

# Reality – My Path to Discovery

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## Childhood and Adolescence

In my childhood, visualizing was my dominant processing mode – bicycling to get around and manipulating one ball or another in different sports for every season. I was a late reader and played catch-up from 5th grade on, finally reading 27 books as my summer “job” between my junior and senior years in high school in order to bring my reading skills to the appropriate level for what was expected in my highly privileged, upper-middle class community. Reading for me, whether literary or expository, has remained work associated – the basis for learning, assessing and engaging the author in a dialogue.

What follows are the major events and facts that have emerged as my adventure within and about reality as an adult has proceeded.

## College

In 1963, I earned a BA in English Literature from Carleton College. Very importantly, New Criticism was the English department’s orientation to teaching literature in the early 1960s. Given my approach to reading, I completely embraced this “come up with your own interpretation” perspective, and the result was the development of self-reliance and critical thinking skills expressed in writing.

## Marriage

In 1964 I married my Norwegian wife, Inger Helene Aarsheim. Now in our 60th year, I could not have made most of the additional moves cited below without Inger’s dedicated love, assistance and support.

## First Advanced Degree

I earned an MA in English Literature from Indiana University in 1965. In this effort, I began to learn the process of responsibly incorporating the results of previous, high quality research in my thinking and assessments.

## College Level Teaching

I taught for two years at Central Missouri State College, 1965 – 1967. In these short years of teaching composition and literature, I significantly refined my own writing skills and fostered quality, independent thought in my students.

## Doctorate

I returned to Indiana University and earned a PhD. in Folklore in 1971. The approach of Folklore at I.U. was very interdisciplinary, incorporating theory and methodology from all the humanities and social sciences. Linguistics was one

of my minors, and I considered writing my dissertation on the aesthetics of narration in ASL [American Sign Language]. Instead, I challenged the prevailing assumption about singular meanings for particular items of traditional art by exploring how different individual personalities perceive the same traditional item in very different ways – resulting in very different meanings and psychological functions among those individuals.

### 20 Years at the University of Pennsylvania in Philadelphia

From 1971 to 1990, I taught in and conducted my research in association with the PhD program in Folklore and Folklife at the University of Pennsylvania. The results were many – all encouraging my orientation to pursue the big picture:

1. I taught 15 different courses in the first 5 years, which was both hugely demanding and very broadening. The core course I offered in the program was Psychological Approaches to Folklore which came to include all the divisions of psychology – behavioral, personality, developmental, gestalt, evolutionary, social, and paranormal. Presenting this set of materials included consideration of the underlying, alternative mental modes and thought processes – intellect, analysis, intuition, synthesis, inspiration, visual thinking, right and left brain specialization, etc.

2. These explorations led to the examination of the intuitive basis for the creative process in both art/expressive culture and ritual. The literature on creativity also revealed the important role of intuitive based inspiration in theoretical breakthroughs in all of the sciences. Clearly, intellectual and intuitive processes operate on a continuum and most often simultaneously. Only at the extremes are these mental modes more discreet with art/ritual being toward the intuitive end of the spectrum.

3. My explorations expanded to include astrophysics, quantum mechanics, string theory, and cosmology where discoveries related to the spiritual perspective on reality were emerging.

4. Pursuing the nature of the creative/inspirational process underlying art-ritual – rather than interpreting creative products – became my research focus.

This led to three major excursions.

- > I spent 4 years at the Philadelphia College of the Arts where I completed a metal smithing major in an effort to personally experience more deeply the creative process.

- > I devoted 10 years to field research in an urban black “deliverance” church community where I collected many extensive life histories revealing the growth of intuitive/spiritual mental processing and competence.

- > I began my own intuitive development by attending a two week retreat at the Institute of Mental Physics near Palm Springs, California. I struggled until the last day trying to achieve the meditative state – for me the postures required were debilitating. I decided in the last morning session to just continue sitting in my chair instead of “taking the position,” and within an hour I

broke through and subsequently had the full-blown kundalini experience lasting the rest of the day. By the evening session the “ball of fire” was at the top of my head as I continued to sit in my chair, and I am told that as the meditation leader came to me in his farewell round to position his hands around my head, his hands flew backward and he retreated. I was “hot,” so to speak. I went from nothing to the position of total immersion in one day – initiation in the unification experience.

5. I spent the last five years of my Philadelphia period researching the life history, development, and mode of processing of a practicing psychic healer.

6. All of above led to the development of my comprehensive worldview conception which I refer to as “Dynamic Humanism.” Key in this conception is the material – spiritual continuum with its associated dynamic mental processes of intellect, rationality, analysis, and objectivity juxtaposed by intuition, inspiration, synthesis, and subjectivity. It is this worldview conception that has evolved into a reality conception.

#### Initial Period in Oregon

I moved to southern Oregon in 1991 and for twelve years I immersed myself in 1) renovating, building and improving our small ranch and other bought properties, 2) connecting with the local native American tribes, and 3) participating in both my water irrigation district and an array of efforts to achieve responsible management of the area’s national forest resources.

#### Health Crisis

At the end of 2003, I had a major heart attack, but I was lucky to live just twenty miles from our regional health center where the cardiologist on duty was able to insert two stents opening my anterior descending coronary artery. Surviving this event was a wake up call. I had a lot of research to be completed.

#### Research Reports and Website

I spent from 2004 to 2007 producing the final versions of my key research reports and getting them copyrighted at the Library of Congress:

A Little Bit of Heaven Here: The Challenge of the Deliverance Faith Within Urban Black Culture And Mainstream American Culture.

Dynamic Humanism: Balancing Complementary Human Perspectives And Mental Faculties, Science and Spirituality, Intellect and Intuition.

The I Within Me: The Life History and Intuitive Development of a Psychic Healer.

I also developed my website [ [www.dynamic-humanism.com](http://www.dynamic-humanism.com) ] and uploaded these documents to that site.

### Initial Expansion of the Dynamic Humanism Conception

Between 2007 and 2014 I began writing essays on various topics, offering them to friends, colleagues, and family, and uploading them to my website.

Slowly, I gathered detailed information on 1) Big Bang theory, 2) Hubble telescope discoveries on the vast expanse of the physical universe, 3) the implications and importance of having to posit the existence of Dark Matter and Dark Energy, and 4) the problems facing the particle based Standard Model in Physics.

The major results from this input:

1. Physical/material reality is enormous with hundreds of billions of galaxies, hundreds of trillions of solar systems, and hundreds of quadrillions of planets. And material/physical phenomena are just 4% of reality.

2. The great majority of reality remains a total mystery [Dark Energy and Dark Matter].

3. In a couple of hundred years, humans went from being regarded as the pinnacle of God's creation on Earth as the center of the entire universe to total insignificance for both humans as a species and Earth as a planet – and no sign of God anywhere.

4. Like many others I had to ask myself, "Is there any point in trying to illuminate the nature of utter insignificance?"

5. My solution was to retreat into existentialism and look into whether humans in some manner could participate in this Big Picture Reality.

### Related Research Organizations

Humanistic and Integral Psychology were established as sub-disciplines in psychology with alternative mental states and the experiences in the intuitive/subjective/spiritual included as central in both research and clinical practice. In the earlier period of my active research into the subjective, there was no such support apart from parapsychology, which had its own active skeptics and deniers. Other than a few researchers at universities, the Institute of Noetic Sciences was about the only organization looking seriously at the variety of subjective phenomena at that time.

### Move to Town

In 2014 we moved to Klamath Falls, Oregon where we spent a year and a half 24/7 with our own crew completely renovating a geothermal home built in 1912.

### Sculpture

From 2020 to the middle of 2022 during the core of the Covid pandemic, I retrieved my long time commitment to further explore creation of stainless steel cable sculptures which I had discovered in my final "senior" year project in metal smithing in 1985. I produced 56 sculptures during this time and fulfilled that long

suspended goal. Art is where my journey began, and I wanted to complete this aspect of my personal life process.

### A Great Deal of Development in the Last Year and a Half

From mid-2022 to the beginning of 2024 [the present], the concept of reality has expanded rapidly. What follow are the main facts that have accumulated to fill the big picture defining the nature of reality at both the universe and humanity levels.

### The Universe Level

1. Recognition that material gases of various densities fill all the space everywhere between more dense matter in physical reality resulted in:

> The realization that the physical domain of reality itself is totally unified as one completely integrated system.

> The separation of things and actions is an illusion based on the limitation of our senses and our assumption that our relative ease in moving within this gaseous realm means we and other more dense things are separate from one another.

By carving out distinctions and naming things and actions for the purpose of communication, our languages play a key role in promoting the assumption of separation.

Our worldviews are captured and expressed in language – solidifying our commitment to the assumption of separation.

Our sciences suffer greatly as a result of operating largely under this false assumption of separation. At the very least, the concept of broad systems based analysis should apply at every level.

2. Totally unified physical phenomena are at every point infused with and dependent upon energy to remain “solid.”

3. As waves and fields, energy itself is everywhere all the time and totally unified.

4. Energy and physical reality are totally unified as one vast entirely integrated system. Again, there are no truly separate “things” or “actions.”

5. Energy is primary [Big Bang theory] in the origin of reality with all physical/material reality – at all scales of complexity – arising secondarily from the consolidation and integration of energy.

### The Humanity Level

#### I. Human Energy Field

Humans are a more complex “physical” phenomenon, composed at the energy level of a vast array of interrelated and interconnected energy fields from cell membranes through tissues to organs to organ systems to the body as a

whole. The scientific study of this human energy field system and its relation to both basic human capabilities and health has become an active area of scientific study. The basis for this pursuit comes from initial research in western countries, but it is currently being spearheaded by scientists in Asian countries where the worldview is more accommodating.

## II. Human Consciousness

1. Human consciousness is a concentrated energy field present in the infinite energy system of the universe. It emanates mainly from the brain-mind zone of the overall energy field of the individual.

2. Consciousness does not create reality per se.

3. As energy, consciousness participates in how change occurs as reality evolves.

4. Different forms of participation by consciousness are associated with different tasks requiring different major human mental modes – intellect and intuition.

- > Intellect can be refined to a high degree in the rigorous mental process of analysis, and together with exacting methodology can be very useful in understanding the nature of physical/material reality and in developing tools to make this interaction more significant at progressively larger scales – technology. Our sciences exemplify the benefits of the refinement of the human intellect.

- > Intuition can be refined to a high degree in the rigorous mental process of synthesis, and together with exacting methodology can be very useful in experiencing and participating directly in the energy base of reality.

5. Evidence from deep meditative traditions reveals the potential of human intuition – largely ignored in our materially focused culture.

- > Specialized intuitive practitioners have been with us since the emergence of shamans in tribal societies.

- > A few human intuitive practitioners have mastered the potential of the intuitive synthesis process and are able to participate in the energetic domain of reality to have dramatic local effects. Because most humans are totally unfamiliar with this option, these local results are regarded as miracles and get assigned to the practitioner's ability to express God's creativity on Earth – the basis for identifying the gurus, prophets and saviors that populate the core of most of our major religions.

- > With proper and systematic development of the intuitive, all humans have access to these capabilities as exemplified by the evidence for the occurrence of paranormal events universally in human societies.

- > To the extent that refined intuitive based consciousness of multiple individuals truly concentrates in a collective manner and with a singular focus and intent, it can have a wider effect in reality – significant but still very local from the perspective of reality as a whole.

### III. Humans and Life Beyond Planet Earth

1. Water and complex organic molecules have now been discovered almost everywhere we look in our solar system. This fact feeds the expectation that the basic elements of life – as we know it – are ubiquitous in our universe.

2. The Hubble and Webb telescopes have provided evidence that there are most likely a great many million exoplanets in our galaxy alone that are capable of supporting life.

> Many of these exoplanets are in solar systems millions or billions of years older than ours allowing for much more advanced, complex, intelligent life forms to have evolved than have arisen on relatively young planet Earth.

3. That such advanced life forms already exist is provided in the evidence for extraterrestrials which is finally being disclosed as a result of pressure from numerous public organizations and Congress.

4. Disclosure by very high level, expert national security, military and intelligence department whistle blowers already reveals that extraterrestrials:

> Are mostly humanoid in basic characteristics,

> Share a significant amount of DNA with humans on Earth and are therefore genetically related,

> Have been visiting Earth for a long time. Humans tend to experience these beings in association with their UFO/UAP craft,

> Are far advanced in their sophisticated use of intuitive mental modes in alternative states of consciousness,

> Are far advanced in their knowledge and technical capabilities beyond that of humans on Earth,

> Are able to use these capabilities to:

Materialize and de-materialize themselves and anything they need – including their craft [mastery of what is known as zero point energy],

Exceed the material limitations of space, time and the speed of light [inter-dimensional capabilities and anti-gravity propulsion],

> Are concerned about the failure of humans on Earth to curtail their aggressive nuclear war inclined behavior and adopt cooperation as their primary mode of interaction at all scales.

ETs are reported to have overflown and disabled many of our nuclear armed missiles in multiple silos across the upper Midwest.

### Conclusion

It has been a long ride to my current conception of reality which includes an expanded concept of diverse humanoids already existing beyond Earth. Perhaps we will find that various subspecies of this humanoid family populate many solar systems in multiple galaxies. Maybe highly advanced humanoids, who have been around for billions of years, have “seeded” the cosmos with

rudimentary humanoid DNA, and we humans on Earth are in an infant state of development with the option to reject our aggressive social, political, economic, and ecological stupidity and participate meaningfully in this humanoid consortium. Discovering an eventuality along this line could help to relieve our “total insignificance” problem. As seriously limited as most humans are for a variety of reasons in our modern complex societies, I am not counting on the fact that humans on Earth will even recognize this option before they either cause their own extinction or are returned to the condition of bands and tribes!

Most open-minded individuals are probably willing to regard as credible my above described reality adventure up to the final extraterrestrial section. The prevailing history of this topic, its representation in extravagant fiction and film, and its systematic denial by a comprehensive, coordinated consortium of media and government agencies have created a toxic view of the UFO/UAP Extraterrestrial phenomenon. I have participated as a solid member of this denial “club” up until the last couple of years when I have slowly become aware of the extent of the reliable information that has been disclosed on this matter. I suggest that readers refrain from rejection and actually look at the facts that have come to light – with what is likely to be much, much more as the disclosure proceeds, now mandated by Congress. I have provided access to collective information on this matter on my website – [www.dynamic-humanism.com](http://www.dynamic-humanism.com) – in the “Eight Component Set on Extraterrestrials” to be found in the listing of essays under the “Reality” Topic.

Good Luck in Your Own Adventure of Discovery