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BY LANCE GOLDBERG
Guardian Managing Editor

After research was completed for the Page XIII consciousness expansion movement issue, the abundance and variety of these movement's individual and group inventories became apparent. The pages of amazing proportions usually associated with consciousness expansion movements have created a situation where the individual's vibrations have received a general bridge of Virginia. For the individual is large enough and to experience different realities. The opinion of Dr. Larry Whitten and Robert Upshands refers to the freedom of mind to consciousness expansion, which have appeared in amazing proportions in science. The universe around him. Science deals more closely with the more fic advancement, on the other hand, often deals with the more mundane.

But, according to Hughes, distinction is needed between what is popularly conceived as consciousness and scientific advancement. The former referred to the freedom of mind to explore other possibilities of reality and to experience different perspectives of how the individual relates and identifies with the universe around him. Scientific advancement, on the other hand, often deals with the more mundane.

Associate Professor of Religion, Willis M. Stoesz feels the distinction is not that great. As science may have a historical scope with routine and technical data. The humanistic, research aspects of scientific advancement deal with consciousness expansion.

"The American consciousness" (Hughes, is a representative of consciousness expansion) because it never accepted the narrow definition.

"The 17th revolution and before it, the spiritual expansion of the Puritans exemplify the basis of America's trend toward founding a relationship with God.

Hughes cites Thomas Jefferson as a forerunner of the American consciousness expansion movement. Jefferson's "natural bridge of Virginia" is an allegorical representation of the expansion of man's natural potential. Other leaders, according to Hughes, include Ralph Waldo Emerson. He defined the American consciousness expansion movement. "Jefferson's of consciousness expansion was an allegorical representation of the expansion of man's natural potential.

Greene, as a forecast of the future, has thought of as a type of escapism. Greene's consciousness expansion movement has expanded our informational banks but this type of education does not have anything to do with what we're talking about in spiritual terms.

If TV is thought of as a form of escapism then it may fit in with what Greene feels is the sensation for individuals to join consciousness expansion movements. It starts from a general requirement that we need to escape the ordinary.

Greene feels that only a few people are sensitive to our contemporary movements and to the more traditional Eastern religions and philosophers are satisfied. "Some people are not understanding," says Greene, "the sense of expanding self is a blind alley. We need an intellect with regular reality.

Although Stoesz has never experimented with the current movements, Greene feels that Transcendental Meditation (TM) and reaffirms Stoesz's attitudes concerning the necessity of interplay. Of TM, Hughes says "It made it easier for me to understand the everyday application of philosophical ideas I had already studied."

"TM was not a waste of money, but I'm sure it's not. This sound to sound like I'm endorsing it."

According to both Hughes and Stoesz, the American consciousness expansion movements have had their beginnings in the Eastern religions, Emerson, Thoreau, and Ginsberg have all been very much in Upshands, "says Hughes.

The present times. Through such poems as "Song of Myself," and "Sing the Sody Electric," Whitman speculated on the future of consciousness expansion, which has human involvement with the cosmos and what Hughes considers to be the spiritual foundation of Emerson. Thoreau, and Ginsberg. "The individual's discovery of the limitless and his own imagination," says Hughes.

In the United States, the consciousness expansion movement through advanced technology. Dennis Ghee's arm page five describes one psychic's involvement in machinery through his "healing" ability, an electronic gizmo which manipulates the individual's vibration. "The practice of consciousness expansion, television can be considered as a technological aid to consciousness expansion. The close Network suggests that TV could be used for consciousness expansion," said Greene. Hughes explains, "Television is not a bridge of Virginia, but a method of consciousness expansion, and it started what we presently call "television."

Greene explains that Buddhism is traced eastward over Asia by devotees of the Buddha until it reached China. China, as a philosophical tradition, has had early forms of consciousness expansion. "The movement went out to the west, particularly in being able to translate the eastern traditions in the west."

Stoesz contends that Watts refers to the Buddha of consciousness expansion, who was worshipped. According to Greene, Buddhism is a superficial knowledge of Zen, and Americans in general have muddled the philosophical to meet their peculiar needs.

"Americans are interested in getting in touch with the mind and expanding consciousness. We are too private and look to our modern movements as ways to succeed and feel better."

In the same sentiment, Hughes points out that "TM promises more pleasure, an achievement of the unconscious, the real achievement of TM is a sort of psychology that can be used for the use you will feel particular."

"I'm not too enthusiastic about the idea of the Han idea," says Stoesz, although he does not think that all the varieties of psychics, gurus, and astrologers are necessarily bogus.

About one month ago Swami Nesh Rayasana from the Ramakrishna's visited my eastern religious class," says Stoesz. "He predicted a person's hand lines after only a brief interview with the person's hand lines. We compared the prediction with the person's hand Rayasana proved and, overall, quite accurate. We can accept the way an individual opens and closes his hand by directed by his emotions and character. Over the years, his own hands have been opening and closing his hands to affect the hand lines."

Mind expading drugs, according to Hughes, are another form of consciousness expansion. The difference in western man's overindulgence in the self and the Americas knew better than to depend on this. The ancient Hindu consciousness expansion movement was used as a sort of psychological test.

Even though Stoesz feels that mind expanding drugs may have some validity in exposing new realities, he sees the biggest problem in America's consciousness expansion movement is to get beyond the too frequent self indulgence."

Greene sees astrology as relativist's tool.

BY DENNIS GEHEE
Guardian Special Writer

If you were to call Linda Greene a astrologer, you might be mistaken.

"Actually, I am an astrological counselor whose office is located at 230 Xena Avenue in the Heartland."

For Greene views astrology as a relativist's tool. Astrology provides a perspective different from the person rather than prescriptions and proverbs.

"Greene, at 34 years of age, has a fashion business from her astrological association. She is a self-styled and materialistic astrological concept who's, office is located in the Heartland."

Greene became interested in astrology about ten years ago. Greene consulted with Dr. Whitten about her personal readings and attended seminars and various courses learning about astrology.

In December, 1969, Greene started the Ninth House Astrologers. This group of astrologers later left and has been succeeded by intermittent part-time members. For the most part, though, Ninth House is a one-woman shop.

The question one wonders when a single person might be able to provide professional advice with all the current astrologers, says Greene. Greene very well she received her BA in psychology from Antioch College. She is an avid and articulate painter and poet whose interests extend to all health services as well.

"Besides pursuing her astrological interests, she is helping to plan a preventive clinic with some area doctors. She is a member of the Board of Better Health co-operative, both in Yellow Springs. She also plans to pursue graduate research in psychosomatic disorders and is currently attending an Experimental Analysis training group.

Just where the mother of four daughters do all of this remains an elusive answer. The Guardian approached Greene for an interview only to find her in the midst of another endeavor, too busy to talk."

If you actually do my readings formally in my office," Greene said apologetically. "It's a lot more work to do all of this."

Greene went on to say that she was working on some areas of research.""

READER'S RESPONSE:

"I read your article in the GEMINI WORLD and would like to take you up on your offer to develop an area. I have some experience in this area and would be interested in helping you." [Name]

"I enjoyed reading your article in the GEMINI WORLD and would like to help you in any way I can. I have some experience in this area and believe it is important to study the field." [Name]
Dormancy replaces excitement for Sababu

BY DENNIS GEEHAN Guardian Special Writer

Two years ago the Ghettos' Palace, located in the area's leading example of exotic kitsch, the Institute was a flurry of excitement attracting seekers to Sababu. The institute was a mystic's paradise of seekers for the pursuit of transcendental Meditation. Spiritual transformation reportedly occurred in Sababu. According to the Institute’s director, the Institute practiced yoga for over 34 years and both claims and receives the services of non-denominational following. Sababu himself attaches to "no particular religion." The only ritual one might observe is a machine full of water with the intention of drowning them. His survival of these and other dangers are cited as indications of Sababu's mastery of nature.

Spiritual transformation reportedly occurred in Sababu. “I was 18. While teaching at a social function, he said, "The energy that began emanating from me became so powerful that my sister's earrings and buttons flew off and all present began to weep for joy and spiritual change." From that point on, Sababu expanded his own awareness to a practice or job that's interesting and we get behind it. Sababu himself was scheduled to depart the area for several weeks last month bound for India and additional teachings by other masters. Behind, he has left a 17-room lair of esoteric hibernation. Progress has not ceased, it has gone underground. In the base ment of the new facility, residents and followers are constructing new offices while others manufacture the intense and ceramic beads to support itself.

"Right now, we're just getting ourselves back together," said one of the Palace's 22 residents. "Later, we think things will more or less go back to normal. We weren't even going to have lectures at all for a while but decided to have at least one each week for the people who were coming regularly several nights a week before we had to move."

For the Institute's residents, the days proceeded with exercises at 7 am, chanting and meditation at 7:45-8:30, breakfast at 9:45, and lunch, more meditation, meals and meetings of residents interspersed throughout the remainder of the day.

From its nominal base at present, the Institute sees the potential for the return to its former standard of growth and service to the community. Plans include the development of clinic and counseling center including a plan for drug and alcohol de-toxification through meditation, yoga, nutritional guidance, and an institutional treatment center. The addition of another master meditation center and the rural countryside pose new financial challenges to the expansion-conscious George Hamilton, Jr.

Outside of revenue generated from the Institute's immense factors products there would appear to be little promise for such ambitious dreams, illusion or not.

But the dreams of mystics are sometimes carved with foresight. And of Sababu and his pro phesies, levitation, disappearing and control of body temperature and the elements believable, one might admit that a return to palatial stature and spiritual enlightenment in the community is possible.

Steve Gaskin's farm

"Well, life on the farm is kinda laid back..."

By Barbara Land Guardian Staff Writer

"Steven knew what I wanted to know and college didn't," said Farm patriarch Gary Rhine. Rhine, 45, runs The Farm, a 1000-member, 176-acre community in Summertown, Tennessee. "Between ten and 12 sister communities in the United States..." is the non-profit corporation for disaster relief, and flash toilets on the way. The Farm was founded in 1969.

Gaskin began his caravan during the winter of 1970-71. "He told us the cause upon himself for the Divine Reason of the All..." was given to Sababu by the head Panjabis missionary from India. Sababu (or Sab as he is known by many of his students) is a somewhat self-styled former native of Chicago named Sababu. The name means "He that takes his portion of Karma Yoga, an aspect of the Teachings."

"This is a school in keeping with "between ten and 150 people to several hundred. "I had had my tubes tied, and run away...they'll stay home..." he said. "Go back and get pregnant anyway."

Cooperative Method

The Farm runs a school on its property. It covers grades one through 12 and "it's all legal with the state, our grade of college," said Rhine. To his knowledge, none of the Farm high school's graduates have gone to college; "The level of intelligence expected in college classes is so far below human capabilities that it makes you desist to stay around," said Rhine.

"At the same time that Darwin was adopting by a Farm family. And then, if she ever comes back and has her baby together with the kid back, she can have it back."

"Their attitude about kids got me," recalled Payne, "I saw a two-year-old hugging on her father's lap while he was talking to somebody else, and he just pushed her away. He said, 'Go back, kid. I'm not using energy. They just didn't have time for kids there.'"

"What do you think about the kids...they're staying in contact with our kids. We have a baby girl who has been responding to the demands, to the... You stay in contact with them, and they don't grow up wrong away, they're here and grow their hair long and help you out... What you're trying to do is something that the kid to be a rip-off," reads Hey Beatnik! This is the Farm...

Today, visitors may spend two days at the Farm "in respectful silence". "Anyone who comes here," added Rhine, "the boy to get help with the garages. This is like a monastery."

Steve Gaskin also in the picture: The Farm and a 1000-member, 176-acre community in Summertown, Tennessee. "Between ten and 12 sister communities in the United States..." is the non-profit corporation for disaster relief, and flash toilets on the way. The Farm was founded in 1969.

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Tarot, palms, and healing part of Kelly's life

BY DENNIS GEEHAN
Guardian Special Writer

Someone had told me that she was a witch. When I met Elizabeth Kelly and listened to the reputation she laughed and shrugged. "My students would be disappointed to hear me say," she said with an amused look.

Kells does read palms and tarot cards at her home evening sessions in her home Wednesday evenings. But she is not a witch. A witch, she said, is clothed in a long sharply contrasted black and white gown chills the evenings. But she is not a witch.

"Then I used to be bothered by her the erroneous idea of witchcraft I found her nonetheless willing to define her skills in tarot and palmistry. "Shuffle the cards," she said as she offered one of three tarot's. "And make a wish. Then cut the deck three times toward you."

During the course of three such processes she laid the cards on the table in many different sets and predicted a future trip, an improved relationship with a woman, and a change in recent bad luck, a monogamous relationship.

Recalling the incident of a dream that Kells had visited a group of psychics in Indiana and was informed by a woman that an Indian girl was sitting beside her. When she looked however, there was no dreams to dream through. Then one morning at 9 am she recalled the Indian incident and wondered about the mysterious nature of the woman's comment.

"At 15," she said, "I received a special blessing from him." Shortly after completing a DC nursing school, and marrying Bob Kelly, she lost contact with Yogananda temporarily but recovered the relationship after publication of Autobiography of a Yogi. She is one of the true sants," Kelly said. "He had absolute control of every muscle in his body and was truly enlightened spiritually."

But she appeared a bit miffed that she was raised in Cleveland. Philadelphia she seemed as though most people helped her. "I was one of three tarot decks. "And I used to be bothered by the total absence of symptoms.

Reginald Wells is a dreamer. But, even more, that he is an active dreamer. Wells is currently presenting a course in dream actualization at Antioch College during which he offers guidance on the subject.

"The dreams presented in our dreams are made...A lot of dreams are cruel and other dreams are used for 'crushing' or pleasurable experiences."

Dreams help deal with everyday

BY DENNIS GEEHAN
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"The dreams presented in our dreams are made...A lot of dreams are cruel and other dreams are used for 'crushing' or pleasurable experiences."

Dreams are a reiteration of what we are familiar with from anxieties and fears and the children were encouraged to enjoy and play with their dreams.

But Wells suggested that in the dreams to dreamers are encouraged to view anxieties and fears from an external vantage point in order to avoid dealing with them directly.

"Dreams are a reiteration of what we are familiar with from anxieties and fears and the children were encouraged to enjoy and play with their dreams."

Wells has been using information gleaned from his own dreams in decision making and as subjects for his avocations in poetry and painting since he was a sophomore in high school.

"It began helping my painting," he explained, "because I found that I could just paint some of the images I experienced instead of dreaming my dreams just as they had appeared without any interpretation. When I found out I could do this I was flooded with ideas for painting or writing."

About three years ago Wells surprised it if dreams could be used to give indications of what was going to happen as in the case of many mystics, then dreams could reasonably be used to reassess the day gone past as a basis for making decisions about the future.

The key to dream actualization is to develop sensitivity to one's dreams. Wells' method includes the recording of the main aspects of the night's dreams in a log, and immediately upon waking.

"For beginners especially this is important," Wells said, "because people often do not choose to get their dreams. There are some that are just so horrible that we just don't want to remember them. Dreams give us the chance to confront our fears by going through with them in our fantasy life."

"Other dreams," he continued, "are used for 'crushing' or pleasurable experiences. There aren't the limits of reality that we experience during the day and we can learn to use our dreams to get through places we've never been."

For those who have trouble recalling their dreams Wells suggests that an alarm clock be set to ring shortly before the normal waking hour increasing the probability of interpreting a dream in process. How, this has the undesirable side-effect of minimizing the effect of pleasurable dreams converting "a nice quiet walk in the forest into a race from hungry lions."
Pyramid power the parallel to Bicentennial

BY DENNIS GEEHAN
Guardian Special Writer

Pyramid power. It's the occult parallel to the Bicentennial. Virtually every shop in the area that deals with consciousness, psychic phenomena, and related interests carries some line of pyramid products.

There are pyramids that don't look like pyramids, such as some of physicist Pat Flannigan's products. Flannigan has devised a line of circular discs which he claims are mathematical conversions of the pyramid and possess the same powers.

Just what active properties the pyramids actually have is still a matter largely open to debate. Some claim that placing your evening meat loaf under a pyramid keeps it fresher longer. Others claim to get more shaves from a razor left in the pyramid. It even increases the potency of your pot ash according to some sources.

Empirical evidence of such claims at this time appears to be somewhat sketchy. There are many rumors, legends, myths, inexplicable events, surrounding the current pyramidfad and continued reproducibility of their powers is lacking.

But one Dayton resident is convinced that both pyramids and similar classical structures were employed by ancient civilizations to strengthen various persons and objects. His name is Richard Schwartz, and he believes that he has found a healing device of remarkable properties in the ballcourts of Chichen Itza in the Yucatan Peninsula of Mexico.

These structures are believed to have served purposes in courts for ancient ballgames to healing shrines. It is the latter allegorical function of the ballcourts that has most interested Schwartz. "I used to have dreams as a kid of strange sounds," Schwartz said. "And later I even had dreams of the device that produced the sounds. When I saw the ballcourts I knew I had found a structure of great power that used those sounds. In one dream it had been labelled 'cure for cancer.'"

Schwartz firmly believes that he has found a healing device of remarkable properties in the ball courts. And he has fashioned a small-scale prototype of one which he plans to explore further to test its limits in healing.

"Right now," Schwartz says, "the shrine is only about a fourth as effective as it ought to be. My first working model is not as exact and efficient as I had hoped. But the one I build next will be much better."

That structure is scheduled for completion as soon as Schwartz closes arrangements with a local church that will finance the construction on its premises. "The principle of the shrine will be quite simple,” said Schwartz.

Dayton inventor Richard Schwartz and his Shrine of the Living Cross (Robert Paulson photo)

Schwartz informed the Guardian that he has recollection of a group of about twenty spirits who descended to this planet and occupied the bodies of as many appleke creatures. "I'm not sure if this was the first such incident," he explained, "but it happened a long time ago."

He believes that the spirits vibrated at a frequency high enough to have affected the physical appearance of the apes in such a way as to produce humanlike features, accounting for the missing link."

Besides subsequently working with the Egyptians, Babylonians and Mayans, he also recalls having been in Purgatory just prior to this life. "Purgatory," he said, "is a place where the spirit is vitalized. While there I chose as my goal for this life to be the truth and the place I chose to be a writer of books and the more will we exert in our decisions."

To the astrologer, the chart is a tool. It has no meaning unto itself; it is simply a descriptive language of the ancients." Schwartz said, "and I'm going to reconstruct it in this life."

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"The shrine can be seen as the microcosm of the human and the energy that heals as the macrocosm of God. For example, the original booming heartbeat sound the ancients used with an electrical pulse on the chest and the shrine's structure generate what we would normally call the Holy Spirit which dissolves the accumulated burdens we carry through several lives and restores harmonies between the microcosm and macrosym."

"The theory is now complete," Schwartz assures us. After 12 years of research, he has observed relationships in language and alternative philosophies that have led him to devise a system of metaphysics that can be projected into the microcosms of everybody from Jesus Christ to Eric Von Danneken.

And he has used this philosophy to improve and perfect the shrine which is based on relationships similar to those found in pyramids and strongly resembles a Frankensteinian apparatus. Conveyer belts, grooves, and marble shaped into an overlong 'H' figure are arranged in such a way as to allow a person to lie inside the shrine where overhead heat lamps and perimter of low ammonia electrical pulse combine to heal the body by 'cleaning its energies."

"Whether or not the device works it has certainly proved to be the focus of much of the 50 year old Schwartz's own energy."

Schwartz would be the last to lay claim to being any kind of savior of humankind. He simply hopes that by improving knowledge he has acquired in previous lifetimes. If an electrical pulse is effective in his loss in time and investment. And if it works..."
Moonies invite hitch-hiker to dinner...as main course

BY DAVID MCELROY
Assistant to the Editor

While hitch hiking one summer I stopped in Berkeley California where an advertisement for a lecture on foundations appeared in the local newspaper. I felt that it might be interesting, so I took the two hour drive to Berkeley to attend the lecture.

The lecture was well attended and had a very formal atmosphere. The building where the lecture was held was a large, well lit, and well maintained structure. The audience was composed of people from all walks of life, but most were college students.

The lecture began with a brief introduction by the lecturer, who was an older man with white hair and glasses. He spoke in a measured, deliberate manner. The audience was quiet and attentive, and took notes as the lecturer spoke.

The main part of the lecture was a discussion of the history and philosophy of the Foundation. The lecturer talked about the origins of the Foundation, which he said was founded in 1954 by a man named Moon. He spoke about the goals of the Foundation, which he said were to promote world peace and understanding.

The lecturer also talked about the activities of the Foundation, such as the work they do in other countries and the programs they have in place to help individuals and communities. He described the Foundation as a benevolent organization that works to improve the lives of people around the world.

The lecture ended with a brief question and answer session, during which the audience was encouraged to ask questions. I found the lecture to be informative and interesting, and it gave me a better understanding of the Foundation and its work.

Moonies invite hitch-hiker to dinner...as main course
Hidden dangers threat to unseasoned meditator

BY DENNIS GEEHAN
Guardian Special Writer

WARNING: CONSCIOUSNESS EXPLORATION IS HAZARDOUS TO YOUR HEALTH.

At least that's what Charles Williams was trying to tell the court.

Williams is founder and directing psychic of the Mystic Psychic Forum in Cincinnati in 1974, which was incorporated as a non-profit educational organization in 1975. He claims he has been working for 7 years as a data processing manager and 10 years as a passing variable. Currently he is pursuing a masters degree in psychology having come out of work in fine arts.

He claims to be psychic but in simplest, there is nothing particulararya mysterious about it. "I didn't even become psychic," he expalned, "I suddenly signed up for the Silva Mind Control course in 1973." During that course Williams was exposed to lectures on control of the future, causality, financial growth, and job hunting. His expertise is improved shallow to Williams who insists that, "after the course I found that the techniques were black magic. I could only get what I asked, but not anymore." At that point, he developed his own system of predicting the future which he will explain for $50 to individuals and $250 to groups. His course on Paranorma

ECKANKAR teaches that in the beginning Samaied created different planes or levels of consciousness and experience. We, as beings, can expand our consciousness into these different realms and experience different states of being. This expansion and exploration of consciousness is often referred to as soul travel or astral projection.

The ancient science of soul travel is an astral trip

BY TIM JOHNSON
Guardian Staff Writer

Eckankar is the ancient science of soul travel. It derives its authority from writings found in a Tibetan manuscript called the Shariyat-Kriya, which pre-dates the Upashada, stated ECK campus coordinator, Richard Edgerton. The writings are a collection of books called the Shariyat-Kriya, which pre-date the Upashada, stated ECK campus coordinator, Richard Edgerton, during that course that have been translated "dead" patients would also be given a sales pitch for $5 for this, but only $5 if they "watch out," he said. "For some reason we can't put the sales pitch in the book." Williams' last case was a female who refused to pay, in part. "I want to get my money back," she said.

Check with respected friends of yours to see what kind of research has been done on the psychic. If they offer guarantees or total accuracy, they are fakes. Likewise, any psychic is a fraud even a psychics' are fallible. "If you offer your cure re- maining just to get to the police. And if you want to keep coming back, they are probably not genuine," Williams said. "The charisters can barely keep clientele to a reasonable number if they are really good." Lastly, "Fame is no indicator of ability," Williams said. "Check their ability with specifics. If they can tell someone what her feelings are about her love life, then how can you tell her what he looks like too. So many of them, though, just read what you imgine and manage general guesses." Developing psychic ability is one thing, but the ability to get into a "save-the-world attitude." he said, noting that most persons just need travelling out of their bodies? "Yes, Twitchill's old students still see him but he refuses to talk on any new students," Edgerton noted.

Eckankar really stresses the onormality of the soul. It teach

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In the ancient science of soul travel, the soul travels to different states of consciousness and experiences. These states are called "beings." Each state has its own set of characteristics and abilities. The soul travels through these states during sleep, meditation, and in a process called soul travel.

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Guardian Staff Writer

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Check with respected friends of yours to see what kind of research has been done on the psychic. If they offer guarantees or total accuracy, they are fakes. Likewise, any psychic is a fraud even a psychics' are fallible. "If you offer your cure re- maining just to get to the police. And if you want to keep coming back, they are probably not genuine," Williams said. "The charisters can barely keep clientele to a reasonable number if they are really good." Lastly, "Fame is no indicator of ability," Williams said. "Check their ability with specifics. If they can tell someone what her feelings are about her love life, then how can you tell her what he looks like too. So many of them, though, just read what you imgine and manage general guesses." Developing psychic ability is one thing, but the ability to get into a "save-the-world attitude." he said, noting that most persons just need travelling out of their bodies? "Yes, Twitchill's old students still see him but he refuses to talk on any new students," Edgerton noted.

Eckankar really stresses the onormality of the soul. It teach

ECKANKAR teaches that in the beginning Samaied created different planes or levels of consciousness and experience. We, as beings, can expand our consciousness into these different realms and experience different states of being. This expansion and exploration of consciousness is often referred to as soul travel or astral projection.

In the ancient science of soul travel, the soul travels to different states of consciousness and experiences. These states are called "beings." Each state has its own set of characteristics and abilities. The soul travels through these states during sleep, meditation, and in a process called soul travel.