



# Paranormal Phenomenon: Ghosts, Spirits & Hauntings

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## Episode 2:

# The Universe & Realms of Existence

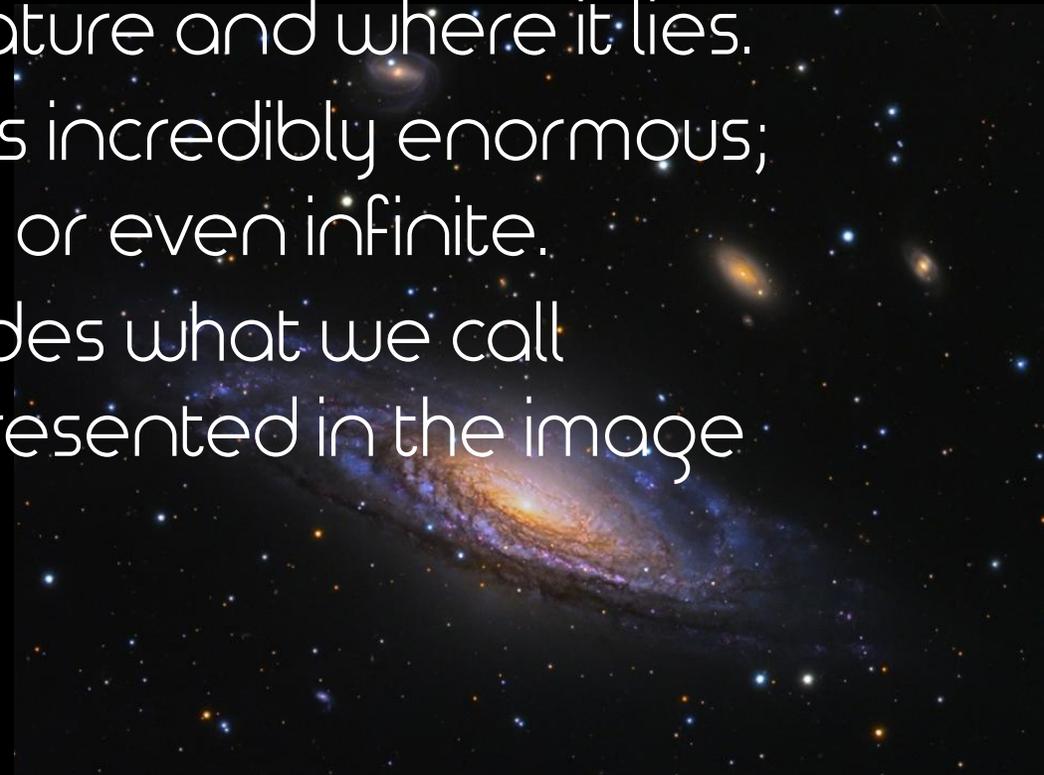


Course URL: [liberty-academy.org/teens-adults/paranormal\\_phenomenon/paranormal\\_phenomenon.html](http://liberty-academy.org/teens-adults/paranormal_phenomenon/paranormal_phenomenon.html)

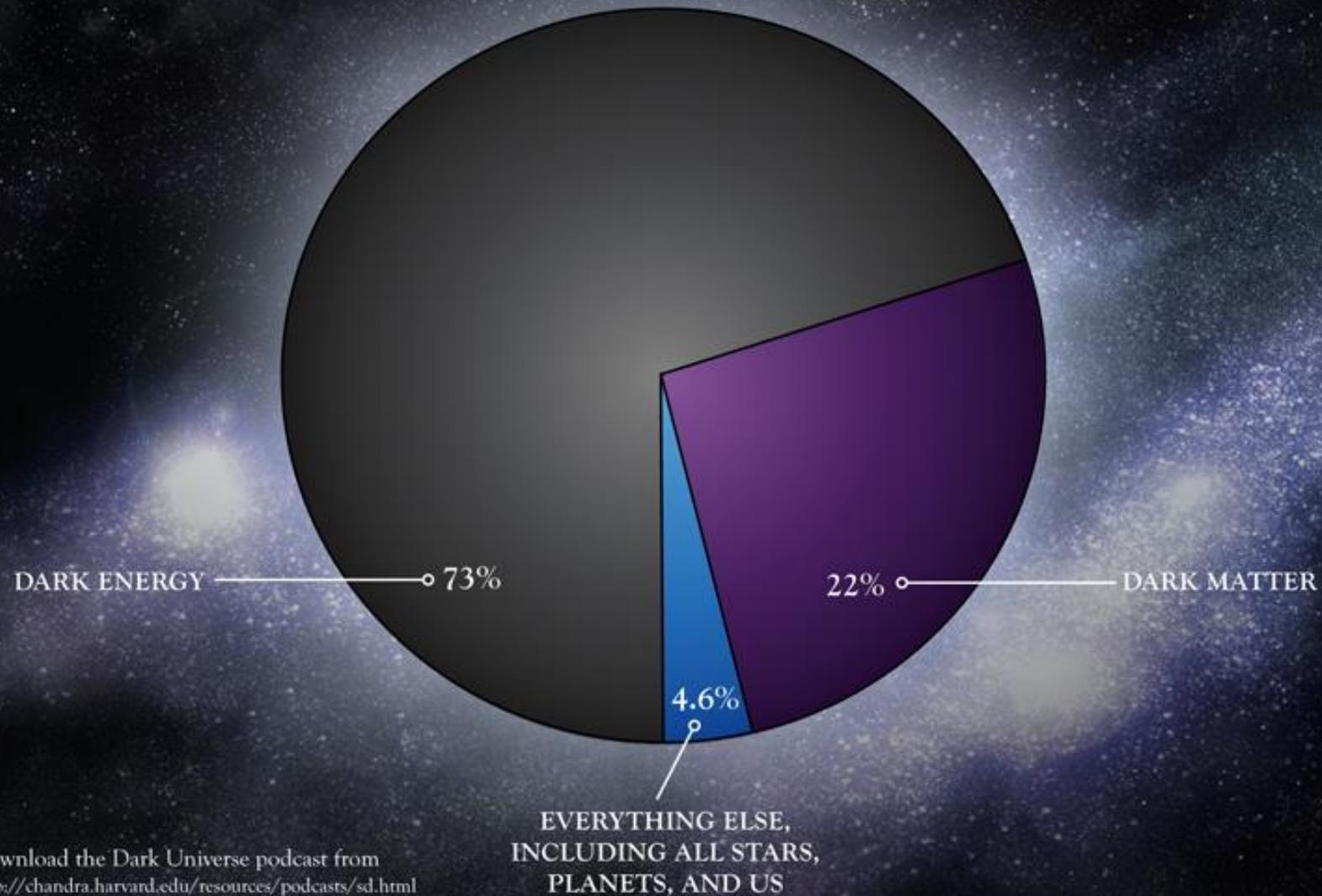
# The Universe & Realms of Existence

Prior to delving into all these topics though, we first need to consider the **universe** in which we live and are part of.

- As any form of paranormal activity is essentially **energy**, we must firstly contemplate its very nature and where it lies.
- As we know, the universe, or cosmos, is incredibly enormous; some would argue that it is expanding or even infinite.
- The vast majority of the universe includes what we call **dark matter** and **dark energy**, as represented in the image on the following slide.



# *Energy Distribution of the Universe*



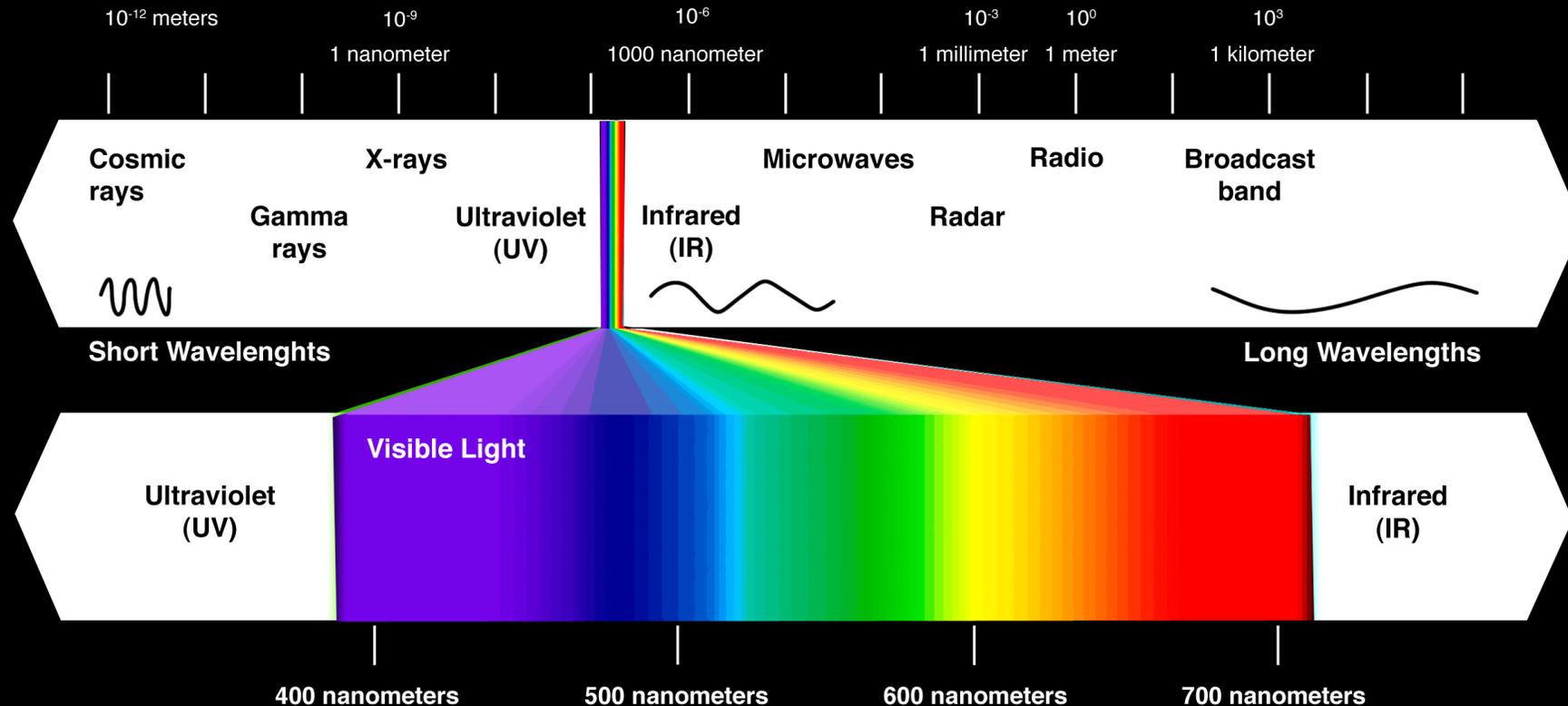
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# The Universe & Realms of Existence

- It is estimated that more than 95% of the universe is comprised of dark energy and dark matter.
- For astronomers and other scientists in the field, both dark energy and dark matter remain largely *unknown* in terms of their respective compositions and functions.
- The remaining 5% of the known universe is made up of things familiar to us such as stars, planets, galaxies, and even us human beings.
- And even within this 5%, only a tiny fraction of it is noticeable to us – mostly through what we call the ‘Electromagnetic Spectrum’.

# The Electromagnetic Spectrum

- The Electromagnetic Spectrum represents only about 0.005% of the estimated mass of the universe.
- And **Visible Light, or Light** – the portion of the spectrum that is perceivable by the human eye – is only a tiny fraction of this:



# The Universe & Realms of Existence

- As there is still a lot we don't know about the universe we live in, it should also be considered that there are **dimensions** that can exist whose exact nature largely eludes us.
- Over history, there have been various accounts of personal experiences that would suggest **inter-dimensional** (including both time and space) journeys.
- In more modern times, some scientists have also theorized that **parallel universe(s)** may also exist.
- Albert Einstein's **General Theory of Relativity** posits that the force of gravity arises from the curvature of **space** and **time**; more simply put, he proposed the existence of holes in the fabric of space-time.

# The Universe & Realms of Existence

- As pretty much everything in the universe (**matter** and everything **ethereal**) is a form of energy or **vibration** (**frequency**), the possible existence of other dimensions surrounding us remains hard to dismiss.
- Such dimensions can be referred to by terms such as **realms**, **planes of existence**, **astral planes**, among others. And each of these carry their own distinct characteristics and vibrational frequencies.
- **Portals** are thought to exist by which travel between such planes or realms can occur.
- We should also not exclude **dreams** as a vehicle for accessing said plains.

# The Universe & Realms of Existence

- Therefore, we must be cognizant that there exists a lot in our world that is simply not visible and recognizable to us human beings.
- Accordingly, paranormal-related events, occurrences, beings, and the like remain elusive and most often cannot be adequately explained by current scientific methods.
- Unfortunately, many who work in modern science are far more averse in offering workable explanations for such unknowns; rather, they often either dismiss them altogether or attach their existence as mere conspiracy theory, hearsay, or complete fabrications.