

FROM N.R.'S HYPNOBES

Summary of interviews with Nadia Resti during hypnotic OBEs.

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INTRODUCTION

The following are the results of 7 sessions, as at the 27th January 2018, totalling around 7.5 hours with NR in an OBE state induced via hypnotic techniques by Luciano Pederzoli.

These dialogues are an excellent example of the unusual potential available to people with particular talents while in a state of deep HypnOBE (hypnotically-controlled OBE).

The procedure for inducing this OBE state through hypnosis is described in “A Guide to OBE Induction”

(<http://www.evanlab.org/wp-content/uploads/2018/03/A-GUIDE-FOR-OBE-INDUCTION.pdf>).

The contents obtained from these seven sessions are arranged into subjects for easy reference and therefore are not in chronological order.

Obviously it's possible that these results may be updated in the future.

In this way the very innovative potential offered by this new technique we call HypnOBE is brought to light.

The authors suggest that this technique should be used on a broad scale for accessing normally inaccessible information as well as for exploring all of its capability and to understand its potential, inevitable limits.

The perfect repeatability of this phenomenon is, however, beyond any doubt.

ALIENS AND ANCIENT CIVILIZATIONS

A LAUNCHING PAD ON THE MOON

Asked to explore the entire lunar surface for anything unusual, NR notes apparently forgotten technological debris on the surface, then a type of large artificial launching pad on the dark side.

A TECHNOLOGICALLY ADVANCED BOMB

She is asked to find a suitable place to land, and finds one on the Moon's bright side and there she concentrates on the time of the last Ice Age, about 25,000 years ago (when the island of Elba was still joined to Italy, Corsica was joined to Sardinia, and Malta to Sicily).

She sees a large part of the Earth that is all green with no ice. The axis of rotation is much more inclined towards the ecliptic plane.

The North Pole is situated this side of Iceland towards Europe, and the South Pole is towards South America (*if the North Pole was where she said, the South Pole would have been near Australia*) and with less ice.

She is asked to see what caused the last Great Cataclysm, and NR notes that the Earth's core, which has an unimaginable density, underwent an explosion and began to vibrate.

This internal explosion was caused by a type of not very large spherical ball falling from space and penetrating the Earth near where the North Pole was at the time (*according to NR roughly between Iceland and Britain*).

It disappeared into the Earth's surface without causing outer explosions and penetrated to the core. It was a type of missile: a very advanced metal sphere that cut through the Earth's crust as if it were butter and its purpose was to bring about a Great Cataclysm. It was sent from another solar system by aliens who were well-acquainted with Earth.

Their physical appearance was almost transparent, like a mollusc. The axis shifted and Europe began to melt, while the area towards Canada (*Greenland?*) became almost totally covered in ice. There were many active volcanoes with much dust thrown into the atmosphere. There was an advanced civilization in the Peru area but it fled in spacecraft. NR sees the departure: they are humanoids with skin that is greyer than humans and four digits. Their heads are longer than ours but similar.

They are not terrestrial; they came here but are now leaving in their disc-shaped spacecraft with a raised, semi-spherical centre. They sat on the mountains and had been preparing them for a long time. Asked to determine their provenance, 'X13' comes to mind, outside our galaxy and our universe. They use black holes for travel and are not destroyed by the intense gravitational field. Following the Great Cataclysm almost all humans were killed.

At first Peru was temperate and later became very cold; people froze to death. The Andes were not like today – they were high, but where those aliens were in southern Peru everything was destroyed. As the terrestrial axis shifted, the Earth's rotational speed varied, slowing down and then re-stabilising. The axis initially underwent a large shift, followed by adjustment.

EXTRATERRESTRIAL INHABITANTS OF PRE-FLOOD EARTH

NR is asked to provide more information on the technologically advanced 'ball' that hit the planet, causing the core to 'explode', and she says that the its senders had lived on Earth for a long time in the Andes area and then left in their spacecraft. They knew there would be terrestrial populations who were very primitive compared to them both technologically and in mental evolution. They had always avoided human populations, given the mental disparity constructive contact was not possible. They wanted nothing to do with them and so they left. They were thin humanoids more than two metres tall with elongated heads, and two digits on each hand (?) which were not long but rather flexible and balloon-shaped.

They moved as if their skeletons were more flexible than ours. They wore full-length greyish-white tunics. NR doesn't see footwear, and notes that they communicated both vocally and telepathically, and feels much aggression in them. They only came to Earth to learn how to use its energy and resources; they chose the Andes, being rich in minerals and with an 'energy spot' suitable for their needs. They wanted to accelerate something in humans, who for them were ignoble, and therefore sent the 'technological ball' which contained information that could positively influence human evolution following the Great Cataclysm it caused.

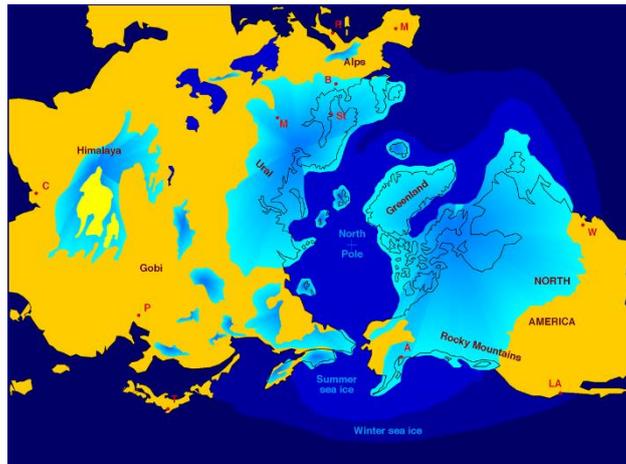
Egypt had a fairly advanced civilization and there was also another very evolved civilization that lived in a place with buildings that were almost science fiction, seemingly made of glass and containing vegetation; they were large greenhouses for experimental purposes and not for food. The place was surrounded by ice in today's Iceland. Upon entering that city, NR does not see transport vehicles or residents, even though she hears them and they are very peaceful. She asks them to show themselves, and they appear as lights without a physical body, and they don't need a means of transport; they are pure thought, they act through intent and only appear as light to show themselves. They talk to NR telepathically and say they know the 'Andean' aliens, know what they do – including the 'technological ball' – and are unconcerned.

They also say they can't, however, interfere with the evolutionary path of the 'Andean' aliens. They add that Egypt had a fairly advanced terrestrial civilization, to which they contributed greatly by sending some of their people. They say they also sent emissaries to other parts of Earth for research purposes – for example in Australia and maybe Siberia – but not to produce technological advancements. They also influenced individuals to increase mental abilities and introduce a 'seed' that many years later would have germinated, but without altering DNA, as if this were not possible. During this telepathic conversation they transmit a sense of beauty and love, and say that the term 'instructors' is probably the closest description of their task.

The 'Andean' aliens knew the 'Icelandic' ones and also knew they concerned themselves with very different matters, and indeed had settled in a very different 'energy spot'. The 'technological ball' sent by the Andean aliens hit Earth exactly in the area of the Icelandic aliens after the latter had left, indicating – from the two alien populations – a totally different approach – aggressive and unconcerned on the part of the Andeans – regarding terrestrial matters. The Icelandic aliens, however, saw things from a broader perspective and were interested in the fate of terrestrials, but knew there wasn't another way given that the evolutionary situation of terrestrials was a dead end unless there was a 'global reset', which would have actually accelerated evolution.

According to NR, before the Great Cataclysm the North Pole was closer to Iceland than it is now and consequently Iceland was near the North Pole (*in reality the North Pole was probably between Greenland and the islands of north Canada – author's note*). Much of the northern hemisphere

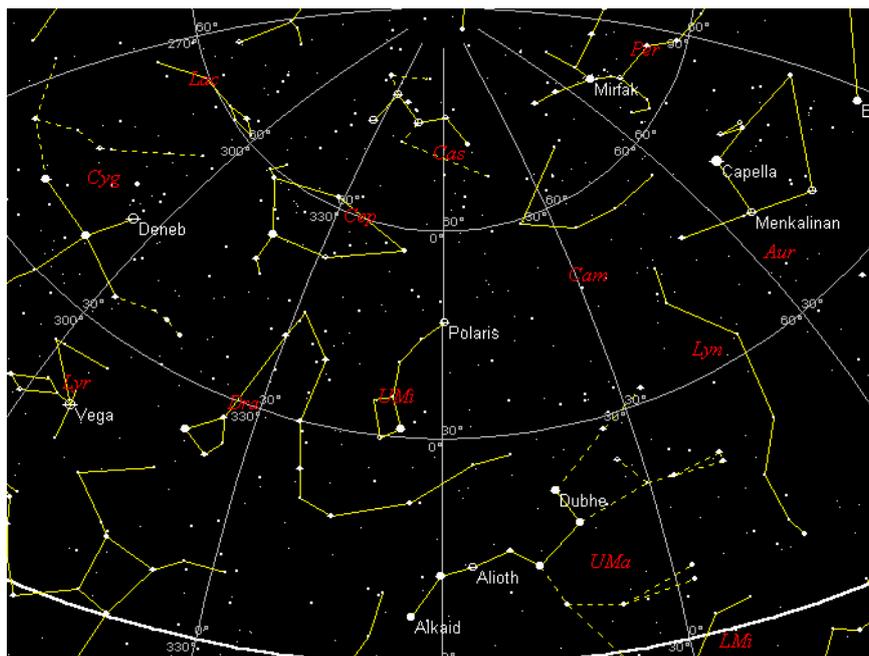
was covered in ice, except for South Africa and Australia. Antarctica was covered in ice and uninhabited.



Northern icecap during the last Ice Age.

After the ‘technological ball’ fell on Earth, there were earthquakes and volcanic eruptions, amongst them an enormous discharge of magma in Asia around present day Karakorum, and dust filled the sky, but some areas were hot and this caused the ice sheets to melt. Near the North Pole the terrestrial crust fractured, but without lava discharge. At that time in Egypt NR sees two pyramids that are mostly buried by grey debris, a little further north from Cairo and towards Saudi Arabia; she doesn’t see a Sphinx.

The Great Cataclysm was less violent in Australia and the indigenous people survived, although changed. The thousands of years there had been minor cataclysms, large tsunamis and merging of glaciers. The technology that existed totally disappeared. The Earth’s rotational axis was over 15° more inclined towards the ecliptic plan and the Celestial Pole was near Cassiopeia (NR sees the word Rigel, which is a star in the Orion constellation – *However it can’t be near the Celestial Pole because the angle is too large – author’s note*). After the Great Cataclysm the Icelandic aliens left behind ‘receiving stations’ using appropriate people in Australia and Tibet (which was already mountainous and was further elevated), but not in Iceland.

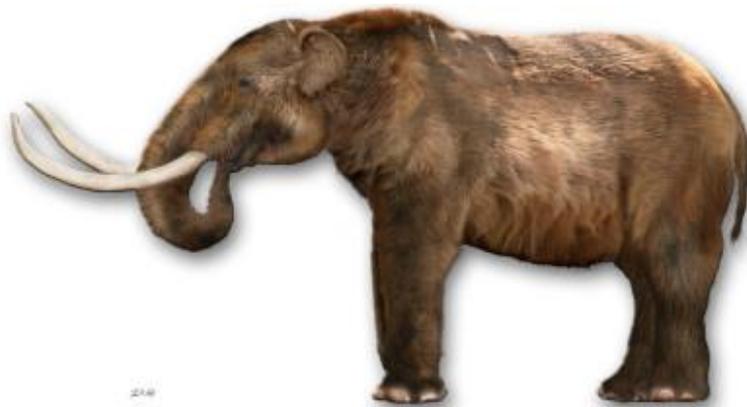


The Cassiopeia constellation, in top centre, labelled ‘Cas’.

RETURN TO THE TIME BEFORE THE 'GREAT CATAclySM'

NR is asked to concentrate on the Great Cataclysm, which is commonly called the 'Great Flood' – which took place at the end of the last Ice Age – and specify what societies were present before and after, and their evolutionary level, by watching the events as if on a DVD containing everything relative to planet Earth and to be watching forward and backward. She says that her attention landed on a warm tropical forest in South America where the dark-skinned inhabitants are more advanced than basic Stone Age, even though she doesn't see any metal. She can't see wheels, only tools of stone and wood, and no transport animals. There are domestic animals similar to goats and the people here hunt birds and large animals like deer with arrows and thrusters. There don't seem to be large predators in the area; they don't have serious defences, only dwellings made of intertwined plants.

In a very cold area of Asia, more or less overlapping modern southern Mongolia, NR sees another population with almond-shaped eyes and fair skin, dressed in animal skins and with knowledge of the wheel. They have carts pulled by herbivorous beasts of burden which are large, furry, hornless and with big teeth that vaguely resemble a small furry elephant with a short trunk (*probably a variety of Mastodon*).



Woolly mastodon.

When possible, these people live in caves for warmth and shelter, but they move around a lot and can shelter themselves with tents made of skins. They don't have stone constructions or horses and are moving; the area in which they live is getting too much cold.

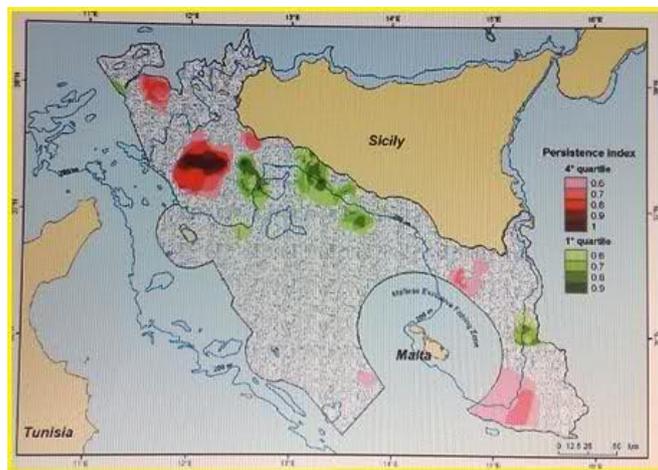
In the southern part of Africa, in a warm area, NR sees a very primitive population with very dark skin.

In the Mediterranean NR sees a rather flat island, south of Malta – between Malta and Pantelleria and between modern Libya and Italy – with a city with very elaborate stone buildings, the inhabitants of which are mostly fair-skinned, but there are others with olive skin. At the centre is a very beautiful huge building with very tall, smooth cylindrical columns, a light-coloured roof made of a type of ochre-coloured tile and supported by a wooden A-framed structure; it forms an open portico where people gather. The floor is made of large stones. The temperature is pleasant and there are even very large roof gardens made of large tubs of dirt arranged into steps in which many varieties of green plants are growing.

The inhabitants are mostly dressed in light-coloured tunics and sandals. Some, mostly the darker-skinned, have a head covering made from a type of turban that falls over the shoulders.

NR does not see any women around the city: they are in the houses, dressed in simple but fine and decorated tunics. They have short hair and use utensils made of a dark and resistant metal (that seems to be neither bronze nor iron). Their feet are in sandals.

This city is destroyed by a huge tsunami, caused by an underwater eruption in the Mediterranean not far from the island, to its north but within the Sicilian Channel (*there is actually a large underwater volcano in that region – author’s note*).



The volcanic area is shown in red and black.

The island then disintegrated, sinking and disappearing forever before the Great Cataclysm. Malta was not part of it. That peaceful civilization was called Atlantis. At the same time in Greece there were cities on the mainland that were rather primitive, with rough stone constructions.

In the area of modern-day Borneo, and which then was a temperate subcontinent above sea-level, there was an apparently not very advanced civilization able to easily move and work huge stones.



The Sunda sub-continent and the Sahul continent.

NR sees them using apparently primitive tools, like efficient chisels made of something that looks like black shiny stone. They manage to move huge stones seemingly effortlessly and to easily work them using these chisels with bare hands to gouge these stones, but without the need for hammers and working them like clay. They find this black shiny stone, with gold-like inclusions, on the side wall of a cave. When it is hit with a stone it chips off into various shapes which they use to

work other stone – which is very hard – as they are without alteration, with occasional exceptions and always using the same black shiny stone.

They create megaliths and work stone apparently for pleasure and to attract ‘energies’ which create a protective field in which they live; they don’t need sophisticated tools. They don’t hunt and are vegetarians. They are small and hairless, with olive skin and five digits like us, short cut hair (they use stone for cutting it); they abandoned that area, moving on foot before the water came and submerged everything, and went to a higher place with caves. Their original area was submerged and sank and the people later became extinct; they could not survive far from their home. Some of their megaliths have re-emerged over time and could once again carry out their function, but something is missing.



Cuzco (Peru) – Example of megalith refined and complex work.

RETURN TO THE MOON

Asked to explore the entire Moon, NR says that inside it is solid and looks almost black, while the surface, lit by the sun, has a greyish colour. She sees artificial tunnels, not too deep, only the opposite side to the Earth. NR sees they are empty and curved, with the walls made of an unknown type of grey rock that is rough but a little glossy (vitrified). The walls are not reinforced (they are held up by the vitrification, which is deep enough) and today the tunnels are totally empty.



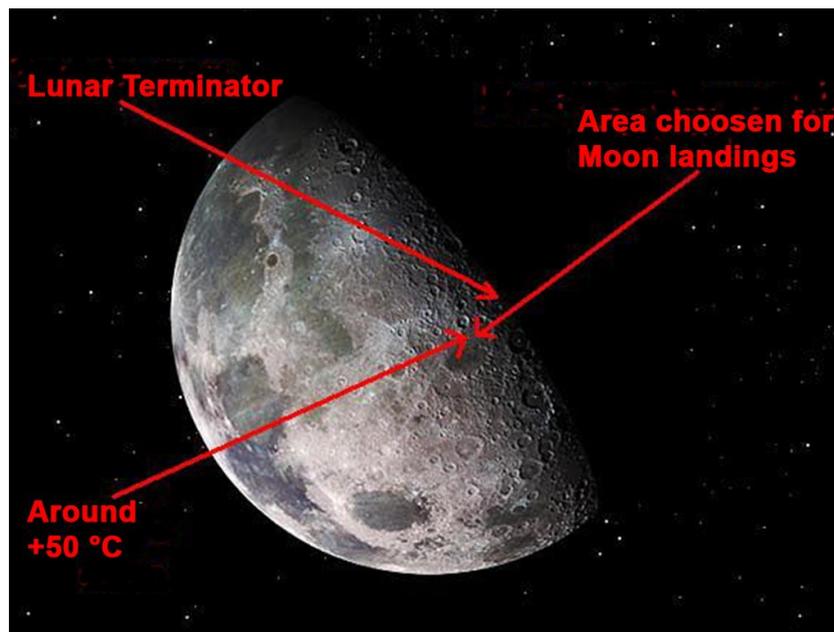
Lunar tunnels?

Encouraged to go back in time and see what the tunnels were used for, NR reports seeing a large crowd of small light-grey extraterrestrials using the tunnels and going quickly back and forth transporting something she can't clearly see. NR is asked to observe and describe the Earth at that time period to determine the historical period, and says that there is no atmosphere like today and is in a more primordial state, like in very ancient eras. These Greys seem to come from the direction of Vega.

On the Moon's surface today NR still sees the launching pad described previously, which was built by different beings to the Greys inside the tunnels.

NR sees a type of robot, still active today, that moves along the surface in step with the Terminator. The pilotless robot moves on four legs and has a type of antenna; it's rather large but NR can't be more precise, she lacks terms of comparison. It seems to be man-made, looks highly technological and sends data to somebody. NR sees on it an unknown metal that looks like platinum and confirms the robot is definitely terrestrial in origin, has a good range of movement and is there to search for life; it only transmits information if there is motion from another being and is not designed to take samples.

On human landing sites NR sees remains of old tools – not ancient – that appear man-made, but can't see the Rover.



All Moon missions landed near the Terminator (the line separating day and night), while for them it was early morning

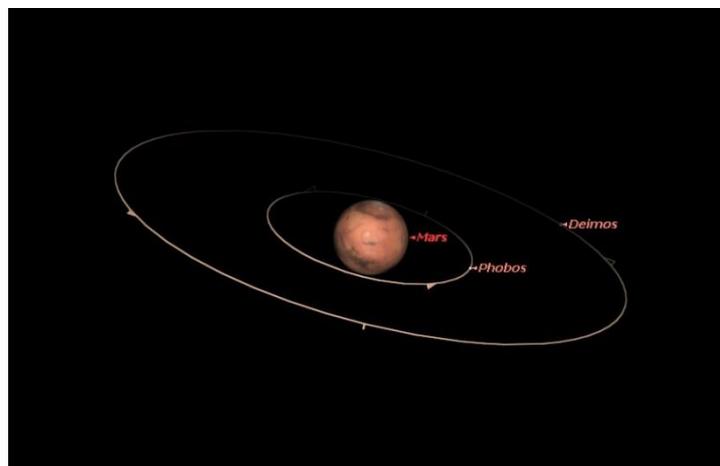
THE SATELLITES OF MARS

NR is instructed to go to Mars at infinite speed and concentrate on its two satellites, Deimos and Phobos, to see whether they are hollow or solid, natural or artificial.

One of them seems very dark to her, almost a black roundish ball, and surrounded by dark gases that prevent NR from clearly seeing its surface. The other has a different orbit and is more irregular, seems to be further away from the planet and has very light, almost bright areas as if made of a different substance; it is composed of a mix of materials.



Phobos does have a dark surface.

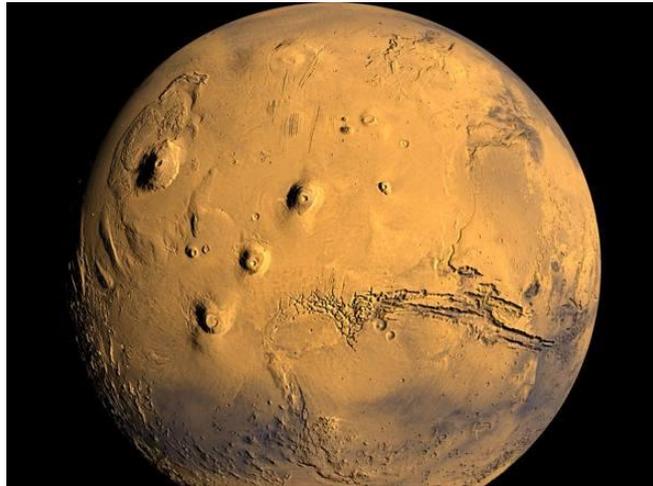


ON MARS

Asked to go to the surface of Mars and explore its territory above and below the surface, NR finds herself in what appears to be a dry lake, the bed having a strong iron-sulphurous taste (NR tasted it) and a salty aftertaste, 'crazily' coloured in reddish-green – the green is metallic - and notes tiny life forms (plants) such as green-yellow lichens in the fissures. There are shallow natural caves where lichens are more abundant; lichen feeders are not seen. There are also other 'dry lakes', the colours of their beds varying concentrically as if the water had gradually receded and evaporated, but there is no liquid water on the surfaces.

NR sees that Mars's core is not solid and compact, but almost seems made of several dense cores. She doesn't see any tunnels dug under the surface, but is attracted to a mountain with a side fracture in which runs a blackish liquid slightly denser than water, like crude oil; it looks like liquid iron, but it's at ambient, rather cold, temperature (NR touched it). It runs for a short distance on the surface before disappearing into other fractures and exiting NR's experience. When tasted, it is similar to iron, although different. The fracture it originates from is on the side of a large mountain near the equator like the orbit of one of its satellites (the other's orbit is more inclined).

NR is asked to go back in time to when Mars lost its atmosphere, and sees it hit a glancing blow by a large approximately spherical celestial object, causing great upheaval, earthquakes and scarring on the planet, after which the sphere gradually disintegrated into a stream of debris.

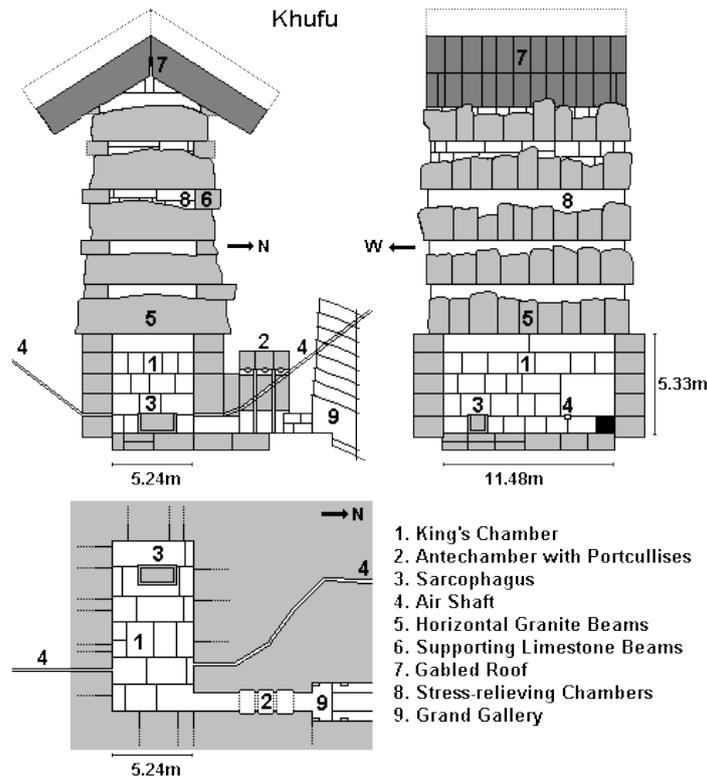


Scarring on Mars.

Much debris fell on Mars giving rise to a chain reaction of damaging events which, starting from the point of contact, spread throughout the entire planet. The direction of Mars's rotational axis was altered significantly. Opposite to where Olympus Mons is currently, NR notes that there was a similar atmosphere to Earth's on about one third of the planet; there was also water in that area. The atmosphere was held by a strong magnetic field, which was weaker in the other areas. All the magnetic fields were disturbed by the blow and the atmosphere become homogenized around the planet, while before it was confined to one area by the strong magnetic fields. When the local magnetic field disappeared due to the blow, so did the breathable atmosphere. **NR then notes traces of scraping on the surface: something unnatural with deep grooves**, which she perceives as being made by mechanical means, but can't see more, her attention is drawn to these grooves and can't focus on who and what made them... Asked to touch the grooves, she feels they are tracks from the takeoff of a large spacecraft, made of an extremely resistant metal, belonging to beings who wanted to leave without leaving traces. The spacecraft's inhabitants were small with large heads, four digits and no thumb, hairless, barely visible ears, no nose, and were very intelligent. They left to avoid the fatal blow and wanted to remove all traces of themselves.

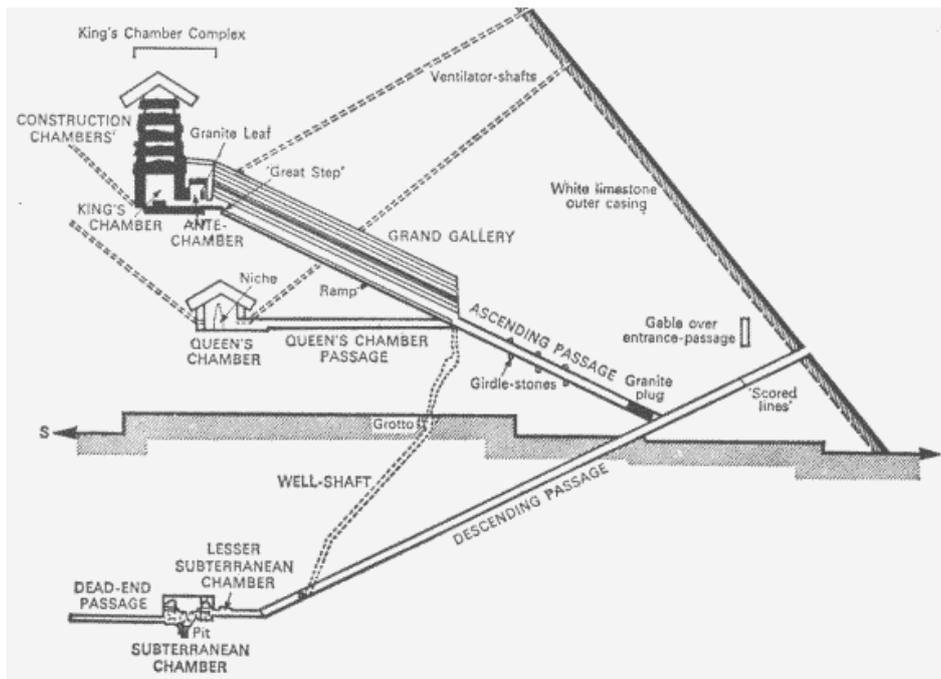
THE PYRAMID OF CHEOPS

NR passes through the pyramid several times in every way, starting from the top, without any difficulties. She sees that the inside blocks are less regular and more roughly worked than the outer ones. There are two chambers, a large one and a smaller one in a parallelepiped arrangement beside each other, and there are also some above. The above chambers appear to be made of layers, and below the granite floor of the king's chamber are the blocks forming the pyramid. There is an entry on one side, but she also sees one on the opposite side, which is no longer there – it has been closed. The two chambers are made of granite and the structure containing them is separated by the blocks forming the pyramid, as if the latter were built around it. In the space between them is sand purposely put there and poured from above.



The granite structure containing the King's Chamber of the Great Pyramid (of Khufu or Cheops).

Beneath the king's chamber are another three chambers – not granite – of which two are accessible, and all empty. It's like they could also be reached from the outside, but now they are only accessible from inside the pyramid, descending from the king's chamber. Once it was possible to pass underneath and go up. Above the Grand Gallery leading to the king's chamber there is a long horizontal parallelepiped chamber, smaller than the Grand Gallery, empty and with walls covered in vertical engravings with instructions for descending inside the pyramid (descent was from the top); this route was later closed.



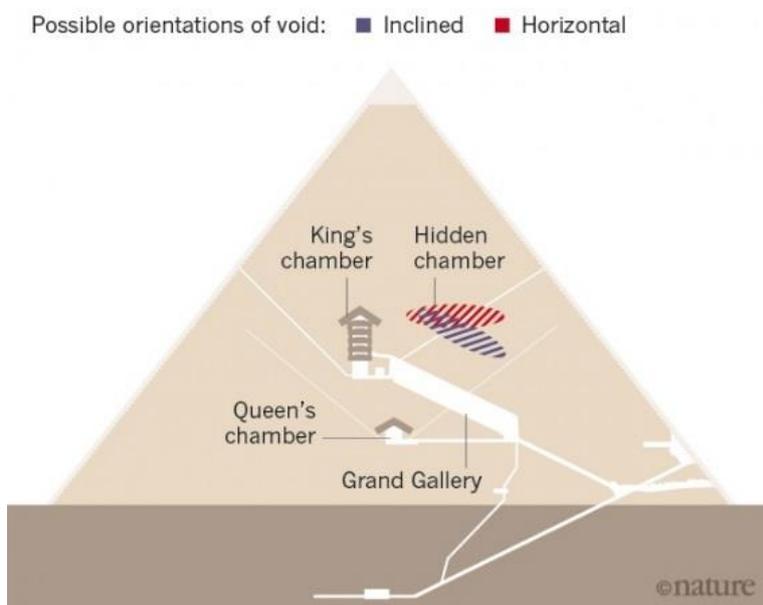
Cross-section of the main part of the Great Pyramid.

The engravings are hieroglyphs dating to 12,000 years ago. They are similar to the Egyptian ones and are engraved on a light-coloured, almost grey, stone. The first figure she sees is clearly a bird. When the pyramid was built, its builders wanted to encapsulate – and leave for future generations – all their knowledge: everything is written in its construction. The builders then left in their spacecraft, having foreknowledge of the major shifting of the terrestrial axis and taking with them all trace of their presence, including tools. They had grey skin and were shorter than us. They left not just because of the cataclysm – in itself not enough – but because they knew that after it, humanity’s level of development would have been too low for their needs, since they would have had to begin all over again.



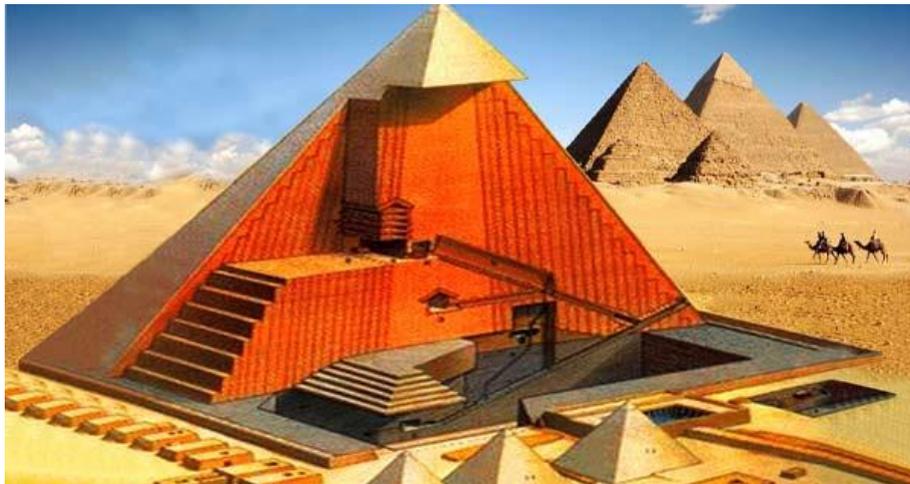
The three large pyramids of Giza; the Great Pyramid, in the centre, still has part of its outer covering.

The Great Pyramid was the first to be made and was used as an energy catalyst for their spacecraft; its shape and materials were chosen especially for supplying energy. The structure of the king’s chamber was specifically for providing energy and was built where it is and not brought from elsewhere. The stones were from a quarry, but their energy also derived from their arrangement. To place them in position the Greys moved them very easily, as if they were light, and also used humans, who struggled. They did not use tools. Humans regularly interacted with these Greys but, upon their departure, they deleted all memory of themselves in the humans.



In the picture, ‘hidden chamber’ indicates the main cavity discovered with muon detectors; its exact position with respect to the structure is as yet undefined. Blue indicates a possible inclined position of the great chamber; red indicates its horizontal position.

The 'air duct' of the queen's chamber, which is blocked by two small doors, one of which was drilled through for exploratory purposes, continues at an upward angle into a room (in the top third quarter of the pyramid) which is not longer there. It was made of a material more brittle than granite and formed a type of mechanism (*magnetic?*) which has lost virtually all its abilities, but used to generate energy for the pyramid. It should have remained functional for a very long time, but some humans broke into it and vandalised it when the pyramid still had its outer covering in white stone; they failed to enter it, but caused the fragile 'machine' inside that room to collapse. This (modest) civilization abandoned its attempt due to earthquakes and climatic events. It was only much later than another civilization arrived and dug more systematically, when the outer white covering was reduced to half its original (now there is only the top part). Little time elapsed from the start of the Great Pyramid's construction to the finish, as there were no significant difficulties. There was still nothing in the area around it, neither the other two large pyramids nor the Sphinx.



Cross-section of the Pyramid of Cheops.

NR then sees the start of work for other two pyramids, after the first one was done and when the aliens had already departed, but their construction, despite the experience acquired from the first, lasted much longer because built by men who struggled to move the stones. Then the memory of that experience disappeared over the centuries along with most of themselves and the memory of aliens, due to the cataclysms. These latter two pyramids were pale imitations of the first and were not used for energy – it was, and still is, only an effect of their shape.

PRE-FLOOD ALIEN POPULATIONS

At the time of the Great Cataclysm on Earth there were several alien civilizations: the one in Egypt interacted the most with humans, then another in the Andes that had almost no human contact, another in the North (the 'light' one, in Iceland and neighbouring areas) was the most evolved and left 'seeds' of civilization to germinate, and a fourth in the area of modern Borneo-Australia. Its members were small aliens with three or four digits and skin colour similar to humans, and appeared to not 'feel' weight like humans did; similarly to those in Egypt and South America, they handled matter as if it were butter or clay, including rock, sculpting and moving them effortlessly, and easily altered the shape of stones to suit their function, which they used to control energy and magnetic fields.

There was also a civilization in present-day Mongolia: they were humans and dressed in skins, but were destroyed by the cataclysm like other human populations.

Antarctica was mostly green with very few icy areas; it ended up in its present location when the Earth's axis shifted (previously it was more vertical than now with respect to the ecliptic).

MORE OF THE GREAT PYRAMID

NR, who in the meantime has studied what is officially known about the Pyramid of Cheops, reiterates seeing a small chamber with engravings at the pyramid's apex and then two chambers, the larger being the King's chamber (from inside the Grand Gallery she also sees the entrance tunnel) and another smaller one. Asked to 'touch' the 'sarcophagus' in the King's chamber, NR says she feels it was a type of energy storage device and was the mechanism's core – described previously and now almost totally inactive – that operated the Great Pyramid. Originally the 'sarcophagus' was totally covered by a granite slab at least twenty centimetres thick. Asked to 'touch' the stone slab and travel forward in time to see how and by whom it was removed, NR says that inside the closed 'sarcophagus' was something extremely bright that was used by the pyramid to produce energy and was removed by the aliens who designed the pyramid when they left. They easily moved the cover and left it on the ground beside the 'sarcophagus'. The bright object, which emitted a very strong light when in place, was handled and lost its brightness; that object was the only thing of interest to them. NR sees that at a certain point the cover was smashed to pieces for no apparent reason (perhaps they wanted its contents) by men who at first had broken a corner of the sarcophagus and whose appearance was uncivilized, with cloth around their hips and turbans on their heads, armed with something like hammers probably made of bronze.

According to NR at that time the pyramid was covered in sand almost to the floor level of the King's chamber and there was a virtually straight passageway from the outside to the chamber, which was entered through a small tunnel like the one leading to the Grand Gallery, or smaller, but on the opposite wall and shifted with respect to it. It opened on the outside on the opposite side to the present entry, a little to the left when looking from the Grand Gallery. That entry was cluttered with debris, but was easily cleaned by those men who entered from there, who had seen a type of tunnel. After the raid they took away the larger pieces of the cover, then the passageway was blocked by telluric movements and sand, and the blockage solidified such that it is no longer visible. At the time the environment was like a savannah.



1860-1890

When asked : “Who placed a block of granite at the entrance to the King’s chamber to obstruct it, given that today the wall in front of the Grand Gallery’s entry seems to be solid granite? Was the block there and was moved?” NR replies that, from inside the King’s chamber, she can see an opening in the granite almost at the level of the sarcophagus, clearly filled by a type of cement and not granite, and **she doubts that it’s the same reality as that of her body.**

At that time the Sphinx did not exist, while the other two pyramids did. It came later and its appearance was similar to today, but its eyes emitted light. The head was part human and part animal. Of the builders, who were dressed like the ancient Egyptians, very few knew exactly what was wanted (NR has the impression that their blood, or lymph, was blue and emitted light); all the others did not. The Sphinx’s purpose was to be concerned with energy, but those with a clear vision, who were ‘occupied’ by non-physical beings from another dimension, were too few (only 5 or 6). NR does not explain their blue ‘blood’, which could not be seen from the outside.

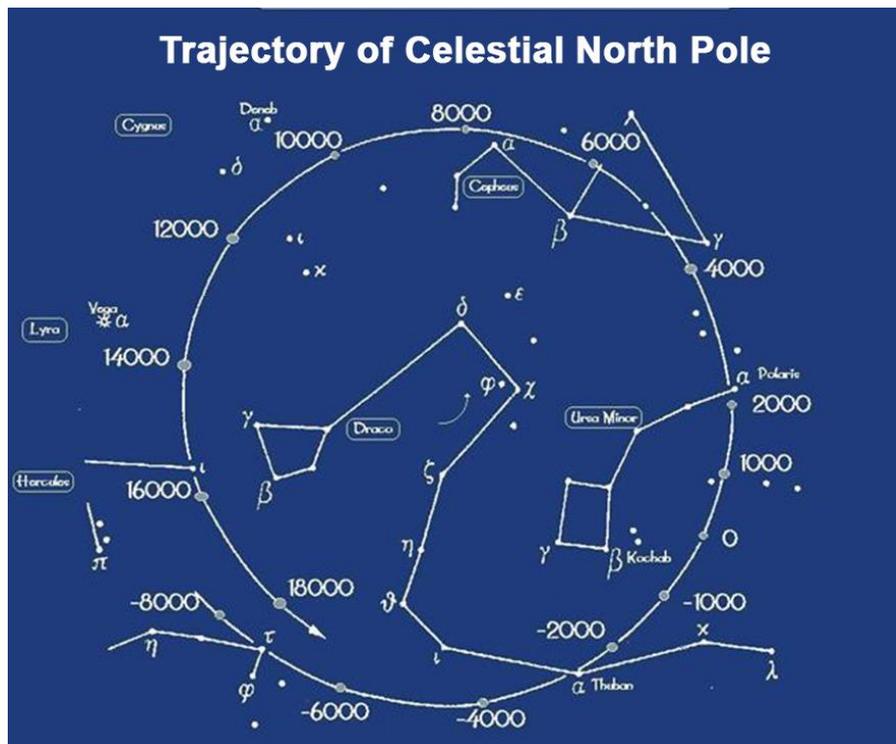
They wanted to recreate certain conditions that were present when the pyramid was operational, but there were too few of them and they decided to cut off the attempt. Much time was required to make the Sphinx and it was not completed – what they wanted (energy storage) was not feasible because many more people with superior knowledge were necessary and therefore much more time. The strenuous work with stones was assigned to humans, as the designers were unable to use mental power to move them.



The Sphinx today.

Underneath the Sphinx, almost in the centre, NR sees a tunnel that today is almost completely unusable, which would have allowed access inside the Sphinx – and in which rooms should have been found (but never excavated; why they were not made during the construction of the Sphinx is unknown) intended to be storers of energy – all the way to an exit further away to its right and outside the stone ‘pit’ in which the Sphinx is sitting. The project was aborted and at the end of its construction the Sphinx no longer had luminous eyes, and today contains nothing of interest. The eyes remind NR of that shiny stone in the sarcophagus of the King’s chamber.

According to NR, at that time the Celestial Pole ‘was at least 25° to the left of its current position (so not less than 3,500 years ago, according the precession cycle?). NR claims to not see any significant stars in proximity to the Celestial Pole, but it seems to be near a group of stars that look like the Pleiades (?).



Precession of the equinoxes and Celestial Pole.

When the Egyptians of that time dug tombs or underground chambers they used resin torches for light, which produced little smoke but made seeing difficult. They used the same resins to make containers. To the question: "Who was the reigning Pharaoh during the Sphinx's construction?" the improbable response is "Ramesses II".

During the Great Cataclysm the Celestial Pole underwent a large sudden shift followed by a partial recovery of its position and then small re-adjustments lasting many millennia, themselves also causing disasters in the form of tremors from the Earth's deep internal adjustments. The 'technological ball' hit the Earth above Iceland, leaving a crater from which magma emerged and causing huge internal displacement of matter, thus giving rise to deglaciation, albeit not immediately because of the great thickness of accumulated ice.

Human civilization was at a primitive level and the 'beings of light' who had settled in Iceland introduced 'seeds' - actual genetic modifications – into the DNA of those who lived in areas suited to their 'energy', such as the Himalayas, northern Europe, Sardinia and Australia (to create a kind of world network), which would eventually germinate to accelerate evolution. To date, germination has been much slower and less than was hoped due to adverse environmental conditions, but the seeds have not been lost.

The Middle East did not have 'beings of light', only humans at a basic level, and the Grey aliens were only in Egypt.

The builders of the second and third pyramids of Giza were much less advanced than the Greys involved in the Great Pyramid and had chisels resembling bronze, but definitely not iron. It appears that the Greys returned about 6,000 to 7,000 years after the Great Pyramid, hoping to build the two new pyramids using the same technologies as for the first, given that for them Giza was important from an 'energy' point of view, as is their 'shiny stone', but they realised that despite the long time that had transpired, it was not yet possible to do what they wanted.

OBE VIEWS OF OBJECTS AND PEOPLE

NR is asked to look carefully at things, cars and houses in order to understand if and how OBE vision differs from normal vision, and she says there are hills, cars and houses, but they don't appear to be modern. It seems that she can move around wherever like Google Maps; she can zoom in on a detail (for example a car's number plate) without moving ("It's as if I weren't there"). When asked: "As you look at the number plate, can you also see the sides, front with headlights, roof, lower part with exhaust pipe, etc, or not?", NR replies that she can see inside, such as the differential gears.

She can zoom further, but stops before seeing the metal's individual molecules. Zooming out and looking at the number plate, knowing she is in that position but without moving, she can see the car from all angles (she sees the side panels as well as the plate). When looking at a person chosen at random, she sees this person from all perspectives simultaneously as well as inside – including the skeleton. She notes that the person is compressed (in fact the person is overweight) and the spine is bent from the weight; there is also fat around the liver. NR realizes that, with appropriate training, she would be able to examine a person's insides and detect possible problems.

OBE VIEW OF THE AURA

NR is asked to look at the bright halo surrounding people (aura) and at first she sees those of children – bright and all light grey – then she also starts to see it around adults and in different colours. The location is a kindergarten or elementary school and almost all the children have the same bright light-grey aura – some a slight light violet – while in the adults it is mostly dark green, like a bottle with a certain brightness, occasionally with crossing yellow stripes or also with red. Asked to look at many people to determine how many of them have a white or gold aura, or light yellow or green, or light fuchsia, or even light violet (*actually indigo – the listed colours are the 'best'*), NR replies that she sees only a few, of which one is light violet.

She mostly sees dark colours such as the aforementioned green and red. To NR the aura appears to have areas with different colours, for example a green aura with a red patch. Even environments are characterized by a coloured aura: often corners are an ugly red. One classroom is pale blue, as is the teacher, and the children are immersed in that colour. A corridor shows an ugly green and some red; the rooms' auras vary in colours and one is dark green. Light colours give NR a positive impression and dark ones, like red too, give her a negative one; blue doesn't seem bad, even though to her it is not all that positive. One person's aura is a very dark grey tending to black with dark pink-fuchsia stripes. Looking inside the body, NR sees everything black, so much so that nothing is discernable.

The children have lighter auras, but they seem to absorb the colour of the environment.

Asked to go elsewhere, NR pauses at a post office and there also finds auras in bottle-green with some red. At the counter she sees an employee whose aura is bright with almost golden reflections and, especially amongst the employees, sees yellow stripes on a bottle-green background (*indicating lies*). Amongst the waiting customers there is one whose aura is a golden bright white. He has long grey hair; his features are similar to an elderly Native American and exudes calm and tranquillity, but he is the only one with these traits in that setting. NR sees people's auras as being tens of centimetres thick, but after being told that in reality they are far broader, she begins to see them in their true size, fainter but coloured, the further she gets from the body.

NR now goes into a hospital, along a long corridor, and sees the ill; she sees a nurse from behind who has a light-coloured moving aura, blue with a bit of pale light green and brighter areas around the head (*these colours would be expected on a nurse*). The corridor has a diffused green aura with a bit of blue, rather pleasant. Asked to examine a doctor, NR notes a patient on a bed whose aura contains some red; she sees intestinal problems, which shows are very dark green, and senses that the patient is very frightened. The doctor's aura has a red area near the head, the darkish green to the right of the head. NR sees a lady who seems to be a doctor with a more varied aura and tending to pale blue; she notices the doctor's heart, and concentrating on it sees mostly its outline, very red, as it pulsates, and thinks it is weary. It's as if there were a hole there.

READING DOCUMENTS IN UNKNOWN LANGUAGES DURING AN OBE

NR is asked to visit the British Museum in London and reaches it quickly, but takes a bit of time to find the Rosetta Stone; she can't find the room and goes around in circles (*she later states she tried locating it logically instead of instinctively, as she should have instead*). NR reports that there are steps leading to the colonnade at the museum's entrance and that, after having climbed them, she had to descend a little to reach the Stone's room, in which she sees a number – either 5 or 7 or 57.

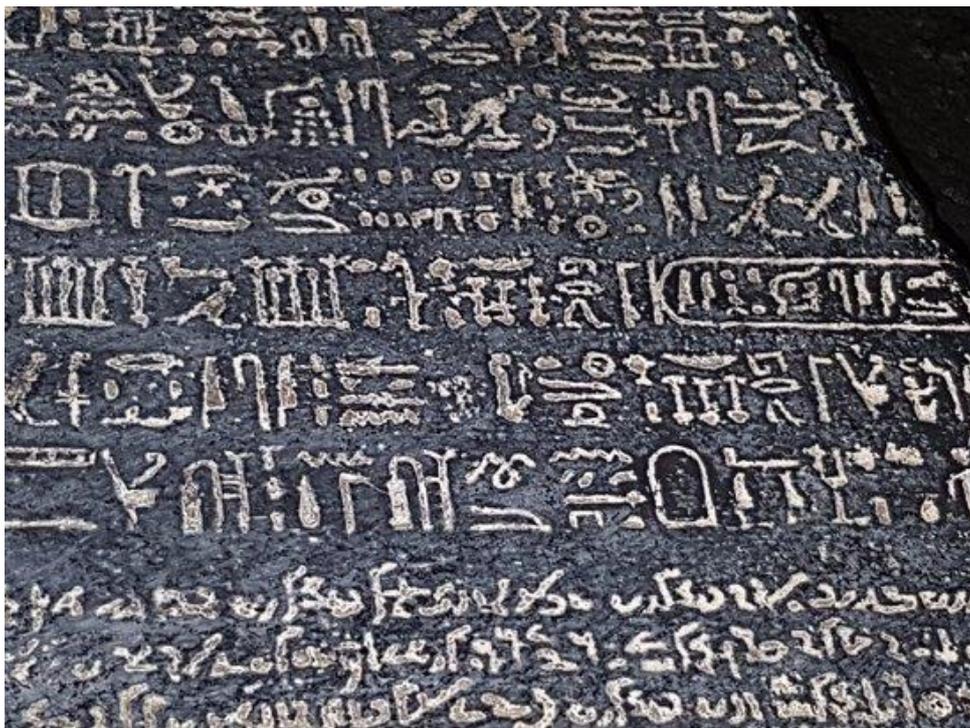


Facade of British Museum in London.

The room contains panels with writing (which she doesn't read) and is only concerned with the Rosetta Stone. The Stone has hieroglyphs on it, both the Demotic and Greek types and NR is asked to read it or describe its contents. NR reports initially getting the sensation of 'going inside the Stone' or becoming one with it, and then as if the Stone entered inside her.



Rosetta Stone.



Rosetta Stone – Hieroglyphs (at top) and Demotic (bottom).

NR says it was not written by a terrestrial, in that it was engraved by humans but dictated by aliens. They wanted to give humans clues about the possibility of altering the foundation of human beings – DNA. It's like we are not yet able to understand that message. According to NR the concept is the same in all three forms of writing: the possibility of affecting the human being at the deepest level. Even though the Stone is attributed to the Alexandrian period (*around 200 B.C.*), NR says it is much older and she recalls saying that the aliens wanted to leave messages in multiple parts of the world: she believes this is one of them.

OBE PSYCHOMETRY

At this point NR is asked to 'touch' the Stone and tell its story, given that this is possible in an OBE. She says the stone slab was quarried at least 10,000 years ago, then the people who prepared it disappeared; they had human bodies, but the message written in three types of script, like the occupiers of those bodies, was not human and dates to that time. For them writing in a script such as Greek (little more than 2,000 years old) posed no problem – it was not their own future, but they were aware of it and the message was intended for the future. The Stone therefore remained buried for millennia.

When it was discovered, the hieroglyph part was not understood, but the existence of hieroglyphs was already known; they then used it to decipher hieroglyphs. The translation, which refers to a certain king/pharaoh, is not correct however – we are still unable to decipher its message.

When it was discovered, its story was somewhat manipulated by the discoverer, in that it was known to be much older than it appeared. NR goes to the moment of discovery and sees a man who very clearly 'senses' the Stone's antiquity (by and large due to where it was found; he had sensed its location as if with a metal detector – in other words, using a different sense) and could even examine it in depth.

NR senses that he is sure about it and he thinks that by digging below the discovery site more relics will be found that will confirm what he believes, but he doesn't do it (obviously because his colleagues are unprepared) and so he only brought out the Stone. It is the person who will receive the most recognition for this discovery – to NR it seems to be the actual discoverer (Pierre-François Bouchard, captain of Napoleon's Egyptian Campaign) rather than Champollion, the decipherer of the hieroglyphs.

INVOLUNTARY TIME SHIFTS DURING AN OBE

When asked if it is possible to access other levels of reality present simultaneously in the same location, NR replies yes: while in the Stone room there was at the same time an altogether different reality – there were museum visitors who, during her access to the museum, were totally absent. NR says that simultaneously present realities are like a cinema complex in which different movies are shown simultaneously and we choose one to watch.

When asked to provide information to determine if this other reality is in space or time, NR replies that at first in her reality she was the only one involved with the Rosetta Stone, as if other were excluded, then there were the visitors and she wasn't there and saw only the people, but it was as if the two realities were simultaneously present. NR was asked: "How do you remain in the same reality as your Physical Body from where you started, rather than in another?" and replied that she doesn't know; when she arrived at the museum nobody was there and she wanted to ask for information, but she was alone, without even a guard.

It didn't appear to her to be night time (*NR doesn't know yet that there is no darkness in an OBE*), but a clock showed the time as 1:20 and around the museum the alarms were on. NR understands that it is actually night and realizes that in an OBE the darkness of night does not exist, nor do lights or shadows; there is always diffuse light like an overcast sky.

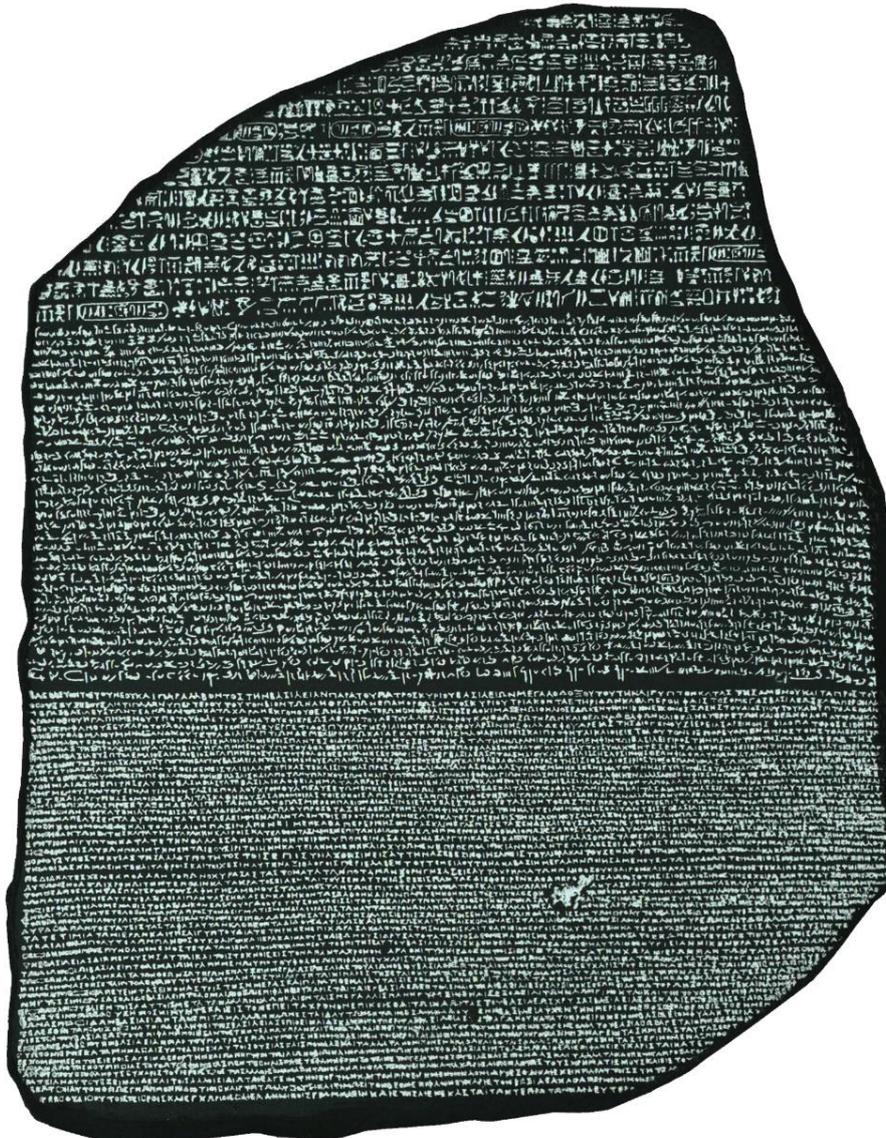
(we can infer that NR travelled in both space and time – she 'departed' Italy at 18:30 – already dark at the point of departure – and 'arrived' in the UK at 01:30 a.m., but the date is unknown. For accurate distant vision, arrival at the target location must be in the same reality and time as the departure location).

OBE PSYCHOKINESIS

In a room adjacent to the OBE session (which is a study) there is a library full of books with various objects placed on the shelves in front of the books. One of these objects is a cylindrical glass container inside of which is a pinkish-orange plastic arrowhead weighing less than a gram and attached to a blue silk thread fixed to the container's transparent plastic stopper. Upon returning from the OBE and before re-entry into the Physical Body, NR is asked to identify the container and make the pendulum swing, but this failed; she only sees a little black ball hanging on a thread forming a slowly swinging pendulum.

MORE READING OF DOCUMENTS IN UNKNOWN LANGUAGES DURING AN OBE

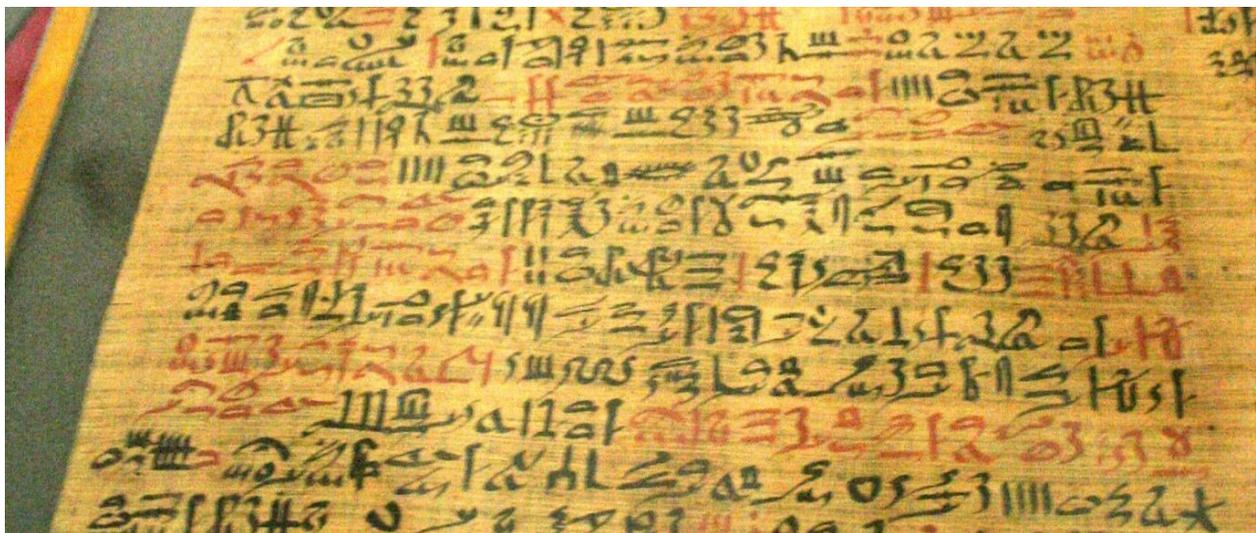
NR was asked to return to the British Museum in London while remaining in the same reality as her Physical Body, on the 27th November 2018 regardless of time of day (*in Florence it is evening*), and attempt to describe the Rosetta Stone's contents, and she reiterated seeing the numbers 5 and 7 in the room and notes two people looking at the inscriptions.



The Stone has hieroglyphs at the top, Demotic in the middle, and Greek at the bottom.

NR quickly notices that the vocative 'Oh, you' is written on the Stone and the hieroglyphs seems to imply a type of oration addressed to a king, whose name contains an 'n', but she can't enlarge on this. In reality though the Stone's three scripts should be read in code. NR feels there is an algorithm, a key, that deciphers the message encoded in some of the symbols of the three scripts. She sees these symbols highlighted, especially the hieroglyphs; there are squares and geometric shapes, and some symbols are only partly highlighted. The Greek text should be read in its entirety and the sound of the words contains the message, which acts on a genetic level more than a subconscious one. The hieroglyphs have symbolic value rather than phonetic. NR does not understand the Demotic encoding, but the message is the same.

NR is then asked to go to library of the University of Leipzig to look for the Ebers Papyrus (20cm x 20 metres, written in hieratic) and describe the contents of page 100 (there are 108 columns/pages). NR says the papyrus is in a very long display case and seems to her to be a reproduction; it is composed of a sequence of 'pages' all in a row containing practical and detailed instructions for maintaining good health. Page 100 (her attentions quickly fell on that page) appears to contain farming instructions.



The Ebers Papyrus is a collection of medical Egyptian texts dated to 1550 BC, one of the oldest known medical works. It is a compendium of 876 catalogued remedies, formulas, and pharmacopoeias used for treating various ailments and to keep insects, rodents and scorpions away. The papyrus also includes a surprisingly accurate description of the circulatory system, and notes the existence of blood vessels throughout the body and the heart's role in blood circulation.

OBE TELEPATHY

NR is asked to guess, one at a time, six words (*three describing things and three denoting concepts*) while LP is thinking of them (word thought by LP -> NR's reply):

- car -> brick**
- television -> walking stick or umbrella**
- computer (notebook) -> an animal**
- lie -> abstraction or imagination**
- joy -> will or exercising of will, determination**
- respect -> large expansion**

OBE AURAS – DOMINANT COLOURS

NR is asked to look at people's auras in crowded places and to point out the most common colours (at Domplatz – St Thomas, Leipzig and adjacent streets).

She sees few light colours – mostly dark green, then dark grey and splashes of brown and sometimes yellow.

Around the head she sees some with a little fuchsia along with a variation of colours and generally not too dark.

A woman of fairly advanced age has a uniformly violet aura.

OBE FORESIGHT

Asked to go forward in time and to describe what she notices regarding the level of this current reality, NR sees herself (*she knows it is herself despite the different appearance*) speaking in a large auditorium about sixty years from now.

Asked to exclude rationality, NR says she is reminded of the pendulum (*for PK*) now on the desk.

MORE OBE PSYCHOKINESIS

On a small blue-topped desk near NR there is in fact a pendulum especially made for psychokinetic experiments, composed of a plastic arrow attached to a silk thread which is fixed to the plastic stopper of a cylindrical glass container, and NR is asked to concentrate on the pendulum and try to move it.

NR states she has the impression of being able to extend an 'arm of blue energy' from her Physical Body's shoulder to the pendulum. The pendulum appears to move slightly, but after a short time NR's concentration drops and she can no longer reach the pendulum with her 'arm of blue energy'.

RHABDOMANCY

NR is asked what a rhabdomancer feels while, for example, searching for water, and she replies that it is an energy which she sees as yellow bands shaped forming small spirals which arise from the groundwater site and become tighter as they reach the rhabdomancer's arms via the instrument (rods, fork, or other). Not all feel this energy. NR believes it is her own representation of the phenomenon – the energy bands are there and she represents them like this, but she thinks others also see more or less the same things and same colours.

DERMAL VISION (DERMO-OPTICAL PERCEPTION)

Since there are some who 'feel' an object's colour simply by touching it, without seeing it, NR is asked to acquire this trait and explain it. She replies that it is as if each colour had its own 'temperature' and those with this trait feel it subconsciously (it seems consciously imperceptible) and uses it to distinguish colours.

XENOGLOSSY

Asked to explain the ability of some to speak foreign languages without having learnt them (xenoglossy), NR confirms it is the unconscious memories of past lives. Usually these memories are unavailable in the new life but in some cases this is not quite complete, as if the previous life's memories were difficult to let go of totally.

CLAIRAUDIENCE

When asked if she is able to see at great distances (clairvoyance) as well as hear distant voices or noises, NR replies that sight is her main ability rather than hearing, therefore cannot comment on clairaudience.

LEVITATION

Asked to raise herself from the couch, NR says there is a part of her saying it isn't possible. LP reminds her to discard her rational conscious mind, but NR is unable to, even though she feels something 'pulling her up'.