



## **Tales Of A Psychonaut**

### **This Document's Parts and a Breakdown Of Each Part:**

#### **Disclaimer:**

Simply a disclaimer to let you know all the knowledge and methods that I will be sharing is not to be taken as the 100% truth or the only way to access higher dimensions. Upon reading The Kybalion, it warns not to share this information that I will be sharing due to being "crucified", hence the disclaimer. However I am sharing this to those who want to obtain this knowledge and ascend their consciousness further. You all have my trust.

#### **Part 1: Introduction - Losing One's Mind To Find Another:**

Essentially a prologue that talks about the journey to what it took to get to such a state of mind that allowed me to access the records. This part was made to ensure no one thinks I was able to access it within just a few weeks of meditation and using my methods. Last thing I want is to do you a disservice by discouraging you. Reading this part will help skip most of the 2 year process I had to go through and A LOT of pain to obtain such consciousness. This part also goes over my first accidental experience of the 4th dimension.

#### **Part 2: Researching The Spirit Molecule and Having My First True Taste Of Higher Dimensions (Resources Included):**

Goes over what I first watched and studied before experimenting and trying to access higher dimensions. This part will also show you exactly what I saw for the first time.

**Transmutation of the mind is TRUE Alchemy**

## Disclaimer:

Everything that I will talk about is solely based on my experiences and what I have seen and learned. Some things I will be discussing here and in later parts may have just been suggestions and weren't really true insight from the records. However, the knowledge that I believe I have obtained isn't the whole truth. They are simply pieces to the possible truth. It would be ignorant for me to say that everything that I will be sharing is 100% fact and anyone who opposes me is wrong. This would simply be me telling you that I'm the only one who can explain the unexplainable. However, personally FOR MYSELF I believe the mass majority of what I have seen and downloaded to be directly from the records and being the real answers (at least a piece of the true answer or some kind of symbolism / metaphor showing me the piece of the true answer) to the questions I had.

It's up to you to explore into your own mind to make your own assumptions of what's beyond for yourself.

All this applies to my methods as well. What doesn't work for me may work for you, and vice-versa. I for example have a much easier time projecting sitting up rather than laying down like many others. There are many variables that can be interchanged from one person to another to create a possible infinite way of "properly" projecting. This list goes beyond projection position however. This includes, smell, clothing, pre rituals, time of day, daily routine in preparation, colored lighting, food, etc.

Many methods and interchangeable variables will work for you. Many won't.

I would also like to make it known that I am still relatively a newbie. I only started meditating in March and didn't get exposed to the knowledge that there are multiple dimensions until two weeks prior to my nearly week-long nightly trips to these other dimensions. This happened last month during the middle of August. During those two weeks prior however, I had multiple closed eyed visuals. Those visuals were the start to my official journey and obviously peaked my interest in how much further I can go. Seeing is believing after all.

These documents will also be a way for me to officially document my experience for my future self. So everything will be in excruciating detail, but this also means there may be filler that you might not be interested in reading, such as details of my personal life and how it influenced my journey. I'll be titling every part however in case you're looking / interested only for specific parts of my journey.

There will be a lot of personal details at the start, but it all comes back around once we learn about vibrations and its nature in every aspect of our life, nature, and reality.

Also, I want to thank all of you for your time, and it makes me very happy to see so many people interested! Not about me, but what I have learned that lies beyond. Showing genuine interest and excitement will only raise your vibrations so you're off to a great start! :)

# Part 1: Introduction - Losing One's Mind To Find Another

**This section is made to show WHY I gained access so fast and the long process to get to the point where I was able to tap into that knowledge. There are a few golden nuggets that are bolded in case you're just looking for that. The following story may seem long and meaningless so you can skip this section if you'd like, but this will go over my progression to change my thoughts and perception of the world which has brought me here now. So I'm starting from the true beginning. I hope for this to not only help your spiritual journey in other dimensions, but in this dimension as well.**

I run a business, and things were going very well until a year prior covid. During this time I was very complacent with how things were, and I was overly confident in what I accomplished. All this fed the ego. Being a college student making more than the average American household would feed almost anyone's ego. I put in the work and sacrifices and the universe offered me a gift, and a chance to follow my true path the universe had in store for me. These goals I had in mind however went against everything to get there. These goals consisted of having a massive house, luxury cars, and all the other toxic and meaningless material stuff that distracts 99.99% of all people in first world countries. In the grand scheme of things my business was built on a very weak foundation but my ego made me blind to this. Surprisingly to me at the time, just like that, everything collapsed.

The following year became a reality check when month by month my bank account was becoming lower and lower as I could not recover the business nor find another way to make it work.

The next year, which was right when covid came around, that's when everything changed. I was forced to stay inside my room, and that was fine by me because that meant I could work on business all day with no distractions. Little to my knowledge however that also meant I was forced to face my demons as there was nothing else to distract me.

I became miserable and depressed due to my inability to (not yet realized) change and evolve myself to a higher conscious being. I was disgusted with myself and wished I could go back to change things, and be much more appreciative for what I had at the time.

The first thing that started to change was my health. I was constantly eating foods of low vibrations (will touch more on later and the levels of consciousness in of itself). I was able to eat a whole massive bag of chips in one night and still feel the want for more food. From March of 2020 to July 2020 I lost 45 pounds, 10 more than my initial goal. Since then I have never felt happier, healthier, and comfortable in my body in my life. Doing so changed my metabolism and body chemistry. My body at this point rejects almost all overly processed food. If I do consume it, I feel slow in my body and mind. I just became a lot more sensitive to the vibrations of the



food in which I eat. Why was this? Working out was a way to raise the frequency in my body to where it started affecting every system in my body. I began the journey to evolve starting with my physical body.

*Side Note: You do not have to be in pristine athletic shape to do anything I will talk about. However it does help the process. I would recommend however being wary of the foods you put into your body as they can affect your vibrational being. In terms of perspective we can look at it like this...*

- A) *Processed food made in a factory with chemical additives (Low Vibration)*
- B) *Fruit and veggies grown directly from mother Earth (High Vibration)*

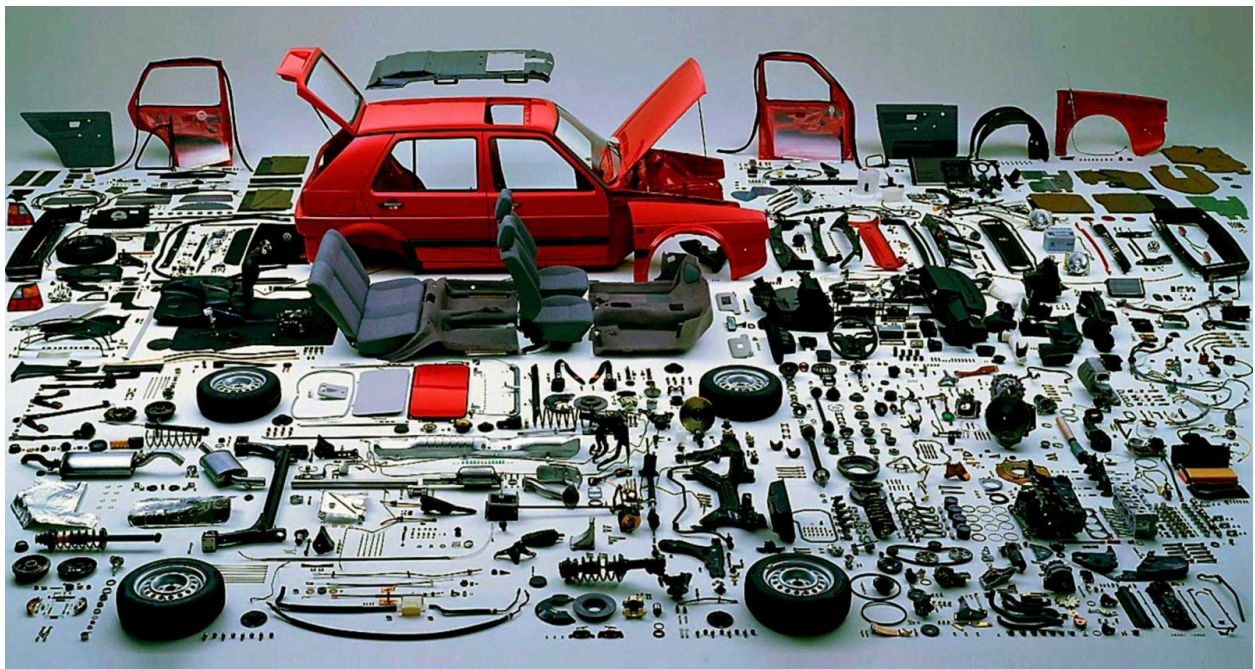
*Remember, your cells can only be created based on the kind of energy you supply it with.*

As for my mental state, I began letting go of what once was and focusing on what I have to work with in front of me. I started thinking outside the box and using different ways of thinking, and methods that I never thought of before, or was too afraid to delve into because **I was afraid of what I did not know**. At this point my funds were really low and it was becoming very much a do or die situation. This is where the evolution started. I began reverse engineering, multiple variable testing, tracking data and analytics to make decisions, using applications and software to off load tasks to focus on others, outsourcing, working with freelancers, etc. . This was literally all the things I should have been doing from the START, but I was operating at too low of a vibration at the time and was complacent with only what I knew.

*Side Note: Schools are very much a huge reason for this kind of complacent thinking. Thinking outside the box to get the right answer is forbidden because there is only ONE way to do the task you're given, which in reality is false. However our minds get locked into this way of thinking and that becomes our natural way of thinking for EVERYTHING. Compacting a complex organism, or object into a single word is doing the same thing. This may be confusing to understand but in terms of perspective we can look at it like this...*



*We look at this complex object and go “It’s a car”*



*But when you look at the first image, do you also see / think of this? Or do you package this very complex object into the single word “car” and simply view it as the first image above.*

***This is very similar to the mind but on a much grander scale. You cannot compact infinite into a word in order to understand it (the mind). The only way to understand the infinite is to experience it.***

Even though I was making progress with my physical and mental state, my business was still in shambles. I jumped project to project trying to figure out what I can make work. Nothing would work. It got so bad that I was going to use explicit content online to drive traffic in order to make some money. The fees were too high to have a business that involved that stuff (5k in fees just to accept payments for such business), so I created something that I thought would be just within the gray area to slide under the radar. So much time and effort went into it and I was on my last few hundred dollars and then all advertising was put to a halt due to somehow violating guidelines that I made sure to avoid. To this day I believe it was still unjustified but the universe had to break me somehow, and oh boy it did.

I never cry but I broke down like I never had before. I was in despair and didn't want to live my life anymore. I didn't want to continue carrying this pain, and anxiety I've been dealing with for years. Night after night 12 hour work days for over a year all for nothing. I told myself after that, I would be happy forever if I was given a small plot of land that me and my girlfriend can live off of and have tons of animals so I can live cheaply and just finally be at peace. I just wanted peace and happiness. No big houses, no fancy cars or clothes, none of the things that made me miserable chasing to begin with. At this point I didn't give a FUCK about being rich and money, and still don't. I still respect the value of a dollar however. Having a small farm / homestead has always been my gf's life goal by the way. Never understood it until that moment. I told myself I'll even find work if I have to. This was HUGE because prior to that, my ego made me believe that due to my accomplishments, that I'm too good for a normal job. But I was broken, my ego was broken, and I woke up.

Coincidentally that week I was also sick with Covid so I was in the worst state I could have ever possibly been in.

**The universe utterly beat me until my ego was essentially dead. The universe tried to nudge me to get on the path I'm meant for time and time again but I wouldn't listen. So it hit me, harder and harder until I finally listened to what it was telling me and trying to show me. The final beating to realize this took my whole outer being dying however.**

*Side Note: These nudges and punches I'm referring to are called **dark energy**. Dark energy and Light energy **work together**. There was MUCH more dark energy during this time due to my inability to see the path that the light and universe has given me to follow to live the best life that I could.*

My recovery process began. I started on another project and used all my skills up to that point. It involved clothing and I decided to do other things I didn't feel comfortable with but knew it was the only way to move forward with my business.

Things slowly started working again and for once in so long I felt a sense of relief. It was so amazing that I started meditating to progress my mind further. It was helping.

**I got addicted to evolving my consciousness because I was seeing change.**

I knew my mind was evolving but I wanted to know the limit. How far could I go? I felt that there were levels to consciousness because I am VERY self aware but couldn't find anything beyond hyper self awareness. I knew it wasn't the limit though. I KNEW there was more, but I KNEW I was missing something about myself that I couldn't figure out.

One night when watching videos I came across a video where in it, they took an autism test. I was desperate for answers and just thought it was worth a shot.

**What came after this was a manic episode.** I took the test and scored VERY high. Then I started doing research until I came across some communities on reddit, as well as videos in regards to autism. It seemed my identity was stripped as all these people did, and had experiences and personality traits essentially IDENTICAL to me. Even DRAWINGS I saw that were drawn by other autistic people looked EXACTLY how I drew. I immediately went into a manic episode as I no longer knew who I was. It seemed like everything was a lie but the issues I've had since childhood all made sense now.

At the time I was embarrassed but my body went into shock, I seized up and my body started spazzing out. Flapping my arms and moving my legs, but at the same time I saw my life flash before my eyes to all the key events of my childhood and making connections. It started from the stars in space, then my childhood, then my teenage years. I didn't realize this until typing this now, but **this was my first experience of accessing a higher dimension.**

I then realized, without a doubt, I am autistic. Terminology speaking, "high functioning autism" or "Aspergers". Nevertheless, it is still autism.

I finally knew who I was but didn't at the same time. I quickly depersonalized and went into a manic mindset to where I felt like I figured it all out. After a long series of events and a few weeks I calmed down and began trying to use that side of the brain that sOciEtY suppressed.

When using that part of the brain my mind felt like it was unlimited. I stopped thinking about the normal way of thinking and began processing and learning the way that was best for ME and MY brain. I would be smoking at night, high off my ass while doing research from PHD's and other scholar articles about the neural network in the brain and I was able to understand it ALL to the point where I could draw and explain visually what the paper's were saying. **I felt limitless.**

At this point I started meditating to now control this new beast of a mind as it wouldn't stop thinking and racing. **I would meditate outside next to the trees and focus on being present by focusing on the noises and the wind of nature around me.** It was working too.

Funny enough the business that's officially working for me now is herbal teas which actually have a profound effect on your vibration. I'm not marketing my brand here, just saying how the

universe only allowed this one to TRULY work and not the other ones. This was always my true path.

**From here on out, I knew who I was, and I knew how to use the part of my brain that lay dormant for so long that allowed me to advance even further in consciousness. I would not know what I know now nor see other dimensions if it wasn't for finding out who I was first and what I truly wanted out of life first. Otherwise I would never be able to let go and trust myself entering these dimensions.**

## **Part 2: Researching The Spirit Molecule and Having My First True Taste Of Higher Dimensions (Resources Included)**

I always heard about the spirit molecule, otherwise known as DMT, and how it is said to FORCE you in these higher dimensions to where you can not only hear but see the higher dimensional plan, interact with entities, and on some occasions be able to access the records (but not being able to fully download the info. We will touch on why that is). As I was learning to advance my mind, I became fascinated by this and learning all about it.

I ended up coming across a good amount of resources that ended up talking about not only experiences, but even the science of it and the possibility of being able to map out these higher dimensions (which I believe I was able to do. I will show this in future parts).

I won't go so much into detail into EVERY SINGLE video I watched, but I will provide the ones that truly help make my experience happen.

## Suggested Videos / Resources:-----

Actually Visualizing The 10 Dimensions In A 3rd Dimensional Perspective:

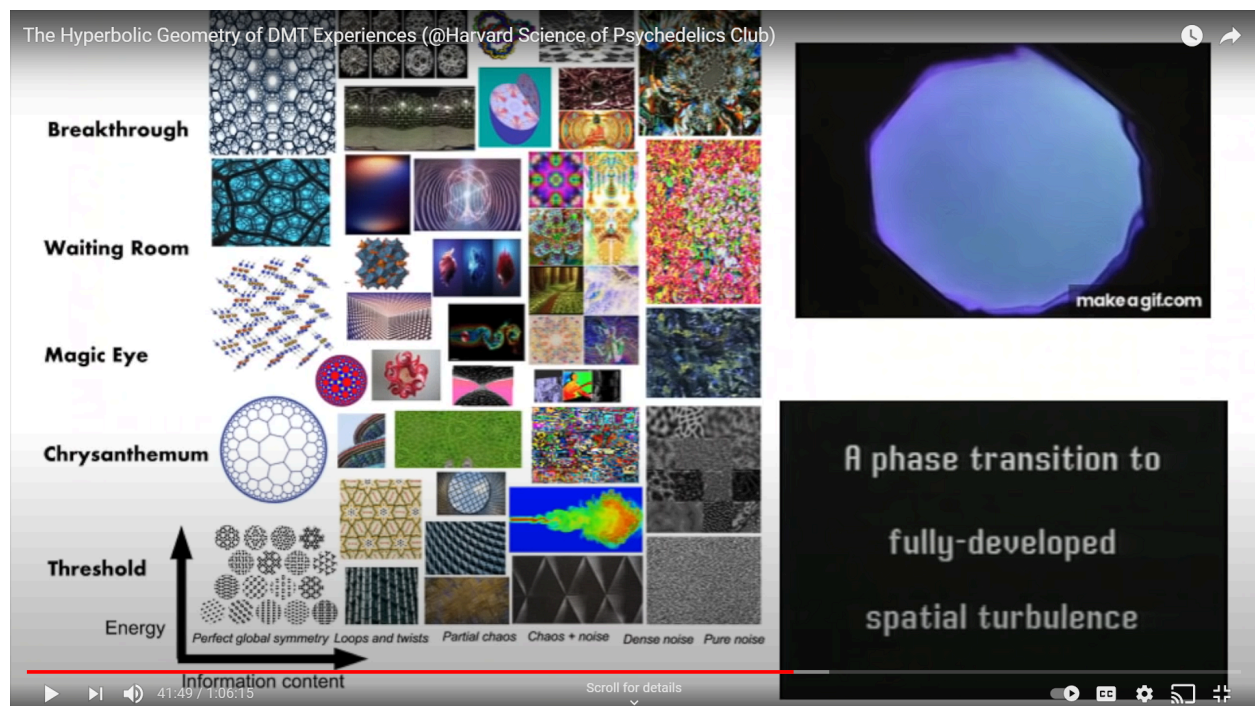
<https://youtu.be/gg85IH3vghA>

The Video That Got Me To My First Visuals After Watching and Comprehending and Connecting Things In My Head:

<https://youtu.be/tETZpw7sX98>

Harvard Presentation - What's Seen When On DMT / DMT Thermostat to Calculate Where You Land In The Higher Dimensions:

<https://youtu.be/loCBvaj4eSg>



DMT Thermostat Chart

These videos, and obtaining as much information as possible, is VERY important. **The main reason everyone uses DMT and sees EVERYTHING but remembers NOTHING is because you cannot create a ladder of information in your current 3D consciousness to build upwards to higher dimensions. Your current consciousness needs something to work with in order to climb up and down dimensions and download the information by using the information you currently have to make connections. You cannot retain information the records give you unless you have some foundation to work off of. THIS IS ONE OF THE MOST IMPORTANT KEYS TO YOUR JOURNEY**

This concept may be true for me but not for everyone else. So I do not want to say this is the definite reason, but it's better to be educated regardless.



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After watching the videos listed, as well as making this my new hyperfixation, I decided that night, "Screw it, let's try it.". Given that I had no way of obtaining the drug, I decided to use what I already had: My wax pen to smoke and get high off my ass. So that night I got high and went into a meditative state.

*Side Note: As I mentioned I will be VERY detailed. So here is the EXACT strain I smoked:*

<https://weedmaps.com/brands/plugplay/products/plugplay-grape-ape-soda>

<https://weedmaps.com/brands/plugplay/products/plugplay-syndicate-og>

*1 Hit Of Grape Ape*

*1 Hit Of Syndicate OG*

*1 More Hit Of Grape Ape*

*I notice Grape Ape does an AMAZING job and makes you be pulled into whatever experience you're having. I would play video games when smoking it because I felt I was transported into the game and actually became the character.*

*Syndicate has a much lighter effect but works to soothe and calm the mind.*

*We will get into the debate of substances later, for now this is just to show what I did.*

***IF you're underage, get drug tested periodically, or get a bad reaction whenever you smoke, I HIGHLY suggest buying CBD oil or getting Lion's Mane Mushroom capsules to raise your frequencies and shut off anxious or intrusive thoughts. Essentially, it's being high without the high. From my experience, the THC in marijuana simply makes your brain feel like it's too much effort to even think of intrusive thoughts. The main benefit however is that feeling of being SUCKED into whatever activity you're doing (which comes from the inability to think of anything else besides what you're currently experiencing).***

*I have found the Lion's Mane Mushroom works better than CBD as after some time of increasing my frequency, the CBD no longer has any effect on me, but Lion's Mane VERY much still does.*

*Here is the EXACT products I use / used and can be ordered online:*

<https://dollaradaycbd.co/>

<https://getnurolift.com/>

*Also if you haven't noticed by now, the terminology "high" most likely comes from using marijuana, or the extracted wax of it, as a way to obtain a "higher" consciousness and / or vibration*



So as mentioned, I got high. To help, I turned on some music I thought was appropriate for the “trip”. **This is what happened:**

*Side Note: **LISTEN TO THE MUSIC WITHOUT HEADPHONES WHEN FIRST PREVIEWING. If within the first 15 seconds or so you like the song, DO NOT LISTEN TO IT FULLY. SAVE IT FOR YOUR SESSION. During your session, NOW use headphones.** This is due to your mind already assuming how the music will play which then activates your consciousness. With it new and fresh, not only your conscious, but your subconscious as well needs to process it. **Same with high audio frequency recordings.** Once you know what to expect, you lose the ability to shut everything off. This may not be the case for some though. Again, speaking from experience. The way to MY and many others' brains is audio. Some people use incense for example to tune into higher frequencies.*

***This will not grant you access to the Akashic Records.** There are **other** audio recordings for that. But I have noticed closed eyed visuals being very apparent when listening to high frequency ethereal sounding music. Let this be a gateway for you so you can visually see that it's possible.*

Song 1: [Corbin - Misery Demo](#)

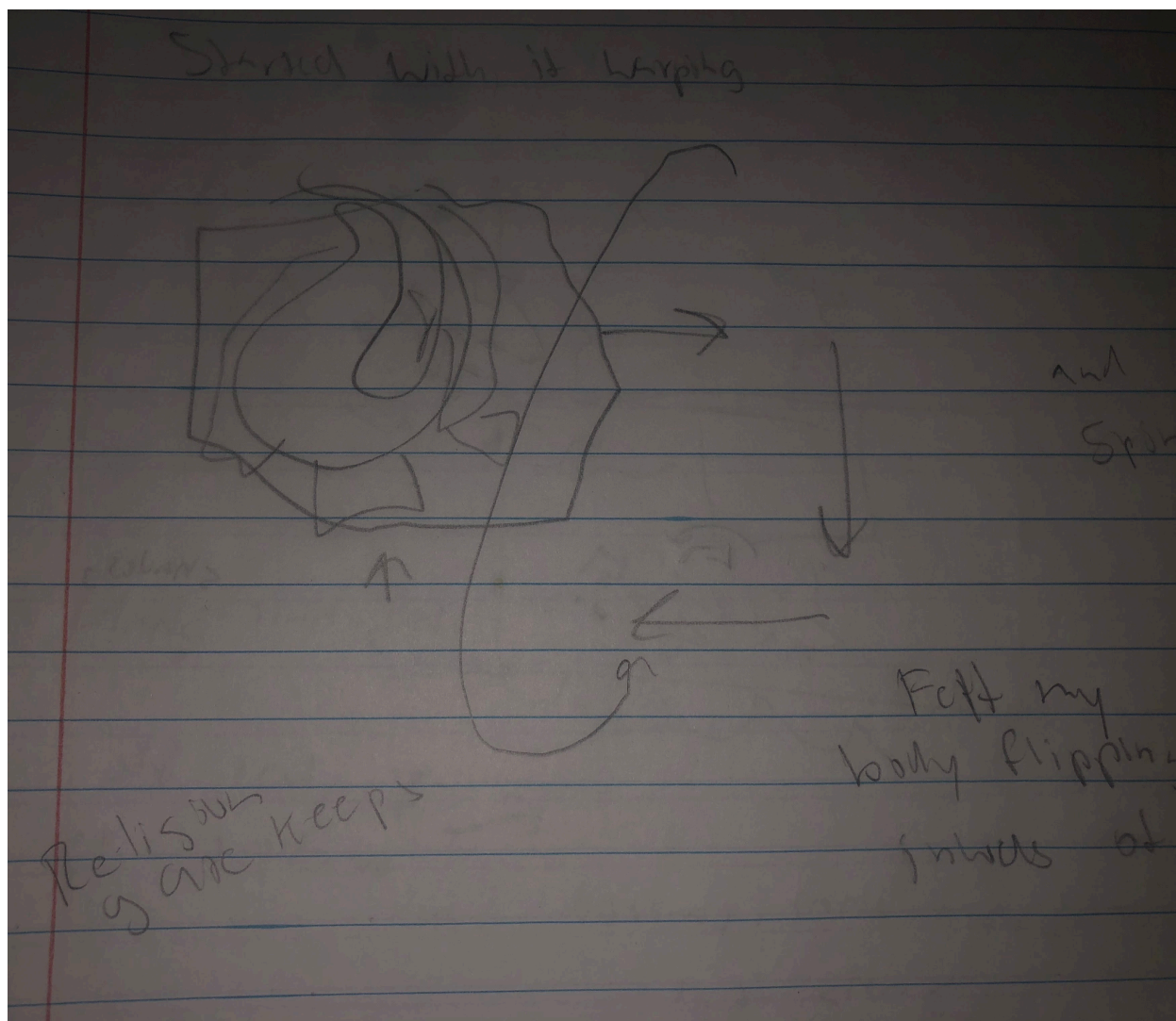
I became just... LOST in this song. I slowly felt my body, or spiritual body, fold into itself to become just energy itself I believe. It was in a very smooth and non painful way. It was very soothing actually. Once I fully folded into myself the visuals started. I saw these angular visuals that were spinning at an angle like so:



However the actual visual representation of the shape that was spinning looked like blocks that had multiple angles all spinning and rotating into itself. It made no sense how they were spinning and rotating BUT **it made perfect sense** at the same time.

The colors radiating from it were yellow and brown.

Here is what I drew. I'm not a good drawer... Keep this in mind for what I will show in the future as there's a surprise



I really couldn't draw accurately what it exactly looked like. It was made up of 4 parts (hence the 4 arrows) and was spinning angularly (hence the big arrow)

I will go over my notes in a bit, but that connection I made with "religion gate keeping" comes into play later one once we talk about frequencies and their being infinite frequencies. Believing there is one way, one belief to follow step by step to be closer to "god" (monotheistic religions) is ignorant and gate keeps those interested but have different means and beliefs (other opposing religions in this case) to be closer to "god".

Song 2: [Cristof - December 14](#)

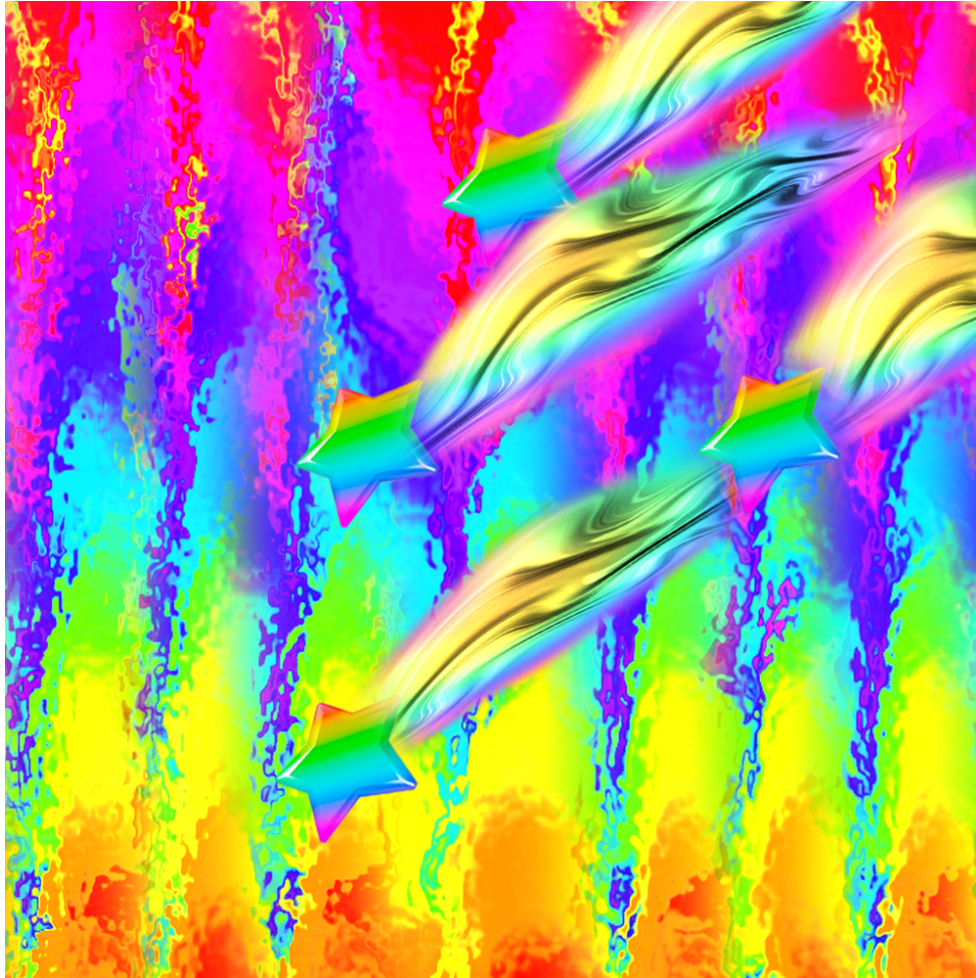
So this song gave me visuals and the feeling of happiness was like no other. I genuinely have never been THAT HAPPY in my LIFE until this moment.



Once the first song ended, it played this one. Slowly my initial visuals faded to black, and once this song started, a backdrop of melting colors of the rainbow became apparent. Each note of the song made a star fall from the corner of my eye and moved accordingly to the beat of the song. There are better example's I'm sure you've seen before but they were moving according to the beat in the same notion as movement and shooting is presented in this game here:

<https://www.youtube.com/watch?v=YvExUc54HUg>

And here's my knockoff representation I made of it in photoshop. The visuals were nearly as intense:



In the song, there is a guitar riff and once that kicked on I saw my first “entities”. I’m using quotations because I am still not sure if those were entities, or if they were suggested to me based on me staring at the star outside my window before going into this, OR the entities were taking form of my suggestions because that’s the only way for them to communicate with me using my prior recent knowledge / suggestions. I really have no clue.

There was a star with sunglasses playing the guitar and radiating rainbow colors in a very wavy way. Very similar to how heat radiates off concrete, or the grill when cooking. He was glowing bright white / yellow but was radiating those wavy rainbow colors.

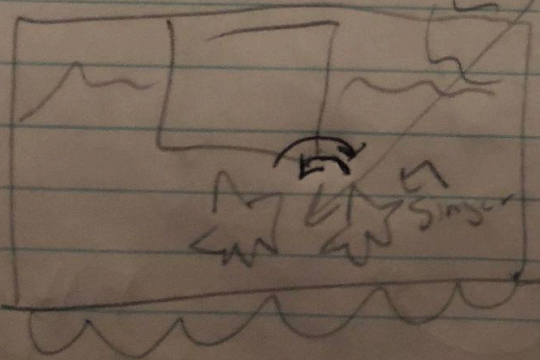
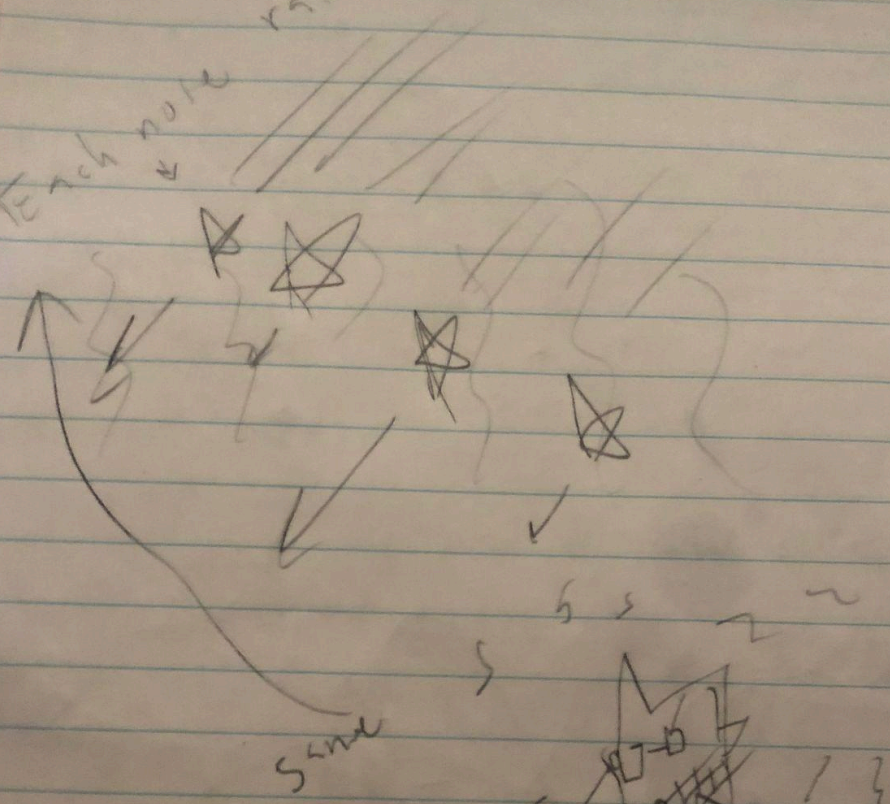
Then the lyrics came

It shifted to this stage and I was the only one in the audience. It seemed like a fair or festival of some sort with green hills in the back.

The lyrics were sung by the lead singer who was also a star but had long hair and was just glowing like a normal star would. The star from earlier was in the back still playing the guitar and still radiating that rainbow.

Here's what they looked like:

Each note raining depend on BPM on note



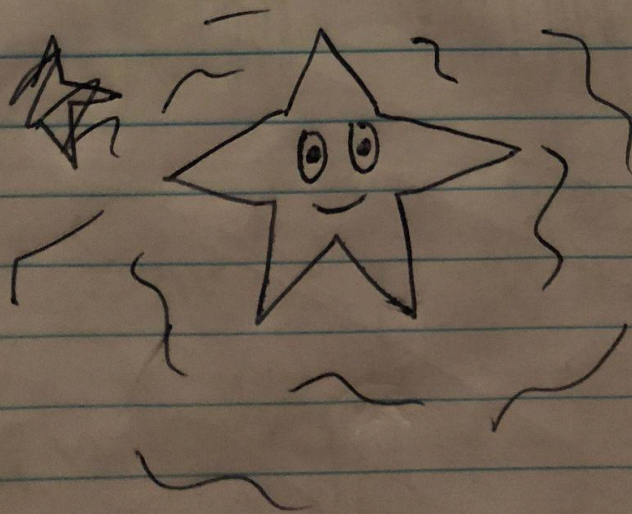
shades, long hair shaded

Stars that emitted like  
Suns and  
Rainbow Suns  
← was the audience



Spirit cannot forged  
so the human  
experience is higher  
ego is to forge  
to fight it from  
remembering

Stars but radiated like the sun



It felt like they were putting on a show for me and I was SO HAPPY. I had the biggest smile on my face and I don't smile as often as I should. This time I was EXCESSIVELY SMILING. It felt like they were trying to communicate to me "Welcome Home!" as I thought and **FELT** to myself at that time "I'm home! I'm so happy to see you and this dimension again!" . I purposely tried to feel for my eyes to see if the feeling of opening them was still possible but I had little sensation of my physical body at that point. I only could if I REALLLYY tried to (which I did not because this experience was amazing).

These visuals seem to be more of an acid trip than anything. However this sense of happiness, love, and warm welcoming was so intense that I have yet to feel anything like it again. Don't get it twisted however, I did not become addicted to that feeling. It was more of quite literally like going to a concert, losing yourself in it and having the best time of your life, then once the shows are over you leave knowing you had an amazing experience and a memory that will last multiple lifetimes.

As for that side note, that was the information starting to flood in. I talked to a few people and accordingly what I accessed early on in my journal was more of the "old files" as I was told. They didn't elaborate much but I believe this to be records that are older and easier to access as it takes a lower than normal vibration to get there.

So breaking that down **"Spirit cannot forget. So the human experience is made. Ego is to forget, to fight it from remembering"**

*Side Note: So you will soon see I have to write short and concise (and sloppy) because when you leave and re enter the body, you cannot operate your motor skills as you normally would. So I write short and quick due to my inability to continue writing more. Also I go in and out of these states when I write.*

*Something comes to me? Write it a few words down to get the point across and then go back in.*

Here is what that sentence meant:

From what I got, the spirit itself is incapable of forgetting as it is all and knows all. However the 3rd Dimensional realm is the only way to "forget" everything. In order to prevent your internal spirit self from remembering that it IS infinite and DOES know all, ego is literally created to make it harder, and prevents you from tapping into this knowledge and potential, all while making the process harder as it is what floods your brain with distractions.

## End Of The First Document