

# **The Hidden Truth**

*A logical path through compelling evidence  
to discover the nature of reality and the meaning of life*

**By Wade C. Wilson**

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**Table of Contents**

Chapter 1: Introduction	6-13
Chapter 2: Quantum Physics	14-38
Chapter 3: Near Death Experiences	39-71
Chapter 4: Out of Body Experiences	72-91
Chapter 5: Reincarnation	92-133
End Notes:	135-141
Selected Bibliography	142-147

**Tables**

Near Death Experience Traits by Survey	p. 54
Responses of Blind Experiencers of NDEs/OBEs	p. 58
Common OBE Traits	p. 77
Common OBE Feelings	p. 78
Transformative Qualities of OBEs	p. 81
Longer Term Impacts of OBEs	p. 82

## **Introduction to Part 1**

The information in this book took me a decade to research and assemble, and I feel the findings are truly remarkable; not only in their meaning but also for how they could potentially impact society. However, just because a book could have an earth-shattering impact does not necessarily mean book publishers will be interested in taking a chance on an unknown author. So after much soul searching, I decided to embark on an uphill battle to self-publish in order to get the findings in this book into the hands of society. Self-publishing is a difficult path because as an independent author, I do not have a large marketing budget or specialized resources to help the public become aware of or sell my book. Neither can I easily get the book onto shelves in bookstores or retail outlets where most of the mass market shops. By default my potential customer base is largely limited to those early adopters of e-readers who would be willing to take a chance on an unknown author.

Therefore, to encourage those potential customers to take that chance on me, I have created a free sample of my work that covers the first half of my book. This free sample, part 1, establishes an important baseline for the rest of the book's logical sequence. This section is heavy on scientific evidence, but was intended to be a quick and easy read, drawing in the reader and leaving them feeling excited and eagerly wanting more. Therefore, I feel confident that after completing part 1, most readers will be compelled to continue on to the conclusion in the full version of my book.

The concluding chapters are very important to me because the most amazing and life-changing information is found in the last half of *The Hidden Truth*, once the important baseline of part 1 has been established. If you like what you read, please help me spread the word about this interesting book so others can share in the benefit it could impart on society.

## **Chapter 1**

### **Introduction**

Before we get started with a discussion of the nature of reality, I think you deserve to know who I am, why I embarked on a study of the nature of reality that resulted in this book and what I hope you might be able to get out of it.

As an infant, I was baptized in the Catholic Church but to be honest, like many “Catholic” families I spent virtually no time at church as a child. My parents were burnt out on organized religion from their own childhood experiences and did not feel the need to impress upon us the same strict upbringing. My brothers, sister and I were raised to believe there was a God and Jesus was the Son of God who died for our sins. It sounded like a nice, feel-good story and I was curious enough in the matter that of my own volition I read and reread the Gospels and much of the rest of the bible before I began to think that something was wrong with the entire concept of organized religion. However, as a young child, one’s misgivings are not easily rectified with logic. Neither was there an easy way to seek alternative information for a broader understanding to answer my questions, so the matter was relegated to limbo for most of my childhood as I pondered.

One of my most vivid memories as a young child was walking outside and suddenly wondering, “What if life were but a dream?” What if there was a greater being out there and I was but a figment of his imagination? Now, that is an odd thing for a child to ponder!

It either sounds like fantasy or is so ridiculously deep in philosophical implications that assuredly such a thought was not dreamt up in the mind of a child. But it fostered in me a feeling of curiosity about life that stuck with me. I was certain my existence did not begin with life as a child, but I could not fathom from whence I came or why. As it would turn out, that farfetched childhood idea remained with me, in the back of my head, for more than two decades. As a child I was not ready to tackle this philosophical challenge, but as an educated adult I gained the tools to reconsider this problem and address it with a deliberated purpose that was both logic-based and analytical. That journey took a decade to complete as I gathered wide-ranging evidence across many diverse genres to support answers to the questions that haunt us all, and would eventually result in a personally acceptable answer, manifested in the form you see as this book.

Along my search for answers, I considered many other problems I had with organized Western religions. Of course the easiest conundrum was the one that vexes man almost daily: If God loves us, then why does he make us suffer with floods, earthquakes, tornados and a plethora of other natural disasters? Alternately, if God is perfect, then why would he put us on a world where human conflict and competition leads us to commit war, rape, and pillage against our common brethren? The answer to these questions and many more, I’m happy to say, are in this book, since the typical answers provided by most preachers, Imams, Fathers, deacons, etc. in the world’s organized religions was simply not satisfactory to me.

Similarly, I wondered: Why are some people ridiculously rich or beautiful or famous while the vast majority are poor, hungry or quite simply mundane? How is there justice in a world where slavery and famine still exist; or where murderers and thieves still lurk in the dark

no matter how many are placed in overcrowded, inhumane jails? If a child lives but a few days, months or years, how can one say God loves us all equally when someone else lives past 100? And why must there be disease, cancer and accidents that result in death well before our time? Where is the fairness? The answers are in this book, and quite logically satisfying, unlike the so-called answers I heard from organized religion.

There have been many books written on the subject of, ‘What is the purpose of life?’ Unfortunately, many point to their own religion as containing *the* -- “one and only” -- answer, but again as I read the theories proposed in those books I knew deep down that the books were either partially or completely wrong. They were often mere feel-good books that had underlying motivations: their particular religion was the *only* answer so one should listen to that particular author, or face the wrath of a vengeful God at death if the message were ignored. I was troubled that it seemed odd how many preachers and sects of Christianity thought their particular interpretation of the Bible was *the only one* that was right, and must be followed implicitly in order to ‘thread the eye of the needle’ to enter Heaven. This is not to say that these self-help and religious books did not have many good points. Yes, it is important to love your neighbor as yourself and one *should* love God, but how can that be the summation of the whole purpose of creation? Surprise, it’s not! Again, organized religion does not hold a logically-sound answer for the question concerning the purpose of life, but I’ll help you learn your own purpose herein.

I think the one thing that upset me most about organized religion was the absolute insistence that each religion has claimed to have *the* answer, and only the followers of that particular religion could claim a hold on the truth and the way to “salvation,” if indeed there is even a need for salvation; an answer that I think might surprise many readers. Consider the implications if that religion were but the smallest subset of a larger belief, such as and probably most especially Christianity. Then only that church’s “true believers” could hope for salvation

and the rest of the seven-plus billion people in the world were simply out of luck. I'm sorry but that to my mind is the ultimate counter-argument for their religion's own validation because I cannot fathom how a loving God could create a universe some 12-14 billion years ago to reach its current state, so that mankind could evolve on earth over the most recent one million-year period, all for the sole prospect of saving a few thousand to a million-plus of that religion's followers – who follow a particular subset of a religion or preacher, and tithe to the “appropriate” church or cause. Doesn't that strike anyone else as counterintuitive at best?

It struck me as asinine. There must be an answer, and I was going to find it. So in my spare time I started reading, researching and postulating; a process that would last more than a decade. There was no one book to go to that could provide all the answers I sought. If there was, I certainly wouldn't need to write this book. It took years because one book was as likely to provide a half-dozen more leads to follow as have nothing of use in it at all, and only a few of those leads would ultimately prove productive. It was a grueling effort to separate the wheat from the chaff in order to find consistency on issues that indicated solid, evidential support of basic underlying truths. But there were a few books that asked some thought provoking questions, and other books that helped me start an internal discussion, or provided studies on information that led me down yet more tangents, or provided bibliographic clues as to where else I should look. The search resembled a scavenger hunt, to say the least, in my quest to find and then assemble all the pieces into one cogent theory of reality and meaning of life.

I've read many dozens, if not hundreds of books on the subject by this point, and I've found that many needed to be re-read a second or third time because without a clear guide to follow to assemble the understanding I needed, I was not ready to understand and assimilate all of the information in each of the most important works at the times I initially read them. Many glossed over highly important information because such might be tangential to the main

discussion but when I returned to the piece a second time, a minor point or sentence hidden within a larger thought often times suddenly seemed to be a key to understanding or helping corroborate important information somewhere else completely – sometimes in an entirely different genre of study. For example, near death or out of body experiences might provide information of amazing import within the context of understanding principles of quantum physics.

Now at this point you probably need to know a little more about me. I am not a new age hippy, living off the land and making sure I have a zero carbon footprint – though I certainly have nothing against living a responsible, sustainable lifestyle. I have been a Soldier most of my adult life, and like many Soldiers, I’m probably more conservative than I am liberal, though I cannot be type-cast so limitedly.

I am a very cerebral-type person. I have a Master’s degree in Strategic Intelligence and a Liberal Arts B.A. in Natural Sciences and Mathematics. I found my niche in the Army in the intelligence field because I liked the mental challenge of the specialization, including analyzing unknowns and assessing how best to discern means to acquire information for or otherwise overcome strategic challenges. Obtaining a master’s degree was an easy choice and accomplishment for me: I like to read and write, and assembling papers that proved a thesis statement was hardly a challenge; it was a pastime and something I did most every day at work anyway. And thus, the challenge of determining for myself the true nature of reality was a massive but feasible endeavor for a goal-oriented, highly motivated “student” of knowledge. The process simply took a lot longer than completing a college degree, but the basic work path was an old familiar one: research information that was most readily available, take notes, make assumptions, follow leads to obtain information that was less readily available, assess and compile ideas, assemble/modify a working outline and thesis, and repeat.

So what you will find herein is a thinking man's examination of the nature of reality. I would like you to know that I was a skeptic who did not accept most of what I read on any subject until I had massive amounts of corroborating evidence in hand, especially if that evidence was merely anecdotal. I have an ingrained preference to insist on argumentative agreement from multiple sources across completely separate fields of research before lending weight to any proposed ideas. Thus this guide, if it does the job I hope to do, should help fellow skeptics understand the path I took to discovery and the reader can then decide whether the presented logic is sound and transferable to their own experience-set and level of acceptance.

Historically, I have found it very hard to read most new age-type, spiritual books because the authors tended to discuss various, possibly harebrained concepts as if they were a given truth – with no intention of convincing a skeptic to believe those points, and expecting every reader to already exist on their same baseline of understanding. I hope not to repeat those mistakes.

Even after writing this book, I am still a skeptic and if I have not experienced something personally or had it proven to me logically, then the item of interest still resides in potential fantasy-land for all intents and purposes. I'm sure that many would be readers and personal growth explorers have been similarly turned off from the new age-genre because of that disconnect, so it has been my intention not to make the same mistake here. With this book, I hope to break down those stereotypical walls and create a methodology that engenders general acceptance from the common man.

This book can be considered a study guide – a path of research that I walked over many years time to come to a greater realization of the nature of reality and the meaning of life, and the peace of mind that knowledge brings. However, one should be aware that this book is not presented in the same order by which I eventually came to these conclusions. Writing a book that mimicked my own path of discovery would have resulted in a disjointed sequence, so I

needed to impose some logic and structure on the thesis ideas so a beginner could more quickly come to their own decision on the logical merits of my work.

This work will mostly concentrate, therefore, on presenting the body of evidence for each listed topical area. The reader is invited and encouraged to research further by exploring the references used in each chapter as those authors – mostly scientists, doctors and professional researchers – have all done exhaustive research in their own specialty. I could not possibly do justice to their work by presenting all of their collective ideas, evidence and work in my own summarized, analytical piece, so those references are an excellent continuation point for a reader's own exploration of truth. The cited bibliography of this work is also by no means exhaustive on the topical areas, but merely a starting point that is stilted towards my own experience and research path in the search for the truth. It does not include every important work on the covered research topics because I simply could not reference or cite all of the thousands of books and academic papers written on each topical area of research. Also, many works that I did read are not referenced herein, for one reason or another. Many were secondary sources providing information that would be better cited in my work by primary sources, or otherwise did not offer substantive information necessary for this book. Nevertheless, many more sources contributed to my search for the truth as I sought an overwhelming consensus from the body of available information.

The following chapters then provide a cross reference of corroborating evidence between the various genres of research I explored. The study begins with the most scientifically sound evidence available and moves down a continuum of esoteric, though solid anecdotal evidence within increasingly metaphysical genres. This includes the fields of quantum physics, near death experiences, out of body experiences, reincarnation, hypnosis-studies, including inter-life sessions and spirit guide interviews, and finally channeling. The evidence is intended to

convince even skeptical readers to reach similar conclusions to my own on the true nature of reality and meaning of life. The evidence leading up to the conclusion is obviously the most important component of this book as without it, my conclusions would make little sense to the reader, and indeed the journey to the conclusion is most of the enjoyment of the experience anyway. Still, I ask you not to take my word for any of the ideas presented herein, but to consider the evidence provided, read the material referenced throughout for further information, and then come to your own conclusion.

I hope you enjoy the journey.

## Chapter 2

### Quantum Physics

#### **Introduction:**

Of all the diverse fields I researched on the subject of the nature of reality this one was the most divergent and the most scientifically sound. Information provided in this genre sets the stage early for whether or not a skeptic should even consider plausible, anecdotal or less scientifically sound evidence discussed in the rest of this book. The reader will also note through the later chapters that topics highlighted here are then repeated in so many other genres of evidentiary study, ideally lending weight to such evidence given their consistency of agreement. Therefore it made sense to me to place this weighty chapter at the front.

In order to aid understanding and enjoyment of this chapter, I will include virtually no mathematical equations so as to try not to lose anyone's interest or compromise their full understanding. I caveat this endeavor with a warning that this amounts to a matter of translating one imprecise language – mathematics – for another: English. Translating reality as scientists have observed it at subatomic levels into mathematical formulas is imprecise in itself and may never achieve what Einstein had proposed was the ultimate goal of physics: an equation that defined *all* of reality. Unfortunately, without the perfect equation that defines *all* of reality, the process of translating pieces of observed reality into mathematics results in an inexact

representation of that reality. Therefore, translating those imprecise mathematical equations into simple English for the common reader's enjoyment further clouds that reality, but provides a close approximation that should help most people understand the implications of this astounding field.

As I compiled my thoughts on the nature of reality, aimed at eventually winning over skeptics like myself, it was clear that some of the most important evidence for that goal would be found in quantum physics, a highly technical field contributed to by such eminent personalities as Albert Einstein, Max Planck, Niels Bohr, and many others. As might be expected, none of these celebrated personalities embarked on their ground breaking work as physicists with any intention their efforts would be utilized to forward a theorem on the existence of a universal spirituality. Indeed, some among them were ardent atheists who could not conceive of a God-personality or even life after death. It is quite ironic, therefore, that some of the best proof on the true nature of reality derived of quantum physics would end up, decades later, leading others in their field to acknowledge an unexpected truth – that there must be something behind that which mankind perceives in the physical world that allows 'reality' to function. Indeed, there is.

Modern physics is not the sterile, boring discipline some might perceive it to be. It is a rich, profound venture that has become inseparable from philosophy; an amalgamation blending the hardest of hard sciences with the softest science of academia. However, delving into the philosophical tenets underlying the meaning of some modern discoveries of physics is not generally encouraged in the field of hard sciences like physics. A pseudo-agreement known as the Copenhagen Interpretation provided the interpretation of Quantum Theory accepted by the bulk of the scientific community in the early 20<sup>th</sup> century. This agreement stated the proper goal of science was to provide a mathematical framework for organizing and expanding life's experiences, rather than seeking to provide a picture of some reality that could lie behind those

experiences.<sup>1</sup> From the Copenhagen point of view, quantum theory was satisfactory as it was; i.e. as impersonal mathematical equations concerning the behavior of subatomic structures. Thus, the Copenhagen Interpretation found the effort to understand the philosophical and spiritual implications underlying hard science theories was not productive for the betterment of *science*. My aim herein is to show that an understanding of quantum physics is an integral beginning for setting the stage for the philosophical and spiritual basis of the nature of reality.

### **Classical Physics:**

Quantum mechanics is important because it took cutting edge research in physics from a literal dead end, following Newton's classical ideas of mechanical physics, to a nearly boundless new field with findings that have eerie similarities to statements by spiritualists, mediums, and Eastern and new age religions. In the age of Newton, physics was seen as a field of defining life's processes as cogs within a massive machine. If one could understand how or why the smallest parts functioned as they did, then – the theory presumes – it should be possible to extrapolate how all the larger parts of the universe, seemingly connected to it directly through physical, chemical or gravitational connections, would function in turn. Thus, like Einstein, they hypothesized it might be possible to create a physics equation that would define not only how everything in the universe functioned, but to extrapolate that function forward to determine what would occur at any point in space and time in the future. They saw life, thus, as preordained, following a regimented course that was begun as required by the 'equation of life' since the Big Bang initiated the forward movement of time. Every future event thereafter was predestined to occur.

Newton's great work showed that the earth, moon and planets were governed by the same laws as falling apples – gravity. The French mathematician, Rene Descartes, invented a way of drawing pictures of relationships between different measurements of time and distance, known

as analytical geometry. Analytical geometry is a wonderful tool for organizing a wealth of scattered data into a meaningful pattern; for example, combining huge tracts of apparently unrelated experience into a rational framework of simple concepts like the laws of motion. The starting point of this process was a mental attitude that initially perceived the physical world as fragmented and different experiences as logically unrelated. Newtonian science, then, was the effort to find the relationships between these pre-existing separate parts.<sup>2</sup>

The problem with Newtonian, *classical relativity*, physics was that exceptions to the rules kept popping up in the equations. Mercury's cycle around the sun, for example, did not follow the standard equations defining other planets' gravitational relationships with the sun. Classical physicists also followed Newton's line of thinking in that matter could be broken down into its smallest constituents – essentially small, indestructible 'balls' or atoms – and therefore there either was matter or there was a void. The Newtonian model of physics also provided for the conservation of matter, and claimed matter was essentially passive.<sup>3</sup> These classical assertions were contradicted, however, by new discoveries in quantum physics. Thus 19<sup>th</sup> century physicists were reaching a dead end trying to make old theories fit modern observations of both macroscopic and sub-atomic reality.

Newton's mechanistic world view – i.e. the classical laws of physics – was appropriate for most macroscopic observations of the world, but became completely insufficient and contradictory at the sub-atomic level. This forced twentieth century physicists like Albert Einstein, Neils Bor, and many others to create new laws, theories and mathematical languages in order to explain their observations of these new phenomenons. These laws became known as quantum theory.

Whereas classical science started with the assumption that separate parts worked together to constitute physical reality – thus the parts determined actions and events of the whole –

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