

# INNER SPACE, OUT-OF-BODY: A Quantum Theory of Astral Travel

by *Martin Higgins*

*'Who looks outside, dreams. Who looks inside, awakes.'*  
– C. G. Jung

One in five of us will experience an out-of-body experience, according to research quoted in the new book by the consciousness theorist, Anthony Peake. I count myself as most definitely in that 20 per cent after experiencing several 'astral' experiences, finding myself in a non-physical body, not awake, not asleep, and not dreaming.

Reductive scientific explanations for the phenomenon never interested me. I was always drawn to a more meaningful explanation. However, Anthony Peake's new book, *The Out of Body Experience: The History and Science of Astral Travel*, skillfully combines both approaches and goes so far as to forge a new hypothesis, the Intrasomatic Model, which, if true, indicates the mystics were right – the answers lie within.

That each body possesses a non-physical counterpart obviously raises thoughts of the soul, a near ubiquitous concept in the world's major religions, believed to animate the body in life, and depart only at death. Peake naturally begins his investigations with the established esoteric lore on the topic, covering Shamanism, Tibetan Buddhism, Kabbalism and Theosophy.

He writes, 'Throughout the millennia, mystics, magicians and saints have encountered this alternative world and experienced it on their own terms, and in doing so have devised techniques and processes whereby this place can be entered and left at will.'

Examining the science around the subject, Peake discovered a disappointing lack of veridical evidence for consciousness surviving outside the body. However, following an encounter with Lucia, a mysterious, 'sci-fi' style machine for changing consciousness, Peake gained a new insight into both his topic and his own approach. Designed by the psychologist Dr Engelbert Winkler and his associate, the neurologist Dr Dirk Proeckl, the Lucid Light Stimulator emits specially calibrated stroboscopic light to stimulate the brain and invoke healing states and experiences akin to the mystical and the ecsomatic (a term used by researchers denoting 'out-of-body').

After just several minutes with the machine, Anthony found himself both in his body and simultaneously elsewhere. 'My experience made me realize that I had been asking the wrong

questions. ...What I should have been doing was enquiring into the very nature of perception itself and, by implication, the nature of the phenomenal world that our senses tell us is so real.' The theory behind the LL-Stimulator's ability to invoke ecsomatic states is that it acts upon the brain's pineal gland, theorised to be responsible for the body's production of dimethyltryptamine (DMT), a powerful psychedelic compound of greater potency than LSD.

In the final section of the book, Anthony invites the reader on a mind-bending trip of his own, into the wonderland of quantum physics. Here, one of the key points he invokes is the experimentally verified concept of 'non-locality' which demonstrates that once two particles are linked together, or *entangled*, one will immediately react if something is done to the other. This means that at a deeper level of reality than we are aware, *everything* is linked to everything else, and all information could potentially be available at all locations within the universe.

Peake's Intrasomatic Model of the out-of-body experience proposes that DMT acts as the facilitator, switching the brain into compiling a different reality for itself via information pulled from tiny 'quantum mechanical black holes', theorised to exist by Stephen Hawking, within what is called the Zero Point Field (ZPF), the base energy field pervading the universe. It is the ZPF which could be the means via which all the information about every location within space-time is accessed or stored, effectively equating to the Akashic Record of occult lore.

Thus, in Peake's model, OBE experiencers are moving into 'inner space' via the theorised quantum processes of the brain. 'In this part of the ZPF they are not trapped in a body, as they are in their usual Locale, and they can 'travel' within this facsimile and perceive information and interact with others.'

Peake's model is a bold attempt at an explanation and a worthy hypothetical framework for future researchers and psychonauts alike. Though personally I may no longer so deliberately seek such experiences, I have a feeling that they will someday once more come looking for me. And, perhaps, ultimately, for us all. It may be prudent to peruse a few guidebooks before we depart. ●



THE OUT-OF-BODY EXPERIENCE: The History and Science of Astral Travel by Anthony Peake, (Foreword by Ervin Laszlo), published by Watkins Publishing, Paperback (240 pages).