

My Spiritual Journey and the Development of 21st-Century Knowledge

By Douglas Kinney

In my book *Frontiers of Knowledge*, I write as a system scientist exploring and synthesizing what we are discovering at the frontiers of scientific and consciousness investigations and spiritual explorations. For this paper, though, I emphasize what I have experienced and learned in my own spiritual journey and explorations. These include my spiritual awakening and becoming a New Thought minister, a spiritual journalist, and a between-lives spiritual hypnotist. All of which supported me in researching and writing a book that integrates science and spirituality.

Souls Experiencing Life as Humans

Pierre Teilhard de Chardin provided us with his famous quote about humans and souls: “We are not human beings having a spiritual experience. We are spiritual beings [souls] having a human experience.” The information in *Frontiers of Knowledge* and my own experiences and discoveries support this claim.

In my early adulthood, I was a “weak” agnostic—basically disinterested in anything religious. This changed with my “spiritual awakening” that occurred near the end of a five-day consciousness and self-awareness training my wife (Terry) and I were attending. The training “spiritually opened” us to our inner nature with meditations and emotional exercises that connected us with our fellow students and introduced us to key New Thought concepts of how we are creating our reality from our beliefs and thoughts.

My awakening occurred in the early morning of the workshop’s fifth day when I awoke experiencing myself as a spiritual-energy sphere of conscious energy in which my memories were distributed. In it I investigated and reviewed several experiences that bothered me. Somehow I intuitively knew that this energy consciousness was closely connected to my higher self—my full soul. Everything I have learned and experienced since supports this conclusion.

Frontiers of Knowledge documents the holographic nature of our consciousness/mind. Its nonphysical nature is illustrated and documented in “verified” near-death, out-of-body experiences (OBEs) that occurred during medical operations. Also, most of the very “rich” NDEs and between-lives regression sessions occur in a spiritual realm populated by souls.

The systematic examination of these experiences is providing us with our first comprehensive description of the spiritual realm and the souls that populate it.

My Early Spiritual Journey

During the mid-1980s when I was working as a system engineer, I completed my studies in Religious Science (a New Thought spiritual philosophy and healing practice): first becoming a licensed spiritual healing practitioner and then an ordained minister. Also, during this decade Terry and I explored a wide variety of other practices and experiences. These included attending sessions with spiritual mediums, channels, and masters plus participating in fire-walking, spiritual healing, hypnosis, and other spiritual events.

Most of our explorations were with friends from the self-awareness training. One woman friend became a very accomplished psychic, and I still remember her reading that covered many of my past lives.

Another favorite is my “channeling inoculation.” This occurred in a workshop by a channeling friend. In the workshop she stated as a fact that men become “spiritually mature” only after becoming bald. I had a full head of hair as did her husband. When I said, “I guess this leaves us out,” he took off his toupee! My lesson: find corroboration for channeled information.

In the early 1980s, I also explored Tarot card reading. This occurred when Terry—who is sensitive to subtle-spiritual energy—found herself being drawn to the Tarot book shelf while Christmas shopping for me. She tried to shake it off, but it wouldn’t go away. Finally surrendering, she bought me a deck. When I opened it, I turned my nose up in a skeptical manner and put it aside. But I came back to it and discovered that it was a very good aid for practitioner work. Specifically, I found that the last Tarot card viewed in a session—which represents what is coming into the subject’s life in the near future—gave me a clue into my subject’s thinking and beliefs. If this life event was undesired, I worked at changing their belief system in order to create another outcome. I see this as my first experience with subtle-energy information.

By the early 1990s, I was a part-time minister conducting Sunday services and teaching Religious

Science classes. One day it came to me that this was not my path. I then went into a somewhat dormant internal spiritual period where my activities were more outwardly focused in my role as the district leader for the International New Thought Alliance (INTA) in Maryland, Virginia, and the District of Columbia. I organized several regional INTA conferences, and in 2004 I helped promote and staff the annual international conference which occurred in the Washington DC metro area.

In the late 1990s, I became the president of an independent regional Religious Science organization. (Now known as the Alliance for Spiritual Understanding, AS-U.) This organization includes many friends—several of whom were in my ministerial training class. Later I came to understand that they are members of my “spiritual family” as described by Edgar Cayce—the famous 20th-century psychic—and Dr. Michael Newton in his exploration of the spiritual realm with between-lives regression.

Walter Semkiw—a medical doctor who explores reincarnation—had the same insight about members of spiritual families incarnating together. Semkiw also found that individuals tend to have the same appearance as in their past lives. This is illustrated in figure 1 with Semkiw as the reincarnation of John Adams, our second president, and for the reincarnation of Confederate War Col. John B. Gordon as Jeffrey Keene, an assistant fire chief. Keene also found that several members of his fire department had been officers in Gordon’s Civil War regiment.

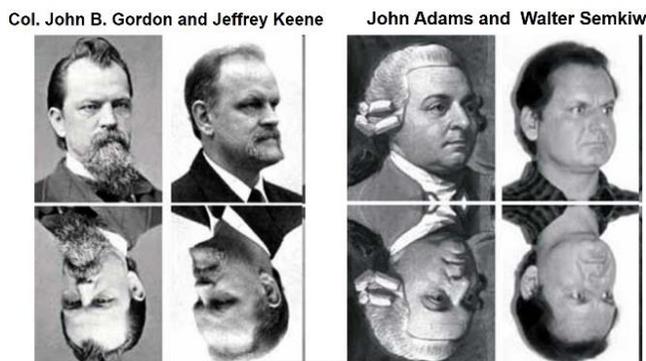


Figure 1. Facial Similarity of John B. Gordon with Jeffrey Keene and Walter Semkiw with John Adams

Around 2000, an AS-U friend conducted a past-life regression session for me that included a traumatic death scene, the “energy” of which I am still carrying into this life. In another scene, we both saw a juggler

with five balls in the air. The regressionist asked me: “Which one do you need to concentrate on in this life?” I immediately knew that I had to do all five.

I knew early on that one of the five was my system thinking skills. Another I later realized I already had was my ability to quickly learn the essence of any subject fairly quickly. But I did not know what the other three were. I describe their discovery below.

Completing My Preparation

It was in the mid-2000s in two AS-U seminars that I was introduced to the amazing spiritual information being provided by modern quality spiritual channels and Dr. Michael Newton’s between-lives regression sessions of the spiritual realm and the souls that populated it. Both helped me develop a broad background in spiritual knowledge, which I came to see was my third “ball-in-the air.”

During this period, a woman AS-U practitioner became a good spiritual channel. Somehow she and I decided to write a book together about the information her channeling group (The Lightspeakers) provided. For our initial research, I conducted seven, one-hour interviews with The Lightspeakers. I asked them all sorts of questions, and they tried to answer them in ways that I could understand—primarily using metaphors. They, like all channeled entities, have the challenge of translating information and concepts from nonphysical, energy beings living in a non-physical realm into human terms and concepts. Needless to say, much can be lost in this translation.

Let me illustrate this with a conversation in which they were trying to help me understand the difference between “young” and “old” souls. First, they told me that all souls were created at the same time, but that “young” souls have limited knowledge and awareness. They illustrated the later using a metaphor: “visualize a large dark auditorium in which a ‘young’ soul is in one corner with a dim light illuminating only a small part of the auditorium. An ‘older’ soul with more awareness would have a much brighter light, one illuminating most of the auditorium.”

This metaphor provided me, a beginner in spiritual channeling, some understanding of deeper spiritual knowledge. Later I learned from the between-lives discoveries of Newton, other spiritual regressionists, and several “quality” channels that the “larger” universe is built with “levels” of spiritual energy

consciousness in which a soul only has access up to the level of their energy consciousness. Thus, a young soul with only a limited amount of energy consciousness can only access lower dimensions.

In the middle of my initial explorations of spiritual channeling, I volunteered to write an article on reincarnation for a New Thought journal. I quickly launched into my research and analysis, and I found myself being “carried by a wave of energetic intelligence.” Even though I was working a system engineer job that took up 12 hours a day, I found myself inspired to get up at 4:30 AM and work for 2 or 3 hours before I left for my job. After I got home at 6:30 PM, I would have dinner and then work till about midnight. On the weekends, I was probably working 15 hours a day. This went on for about four months.

My explorations and writing went on for about four months. During it, I found many of my key sources—some in books I just “happened” to already have on my bookshelves. Obviously, I had bought many of them, but for some, I could not remember buying.

I also discovered an approach that can help develop the exploration of spirituality into a knowledge discipline: to systematically investigate, critically examine, and compare all the information developed. (Later I found that some philosophers of science believe that these are key aspects of any knowledge discipline. And I introduce it as a key concept in *Frontiers*.)

From my research, I defined 30 spiritual concepts (or hypotheses) and compared how much agreement there is for each from the information provided by eight sources: (1) recordings and books by five channeling sources (two are Edgar Cayce readings and Neal Donald Walsch journaling books), (2) Newton and Dolores Cannon books about the between-lives regression experiences of souls in the spiritual realm, and (3) Charles Graybar’s experiences from 10 years of out-of-body “travels” in the spiritual realm with three guides (presented in his book, *Beyond the Broken Gate*). Almost all this information and findings are not included in *Frontiers of Knowledge*. I plan on using it in a future book.

But I had more to learn. It was not until 2008 and 2009 that I developed the two other skills/talents I needed: spiritual journaling and regression training for past-life and between-lives sessions. The following key developments occurred in 2008:

- In May 2008, I participated in Walsch’s five-day workshop; at the end of which I was initiated into spiritual journaling. (Two weeks afterwards, I started journaling with what I interpreted to be my higher self. In my journaling, I received insights and ideas about which I had little knowledge.)
- In August 2008, I went through multiple Kundalini (spiritual-energy raising) experiences while attending INTA’s annual conference in Chicago. After five days, I had the distinct impression that there was a spiritual team involved in journaling with me, not just my higher self.
- In November 2008, I attended a five-day past-life hypnosis/regression training with Richard (Dick) Sutphen, one of the most experienced past-life regressionist in the United States.

In late 2008 and early 2009, I created and presented a one-day workshop of what I had learned, but I quickly realized that I had too much information to convey in a workshop format.

My next spiritual growth experienced occurred in November 2009 when I attended a five-day between-lives training conducted by Dr. Allen Chips of the National Association of Transpersonal Hypnotherapy (NATH) in Virginia Beach, VA. Allen Chips and his organization (run by his wife Dee) were well versed in this subject having sponsored Michael Newton’s first between-lives regression training in 2001.

I had a great experience in the training: learning the essence of Newton’s life-between-lives (LBL) technique. My class highlight was the LBL I conducted for a woman student. In the session, she had the following experiences:

- Meeting her spiritual family—one that includes many of the key individuals in her current life.
- Reviewing her last past-life and current life with her spiritual council.
- Having access to all her past lives, including her first human incarnation. (Her previous lives were on a “gentler” physical and cultural world.)
- Attending an energy-consciousness class which was teaching her how to better interact with other humans.
- Reviewing her life selection process: sex, physical body, family, etc.

In returning from Virginia Beach, I stopped overnight in Richmond VA to see some friends. The

next day, we went to a workshop conducted by a spiritual channel that Lisa—another of my AS-U friends—was sponsoring. In the workshop, the leader gave us an exercise in which two people were paired off (Lisa and I were partners) and were directed to give each other a message from the other's higher self. The message Lisa passed on to me was: "Isn't it time to quit your job and spend your time doing what you love?" I said, yes. Right away I started working on the book that became *Frontiers of Knowledge* and retiring from my engineering job.

During the researching and drafting phase of this book, I often experienced communicating with a spiritual advisory team in a lucid-dream state at night. Sometimes I would wake up right away. Other times I would remember the essence of the dream when I woke up in the morning. In all cases, I would write what I remembered in my journal and discuss it through journaling with my advisory soul group. The example I most strongly remember was the dream in which I was being directed to write about the human subtle-energy system (chapter 9 in *Frontiers*). When I woke up that morning, I told Terry, "Damm, I have to write a new chapter!" Interestingly, I had in my library what are probably the two most important books on the subject: Barbara Brennan's *Hands of Light* and Cyndi Dale's *Subtle Body*.

The subtle-energy information was critical for completing my full integrated description of reality in *Frontiers of Knowledge*. In June of 2014, it was a key part of the presentation I made at the Society of Scientific Exploration's annual conference on how the human subtle-energy body system (with its many layered bodies) could explain very unusual mind-body phenomena: (1) stigmata (bleeding from hands and feet for a few days each month), (2) how some children—who remember their past life—have birthmarks corresponding to the wounds that contributed to their death in that life, and (3) how many individuals look the same as they did in a past life (see Figure 1).

Even with my spiritual "helpers," there were many skills I had to learn before the book was completed as a polished product; key among them were:

- Learning how to write a major scientific-type book. For example, my first editor taught me to eliminate material that got in the way of the story's flow and to place the extra material in a long endnote or appendix if I was invested in it.

- Finding a professional editor to help me finish *Frontiers of Knowledge* in a professionally style.
- Learning how to lay out a complicated book after my first self-publishing company could not give me a professionally looking product.
- Finally, creating an index for a complicated book.

I have the strong sense that my life mission has been to write *Frontiers of Knowledge* with the goal of helping integrate science and spirituality. (This was confirmed in several spiritual journaling sessions.)

Having a spiritual team supporting me has been a big help. Besides the book help I described above, they have giving me inputs before speaking engagements to guide my talks for that audience. Following are two examples of the guidance given in dreams:

- Before my presentation to a chapter of the Institute for Noetic Science (IONS), I "saw" the image of two DNA-like strands becoming unraveled. I was given the insight that this represented the separation of science from spirituality at the beginning of Western science (in the fifteenth century). Next, I was shown the two strands coming back together—representing the coming and needed reintegration of the two.
- Before my talk to a Unity New Thought church, I received the "instruction message" to speak about the major patterns in our English-American culture. One being the reoccurring cycles of spiritual awakenings and crises that occur within an 80 to 90 year period.* The latest of these are the New Age Movement (1967 to 1980) and the Great Recession (2008 and beyond.)

Throughout the last eight years, I definitely have the sense of being on task with my work and that others will come forth to help bring the knowledge and insights provided in *Frontiers of Knowledge* to larger audiences.

* Presented in Howe and Strauss's book *Generations: The History of America's Future, 1584 to 2069*.