

THE TRAVELER'S
GUIDE IN CONSCIOUSNESS

OUTSIDE REALITY

The background of the cover features a glowing sun rising over a city street grid. The sun is a bright, circular orb with a soft, white glow that fades into the surrounding sky. The city grid below is composed of white lines on a dark background, with some buildings and structures visible. The overall color palette is dominated by dark blues, greys, and the bright white of the sun and text.

ROGER GOTTHARDSSON

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**OUTSIDE
REALITY**

ROGER GOTTHARDSSON

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Foreword

by **Rita Borenstein**

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Director of Membership in the MNI Board of Directors

Located in Uppsala, Sweden

Last year, in the beginning of the pandemic, I noticed an unusually large number of male engineers who booked a Life between Lives®(LBL) hypnotherapy for spiritual regression with me. In 2013, I became the first LBL facilitator in Sweden and member of the Michael Newton Institute. Since then I have met hundreds of clients from all walks of life, but the sessions with all these engineers helped me understand Roger Gotthardsson, who came for an LBL session with me for the first time in 2014. I am delighted to know this remarkable man and to write a foreword to his first book in which he invites you to expand your consciousness with him as your guide and fellow traveler. It is a truly fascinating book written in a very down to earth way. It is really like a manual for those who would like to follow his lead and to open their minds.

What these male engineers, who I met in sessions, seemed to have in common is a bright intellect and a very developed intuition. I knew that men like Albert Einstein and many of the other brilliant scientists in history, like Isaac Newton for example, who was an alchemist, all had a deep knowledge of the numinosum. As far as I understand, their greatest inventions known to us were the ones which they received in a deep meditative state. But, one must keep in mind that it was their brilliant intellects that made these kinds of epiphanies possible (In Greek epiphaneia, religious science term for a sudden divine revelation) and to bring it to the material world for the development of mankind.

All the male engineers who came to me for Life between Lives® spiritual regressions shared one common existential question that they longed to have answered. They asked how they could be of service for humanity in a way that would also nourish their own soul and make their true self shine as much as possible in this life. It did not seem to be their ego or hubris as a driving force, but a true wish to be of service with their natural gifts. They told me that they often felt bored. As a therapist, I met many who also suffered with periods of severe depression, substance abuse, sleep deprivation and other ways to cope with a high IQ, EQ (emotional intelligence) and SQ. (soul intelligence). Their challenge seems to be how to find their true mission and to give in to a longing to meet with like-minded souls and to co-create with them.

In this brave and honest book Roger Gotthardsson invites you not to believe in what he tells you, but to let your consciousness expand and to see for yourself what happens when your soul remembers what is possible for you in this life.

Dear Roger, I believe this book will go out and spread widely in the world and be welcomed not only by spiritual engineers but all kinds of people who long ago realized that quantum physics is here to stay. The time when those who did not believe the world is flat were burned on the market place is hopefully over, but it will be up to us all to prevent it by a heart centered living from the soul and to expand our awareness the way this book shows how.

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ONE

The Awakening

001.1 ... Prologue

001.2 ... The Map

001.3 ... China in my Hand

001.4 ... The Feeling

001.5 ... Blind test of Curry

001.6 ... I am a Traveler

001.1

Prologue

My drive for writing this book has been to share my search for a deeper understanding of reality. The only way to find my path has been to challenge the norms and traditional perceptions that are coloring and creating our view of it. Looking at the reality with the same glasses, the same norms and beliefs as you always did is not going to open your eyes. This book's intention is to provoke your thoughts and challenge those beliefs and norms that will help you accept other ideas, not by giving you second hand stories, but by helping you create your own experience.

Understanding the outer framework from the inside of it is hard, very hard. The analogy of the gold fish is the best I can think of. How could the fish know what the ocean looks like from the inside of the bowl, when all its references come from within? It is though my strong conviction that it is possible to create your understanding from within. Challenging but possible. By doing so, it is my hope that some of your experiences in reality that do not make sense to you today, will do so in the future. It will require you to have an open-minded, skeptical, approach to life and the ideas provided here, but please, don't make my truth yours, go explore yourself! If you are not ready to be open-minded, give this book to a friend and read something else instead.

The material and notes that came into this book have morphed and changed for many years, but the intention was always the same, to make sense of my observations from within our reality. The tools I used here come from the mind itself, because cutting my brain in half and examining its physical properties would not help.

Starting early

The problem I had was that my observations did not match my current belief system. At the age of 30, I understood that I lived in a fake reality. I was the absolute opposite of the misunderstood unhappy archetype desperately finding my way through life; I was thriving. I met my wonderful wife early and started a family. I bought my own house at the age of 25. I got myself a solid education in engineering, a good job with very good money. I had all the material wealth I could think of and I had lots of friends. I played the game well. Me not fitting in society was not the problem at all. What I did have a problem with was that it technically did not add up; my observations from reality did not match the facts. Input parameters in reality did not match the expected outcome. No one guessed what was going on in my mind.

As a young child, I was endlessly curious about how things worked. Whenever I got a new toy, or just got my hands on something technical, I took it apart to understand how it worked. It was not just that I was curious to see how technical things works, I really had to know. It was and still is, my passion to fully understand. Early in my childhood I got an electrical 12 Volt, 8 Amp transformer that my father built himself, because my parents thought it was too dangerous for me to connect my experiments to the electrical high-power outlets.

When I looked at reality, at large, it did not operate the way it should. I was told how it works in theory, the laws of nature etc. I understood that whatever they told me was a fairytale. I realized that what I had been told about how the fundamentals of reality operate, was not right. I made it my mission to figure it out, but I had absolutely no idea where this would take me. My mission statement, that I repeated over and over again was; "I want to see reality for what it is, I want to see right through". My mindset was that I was going to achieve this objective, regardless of the price I had to pay to get there and nothing could stop me.

Who's Roger?

Just when I am about to tell people about myself, I hesitate for a second. Should I tell them who I am, or should I tell them who I really am? As a professional in the IT industry, I stand firmly with both feet on the ground. I have had a 25-year career working for American IT security companies, located in Sweden. It is a high pace, very competitive intellectual environment. I think I have to say it has been very successful. The proverb; “The harder I work, the luckier I get” seemed true to me. I built sales engineering teams across three continents. I have been fortunate to work with the largest customers and smartest engineers in the industry. IT security and Internet based systems are probably the fastest growing industries and therefore fastest *changing* place you can be in, within the IT sector. This industry attracts the brightest minds, probably because the rewards are so high. I have had both the fortune and misfortune to travel a lot in my work, but it has given me the opportunity to meet many very interesting humans.

But this is honestly not who I am, that's just what I do.

The private side of me is a 54-year-old father and grandfather, happily married for 29 years. I spend most of my free time with my family, which I deeply enjoy. Having grandchildren is the best reward in life, you get all the fun side of an amazing little life taking place close to you, but none of the tough parts with sleepless nights and the life logistics of life with children. I live in the most beautiful place on Earth, with all the wonders of nature literally on my doorstep. I am passionate about my books, in them I get small clues, so I can piece the model of understanding together. I always have a dozen technical projects going on, in all possible areas. I have more technical tools than anyone can imagine and with them I am creating physical things with my hands, things that keeps me grounded in reality.

This is my wonderful Life in the Earth Life System.

In my Consciousness, other things are taking place. I have learned that I see things differently. I can take a technical challenge, run a simulation of it a thousand times visually in my mind, and then, to people's amazement, just do it *once* physically. How did you know that? – I didn't actually. My linear learning is useless. If I try to learn something by heart, it's impossible. I have to understand things logically, then you can wake me up at 4 a.m. after one year and I will still be able to explain exactly how it works to you. I have learned how to reach data I locally do not have access to. I can remote view with exceptional accuracy. I will tell you more details about this important skill later in this book, as it has given me access to a whole new world. I have learned how to use my mind in totally new ways, and it has become a very powerful tool. I have expanded my Consciousness so much that in a 45-minute meditation, I can experience more than most humans do in a month. I can step out of life at will and have an intelligent conversation with souls we normally no longer can interact with. My perspective has grown to encompass understandings I never would have imagined.

This is my eternal soul, growing and expressing itself.

001.2

The Map

You need a map to travel!

First, before we begin, let me give you the *Map*. When I began my travels, I did not have one, so to save you all that trouble, fumbling around in the dark with no orientation, I will share mine with you. There is some room for subjectivity in your experience, but mostly advanced travelers report a very similar experience, stunningly similar actually. Religious beliefs and culture can color some of our experiences of course. You need to look beyond the words and *Metaphors* and beyond the cultural expressions. Because when you do, you will be amazed at how similar they all are. The stories that our profound masters bring back from their travels created our society and our religions. Deep insights have formed our scriptures, but you need to see beyond the words. You need to see it for yourself.

Read more about interpretations and subjectivity of a soul experience in the section about the *Belief System*. How to understand the belief system is fundamental to becoming a traveler. A critical element of preparation is to *unlearn*. You need to get out of the traditional understanding of *Time* and *Dimensions*.

I am a Consciousness explorer

Over the course of many years, I have been traveling in the mind, deeper and wider than I ever would have imagined possible. What I learned is that Consciousness is without limits and everything is possible. Only our

words, thoughts and beliefs limit us. Every-thing implies all things, although Consciousness is not at all limited to all “things”.

There will be an entire section about Tools, but in short, the tools I use in my traveling are primarily *meditation*, *sensory deprivation*, *sound vibrations* and *mental anchors*. Don't get too hung up on your tools and don't build too much attachment to them, because when you get advanced enough you will put them aside. It is indeed possible to be in altered states of Consciousness at the same *Time*, as you are taking a walk, or go about with your life.

■ Longitudes & Latitudes

When you are traveling you need a map. A regular map has latitudes, longitudes, kilometers and scale, which are pretty useless vectors in the mind. To have some grip of where you are, I will refer to the “longitude and latitude” metaphors as the *Focus Levels*, as explained by the soul entity Miranon. This scale was first introduced by the Monroe Institute. But remember, although very useful, this scale is just a tool to orient yourself. The Focus Level is just a convenient naming, they are not actually where you are. Think of these as longitudes and latitudes, but in terms of Consciousness. Not actually necessary to live a life, or even dying, but very useful for a common understanding and helpful for example when you want to decide a place to meet someone outside of our reality. Many words we use in our language are deeply rooted in our belief about reality. For example, the word “nothing”. An emotion would be “no-thing” for sure, although it can be very powerful. To explain mental levels, you sometimes need to grasp metaphors that can be misleading at best and annoying at worst. But please have some patience with the limits of our language. To give you a hint if a word is meant literally or metaphorically I sometimes use “quotes” around it. Our language is completely bombarded with metaphors, analogies and idiomatic expressions. I cannot possibly put quotes around them all, so I'll do it whenever I feel there is something I want to point out.

The Elephant

One more thing before jumping into the focus levels is to address a topic that normally can be an elephant in the room, Death. If this subject is heavy for you, you are probably a little too influenced by our culture. While meditations on lower levels are relaxing and helpful, meditations on higher levels are, literally about life and death. This, however, does not mean you cannot have fun, as a matter of fact you *should* have fun, be light in the full meaning, shining bright, joyful, easy going. You will, sooner or later, learn that there is no death. Death is just *changing your focus* – that's it. The real question that comes after experiencing the greater *reality* is; – What are You?

Syntax of the Map

The labeling structure of the levels below is as follows:

- **Miranon Level**
- **Cultural metaphor**
- **IT metaphor** (which I use to give another metaphorical perspective)

The **Miranon Level** is a label or mental anchor used by The Monroe Institute. There is no magic or secret with this naming, it's just practical. Any name, number or character would have been fine. Right now, a lot of people are using these labels, so I am sticking to them. The Miranon Focus Levels labels start at C1, your daily life, and move upward. This book covers up to F35 (C1, F1, F2 ... F35), but there seems to be no upper limit. The abbreviation *F27*, for example, means *Miranon Focus Level 27*, which is called the seventh heaven in the Bible.

The **Cultural metaphor** is what some of our culture, religious texts or metaphysical documents usually call them. There are probably as many as there are religions or cultures. I have chosen to use the ones that I heard of. Examples of these are Heaven and Hell.

“Outside Reality is a book that will offer you a new way to look at things that surround you. It’s almost a mind-stretching exercise where you will learn to leave your old belief system behind and realize, by yourself, that the reality is nothing like you were taught it to be. It’s a practical guide for stepping outside of your own reality that, at the same time, invites you to expand your mind.”

– SANELA ČOVIĆ, Founder and CEO of The Soul Academy, Certified Hypnotherapist, Trainer and Author, Director of Strategy at Michael Newton Institute

“In his fascinating book, Outside Reality, Roger Gotthardsson takes the reader to different levels of consciousness far beyond our current norms and what is defined as our reality. With authentic personal stories about his own inner travels, unexpected meetings and unforeseen consequences this book is very unique.”

– RITA BORENSTEIN, Reg.nurse, Osteopath D.O., Life between Lives® Facilitator, Michael Newton Institute Board Member

Declaration of content:

- A map and travel guide of our shared consciousness.
- Practical tools for exceptionally deep meditation.
- Author’s metaphysical stories from 20 years of meditation practice.
- Reverse engineering plans of what you thought were your reality.

Possible side effects, reading this book:

- It causes you to become truly open-minded and to question everything.
- It will teach you how to do remote viewing and how that actually works.
- It makes the paranormal normal and the impossible possible.
- It will push your mental boundaries and expand your mind.



The Swedish Cyber Security expert **Roger Gotthardsson** used recently declassified CIA documents to create a map of consciousness. How can Virtual Reality simulation explain the retrieval of lost souls? What does Computer Virtualization (performed in thousands of data centers at Facebook, Google and Amazon) have to do with reincarnation and the borders between life and death?

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