons (seen as a red-shift) when they travel long distances is because they encounter a slight resistance from the ether. "Light" agrees, because at any rate it's actually gaseous (still referring to the 'human' ether). LP notes that, if this is true, does this cause the reduction in frequency of light from distant galaxies, or is it the Doppler effect, or both? "Light" explains that light loses energy because it encounters a sort of friction until it reaches the Earth. LP points out that the decreasing of frequency (redshift) is currently interpreted only as a Doppler effect and used to measure the moving away of galaxies with respect to us. He asks if this is correct. "Light" replies that galaxies are constantly moving. In some cases the lower light intensity is also because, at that moment, galaxies are at a farther point than before. The measure of their motion using the redshift is however interpreted as the greater the redshift, the greater the distance, but this applies to human parameters. In reality this moving away is not as pronounced as it appears to humans, because redshift is partially caused by loss of photon energy during travel. LP infers that, as such, the area of the universe we see does not have a range of about 14 billion light-years, but is smaller. Does the universe continue beyond that limit? "Light" says yes. Where and how does a single space (single universe) end, amongst the infinity in existence? "Light" replies that there is an energetic limit: beyond a particular space a specific universe's expansion is no longer possible because it runs out of energy and that is the limit of that space. LP argues that gravity continues to exist: does that universe collapse upon itself with a big crunch? "Light" states that all universes undergo an expansion, followed by a contraction, and then expand again and collapse, repeating this cycle of expansion-contraction. LP concludes that what we call life is destined to undergo cycles of destruction-rebirth, itself also a manifestation of the Supreme Being. "Light" confirms: one life ends and another returns... LP states that he no longer has difficulty contemplating a timeless reality, but it's far more difficult to contemplate a reality with 4 spatial dimensions – "Light" said there were actually more and confirms this – because, at least for LP, these are more difficult to imagine, or visualize. He asks if there's a shortcut to help, or should he just get used to it. "Light" states that it's a matter of habit, however since humans live in a three-dimensional reality, it is hard to imagine a four-dimensional one: there is no shortcut to understand it. When other realities – non-physical too – are lived and learned about, everything will be clearer, but it's hard in three-dimensional reality.

LP states that, when leaving the three-dimensional world during an OBE, the first world encountered seems to have 4 spatial dimensions and one of two-directional of time. Some time back we talked about the fourth axis, which is energetic. He asks how a spatial axis can be energetic at the same time. "Light" confirms that the concepts of space and energy are linked. What humans define as 'energy' is also 'space': this can be seen from the fourth dimension onwards. Energy occupies space and space contains energy. LP asks then if the energy "Light" talks about is that of classical physics, or what LP has called AWARGY (a combination of awareness and energy). "Light" replies that it's a physical as well as mental energy, because the mental part is also physical. That which LP calls awareness is a mental energy. LP asks, given that this mental energy is physical, if it can be measured. "Light" says yes, like any other energy: it has a wave motion. When LP asks if it is electromagnetic, "Light" agrees and says it is sinusoidal. This reminds LP of the photon, which is simultaneously a particle and a wave... "Light" agrees and LP concludes – with "Light" agreeing – that it's a concept of energy corresponding to that which is typical of physics, except that physics excludes the mind. But how is the mind connected to wave motion? "Light" explains that thought has a wave motion: a wave energy. It has mass and electromagnetic energy. Thought has its own density. LP asks what frequency it has, so as to measure it, and "Light" replies "About 700 Hz; each thought varies." LP notes that this frequency is easily worked with and asks how this wave can be detected. "Light" doubts we have the necessary instruments. LP asks if, from our viewpoint, it is detectable with the equivalent of a radio receiver. "Light" replies in the positive. When LP asks: "Is the sensor (antenna) to be used inductive, capacitive, or what?" "Light" is unable to define it: it must be able to receive the wave and allow it to be amplified.

LP has a query: sometimes, at home, an object 'disappears' from a well-known spot and apparently 'ceases to exist' in the entire house, then, after some time, it suddenly 'reappears' either in the same spot or another one (such as in our car). Is this phenomenon due to our distraction, or is it a 'jump' between realities? According to "Light" this is often not due to jumps in reality, but to the person not wanting to see the object, because at that moment, even if on a conscious level he is looking for it and wants to see it, in reality does not want to see it. The physical switching from one reality to another is not very frequent: it happens, but not in this instance. There are jumps from one reality to another when humans need an increase in awareness, a realisation, because, as mentioned previously, each life is obliged to undergo a certain experience, therefore when the current reality is not suitable for the required experience, the person is taken to another more suitable reality and then returned to the original one, all to compel the person to have that experience.

LP states that it seems like entanglement allows, in some way, instant communication from one part of the universe to another. Can we then say that there is a reference time valid for our entire universe, or that the universe is only a 'dream'? According to "Light" time does not exist: we always communicate instantly, however for humans too, despite having the dogmatic belief of the insurmountable speed of light, communication is always instant. Humans though, from this point of view, are not very talented. In reality humans constantly also communicate with other beings in other places, but are unaware of it and don't control it; reception delay does not exist. What LP wants to know is for his requirements, but in reality does not exist: it's not possible to give an answer because for humans time is necessary, a necessary illusion for living an experience, but they don't know how to absolutely master it, they can't. LP states that an experience comprises a sequence of states, but for "Light" this applies only to humans. For the rest, and for the Supreme Being, the life of a human is a snapshot. LP notes that it's like the analogy he put forward: a game of chess comprised of 42 moves can be represented by 43 transparent slides (including one

showing the initial arrangement of pieces) placed on top of each other; they can be viewed one at a time in sequence, or all together as a single block-game. The Supreme Being – and “Light” agrees – sees the whole game at once rather than as a sequence. Faced with the absence of time LP still finds it hard to understand how the Supreme Being can exist for so long: as he understands it, even if they are instant, new experiences never end... “Light” agrees that yes, they never end, and indeed merge into the Supreme and simultaneously and are returned endlessly: it’s a continuous expansion. LP says that therefore, as far as we humans know – and it’s truly little – about entanglement, it allows either one of two particles far from each other to instantly know about the other’s change of state. How can this happen? “Light” explains that everything is energy, therefore thoughts, voice vibrations – but especially thoughts – have no boundaries, no barriers, so anything at one place can easily interact with anything in another place, even at great distances: it’s a matter of space, space that contracts and makes contact possible. When LP asks what makes space contract, “Light” replies that space is not ‘fixed’: in reality it’s like a dense liquid that can contract, bringing two distant points closer, or expand, bringing them further apart. Each time an intent is sent out – such as a thought – by a human, it goes toward the person or object for whom it was intended, which will be affected. So two particles affect each other even if light years apart. LP asks if it’s their intention that moves, or the observer’s intention. “Light” states that intention belongs to the sender, but the observer at the other end – whether or not aware of it – still receives: both contribute to the influence. When one person sends to another, the latter receives all the same. LP, thinking of entanglement, states – and “Light” agrees – that, if a particle in Rome changes its state, its partner particle in Milan changes its state too whether or not it is being observed. Does the observer in Rome cause the effect? “Light” says yes, it is the sender: if the particle’s state changes in Rome, then the influence originates there. LP therefore states that the observer’s intention is an integral part of the experiment and we can say that the two particles are ‘entangled’ because the experiment’s observer verifies whether or not they are entangled... According to “Light”, that is correct. LP then asks if this communication based on entanglement also exists between universes or only within our own. “Light” replies that it exists, but can only be understood by much more advanced beings than humans.

LP often hears the term ‘vibrational level’ and wonders what vibrates, without time: how can it vibrate? “Light” states that vibration is not linked to time, but to space. There is a vibration at a certain level that propagates in space at a certain speed... LP argues that speed implies time: $v = s/t$ (velocity = space/time), however “Light” says that this is so for humans, but that in reality there is no time, there is only a movement of vibration in space, and it can change... LP can’t fathom speed without time, or is it a simple motion through space? “Light” states that motion in space is perhaps a concept that LP can understand... LP agrees, but as a numerical succession of states: first I’m here, then I’m there, after which I’m over there, and so on... “Light” replies that it’s not a temporal motion: that is a human idea. It’s particle motion within a space and outside of time. When a person’s intention changes, such as a state of consciousness, this motion, from that space, can cause a jump in another space and that change is at a vibrational level. LP says he was thinking of a way to measure vibrational level, but what “Light” says seems to make this impossible... “Light” then states that in order to measure something that is effectively real for what really is, we must find a way that does not include time, because time is only typical of the human dimension and only applies to humans. Measuring with time is a human translation, but does not correspond to reality. This is the only way if we want to affirm something real. LP infers that an experience is real once it has ended and becomes a memory. “Light” agrees: space with its levels is real. Temporal succession is not real.

LP asks if our geometry is wrong or incomplete, given that it is unable to describe, for now, other 'levels' of reality. "Light" says that it is correct for our level of reality. LP notes that it is however unable to describe other levels and "Light" agrees. LP then asks what is missing and "Light" states that it isn't missing something, it is correct for humans' level of understanding. Humans cannot go beyond a certain level of understanding and the frameworks used are appropriate for our species and our level. LP says he is not inclined to accept limits and "Light" points out that some limits are acceptable because they are useful for the experience and it's not only we who need to live, but other species in other 'dimensions'. This doesn't mean we should cease learning or asking questions, but there are limits.

LP asks for an explanation of the atom, and whether or not it is as described by physics. Light replies that there's a part that physics does not describe, in the outer part where electrons are. There's a part outside the nucleus, outside the atom itself, that is invisible to human scientific analysis: it's a type of 'subtle' part which has a vibrational and interactive ability not yet identified by available means. LP asks if we can say that atoms mutually interact through this 'atomic aura', and Light states that they do so not only within a single body or substance, but with other bodies and different substances too. LP asks if we can confirm that this 'atomic aura' extends infinitely and Light replies that it's not infinite: it's finite, but has a type of telepathic ability in comparison with other atoms of the same being, but also of different beings. This property does not extend to different 'dimensions' and doesn't have a consciousness: all of a being's 'atomic auras' preside over that being and are not individuals.

LP poses a question: if the Supreme Being splits itself into a multitude of 'pieces' or photos or 'voxels', which can be explored one after another in all possible ways to acquire 'experience', what are these 'pieces' made of? Given that consciousness seems to be separate, what is the difference between consciousness itself and those 'pieces'? Light replies that each being is dependent on the Supreme Being and everything merges with It. LP says that to his understanding, there is a difference between physical experience and the processing that occurs after the experience itself. Light confirms that they are separate: an individual being, especially a physical one, is unaware of what is 'outside' and with what his experience merges, but the Supreme Being is aware of everything. LP then asks if these are two separate levels, even if of the same Entity, or an integrated whole, and Light says that it is a whole. LP therefore assumes that the frames and the analysis of the actualized movie are the same thing. Light agrees and adds that only very few humans are aware of this fact.

LP always wonders about the physical support for experiences. If the Supreme Being splits itself into an infinite number of smaller parts so as to study itself and, as it were, create the 'software' to examine all its parts in every possible way and learn, LP sees the small parts and the 'program' as distinct, even though they are all parts of the same Being. While he sees the physical support as being the small parts, he can't see what supports the 'software', which, if the experience remains, should exist to record it. Light replies that it exists, but not in terms of human 'mechanics': it's a type of recording by the Supreme Being of all memories, experiences, the same Psychic and Subtle Bodies of physical people and non-physical Entities that return to It. This is Its memory. LP reminds Light that he spoke about those considered temporary workers generated by the Supreme Being to gather and examine experiences and then reabsorb them. Light says that is correct. It's as if the Supreme Being expands and then contracts. LP says it's difficult for him to understand how it can expand and contract without time. Light replies: "Yes, I know, but I can't explain it in human terms. It's not possible to translate the concept." LP asks if Light could try to give us a vague analogy and Light says it is just like a psychic mass that expands and contracts: that is the simplest

analogy. LP understands this from an experience point of view: knowledge expands, but how does contraction occur – is it at the summary stage? Light explains that it's about returning. Everything that is the experience (simultaneous) of every being returns to the Supreme Being, which, in turn, generates new experiences.

BEYOND THE FIVE SENSES

LP reports seeing a video recently where children – and adults too – are able to see with their eyes blinded by a mask and asks if this is true, and if so, how they do it: do they have an OBE, detaching from the Physical body a few millimetres, or by some other method? “Light” replies that humans need physical sight. When unable to see on the physical plane, they project images, but “Light” is unaware of what LP is referring to; however, the most a human can do is to have a mental projection of what they believe is there, based on a previously acquired knowledge of the environment. LP assumes that, according to “Light”, the child who slaloms between bollards placed in a room does it because he/she already knows their locations. “Light” says yes, it’s a memory similar to what blind people use. LP asks if, when a child reads a short text, is it because he already knows it, or is someone transmitting it telepathically? “Light” replies that it’s not easy for a human to telepathically transmit a text, but it’s possible.

TELEPATHY

LP asks what telepathy is based on. What codes are sent and received telepathically? “Light” replies that they could be messages from other people or even other Beings. LP clarifies that it was a technical question: if he wants to transmit the idea of a rhinoceros, he would send out the concepts of ‘animal, four legs, clumsy, heavy, grey, horn on face’, and if it’s a white rhinoceros, add the idea of ‘white’, and perhaps ‘Africa’. Is this how telepathy works? “Light” says telepathy is much more immediate... LP says though that all that data must be transmitted... “Light” responds that a complete image of a rhinoceros is transmitted immediately with all relevant details. The other person must somehow connect to the transmission. LP assumes then that the concepts listed above are all sent together immediately. “Light” agrees. LP explains however that the word ‘rhinoceros’ was not transmitted, but rather its three-dimensional image. “Light” says that is exactly correct.

PRECOGNITION

LP asks that, in order to demonstrate the existence of certain phenomena, it would be useful if “Vib” could predict something insignificant that will occur in the next few days. ‘Insignificant’ so as to avoid predictions which could appreciably alter the natural flow of events but useful in determining its accuracy. “Vib” says it’s not easy because a prediction is asked for within a time span. LP replies that it’s a short span, no need to look far beyond our current moment. “Vib” feels unable to make predictions about people, and senses an atmospheric weather change. LP says that is good enough but, as an example of something insignificant, “Vib” could even say if tomorrow someone known to us will get a punctured tyre and which of the four it will be. “Vib” again is unable to make a prediction about a person, but sees that in LP’s geographical area there will be a big storm within two days. This “Vib” can say, but is unable to make other predictions about people. LP says: “Talk about what will happen within 48 hours. Will it hail? Will there be damage here?” “Vib” replies that it will only be a storm with no damage (*after about 36 hours on the morning of 6th November in Pozzolatico (Impruneta, Florence, Italy) there was in fact a storm, foreseen as scattered rain with possible storms, especially in the afternoon. It’s a weak proof – author’s note*).

MEDIUMSHIP

LP asks what is the difference, from a non-physical perspective, between 'apportation' (in which an object, for example a vase, is taken from one location and moved to another, where it is made to appear in front of onlookers) and 'materialization' (in which the object is 'created from nothing' in the presence of onlookers), and "Light" states there is no difference, they all use a psychic energy. LP points out that apportation seems to involve a dematerialization followed by re-materialization, and "Light" explains that there is always a motion: even when an object is apparently created 'from nothing', it originates from another place, sometimes in another dimension, and the human mind simply does not identify the original place. It is therefore however an apportation, sometimes from another dimension, another level of reality.

LP affirms that there are ways of contacting the deceased, such as Instrumental Transcommunication (Metaphony), but would like to know if, according to "Light", these contacts are worth the effort. "Light"'s answer is a dry no. Furthermore, as stated earlier, there is not time and the deceased person – given that we are all the same 'level' – is still present, but being dead --no longer needs to be in contact with us, or rather, with the person asking questions. Let the deceased be. Actually they still exist, because time doesn't exist, but there has to be a separation and, if the physical person continues searching for the deceased one, the link between them is maintained, forcing continued contact and often the 'deceased' responds to this contact. This contact, though, must be interrupted by 'evolutionary' necessity that involves both physical and non-physical parties. It's not productive to maintain this contact. Sometimes brief contact can be good, such as when the deceased appears in a dream; these are little things, but then detachment is needed. LP mentions a recent experience of his: in two dreams this past week there appeared a dear friend who passed away about 12 years ago and whom LP hasn't seen since. He appeared even though LP did not ask for him. "Light" explains that this involves an animic part of LP that needed that contact, even though on a conscious level LP didn't ask for it. This is good: the friend gave LP information he needed, and that's all. LP says he would've liked to speak to him for longer, because when alive the friend was rather skeptical and LP would like to know what his views are now. Most likely different, otherwise he would not have appeared. "Light" agrees that this is most likely and that it was an exchange: the friend also benefitted. However, it is not advised to seek this type of contact.

LP asks if the deceased, who no longer have a Physical Body, are able to contact living people without having been called by them, or if they can only if called. "Vib" states that when the spirit, or soul, or Psychic Body leaves the Physical Body, it is intended to return to a non-physical place and have another experience: it's actually a simple jump in level. Sometimes this jump is not accepted, therefore that part of the Psychic Body can return to contact other Psychic Bodies in the physical. It can happen on its own initiative or because contact is attempted and there is also the Subtle Body, if it hasn't already disappeared: they go together. LP asks what becomes of the Subtle Body after it disappears. "Vib"'s answer is that it always returns to the Supreme Being – it's an emanation of It. There remains only a memory of it.

LP states that the usual non-physical beings are the deceased and mediums claim to speak with them. He asks if this is actually what happens. Light states that sometimes it's true, because sometimes the 'psychic' part of the deceased person remains close to the physical level of reality. What is called the Subtle Body must remain there for unsettled issues, because it can't detach

itself. It can be contacted and conversed with by the so-called medium. LP asks for confirmation that a 'world' comprised of Subtle Bodies detached from their deceased Physical Bodies exists, but who haven't yet completed the course to allow them to disappear by re-entering the Psychic Body – Light confirms – and so these can be contacted and questioned by mediums – Light confirms again – therefore their duration has meaning in our physical time, but in reality they exist forever, representing a permanent existence. Light confirms it's true.

LP asks Light if VR can act as a medium during a guided OBE. Light replies that she can, but for a human it's hard to distinguish the Subtle Body of a deceased person from a so-called 'pirate' entity; in fact, in many cases it's not the deceased's Subtle Body that's answering, but other Beings who use the energy of humans and who are simply nearby, therefore the medium must, with difficulty and together with the client, know how to recognize with whom they are speaking. It's not easy to 'hook' the Subtle Bodies of the deceased: it's important to see whether or not they are still close to human reality. LP asks for clarity about the following: if we speak with their Subtle Bodies, shouldn't their Psychic Bodies already have passed onto other experiences? Light says yes, in most cases. LP adds that therefore these Subtle Bodies with whom we speak should gradually lose their efficiency and eventually disappear. Light says yes, but time doesn't exist, so it depends on the bond that Subtle Body has with Earth's reality. We should check if the people wanting to be contacted are still connected to human reality.

The first definite attempt to get VR to act as a medium occurred when requested by LP to establish contact, one after another, with 5 people who died between 1978 and 2020 and who were well known to LP, who only provided their names. Various entities appeared, which VR describes and some of which she talks to, but none of them correspond to those requested by LP. Light believes that VR needs some other 'hook' to help her connect to the correct Subtle Bodies: she may have difficulty with a name only. LP explains that often a surname may indicate a relationship with the inquirer. Light says yes, but continues to say that VR needs an extra 'hook', such as a picture or something, like information. LP says this was only an initial test run. Light has already given an important bit of information: mediums connect with Subtle Bodies. Therefore on the one hand we are dealing with Subtle Bodies who still have the convictions they had when physical, and on the other we have Psychic Bodies which at that point are having different experiences and, consequently, they may have changed their way of thinking. Light says yes, and adds that on Earth the Psychic Body and the Subtle of those passed on are not necessarily still close to each other nor to humans: this is a serious difficulty. It's easier to see what happened to people who have undergone traumas, because a 'mark' is left behind which, even for those who have passed on, should be acknowledged.

LP asks if there's any connection between the non-physical bodies of humans and beings contacted by mediums. "Light" says they are non-physical Entities which don't exactly correspond to those Bodies, but can be compared to them – beings like "Light" itself. LP explains that there are also the 'deceased', connected to people who want to contact them via mediums. If they are real, are they actual deceased people or something else? "Light" replies that they are fragments which can remain of the deceased's Psychic Body, but in reality messages through mediums undergo heavy filtering, because the deceased goes toward the Supreme with its Soul and has no reason to remain and provide messages to physical beings. However 'echoes' may remain. LP's belief is that when mediums claim that they are seeing a deceased person, in reality they are telepathically receiving an image held by the client and, if anything, add some details to it. Is this correct? "Light" says no: they see a type of 'echo' of the deceased's Psychic Body and what is seen is a channelling of the client's desires. LP asks if a deceased person strongly wishes to

communicate with a living one, can it be done via a medium? “Light” says yes, but it’s very rare: after detaching from the Physical Body, they are in another reality and there is no reason to remain attached to the living. However, a living person may have this desire, and so connects to fragments of the deceased’s Psychic Body – of the Soul. LP concludes that something that really exists is contacted and it’s a part of the Psychic Body. “Light” agrees.

Given that a medium can contact part of a deceased person’s Psychic Body, LP asks if “Light” could contact the Psychic Body of a deceased whose Physical Body is missing and needs to be found. “Light” confirms being able to find deceased people if they reply, but it’s easier with living people. LP asks for “Light” to try, with a living or dead person, to see if any useful information comes through which can be quickly verified, so that this technique can possibly be used in practice. “Light” emphasizes that there are many missing people, and LP explains that we want someone in Italy and has had exposure in the media... LP interrupts to say that it won’t work like this: there are too many like this and our concept of notoriety is not like his. “Light” can get something if a name is provided... given that “Light” has a partial view of the future and the ability to identify the most probable events in the near future, LP urges “Light” to seek someone who is missing but will shortly be found. If we are told something now, we will soon be able to check the prediction’s accuracy. “Light” is unable to make such a specific evaluation: many people are missing... LP asks “Light” to choose one and see how it goes... “Light” says that without a name the missing person cannot be distinguished. “Light” requires a name to find the person and determine if he/she is alive and where. LP suggests the following: a Sardinian young man by the name of Cristian Farris (whose disappearance was examined by VR some time ago). “Light” says he is dead. He is buried in a field. It was an accident: he was hit by some sort of machinery. LP asks who buried him and “Light” replies that some people are appearing – probable family and they bury him. LP asks why they don’t announce that his death was an accident. According to “Light” they don’t want it known and choose to not talk about it. LP wonders if anyone is investigating and “Light” can see law enforcement responsible for that area: some know the truth, but stay quiet because the truth must not come out and those who know keep quiet.

Data on Cristian Farris given by V.R. on the 15th May 2020

It’s a sun-drenched countryside with barren soil and few short plants and, in the distance, a flock of sheep. The area is in central Sardinia: flat, worked terrain.
Cristian was a young man who lived in harmony with the land and his animals: he was going to check on his flock.
He died. It was an accident: he was struck by the steel part of a farm machine resembling a reaping machine.
His family buried him because they didn’t want the accident made public: the machine should not have been there and nobody must know. They are all in profound grief, but will not say what happened. Some of his family know what happened, but his mother probably doesn’t.
He is buried deeply in soil, not far from where he died, on the family farm where they keep tools and animals. There is nothing around it.

MIND-MATTER INTERACTION

“Light” confirms that in order to influence matter, humans must increase their vibrational level. It’s not achieved through willpower, but rising to a higher energetic state from which it is easier to interact with matter and influence it. However humans in the era of LP and VR are limited and can’t go beyond a certain level. It is not the right ‘space’ and this ability is not part of that ‘space’s’ experience. LP then asks why were they able to influence matter, albeit modestly, by successfully influencing random number generators and ‘giving birth’ to photons, from a distance, in front of a

photomultiplier. "Light" replies that it's because the objective is that in each 'space' we advance our consciousness. Even humans living in LP's and VR's era must become aware of potentially being capable of more and so it's good to try and increase abilities in small increments. In each 'space', such as that of LP and VR, it's possible to reach a certain level, but it's important that those within that space gain as much awareness as possible, and so this is a good thing. LP believes, however, that even a small success will enable others uninvolved in the experiment to also advance their awareness – others who only believe in measurable results. Therefore, LP thinks that small measurable results contribute to a more general awakening. "Light" confirms this is so for humans. For "Light", this conversation is an effort, but yes, for humans this is how it is. They need constant stimuli and results stimulate more. This is progress... LP notes that humans have large limitations and thinks that good and bad luck in life is just this: have very heavy limitations, but trying to understand, to go further, to increase one's consciousness despite limits. It's a constant challenge. LP asks if this view is correct, and "Light" says yes, this is correct. LP states that, from their experiments currently underway, it seems like the mind-matter interaction involves a link between mind and matter such that once the effect has been initiated, it lasts for a certain period of time. If it's not an experimental error, why is this so? "Vib" explains that it's because vibrations resulting from a given event expand out in space and, in our dimension, space is connected to time and so, due to this illusion, we see it protract over time.

MEDICINE AND GENERAL TREATMENTS

LP asks what is the basis for homeopathy, and Light says that, in a manner of speaking, it is based on 'resonance'. LP says therefore it is based on something very 'subtle'. Light agrees, because a homeopathic product, although very dilute, preserves the original product's 'vibration'. LP then asks how important is the mind of the person who prepares, prescribes, and uses the product. Light explains that the prescriber's and preparer's minds are insignificant, but the user's mind is paramount, in that the homeopathic product works by 'resonance'. Then end user should be open and welcoming to it. It may seem like a placebo effect, but it isn't. Often the product doesn't work because, if produced on an industrial scale, it is already weakened compared to a 'subtle' quality product. Also if the user takes it as a normal pharmaceutical, he/she will be unable to feel its positive effect.

THE AURA

LP asks “Light” about the colours of the human aura and their interpretation, and “Light” states that the colours are a human visualization of different energy levels, of vibration. LP notes that the aura can also be seen with machines and not just the eye. “Light” says this is true, but the colours represent different energy levels. LP then asks which are the ‘good’ colours and “Light” explains they are the light and vivid colours, such as yellow, blue, violet... also red: light red is also good, like green and all light colours. Dark colours, like dark blue, black, brown, represent lower energy levels and indicate problems requiring ‘cleaning’. LP says he has learned that the best colours are white (“Light” agrees), gold, yellow, green, violet and fuchsia (a combination of red and blue), but thought that red was not positive and indicated an imbalance... “Light” says that light, vivid red is a good colour: it indicates a person’s good grounding and so LP asks about dark red. “Light” explains that dark colours have a black component, which indicates ‘heaviness’. However positive or negative colours do not exist in the absolute, but dark colours – black, but brown too – indicate ‘heaviness’ and should be cleaned. A light-coloured and broad aura means well-being, especially including a white or yellow light.

After ascertaining that “Vib” knows about the human aura, i.e., the emanation present around the human body, LP asks for clarification around the meaning of red in the aura, given the various different interpretations of it in the past. “Vib” states that red is a somewhat ‘lower’ level – earthly – and entails a rather lower vibrations of the Physical Body. When LP asks if the presence of red, even in small spots, can lower the level of a ‘good’ colour, “Vib” replies that it underlines the physical, muscular, part of a person. It doesn’t necessarily lower its level, it depends on how extensive it is, how many other colours there are, and therefore the final balance of colours, which is important. LP states that to his knowledge, the good colours are **white, yellow, gold, violet, blue, green, and fuchsia**, and asks if they all represent elevated vibrations. “Vib” explains that green and fuchsia are not especially high, but are vibrationally higher than red. The others are good, including blue. LP would like a better explanation of green’s meaning, believing it indicates an intention to heal or teach. Is this true? “Vib” states that, all in all, green indicates an inclination towards others. At any rate it’s a somewhat ‘earthly’ vibration and signifies that the help given is person to person (in the physical sense). Now LP also asks for an explanation of the colour fuchsia. “Vib” states that it indicates efforts to contact higher ‘dimensions’, but even this colour is not particularly high: violet is higher, which allows contact with non-physical ‘dimensions’, higher than physical ones. LP would also like to know the meaning of ‘ugly’ colours, such as **brown, grey, and black**. According to “Vib” they indicate a state of suffering of the Physical Body, and can also indicate suffering of one’s emotional body, which is part of the Subtle Body, the closest one to the Physical Body.

LP asks what the difference is between light blue and blue in the human aura. Light explains that light blue is the colour of well-being and calm. Blue, like all colours containing a bit of black, represents an ‘altered state’ of light blue, so to speak, that’s less positive. However, blue is connected to communication. According to LP the aura’s most positive colours are white, yellow, and gold. Is this correct? Light replies: “Yes, especially gold”, then adds that there are also green, fuchsia and lilac/pale violet. All colours containing traces of black indicate a lower level

ALIENS AND ANCIENT CIVILIZATIONS

LP says that, some time ago, he did some hypnotic regressions in a pre-Etruscan era with LV (Perugia) and asks how much of what was said is true. "Light" does not know what LV said and LP asks if "Light" can read his mind. "Light" says no and that, when LP said pre-Etruscan, "Light" only saw Etruscans, but did not read his mind. LP explains that, to his understanding, those events from the regression occurred between 1800 and 1500 BC. At that time there was already a well-established pre-Etruscan civilization, which later gave rise to the actual official Etruscans which, according to archaeologists, began at about 900 BC? "Light" confirms that there was a civilization before the Etruscans, and LP asks if they continued on from this civilization, or gave rise to a new one. "Light" explains that they established a different civilization: Etruscans derived from nomadic people, he sees red-haired nomads... they came from the south. LP suggests from Greece. "Light" says it's possible... He hears the word Greece, yes. This red-haired, rather mysterious people, followed in the footsteps a previous population with very dark hair, but when the actual true Etruscan people appeared, their customs originated from the red-haired people... Yes, it could be Greece. LP asks if the previous people were the famous Pelasgians, and "Light" does not know their name, but had dark hair and complexions. "Light" sees them originating from the north, around northern Europe. They had dark complexions, but were not mixed race, just naturally dark. LP concludes that the dark-skinned and dark-haired people came from the north and the red-haired fair people from the south... It seems contrary to logic... and "Light": "That's how I see it..." LP now asks if, in the nascent Etruria, these people formed a league of multiple autonomous cities all allied with each other. "Light" says yes and that they were relatively advanced and peaceful. He sees small communities getting along and with a substantial standard of living. "Light" does not know when the Etruscans first became autonomous. LP asks if it was before or after Rome was founded, and "Light" says long before... they were more advanced. When LP asks if it was when the Nuragic civilization in Sardinia was at its peak, "Light" says yes, the Nuragic civilization still existed at that time, but was already in decline when the Etruscans established themselves. LP then asks whether or not the Etruscans all spoke the same language and "Light" says they had their own particular language. Now LP asks if later, in order to write it, the Greek alphabet was chosen because the sounds resembled those in their own language. According to "Light" they probably came from Greece and were inspired by the Greeks, whom "Light" sees as red-haired. LP argues though that later the Etruscans fought against the Greeks from southern Italy, so they seem to be two different Greek populations. Also, the red-haired people remind him of the Achaeans... According to "Light" they divide and form a new population in central Italy, made up of small peaceful communities. LP asks if the red-haired people came from the Peloponnese, for example Mycenae or Tyrins, but "Light" only says that they came from ancient Greece, not southern Italy. There was harmony between men and women in the Etruscan civilization.

LP states that between 20,000 and 4,000 years ago on Earth several cataclysms occurred. He asks what exactly happened. "Ghost" replies that there was a violent flood, a tsunami, around 50,000 years ago: an undersea earthquake brought about a huge wave of water around the Italian coastline, in the south, between Sicily and Africa – what we call Atlantis disappeared like this. It wasn't very big, roughly like Sicily; back then Sicily was not like it is today. In what is called Atlantis the inhabitants were mostly hybrids. Today's humans were in the minority then and had a very low level of consciousness. Those in power – who also survived through migration – were hybrids with beings from other galaxies. LP notes that at the time Neanderthals also disappeared and asks if it was due to the tsunami. "Ghost" says that the transformation began at that time because these genetically different hybrids arrived, and initiated the process of evolution for humans. The

first cave-dwellers disappeared mainly for because they were transformed: there was a genetic rearrangement. LP asks if the end of the last Ice Age, between 20,000 and 10,000/8,000 years ago, caused large upheavals such as huge freshwater lakes breaking their banks and consequent tsunamis and other cataclysms: there is evidence for a huge cataclysm also around 12,500 years ago. Can “Ghost” confirm this? “Ghost” says these are normal planet adjustments: there have been many and there will be others bigger still, but are not very important on the evolutionary plane of humans; this isn’t why humans evolved. It’s simply that the planet underwent a series of changes and again there will be bigger ones in the distant future, in human terms. But all of this is unimportant for human evolution. LP asks if current climatic changes, attributed to humans, are truly caused by humans and “Ghost” states that it’s not a matter of someone’s fault: the planet is overpopulated and can no longer support too many humans. Humans don’t respect the planet much and require more space for food production: the planet won’t be able to support it for much longer. There will be other natural upheavals which will make humans evolve further and make a leap in consciousness. There will be other cataclysms: there will be fire, generated by the Earth, that will involve the whole planet simultaneously. There will be a series of upheavals and a large portion of humans will die. What remains will not just be an elite, but rather a reduced number of people. The survivors will need to evolve and current technology will need to be changed in order to survive. They won’t even be able to go back, because there will be nothing there: so they will need to evolve. They will evolve towards using the mind as well as physical technology – both will be needed, but not current technology.

LP asks, as an example, we see Nordic peoples as aliens: some say they don’t particularly like us, but it’s in their interests to not be hostile. Is this true? “Light” replies that it’s only partially true. They are a rather cold people, with little indulgence in Earthly emotions. Nordic people are fascinating to Earth people: they are very ‘close’ to the latter and in reality many have become human persons and influence them. They are not hostile, but disinterested. They are cohesive, but many humans originate from them and VR is one of these. They are around 2.5 metres tall and have six digits, with vertical pupils like cats. LP asks about the ‘Orange’ people, who apparently are ‘parallel’ to Nordics. “Light” knows nothing about that name. LP explains that they are beings with reddish hair and “Light” replies seeing beings with curly red hair, also rather tall with fair skin. Actually, “Light” sees them as close to the Nordics, but are not all that important or attracted to anything in particular. LP therefore asks if they should be considered neutral, like the Nordics. “Light” replies yes and it’s possible that some of them are physical humans, but sees them as effectively neutral. LP notes that some say aliens who oppose us exist, who would like to exploit us – “Light” agrees – and would be termed Reptiloids – “Light” corrects this to Reptilians – Insectoids... “Light” interrupts to confirm that right now on Earth there are many Reptilians because Earth’s population is weakened. They also occupy powerful positions, but not only that: there really are many, now, because they use energy generated from fear. LP notes that indeed on Earth we have situations – such as wars, Hitleresque political gatherings, soccer games and rock concerts – that generate very strong emotional energies and asks if anyone exploits them. “Light” says yet, for example the Reptilians are a population with few resources, and so they draw energy from others. For them it’s a type of ‘food’. They are great manipulators: even with respect to the ‘evil eye’ they are amongst those who insinuate themselves easily, as do the Insectoids and the Greys. LP asks which Greys: there seem to many several types. “Light” is referring to, amongst those on Earth, the most well-known ones. All of them, unlike humans, have developed a significant psychic ability. Humans have lost it: this weakens them. LP asks if humans can reacquire this ability and “Light” says only partially, because the reality and life they are living does not allow them access to full psychic abilities. The task of such a life does not encompass much psychic awareness. Many humans destined to ‘leap’ currently have a certain ‘sensitivity’ which makes

them feel like outsiders and are destined, in this reality, to 'pass on information', but they cannot achieve the psychic level of other non terrestrial beings. Faced with this predicament, where many beings 'suck' energy, LP wonders if they prefer 'positive' or 'negative' energy. "Light" explains that it's all the same to them. So LP asks if anyone is 'on our side': if the situation is only as described, things will undoubtedly go bad for us. "Light" explains that there are Beings like himself – he's not alone, there are many – whose task in this multiverse is to help lower energy species to 'rise'. Humans have the advantage of Beings like them. LP then asks if "Light" is able to predict which of the opposing sides will prevail in the near future. According to "Light" it will certainly be the species that 'expands' energy, because humans must make this leap and will be forced to.

LP wants to know, if the so-called Agarthians exist, where are they and "Light" states that the Agarthians are not in the deep interior, but in areas closer to the surface. LP asks if they are in our 'level' of reality or another one. According to "Light" it can be said that they are not in the same level of consciousness as humans; they are not at the same level, but they do exist. They live in surface structures – underground, but near the surface, not deep. They are beneath very high mountains, in the Himalayas.

LP would like an update on the status of the battle between two opposing alien groups, one against us and the other for us, and who comprises these groups. "Light" replies that battles have always existed. LP explains that, from our point of view there seem to be two groups of interest to us: those who want to eliminate and those who want us to survive because it is advantageous to them. There could even be a group who is not interested in us, but doesn't involve us directly. "Light" says that this battle over the fate of humans should not worry us... LP says however that it influences our lives. "Light" says that in the distant future a day will come when earth humans will be truly destroyed following a war, however before that humans will have migrated to other planets and undergone genetic changes, although will still remain human. LP gets the impression that currently most humans are either not human at all or, at least, are so egotistical that they are unable to empathise with others... is that correct? "Light" agrees that those traits do exist. Humans will evolve and improve, but will always have basic traits that are part of their genetic code. In what will be the distant future for humans, they are destined for extinction. LP then asks what will happen closer to our current time. "Light" replies that – in the near future it's very clear: humans will take thousands of years to undergo an obvious transformation which, if they want, will also involve their genetic code. It's not what people are proclaiming today: at the moment it's only an idea, but they are in no way able to implement that transformation, which will occur in thousands of years, and very slowly. LP, as a rather knowledgeable human, thinks that if humans don't change their behaviours very soon, notable the egotistical kind, which are required for survival, they will destroy themselves. Is this correct? "Light" says that in reality there is still much time before extinction, but what must be done soon is choose how to live until then, because the planet on which humans live is already very exploited. LP points out that in the meantime there's the risk of the planet 'avenging' itself and teaching us a lesson. "Light" says that's true and has already begun: in overpopulated areas there will be great upheavals that will reduce the number of people on Earth. It will be a partial mass extinction from natural causes: localized cataclysms in densely populated areas. LP observes that it will be the Earth defending itself from excess exploitation and "Light" agrees. LP asks if these will occur soon and "Light" confirms it will be soon enough.

OTHER

LP asks if Christ really existed, as the event is not historically documented, and “Light” replies that yes, he did exist: he was a man. LP then asks if this is the one who died on the cross or another man, and “Light” states that he was indeed crucified.

LP says he was told to ask a question: “Almost everyone believes that the Earth is a solid sphere, but some say it is only composed of a spherical surface and is empty inside (hollow earth theory), and some even say it’s flat. What is the Earth really like physically?” “Light” explains that it’s round and made of various types of rock. Towards the centre the temperature increases and the rock becomes liquid; the core is not empty. LP then asks if Earth is essentially composed of strata, according to seismic analyses: mantle and crust, nucleus, etc, and “Light” agrees and adds that there are even areas with cavities, although negligible: Earth is not hollow. LP asks if those cavities are inhabited and “Light” explains that they are only inhabitable by non-physical beings, which are not necessarily good energies.

LP asks if there is some other scientific manner, apart from what we are currently using, to demonstrate the existence of non-physical Beings such as “Light”, but “Light” doesn’t know.

LP asks for advice on how to better influence the camera he has just ordered, but “Light” has no advice at this moment.