

Ethereal - Chapter 4

Doctor Kuval came out into his waiting room and greeted Cameron at precisely 5:30 pm.

"It's good to see you again Mr. Gates. Please come in and make yourself comfortable."

Cameron followed the doctor into his inner sanctum and sat in the same chair as he had during their previous session. The doctor again took the chair opposite, and smiling across at Cameron, asked cheerily.

"Well Mr. Gates, have you experienced any more strange occurrences since we last met?"

Cameron was about to say no, but then decided he would mention the dream in which Dr. Kuval appeared to him.

Kuval listened intently before replying.

"That wasn't a dream Mr. Gates. I was actually there. I apologise if I startled you but I wanted you to have that experience before we met today. I didn't warn you because if you were expecting it, you may have created a false memory. I have done this with other subjects to establish that they have genuine memory of their spiritual travel. With you it is most certainly true."

He noted Cameron's surprise, so explained further.

"Each time we fall into deep sleep our spiritual being leaves our physical self, most of the time hovering only inches above our sleeping body. The distance varies from person to person, however from my experience the distance is of no consequence. Sometimes if we feel that we have to be somewhere or with someone, our spirit will travel there, however most people will not remember the journey.

When you are more in control of your projection, you will be able to visit others as they sleep and perhaps, if they are willing, encourage them to experience travel as well, although it is not for everyone. You won't be able to interact with them if they are not sleeping soundly, but if they are out of their body you may be able to; in your case though, it is probably best to arrange it with them first."

Kuval smiled with satisfaction as he observed Cameron's reaction.

"That's incredible Doctor. When I first saw you, your appearance was very vague. You seemed to be just a shape, but then your features slowly became clear."

Dr. Kuval nodded.

"Yes, when we are on the astral plane and encounter another entity, they will always appear like this. You will recall that you started to distinguish my features after I announced who I was. It is only when we know who the entity is and what they look like that we see their features. You see, the spirit is featureless, it is only our memory that gives the spirit form."

Cameron was quiet for a moment, absorbing information he would have considered science fiction a few months ago. He now remembered his experience when he was floating above the moon and related it to Doctor Kuval.

"You see doctor, as you know, I'm an Astrophysicist with a passionate interest in the stars and planets, and when I was out there I decide to see if I could travel a little further afield. It worked and the experience was breathtaking, but while I was there I felt as if there was another presence, someone watching me. I got nervous and fell."

Kuval nodded his head slowly.

"Of course there are other entities on the plane; however it is rare to encounter them. I am not totally sure, but I believe that unless you are actually seeking the other entity or are expecting them or they you, you don't normally sense them. On rare occasions I have had brief encounters with others however it is as you described, just a perception, there has never been contact. I do believe however, no harm can come from these encounters.

It is very interesting that you travelled so far. I must say, the highest I have been is just high enough to see Earth's curvature. I have travelled far across the world, but not to space."

"Is it dangerous to travel so far?"

Kuval gave a dismissive gesture with his hand.

"No. My studies tell me that distance, time and space are irrelevant on the Astral Plane. You are able to travel where you wish. The only restriction is that you must know the location of where you wish to go, you must be able to visualize the location, or the person you wish to visit."

Kuval rose from his chair as he spoke.

"I must apologise Mr. Gates, or should I say, Doctor Gates? I actually didn't know you were an Astrophysicist and as such you also have a doctorate."

It was Cameron's turn to give a dismissive gesture with his hand, as he also stood.

"Mister is fine or Cameron, whichever you're comfortable with."

"Well Cameron, you have certainly experienced quite a bit for someone so new to astral projection. If you will follow me now, we will begin to teach you how to control this gift."

Kuval crossed the room to a door at the back of the office. He opened it and entering the room beyond, flipped on the light switch as Cameron followed him into an area decorated in a similar fashion to the outer office. The lights were dimmed and there was a couch in the middle of the room with a small cabinet beside it. On the cabinet was a sound system with a set of audio phones connected to it. At the end of the couch and slightly behind where a person laying on it would rest their head, was a lounge chair.

The furniture and carpeting were similar to the furnishings in the office, again presenting the occupants with a relaxed atmosphere.

Dr. Kuval indicated the couch.

"Please make yourself comfortable on the couch Cameron, I will explain the procedure."

As Cameron sat on the edge of the couch, Dr. Kuval made himself comfortable in the chair at its head.

"In 1839, Heinrich Wilhelm Dove discovered the effects of a process we now know as Binaural Beats. By emitting slightly differing levels of sound into each ear, a humming beat is established which allows the brain to concentrate more fully, enhancing the effect of meditation, relaxation and creativity. Then in the 1950's a businessman, Robert Munroe, while experimenting with audio equipment to help people sleep, found, quite by mistake, that the process could precipitate astral travel. You can Google this if you want more information. Today we will use this process to help you reach a state conducive to astral projection. So if you lie back on the couch and put those earphones on we can begin."

As Cameron relaxed back onto the couch Kuval explained the process further.

"When we put the earphones on, you will hear a humming from each ear piece. I will adjust the levels until you experience a distinctive beat, seeming to emanate from the middle of your hearing. When this occurs I will ask you to hold up your hand to let me know. Don't worry, the feeling will be pleasant. You may experience a small vibration from within; however this will pass, don't be alarmed. Then relax and close your eyes. Think of leaving your body, concentrating on a point outside your body, the ceiling or the light fitting perhaps. I will go through my process and meet you in the ether."

Cameron donned the earphones and closing his eyes, waited to hear the beats. This occurred almost immediately and he did as the doctor instructed, raising his hand then relaxing and concentrating on moving out of his body.

As the doctor predicted he soon began to feel a vibration from within. His body was not vibrating, it was purely a feeling. Then suddenly he was floating close to the ceiling.

He looked down at his body on the couch and could also see Dr. Kuval, apparently asleep in the lounge chair beside the couch. As he observed the two sleeping forms, Kuval seemed

to split into two, a second, translucent form emerged from the sleeping Kuval, his recognisable form taking shape as the separation was complete. He smiled at Cameron and spoke without using his voice, his words emerging in Cameron's head.

"There you are Cameron, how was that experience?"

"Just as you described Doctor, I felt a slight vibration through my body and then here I am. I was surprised at how little time it took. The most alarming site was watching you emerge."

"Yes, I'm sure it was. I expected to be waiting for you. Your adaption to astral projection is extraordinary. I haven't encountered a student with your apparent abilities before. Shall we go flying?"

Cameron eagerly accepted the invitation.

"Yes. But how should I proceed?"

"For now just concentrate on following me. I will lead."

They proceeded in this fashion for about ten minutes, gliding above the suburbs to Cameron's house and back to Dr. Kuval's rooms. The experience was very pleasant and Cameron was somewhat disappointed when Kuval suggested they focus on returning to their bodies.

Teacher and student had five more sessions, during which they steadily increased their journeys and time away from their physical forms. Cameron also travelled on his own from home during this period, practicing what he had learned from Dr. Kuval. He became proficient at swapping rolls between follower and leader, often setting the destination to which they travelled. He learned how he could take a scenic journey or travel almost instantly to a distant destination. And finally after a steady weaning process he was able to dispense with the binaural beats altogether and project by focus alone.

On two of their sojourns Cameron had detected a third presence in the periphery of his awareness; however when he mentioned it to Kuval the doctor had not sensed of it. He did say however that it could have been there, with an interest only in Cameron, therefore only registering with him.

Dr. Kuval was astonished at his rapid progress, likening it to his own aptitude for the process.

"I don't believe I can teach you any more Cameron. You are now quite skilled in astral projection, it seems like second nature to you."

"Thank you Doctor, but I can't take all of the credit, you have been an excellent teacher and I must thank you for opening up this whole to part of being to me. I am keen to apply my new skills to my passion for the stars.

There is a red dwarf star about 20 light years from Earth which, in recent years, has raised speculation in academia that it may have Earth like planets circling it. I would like to see if I could go there to take a look, maybe solve a few arguments. The skills I have learned from you could profoundly change what we know about the universe and our place in it."

Kuval extended his hand to Cameron, smiling and addressing him formally as they ended their professional association.

"I wish you well Doctor Gates and if I can ever be of any assistance at all, please don't hesitate to call, or tug me on the arm if I happen to be floating."

Cameron took his hand and smiled back.

"Thank you once again Doctor Kuval. I'll keep in contact and let you know how I get on."

As Cameron left Dr. Kuval's rooms and stepped out into the night air there was a spring in his step. He was excited at the prospect of travelling to Gliese 581 and its planets. It surprised him that no one had discovered this form of travel before in the scientific community. He supposed that it was probably because they were scientist, and therefore sceptics when it

came to anything of a spiritual nature. As he walked to his car he decided that he couldn't wait, he would travel that night.

Cameron lay in the dark preparing for his journey. The vibrations came and then suddenly he was in the night sky above his house. His focus moved spaceward as he concentrated on the coordinates of the planet Gliese 581g and just as suddenly as he had achieved projection, he found himself floating above a planet at about the same distance that he had first observed earth from all of those weeks before.

Promisingly the planet appeared green and blue and as he looked closer there seemed to be patches of light, as you would see on Earth from that distance, marking the populated areas on the continents. His heart leapt at the prospect that there may well be not only life on the planet, but intelligent life at the level of humans or even further advanced.

As he started to move closer for a more detailed look, it was there again, the feeling that he was not alone. He turned his focus behind him and this time there was not just a fleeting awareness at the periphery of his vision, the entity was there. A ghostly, featureless figure floating only meters from him, watching him silently.