

# CHAPTER ONE

## INTRODUCTION



**W***ho am I? Where am I from? Why am I here?* If you are feeling stuck, unfulfilled, or in a period of uncertainty about your life, ask yourself these self-discovery questions. When you do, you will embark on a lifelong process of self-exploration. You will understand we all came into this life incomplete, and the outside world makes no sense. You'll become self-aware that everything you know, believe, and do may not be the truth. From birth, outside influences have conditioned us to react to our environment. They have taught us to believe and think what society tells us is true. When you detect that subtle awareness that something is not right with your life, your life will seem illusory. You'll question every aspect of your being and feel empty inside. You'll come to understand that your life has meaning. Because no one else can answer your self-discovery questions, you'll want to dedicate your life to finding these answers. But where can you find accurate, indisputable answers to these questions? Pay attention to your dreams.

Every night, when we sleep, we have access to an extensive cosmic library of information about ourselves. From the moment our soul came into being, this cosmic library has documented everything we have ever thought, said, and done.

Many practitioners working with altered states of consciousness would call these chronicles of our lives the “akashic records.” They are a cosmic library of the soul, a repository of everything your existence has experienced. There are many names for these records, but the principle remains the same. Every night when we dream, our Higher Self, the Divine, a guardian angel, or a preferred deity, sends us messages to help us improve our lives. They access our compendium of cosmic events to provide the answers we need and deliver them through our dreams.

Often, we take our dreams for granted. We ignore them, progressing through our lives with blinders on, asking ourselves why we suffer. We play the victim, blaming everyone and everything for our misfortunes. Our dreams contain every answer to our problems, but we regard them as insignificant. We are unaware that dreams are priceless gifts from the Divine. For them to work for us, we must treasure every dream we have and pay attention to its meaning. Everyone dreams. We don’t remember our dreams because we ignore them. To leave a dream unnoticed is like ditching school.

If you want to remember your dreams and find their meaning, I urge you to delve into the depths of your imagination and open your mind. This book explores the supernatural dream realms of the astral plane. It will help you change your life and will teleport your imagination to higher realms of existence. When you shift your perspective from the outer physical reality to the inner nonphysical, you will discover new capabilities. But to understand what I am about to tell you; I urge you to believe in the supernatural and the impossible.

We human beings live oblivious to reality. We live in three planes of understanding. We are spiritual creatures. We are intelligent, and we exist in a physical body. But our lack of this understanding imprisons us in the physical world. As a result, we let mechanisms outside of us control us. We see only what external forces lead us to believe exists, and we subjugate ourselves to this programming. Incapable of perceiving the truth about us, we become imprisoned by our minds. Because we are a programmable species, we are reacting to life—not living it. That is the system of control.

I live my life through my unorthodox principles. I'm a rebel, an individualist. When I can control my choices, I decide what to do. If society tells me I must, should, or can't, I do the opposite, unless I choose to. I exercise my free will. The law of free-will empowers us to act and choose as we see fit. No one should have ascendancy over anyone. We are free to make our own choices. I live by this code.

But we can shift our perspective to view the entire sphere of our reality. Since we were born, these forces have conditioned us to view our world through a closed lens. In this book, I will show you my method of breaking free so you can discover your true self.

On my journey to self-discovery, I searched for the missing parts of my life, but all my orthodox efforts to find answers proved futile. One night, I had a fateful dream. My life changed and the lost pieces I sought came together and made me whole.

At fifty-two years old, I had all I ever wanted. My childhood dreams and the goals I had envisioned had come true, and I reaped the rewards. I had a simple vision. I wanted to live out my dream of enjoying life free from the social constraints that held me back. I had a goal. My thoughts and choices moved me toward achieving that goal. I succeeded. If you want to be successful in anything, have a goal and move toward it. My goal had become a reality. I had the freedom to enjoy the life I had created. I had no other purpose in mind.

However, destiny stepped in. Supernatural forces beyond the physical realm forced me back to my quest. My spiritual dream guide reminded me I had unfinished work. I had to fulfill the commitment I'd agreed to make before my reincarnation on this wonderful planet. But I still had unanswered questions about myself. When these subjects resurfaced, I delved into the unknown world of dreams. I never would have believed I would embark on the most remarkable experience of my life. My waking reality in the physical world changed with the help of a Divine being from a higher dimension. Her name is MINL (pronounced Min-el), my soul guide. She came into my dreams and turned my world outside in.

This book chronicles my dreams and Out-of-Body Experiences (OBEs) with her in the realm of dreams and beyond. As my guide,

she helped me find the answers I sought as I slept. But our connection went beyond that. Our bond resulted in a cosmic reunion between two souls. Ours is a connection extending beyond time, space, and dimensions. Through MINL's Method of teaching, my life has not been the same. I rediscovered my life's purpose. While I slept, I lived a separate, conscious life in the astral plane, learning from her teachings and applying them in my waking life on the physical plane.

Note: These are dreams and OBEs in the astral plane. I don't come back from the astral realm with all the perfect details. No one does. If I leave a gap about something, it's because I don't have the full details, especially about my guide, other beings, or the astral environment. When the dream architect designs dreams and OBE, he/she may not get everything correct. Have you ever had a dream about your room but something is not in its place? The same goes for astral experiences. I can only bring back what I see and hear. I will not fill in the gaps with invented material. I'm writing my story as I remember it. I ask you, what is reality and what is the dream? Is it what we believe it is because society told us is true, or the other way around? What if The Dream is the true reality and this reality you believe is true... is the illusion? This book is not a novel, or a perfectly written screenplay. Therefore, I apologize in advance for any unclear material. The message I convey is what's important.

I extracted the contents of this book from the dream journal entries I made about my out-of-body travels with MINL. I've included forty dreams and conscious experiences of my astral travels. Each one provided a significant component of my self-discovery. Each chapter is standalone, meant to be read out of sequence at any point. Therefore, the repetition of certain fundamental information had to be made. Although in chronological order, I'll be jumping ahead or back on important matters.

Many of my encounters with MINL happened while my consciousness traveled outside the confines of my physical body. These forms of conscious dreaming are better known as Out-of-Body Experiences (OBEs) or astral projection. These are terms to describe how consciousness can travel outside the physical body throughout the astral plane via a subtle body, known as the energy or astral body.

There are many ways to become conscious inside a dream. Through a lucid dream, spontaneously, or by leaving your body (OBE). When you immerse yourself in a conscious dream, a new world opens for exploration.

When a lovely astral guide first came into my dream, she told me I would find the answers there, and I did. I researched anything having to do with altered states of consciousness. Since that first night with her, my nighttime rituals and astral travels have been extraordinary. I have accumulated close to nine hundred conscious experiences. The more experience I gained on my astral travels, the more I saw of my guide, and our relationship flourished.

This book journals the first years of my astral travel encounters with MINL. I've included other dream events that have revealed unanswered questions I've had dwelling in my head since childhood. Through the messages in my dreams and MINL's Method of teaching, I found everything missing from my life. I remembered the cosmic plan I had agreed to before I came into this life. Now, as I fulfill my mission, I want to share my journey with you.

If you wish to learn from your dreams and connect with your guide, this book will help you use your dreams and/or conscious dreams to your benefit. I hope to show you how to enter the realm of dreams to find your answers, and to guide you in contacting your spiritual guide to help you in this quest. I've included the steps of the separation processes of my consciousness out of my physical body.

I have also included self-exploration exercises. These exercises will help you connect with your inner self. Self-exploration is a critical component of self-discovery, as it will allow you to discover your true identity. They will help you elevate your consciousness and frequency—key attributes for conscious dreaming. Remember, if I tell you how to do anything, then I'm part of the system of control. So as not to infringe on your free will, you choose if you want to follow in my steps or not. We all have a choice.

If you follow my routine and techniques for leaving the body, make them your nightly exercises. If you do, you may increase your chances for a conscious experience.

Have you ever had a dream where you notice someone observing you without interfering with your dream? That is your guide. We all have a guide in the nonphysical realm. They dwell in our dreams, waiting for the right moment to contact us. Come with me, and I will take you on an adventure into higher dimensions of the nonphysical realms. Are you ready to change your life, discover yourself, and awaken your potential?