

Awakening to a Greater Reality: Is there a Unification Theory of the 'Paranormal' Contact Modalities? ¹

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“Those who set themselves up as judge in the field of truth and knowledge is shipwrecked by the laughter of the Gods.” **Albert Einstein**

Introduction

Is there a Unification Theory of the 'Paranormal' Contact Modalities? Human multidimensional awareness, often labeled ‘consciousness’, is the innate ability to access and communicate with all life forms, including Non-Human Intelligences (NHI’s). This multi-level awareness is accessed in all Contact Modalities such as communicating with the intelligences inside Unidentified Ariel Phenomenon (UAP’s) or by Near Death Experiences (NDE’s), Out of Body Experiences (OBEs), Channeling, Remote Viewing, Ghosts/Spirits, Hallucinogenic Journeys, ESP/Telepathy etc. Human consciousness can also be encapsulated by the terms spiritual, supernatural, or paranormal, all such terms suggest human awareness, i.e. soul/spirit exist in multidimensional realities and not contained by its physical container i.e. the body. I explore this from a professional therapeutic research perspective and a personal experiential perspective.

My research into human consciousness has been both academic and experiential. My professional life as counsellor has connected me to numerous individuals who have recounted extraordinary experiences. It became clear to me over many years of research that multidimensional experiences were far more commonplace than was acknowledged by mainstream psychology. Moreover, this research was significant as some of these experiences also mirrored some of my own.

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Fortunately, my professional life offered access to many hundreds of personal accounts which indicated human consciousness operated within and without its physical container. Although my professional was as a registered nurse, and later midwife. The opportunity to become a counsellor for a medical practice proved to be a life changing decision. The non-judgemental mandate offered the individual freedom to share experiences not limited to consensus reality. This meant they may share their sense a non-physical loving presence that supported or guided them, or the presence of a departed family member. I was cognizant that what they shared could be interpreted as imagination or fantasy. However, for them this support felt very real and helpful. For the most part these spiritual experiences did not compromise their mental health, in fact quite the opposite, it often helped to maintain it. So, if such extraordinary experiences had substance, what did this indicate?

I cannot recall a time when I was not personally fascinated or intrigued with the so-called 'paranormal.' I often commented with humour that if a phenomenon was weird or unusual, I would probably have a book on it. This is true. I felt driven by an innate desire to understand the mystery of who and what we are, always questioning the nature of human experience. I read eclectically, books on the supernatural, psychic phenomena, metaphysics, reincarnation, Near Death Experiences (NDE's), psychic archaeology, remote viewing, astral travelling, energy healing, and shamanism etc. I was fascinated by what this indicated in terms of human consciousness, and the nature of the soul. The information gave substance to my quest to understand the nature of reality. I was brought up in the Christian tradition but found some religious dogma did not resonate, it just felt too human and arbitrary. Suffice to say my disillusionment became total when I realised how religious dogma can be used as a control mechanism. I decided to seek my truth through human experience, not only through others but through my own.

“I don't know what I don't know.”

After I migrated to Australia from the UK I worked in grief, bereavement, and hospice counselling. This work was extraordinarily humbling and insightful. Loss of a loved one or facing one's own mortality is often a catalyst for huge shifts in perception and beliefs. For many this crisis meant questioning their life's purpose and the reality of life after death. For the grieving, the significant loss of a loved one brought the same questions. However, some shared instances of being contacted by their departed loved one, which for them was profound. This was especially significant if the individual had no prior belief in the afterlife. Such accounts affirmed my own belief that consciousness survived bodily death.

From death to new life, I moved into counselling women with unplanned pregnancy. My background as a nurse and midwife was useful from a biological perspective. However, it was the impact of the social, emotional, and spiritual issues that created the trauma. The heartbreak women experienced was often dependent on their

beliefs. It was a catalyst for re-examining my own beliefs and the nature of consciousness/soul. However, when I moved into private practice with the desire to offer the individual freedom to explore from whatever level of awareness they chose, this offered the opportunity to explore more of my own spiritual journey, which I realised began at just three years old.

Who Am I?

“I wonder if things only move when I look at them?”

I was three years old and still recall my inner questioning. I was looking out the lounge window on a quiet sunny afternoon and nothing was moving. My thought was *‘Do things only move when I look at them?’* Where did this question originate? I was only 3 years old.

I recall a ‘conscious’ out of body experience at that age. I still haven’t forgotten the wonder floating around my home, and thinking *‘I know this is real, I am flying.’* I recall the disappointment when I found myself back in my bed and felt the deep desire to replicate it.

I did experience ‘night terrors’ and would wake up at night paralysed with fear with the sense ‘something’ was in the room, afraid to breathe or move just in case ‘it’ got me. I had no idea of what ‘it’ might be, not that I dared to look, I only recall the intense fear. In later years I questioned if this was just a normal childhood anxiety or was more going on than I realised?

In retrospect I concluded my personal and professional life were driven by questions, a deep curiosity that stemmed from the three-year-old self seeking understanding. What part did I (my consciousness) play in creating my personal reality? The profound, out of body experience had demonstrated I was not contained by a physical body.

I was the middle child of seven, my father was in the Royal Airforce and we spent time in Malta and Germany as well as different locations in the UK. I loved living in different places and experiencing different cultures. It was a happy childhood; I had more freedom than many children have nowadays. Fortunately, I had open-minded, well-read parents, and although I was brought up in the catholic tradition, it did not prevent my exposure to other beliefs. My mother believed all religions were connected to God, no matter what the church. She could, without any spiritual conflict, attend mass in the morning and a spiritualist church in the evening. This openness was extremely helpful in my own spiritual journey. What I understood from Spiritualism was the concept of reincarnation. This understanding made far more sense to me than the beliefs of living just one life. I began to explore the evidence. I read voraciously on this subject and

viewed compelling documentaries. However, it was my first past life regression that cemented this reality for me.

During this regression I discovered I was able to tap into what appeared to be past lives. The first was as a Roman soldier, male recruited in Italy to the Roman army. As a Roman soldier I travelled across Europe and recall saying we were at war with the Gaul's, (at that time I had never heard this in relation to the Romans). I was asked by the regressionist "*What did it feel like to kill?*" I was surprised by my response. Robotically I stated "*I don't feel, I just kill.*" I remember thinking how cold this sounded, certainly not a response the present 'Mary' would have made. The soldier ended up in Britain, and stated they were to fight the 'barbarians' i.e. the Scots. I also recall thinking '*Oh my goodness the regressionist won't like hearing the Scots were Barbarians, because they were Scottish*'. Apparently, I was killed by the 'barbarians' with a knife in the back, while protecting Hadrian's Wall. Hadrian's Wall is located in Northern England and was built by the Romans to keep the Scottish out. The experience felt strangely like a movie with instant pictures and information. At times there was emotion. I did not have time to think about any answer, it came immediately into my mind. I was intrigued that I used terms and language not natural to me. Later, I researched this data, I learnt the Romans fought the Gaul's, and the Scots were called Barbarians. I also recalled two other lives as females in France and Italy. This experience intrigued me and I felt compelled to explore this phenomenon and hypnosis techniques so I could offer hypnotic regressions, as it had been so profound for me.

I trained as a Clinical Hypnotherapist, this was a conventional course addressing issues such as phobias, addictions etc. It did not teach protocols for past life exploration or other spiritual techniques. However, it enabled me to access trance states as I continued to focus on spiritual exploration into past lives. This was in line with a dear friend and colleague, the late Dolores Cannon, author and hypnotherapist whose regression hypnosis methods are now taught globally. Dolores worked with each individual to access what she called the superconscious or higher self. This revealed information of not only past lives on Earth, but past lives as Non-Human Intelligences from other planets and other planes of existence. '*Convoluting Universe*' series and '*Legacy From The Stars*' are just a few of her remarkable books.

My regression process offered similar data but with a significant difference, which I discovered by chance. In the process of taking an individual into trance I discovered I was also receiving information 'intuitively' at the same time. This was totally unexpected. As the facilitator I was somehow connected via this trance state to my client's process. What did this mean?

The first time this occurred, a client shared they were perceiving themselves as a non-human entity and moving a huge object from one dimension to another. Spontaneously in my inner vision I saw it was a planet. Instantly, the individual stated *“It’s a planet and we have moved it too quickly and we now have to re-balance its energy.”* I was amazed I had perceived the same information. I asked the individual to draw what they had seen. It was exactly what I had seen clairvoyantly. This trance connection began to occur regularly during regressions. I realised I was not just a facilitator of such exploration, but that somehow my consciousness was linked to theirs through the trance state.

To be clear, at no time information that I received was shared with the individual during their regression. The questions I asked were to facilitate more understanding. I hypothesised this is what physicists may interpret as connecting to the Quantum Hologram field of consciousness, accessed by the subconscious/superconscious by the individual. I realised by taking a client into trance, my consciousness was able to accompany them to a certain degree.

When I was asked to share my regression model, I realised only those willing to open up to their own multidimensional awareness would get this outcome. The training involved the desire to be receptive to this ‘intuitive’ information as they were working with a client. I called this process MISTS (Multidimensional Information in A Superconscious Trance State). MISTS is ‘intuitive’ multidimensional hypnosis. This method can guide the questions to assist the client to access what they seek, often with more accuracy. I believe that I opened up to this ‘intuitive’ ability when invited by a colleague to join a group of professionals to train and activate these abilities.

Awakening to Conscious Multidimensionality

The group I joined comprised of two clinical psychologists, a nursing sister, a naturopath and a trance medium. I have to state that initially I had little expectation I could access any of these abilities, however, much to my surprise I discovered this came naturally once I understood how to recognise how they manifested. It was a three-year training period in which we explored abilities from clairvoyance, clairaudience, clairsentience, channelling, remote healing, psychometry, dowsing etc. I did my best to rationalise these experiences, torn between curiosity at what I experienced and my rational mind. However, it was one experience very early in this exploration which convinced me this was real. It was also significant because it occurred just three weeks into the course and I was still a novice. Note: The only drug on offer was English tea. It was my first ‘overshadowing’ experience with a spirit being. The experience was unexpected and spontaneous.

The group were relaxing with lunch and it was suggested we try some psychometry. Psychometry is the ability to access information from objects. A personal object such as jewellery is often used. I had little expectation I would be able to contribute. It is important to state that what occurred did not stem from confidence, but quite the opposite. I held the object, a necklace, and in my mind's eye I observed a wedding scene. As I proceeded to share this information, I experienced a strange sensation. It was as if my awareness/consciousness was shifted outside of my physical body, to the right-hand side of it. I had no idea what was happening but I had a sense of another energy in my physical body. A voice spoke to the lady whose necklace it was, "*You know I have never left you; I will always be with you!*" The voice came from my mouth without my conscious control. I had no idea what was happening and no control over what was being said. I heard the tutor say "*Don't touch her*" (meaning don't touch me). Later I understood the reason for not touching me was so that the energetic connection was not disturbed.

I recall snatches of what was said by this male 'spirit' (who later proved to be the deceased husband of the lady whose necklace it was). I had the sense of being connected energetically but not operating consciously within my physical body. The spirit communicated its message, and just as quickly, the energy left and I shifted back into my physical body. I was totally shaken and bewildered. I had no idea what had occurred. I was asked "*Have you done this before?*" I remember my shaken reply, "*Never.*"

It was explained as 'overshadowing.' A spirit or 'intelligence' inhabits the physical body for a short time to deliver information or message. The consciousness of the soul that normally inhabits the physical body is shifted out of the way for this process. The person, however, is not in trance; they are still aware what is going on but not participating in the process of communication.

Numerous times in my training over a three-year period this occurred spontaneously with various spirits, in some cases it was commented that my facial features also shifted, and an overlay was seen. I never consciously encouraged it. One time it was the mediums son who came through on the anniversary of his death. I recall his deep emotion and love for his mother, and the tears as he conveyed this. I felt it all. However, most of the time my connections to various 'intelligences', some spirits and some from other realms including what we would term extra-terrestrial, was more like a telephone link. I would feel the energy signature and I would be given information. The information was always verified as accurate. To be clear, in all instances I was not in trance. I could feel the presences energetically and it was just a matter of getting out of the way of my logical mind so that the information could come through. Although it took some time to assimilate what I was experiencing, I couldn't deny its reality and how it felt. The numerous and profound experiences of others in this group helped with its validation. I recall one of the clinical psychologists regularly connected to her guides clairvoyantly and profound messages came through. We all commented on the irony that

in her clinical practice one of the questions in the psychological assessment was ‘*Do you hear voices?*’

I shared my experiences with many professionals in the psychology, and the teaching field. Several requested I teach them how to connect to their multidimensional selves and it was no surprise they also demonstrated similar abilities. This further confirmed to me at least we are spiritual beings with access to higher awareness and connection to other realms. My clairvoyancy exposed me to communication with Non-Human Intelligences but that became far more physical when I met my first client with visible evidence of his Contact with NHI’s.

Ellis Taylor is the author of several books, two of which are ‘*Dogged Days*’ and ‘*Living in the Matrix*’. Ellis was my first client Experiencer with physical evidence of his Contact with NHI’s. Ellis told me that he had heard I was open minded and most people believed, in his words, he was ‘a looney’. He would wake up with marks on his body, and shaved areas on his legs. His family were having similar experiences and relatives didn't come to the house because they believed it was haunted by demons.

“Down the Rabbit Hole”

Ellis’s story became the catalyst for more expansion of my personal paradigm. Coincidentally I had read two books on the Contact phenomenon just a few weeks prior to connecting with Ellis. Dr John Mack, a former Harvard professor of psychiatry wrote ‘*Abduction Human Encounters with Aliens*’. Author and Experiencer Whitley Strieber, wrote his first book on his experiences in ‘*Communion*’. Both of these books were pivotal in regards to the traumatic effects of this phenomenon on the human psyche. Although Ellis was not as fearful as his partner, the reality of its effects on his family was not only disturbing, but was very real.

I was participating in an advanced counselling course at that time. I took Ellis Taylor’s story to supervision seeking some professional insight. The supervision group were professionals in social work, rehabilitation and religion. To be truthful, I was almost expecting the group to dismiss Ellis’s story as fantasy or delusion. However, to my amazement the opposite occurred. Not one individual suggested Ellis was mentally ill, in fact it opened the door to many of them sharing their personal multidimensional experiences, which included hauntings and interactions with the spirit world.

Although this professional forum confirmed the understanding that of expanded awareness, it was little help in supporting Ellis. I looked further afield and I sourced information from Dr John Mack’s institute (PEER) Program for Extraordinary Experiencer Research.

I was presented with another Contact case within weeks. Jane had experienced Contacts since childhood. Her mother told her it was imagination, which left Jane questioning her reality. I recount her story in my book *'Awakening'*. I met with a social worker/experiencer and we organised a support group, the first of its kind in Western Australia. Twelve individuals attended and I began to understand this experience was far more prolific than I had previously believed.

It was clear at this point that traditional psychological support was, for the most part, uninformed. The Experiencer was frightened and isolated, and was understandably afraid to share their experiences because of this. UFO groups, although well meaning, few had the professional skills to help the Experiencer. Many groups were uncomfortable with this aspect of the phenomenon. It was due to this that I founded the Australian Close Encounter Resource Network (ACERN).

The Alien Lady

I founded ACERN as a resource in 1997. However, it brought me personally to the public eye in ways not always welcomed. I was uncomfortable with the publicity but knew it was inevitable if I was to help those who needed support. I agreed to participate in an Australian documentary produced by SBS Australia, *'My Mum Talks to Aliens.'* I was not enamoured with the title. The term 'Alien Lady' stems from media coverage during that time.

The documentary focused on the relationship with my son, a veterinary surgeon, to highlight conflicts which can arise in families with opposing world views. In this case the UFO extra-terrestrial phenomenon. *'My Mum Talks to Aliens'* explored my work supporting those with Encounters and the reality of UAP's (Unidentified Aerial Phenomenon). Experiencers can face conflict with family and friends, especially if they are not believed, which can add to their isolation and heartache. The documentary included a university debate, which aptly demonstrated how this phenomenon can be dismissed and ridiculed by some members of academia. However, on the whole the feedback was extremely positive, many stating that the documentary was a good introduction to the phenomenon for family and friends. The documentary highlighted ACERN's resources and since that time over 3,500 individuals and families globally have accessed the resource.

It was a concern that many Experiencers sought conventional support due to lack of understanding, such as a doctor, or psychiatrist and were offered medication and a diagnosis in the mental health model. This proved to have serious and damaging outcomes and inspired my first book, *'Awakening: How Extra-terrestrial Contact Can Transform Your Life'* and the story of Cathy, in Chapter 4 of the book.

Cathy was nineteen when she contacted me. Cathy said she was just fourteen years old when she told her GP she was seeing aliens. She was terrified on a nightly basis and slept in her parents' bedroom. The GP diagnosed schizophrenia and Cathy was medicated and hospitalised. Cathy became so depressed with all the medication, she tried to take her own life several times. However, at nineteen Cathy saw a TV talk show where individuals were sharing extra-terrestrial experiences, this convinced Cathy what she had experienced was very real. Cathy's mother was a nurse and checked my credentials before she accepted my support. I became a trusted friend to the family. For Cathy this was a long road back to health as she had become so reliant on her medication. Also, there was the trauma of what she had experienced not only through the medical model, but also from integrating her encounters.

My book '*Awakening*' is a support manual that focuses on the many issues such as the fear, how to support the children with Contact, and a chapter on multidimensional abilities gleaned from my own personal experiences. My experiential training and understanding of these multidimensional abilities meant I was able to explain how to manage and utilize this awareness consciously in an integrated way that was also grounded. It was clear from this awakening process those who accepted and integrated their experiences found new purpose and meaning in their lives, which for a majority, was positive and transformative. It also brought through creativity in art, music, and healing. This psycho-spiritual transformative outcome was later supported by the FREE (Foundation for the Research into Extra-terrestrial and Extraordinary Experiences) research survey whereby 85% of respondents stated they experienced this transformation.²

The New Human

My research into the intergenerational links of families and children with Contact experiences became pivotal to understanding why the recent generations were more likely to be open to their Contact and 'psi' abilities, including telepathic communication with NHI's. I had evidence of some of these abilities in my own family.

But what was compelling was that I received countless stories from families with children, whose parents said their children were very different. The children would mention past lives as non-humans, and told the parents they were here on a mission to help humanity. Many were labelled ADHD, Asperger's, Dyslexic etc. Molecular Biologist Dr. Lena Ohlson called this group 'letter people.' Other terms used for the new aware human include Homo Noeticus, Indigo's, and Crystal or Rainbow Children.

These terms indicated an evolutionary upgrade. Molecular Biologist Dr. William Brown indicated these people have a greater awareness and sensitivity.

“I believe that genetic modification is occurring right now in utero, and is actually producing a new human. It is not as simple as foreign DNA. It's a combination of genetically improved bodies in combination with souls from different places in our universe incarnating in these improved bodies. The new genetic architecture allows them to see the world in a multidimensional fashion.”³

The Dr. Edgar Mitchell FREE Foundation conducted ground breaking research surveys which are encapsulated in the book *‘Beyond UFO’s: The Science of Consciousness and Contact with Non-Human Intelligence’*. The surveys confirmed a high percentage of individuals with Contact experienced psycho-spiritual transformation and activation of ‘intuitive’ abilities through their Encounters. But what also became highlighted was that Contact could occur after Near Death Experiences (NDE’s), Out of Body Experiences (OBE’s), remote viewing, healing modalities, channelling, which I had experienced, and shamanic and hallucinogenic journeys. I recall a conversation after a debate I did at Oxford University in 2006 (UK), a student asked this question, *“‘A friend’ had taken magic mushrooms and saw a grey ET, was a genetic memory or was it real?”* I replied what he saw was real. I can’t explain how I knew this but my reply was spontaneous.

High Strangeness

Synchronicities and unexplainable events have become my norm, including coincidences in my physical reality and for those who contact me. One high strangeness event was because of a phone call, during which a man who was located in New Zealand and I had a 6-hour conversation. The man was concerned about the cost of the call and contacted the telephone company the following day. The telephone company stated: *“We have no record of that call.”*

Another individual said that he was told to contact Mary Rodwell via a *dream*. He had no idea if this was a real person until he looked it up. When events like this occur it sometimes feels like my ‘non-human’ team have it all set up. This was confirmed by my exposure to a full-size crystal skull.

Crystal Skulls

I was contacted by an individual who told me she had a life size Crystal skull in her possession. The message was to bring this object to Mary Rodwell! Again, she had no idea there was such a person, but found my name and location. I was intrigued. On arrival the crystal skull was placed on my coffee table directly in front of me. I didn't touch it and was unsure what was expected. The owner began to ask questions about the skull and I found myself spontaneously replying as I observed the object. Spontaneously answers were in my head. This experience continued for almost an hour. The owner of the crystal skull stated that I had confirmed her understanding! To say I was surprised at what occurred is an understatement. In retrospect I felt the crystal skull itself was a kind of hard drive, and when I connected with it I became a conduit for the information. It reminded me of my experiences with psychometry, however with this I didn't need to touch the skull, just to focus on it.

It was some years later that I received a possible explanation for my response to the skull. Experiencer Lea Kapitali shares her story in chapter 11 of my book '*The New Human*'. Lea told me she recalled her life as a researcher in Atlantis before it was destroyed. She downloaded her research into her own personal crystal skull, which acted like a kind of hard drive. Lea had looked at me said "*Mary you were there too, you were a researcher and had your own crystal skull*". If this is true it was an explanation for why I could read or receive the information from that unusual source. Since that time, I have interacted with other ancient skulls from Peru, and at no time did I need to physically touch them for information to be relayed.

Orbs

I have long been fascinated by light orbs pictured in so many photographs. I have caught many on my camera over the years. It has become clear that some orbs in videos and photographs appear conscious. I once did an experiment to see if one would show up after a telepathic request by me for one to appear. I asked a friend to take a photo when I felt the orb was close. The photo showed this bright orb was stationed one meter from my hand. I have requested certain colours and they too have appeared on my digital camera after the request.

I received insight into what some orbs may be due to a regression with a client. A young woman perceiving herself as separate from her human body was operating in another form on board a space craft. I asked how she moved from one body/form back to her human body and she described her 'consciousness' as a 'ball of light'.

There have been numerous studies that suggest many orbs are a consciousness or intelligence. One of the convincing studies of orbs was '*The Orb Project*' conducted by Miceal Ledworth DD LLD and Klaus Heinemann Ph.D. They were convinced there is a

window into realities outside our normal perception and that orbs are emanations from spirit beings.

Unexplained

In 2010 I met up with UFO researchers in Mexico. We travelled to the location where Contactee Carlos Diaz filmed his light ships in the 1980's, Tepoztlan, which is a lovely Mexican town where the population venerate Carlos Diaz. We were taken to a place in the countryside where Carlos Diaz filmed 'light' ships. It was late evening and dark, almost black, with no moon. We had a professional cameraman to film us in a meditation. The group focused on something positive for the planet whilst meditating. I soon became aware of a very bright light in the centre of our circle, which hurt my eyes. At the time I believed the light was coming from the cameraman who I believed was still filming. I recall being very annoyed with him being so close to us as the bright 'light' was so distracting. It wasn't until we came out of the meditation, we noticed the cameraman was at the furthest end of the field and very scared. He told us that whilst we were meditating, we were surrounded by a strange fog. He had freaked out and stopped filming, retiring to the edge of the field. I asked if anyone else had seen the bright light in the meditation and only two others were aware of it! What happened that night I have no idea, but it was certainly a high strangeness event. I questioned if there had been an interaction that night. Certainly, many Experiencers talk about a fog while having an Encounter experience.

Have I been taken onto space craft, as so many of my clients have? It's interesting some have told me they have seen me on the craft. I have no recall of this.

However, some years ago and still very new to this phenomenon, one of my children told me of a strange dream. They dreamt a space ship landed and we, as a family, were all standing near. A Grey 'being' asked "*Who would like a ride?*" My child told me they were too scared to go, but said "*Mum, you shouted out 'You can take me.'*" As I was listening to this story and making my morning cup of tea, I looked down at my cup, and had a spontaneous nose bleed! I laughed at the time and said "*Well I must have gone after all!*"

Shifting Paradigms!

"A human being is a part of the whole, called by us 'the Universe', limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a prison, restricting us to our personal desires and to affection for a few persons close to us." **Albert Einstein**

In Conclusion - “The Rabbit Hole”

I am thankful my training as a counsellor taught me to be honouring and non-judgmental. It enabled me to be accepting, this has been important because these phenomena and my experience of some of them has challenged everything I previously believed to be true. It challenged me to explore all possibilities and expand my version of reality. My experiences, and the testimonies of others, caused me to question everything I had been educated and programmed to believe. It became increasingly obvious that much of what we are taught or educated to believe, was at the very least edited with prejudice co-existing within essential truths. I believe my awakening began when I acknowledged that much of what I had been educated to believe was not just limited, but in some instances, totally false.

As I began to re-appraise my core beliefs, for a time I experienced a void, not knowing what to accept as real. This was extremely unsettling. However, during this process I was able to reframe my reality parameters and expand my reality to a broader, more inclusive one. This was important if I was to gain perspective which matched those of my clients. I realized I must trust my personal resonance to truth and release my need for certainty, as each new step I took led me further down the proverbial ‘rabbit hole’. I acknowledged I didn't know what I didn't know. The strategy which encapsulated this process by which I could explore without limits is articulated beautifully in Thomas Kuhn's book *‘The Structure of Scientific Revolutions’*, (1962).

“Just observe, drop all your pre-conceived categories as best you can, and just collect raw information. Don't even use words like happened or didn't happen, exist or doesn't exist, inside, outside, real or unreal - just put that all aside and collect raw data”.

Thomas Kuhn offered this helpful strategy as I explored the complexity of this phenomenon and my own experiences in a way that was both logical and open-minded. To collect ‘raw data’ for patterns and corroboration does not equate to gullibility. It acknowledges ‘we don't know what we don't know’. If research into this phenomenon has taught me anything, it is the importance of not being hidebound to a particular conclusion, or hypotheses. I learnt quickly that a new piece of data could change all I had previously believed. Albert Einstein was my reminder in this statement:

*“Whoever sets himself up as judge in the field of truth and knowledge is shipwrecked by the laughter of the Gods.” **Albert Einstein.***

The ET Elephant

Thomas Kuhn's model is to retain openness to all data, even when unable to understand its relevance at the time. The extra-terrestrial phenomenon is so complex it is possible to throw the 'baby out with the bathwater', especially when data confronts our worldview. For example, Encounter experiences are multi-faceted and complex. They rely upon how the experience is expressed subjectively, and are dependent upon the level of awareness of the individual. This means the Encounter experience perceived through the window of individual awareness can be relevant for some, but not for others who may be in a different stage of their awakening process and understanding. This doesn't make the information invalid; it just means as individuals we may focus on different parts of this complex 'ET elephant.' This is why, I believe, no one, no matter how informed or aware they may believe themselves to be, will have a mandate on this phenomenon, or the nature of reality. It seems that over however many years I have explored this phenomenon, I am cognizant of how little I know. I am mindful that just because some data may not make sense at a particular time, it does not necessarily make the information invalid. Experience has taught me that information could well be crucial to my understanding at a later date.

I believe human programming and conditioning has a more powerful impact on us psychologically than we realize. Personal understanding and perception will strongly echo our personal 3D editing, as our individual left-brain logic attempts to dominate. I believe one of the main outcomes of multidimensional experience is to act as a catalyst to break down this core conditioning, to offer us the freedom to develop within ourselves a more open questioning of our reality window. The challenge for us is to trust and accept what this heightened 'intuitive' awareness conveys. However, the stronger the individual conditioning, such as long exposure to higher education, science or religious beliefs, the more problematic it may be for the individual to cope with, or accept, the information from this source.

In modern western society we are also conditioned to think before we speak, however in multidimensional awareness the reverse is true. Operating multidimensionally we can receive information usually with a 'sense or knowing' which comes without conscious thought. To access this, we have to learn to change the way we accept and process information and trust data from our 'intuition' and body resonance, and not just the information from our left brain cognition. The ideal, I believe, is to use both left and right brain in balance and harmony with each other, so that we can make sense of our 3D reality but also operate healthily in our multidimensional one. This process allows the individual access to information on all levels of awareness, to understand their expanded reality.

“The day science begins to study the non-physical phenomenon it will make more progress in one decade than all the previous centuries of existence.”
Nicola Tesla.

However, the reality ‘lens’ from which we interpret information is unique to each one of us, and what we perceive and interpret will also depend on our attitude to these experiences as well as our conditioning. It is no wonder the perceptions and understanding of the Encounter experience is so diverse. Its interpretation depends on which part of the ‘ET elephant’ we are exposed to, what we decide to focus on, or how easily we release core beliefs. Unfortunately, the older we are, the more probable that we are entrenched in this conditioning. This is why I believe it’s important to explore through the eyes of the less programmed and less conditioned - the children and youth - because they are not yet ‘programmed or conditioned out of their light’, as nine-year-old Cathy commented.

“At school the children are ‘programmed out of their light’.”
Cathy, 9 years, Europe.

Information from Source

“Sit down before fact like a little child, and be prepared to give up every pre-conceived notion - follow humbly wherever and whatever abyss nature leads or you shall learn nothing. T.H. Huxley.

Western society in its arrogance created a standard of what constitutes ‘acceptable’ personal reality. There are groups of individuals who impose this reality mandate, with what I believe is a ridiculous notion ‘one box fits all’. It is interesting to note this is not present in the indigenous societies, who are all the wiser and mentally healthier for it. However, for the individuals living in western societies who experience non-physical reality, it can be a recipe for disaster for their mental health if they accept such limited parameters. Especially when we know that realistically we have all the ability to have multidimensional experiences. As is stated by Dr. John Mack, former Professor of Psychiatry at Harvard University and author of ‘*Abduction*’ and ‘*Passport to the Cosmos*’.

“We needed to create a new psychological model of reality.”

“What we seem to have no place for - or we have lost the place for - is phenomena that can begin in the unseen realm and cross over, manifest and show up in our literal physical world. Immersion in the domain of extraordinary encounters may well presage the shamanism of humanity.”

Dr. John Mack

It is my belief that so-called ‘modern society’ has lost its connection to its spiritual heart and what it is to be a fully conscious human, due to its focus on materialism and science. I concur with Dr. Mack’s statement when he explains that we need to create a new psychological model of reality. It is distressing that the 3D psychological model has a growing list of what is considered ‘psychological dysfunctionality’. These psychological parameters arbitrarily dismiss human ‘intuitive’ abilities, paranormal insights, and communication with spirits or Non-Human Intelligences, as psychological aberrations. Unfortunately, this has created a psychological ‘straight jacket’, and individuals awakening to their multidimensional nature are driven to mask their multidimensional abilities and conform to these limited parameters of experience, to prevent being pigeonholed as weird, strange, or even more frighteningly, psychologically ill. A consequence of the 3D psychological ‘prison’ means that anyone with multidimensional experiences is fearful for their sanity and may shut down this aspect of their consciousness. This means they also ‘shut down’ the very thing that could nurture them and offer them access to a broader understanding. The loss of connection to their spiritual nature may, and I believe does, become the cause of depression and alienation. Without this connection to the source of their higher awareness, the human journey may make little sense.

“The Extra-terrestrial phenomenon however stretches us or asks us to open to realities that are not simply the literal physical world, but to extend the possibility that there are unseen realities from which our consciousness, our (if you will) learning processes over the past several hundred years has closed us off.”

Dr John Mack, Psychological Academic Model

The Reality Dysfunction!

What makes something real? This is the central question asked by the Experiencer when they try to make sense of their expanding reality matrix. In the past Ufology has set its store on proving this reality through the so called ‘nuts and bolts’ evidence, such as photographs, changes in soil, multiple witnesses and conscious recall etc., simply because it is evidence not so easily negated. However, Contact occurs in both the physical and non-physical realms. FREE survey results showed 75% of Encounters occur in an out of body state. The question to be asked is how do we quantify its reality from a multidimensional perspective? If this experience highlights anything, it is a 3D reality dysfunction. We have no choice therefore but to create a new framework with a broader mandate and acknowledgement that we exist in a multidimensional reality.

In conclusion, as I delved down the proverbial ‘rabbit hole’ to discover reality is not what we are programmed to believe, my truth has demonstrated that each and every person has their own unique window of perception. My research and personal experiences suggest that we, as a species, have access to multidimensional awareness and this is intrinsic to our humanity. It is programmed beliefs which create the barrier to this

awareness. Beliefs most prevalent in western society due to remnants of a Cartesian world view. The question must be asked, does the present model of psychology truly encapsulate the nature of human experience? If my experiences are an indicator, it does not. If I listen to the thousands of those I have supported, it does not.

For a healthy psyche there is a need for a new model which honours the true nature of multidimensional human consciousness. A model that acknowledges Homo Sapiens access multiple realms of reality. In my belief that is the true nature of the human condition and unifies all 'Paranormal' Contact Modalities.

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Bio: Mary Rodwell is one of the 4 Co-Founders of the Dr. Edgar Mitchell FREE Foundation and served on its Research Committee. She is currently a member of the CCRI, Consciousness and Contact Research Committee. Mary was trained in the UK as a former RN, State Certified Midwife, health educator, Counselor and Clinical Hypnotherapist. She has published numerous articles from her research of more than 3,000 cases of individuals that have had contact with Non-Human Intelligence through her role as founder and principal of the Australian Close Encounter Resource Network (ACERN). She is the author of two books: *Awakening, How Extraterrestrial Contact can transform your life* and *The New Human: Awakening to Our Cosmic Heritage*. She is featured in numerous documentaries: *My Mum Talks to Aliens, Paranormal Files, Animal X, Australian Skies 2, ET Contact, They Are Here, Orenda, Force of Consciousness*. Mary has participated in various university debate forums at Oxford University (UK) and Australian National University (Australia). She is a Producer of Award winning documentaries including: *Expressions of ET Contact a Visual Blueprint?*; *Expressions of ET Contact a communication and healing Blueprint?*; and others. Mary has lectured both nationally and internationally.

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