

The Book of Jacob

Research of a Natural Projector.

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The Book of Jacob.

Introduction.

This is story that is too amazing to NOT tell! It is my personal account of incredible things that are happening around us. I am a natural projector. The out of body experience has been a part of my life for as long as I can remember. As far as I can tell, the OBE is perfectly natural and an untapped potential for all of us. In this volume, I have attempted to bridge the gap between religious, scientific, and metaphysical understandings of the OBE. Please understand that I am not attempting to offend anyone. I am merely telling my story, as I experienced it. I will be drawing parallels and stating implications. I do not believe it wise to draw any conclusions at this point. Also understand that I am not a writer by profession. Please do not be too distracted by my own creative use of the English language.

Also, if it is your desire to find full enlightenment, you will have to look elsewhere. It is important for you to start down your own path of enlightened awareness, if you haven't already.

This book is not meant to offer hope and faith. I will attempt to provide 'nuts and bolts'. This phenomenon is real!

It is my intention that this book resonate with people who are already aware of their own dream state lessons or other dream state phenomenon. People have always approached the subject of OBE's and LD's with passive skepticism and nobody has every really gotten to the bottom of it all. NO MORE! There is more to this experience than limited awareness. Much more! We have separated ourselves from the true nature of our existence and are beginning to get back to our ancient way of life, and that is through understanding ourselves and the reality around us by first knowing that we are more than our physical bodies. Furthermore, it is my attention to help inspire a whole new generation of projectors. This experience is right in front of you, waiting for you to grasp it.

Feel free to conclude that I am crazy if you want to. I am firm in my resolve to advance the knowledge I have learned from benevolent, non-physical mentorship.

Brief History of OBE.

The Out of Body Experience is a natural, human, energy-body-awareness event where one finds oneself exteriorized, and operating completely free and independent from their physical body. Free to fly around and observe the real world from a completely different perspective. Our physical human body systems have a highly complex energy-body counterpart. Part of that system of energy includes the mechanism whereby we exteriorize an actual energy-body state that can house (expand) our consciousness, and allow us to exist independent of our human-body-awareness state. The OBE state can be induced consciously through meditation and energy work, or, if you are like me, it will occur spontaneously no matter what. This is a completely natural process and is a genuine untapped human potential for all of us. The OBE and awareness of astral states has been a part of the human experience since the very beginning.

Countless events in human history have unfolded as a result of information that came from ‘seers’ ‘prophets’ ‘mystics’ or ‘interpreters or dreams’. Events that have laid the groundwork for religions, governments, profound historic undertakings and, dare I say, future historic episodes, are caught up in how humans interoperate the information gleaned from the LD and OBE states. In a strange twist of fate, these same ‘mystics’ and ‘seers’ have always been seen as heretics by the rest of the world, and (dare I say) still are.

I remember hearing the story of a man who was poor, alone, and left for dead by his family. And even while in prison, was able to prove to perhaps the most powerful ruler in history, that affluent knowledge of dreams and dream-state-lessons could save the entire known world from destroying itself. THIS IS PROFOUND! I also heard of a man from Denmark who had an energy-body-awareness event that inspired him to create the original model of the atom and, eventually, had a profound effect on the entire world and our understanding of energy. I could go on and on about history and OBE’s, but the fact is that these types of events are occurring all of the time, in all religions, all cultures, all geographic locations, all walks of life, and always have been. The only thing that really changes is our interpretations of these events and how they affect our understanding of ourselves, and the world around us. The OBE is completely natural and happens to each and every one of us at some level.

The lucid dream experience is also an energy-body-awareness event. The 'lucid' refers to the level of waking consciousness that we bring with us into the dream-states. I want to point out here that there are many differences between LD states and OBE states. And there are many states in between. We will not go into that right now except to say that they are all very natural energy-body-awareness events that, even though these awareness-states differ greatly, they are also very much the same. Especially with respect to how they have the tendency to change our personal lives, and the world around us in powerful ways. These LD and OBE experiences have been with us since the dawn of our existence, and remain alive and well with us today. Again, the only thing that has changed over time is our knowledge, understanding and practice of these types of events.

The Out of Body Experience and Science

The scientific community, regarding the out-of-body-experience, has advanced quite a number of interesting studies. The idea of a system of subtle biological energies existing throughout the entirety of the human body is nothing new to medical science. As time goes on, and as science explores the vast expanse that is the complexities of the universe, so goes the exploration into the world of OBE's, from a scientific perspective. There is a formula with regards to how we approach scientific study. It is a completely different approach, altogether, from how OBE and astral-awareness events have been viewed throughout history. The purely scientific observer has the responsibility to be as objective as humanly possible. Science has a responsibility to hypothesize, observe, experiment, document, theorize, etc., as skeptics. Anything studied under a truly scientific model must be observed and produced under specific conditions, and then reproduced under the same conditions. We have come a long way, scientifically speaking, by sticking to strict scientific study principles. The same is true with OBE. Our documented, scientific knowledge of subtle biological energies and the nature of energy-body-awareness events are also increasing by leaps and bounds. The more thought and experimentation that we undertake, the more we learn and understand.

The more we learn and understand, the more we realize that there is an inherent problem when studying the dynamics of OBE. This is a subjective experience. Any information brought back by an experiencer cannot be recorded in an objective manner by an observer. Which is to say, a scientist cannot just take the word of a human experiencer as proof. Not in a lab. We have to prove, prove, and recreate our findings. It is also true that a projector cannot simply take the instructions from an observer and automatically apply that to a projection experience. That is a very advanced and disciplined undertaking. To be completely honest, by the time I was able to induce a fully conscience exit projection, I was well past the point of trying to prove it to anybody. For the experimenter, the reality of the experience is not in question, and the idea of verifying the event to an observer in the room becomes less and less important over time. To the observer, nothing actually HAPPENS. This creates a, seemingly, unbridgeable gap between science and the study of OBE, by ways of subjective observer. Fortunately, the reality of OBE is a subject that will not go

away, and science is being forced to look at OBE and energy-body-awareness events in different ways. First hand subjective observation is not the only way to study this phenomenon.

A survey was taken in the 1890's, in the UK by the British Society for Psychical Research. While this study involves an unsophisticated view of OBE and related events, it was still an amazing undertaking involving over 17,000 participants in a project that spanned over 3 years. The questions were vague and they touched on a variety of phenomenon, but the study gave us one of our first glimpses into a new way of looking at OBE, in an objective, scientific manner. Today, though, the questions are not the same. Our understanding of OBE has become much more sophisticated. By the same token, we have become much more sophisticated in the way we approach scientific studies and surveys. If you consult the 'oracle', (Google) you can find all sorts of surveys related to OBE. Most OBE research sites are promoting their own point of view, and they are consistent with personal reports of OBE, but they are lacking in actual scientific investigation. This is primarily because they have no NEED for scientific verification. Other sites, even though they are spiritual or metaphysical in nature, have recognized the need for scientific scrutiny, and approach this subject with more of a scientific mindset. I recently took an online survey offered as a part of an ongoing study of the OBE. I did another search and took another, equally as involved, survey. I. Became aware of several ongoing projects that are very interesting. Feel free to do the research for yourself. I am going to paraphrase my findings with regards to information taken from various Internet and independent surveys taken recently regarding OBE and related phenomenon.

No matter what your opinion of OBE is, these are the facts: An overwhelming majority of people surveyed, 75 to 80 percent, reported experiencing a fully conscience exit projection. Of those who did not report first hand OBE, a majority of those people believe in the experience, and fully expect to have an OBE one day. 65 to 75 percent (still overwhelming) reported having multiple bouts with sleep paralysis. About 60 percent of all people have reported experiencing OBE related energy-body-sensations including, varying degrees of vibration, motion, vertigo, full-body electrical hum, and other energetic pulses throughout the body. About the same amount of people reported experiencing other OBE related phenomenon including; astral noises, seeing through closed eyelids, seeing apparitions/orbs etc. About 80 to

85 percent reported having at least one lucid-style dream, precognitive dream, or one dream related deja vu. 25 to 30 percent reported spontaneous memories of past lives or previous existences. About one half of people surveyed consider themselves religious, or coming from a religious background, while 70 to 80 percent consider themselves highly spiritual. Of those who considered themselves religious, about 75 percent find direct conflict with the teachings of their religions and their personal beliefs and experiences regarding OBE. Even though surveys are not absolutely scientific in nature, the implications of the results of recent and ongoing survey projects are profound, to say the least. Keep your eyes on these types of projects. These are the people who are working to bridge the gap between science and subjective, esoteric subjects. As the future unfolds, I believe that projects like these and the organizations behind them will take their rightful place among the most important freethinkers in history. Until then, I am afraid that subjective human experience will take a backseat to the current model for scientific experimentation. Still yet, there is much more to the out-of-body-experience, and there is much more that science can sink their teeth into.

The most obvious link between science and OBE has been around for longer than you would think. Hypocrates, (400 BC) otherwise known as the ‘father of medicine’, developed the idea that dreams were an indication of the health of a patient. Wouldn’t you know the Father of Medicine was a forerunner in the study of dreams and dream-states with regard to science and medicine? Many specialties in medical science are closely related to the study of sleep, dreams, and dream-state phenomenon. From psychology to cardiology to neurology to otolaryngology, much of the groundwork for scientific study of OBE has already been laid. In 1996 the American Medical Association recognized Sleep Medicine as its own specialty. A virtual explosion of breakthroughs, and advancements, has occurred ever since. Modern sleep medicine has adopted and built upon much earlier observations and theories. Obvious eye movement during sleep was observed and documented in 1868 by a man named William Griesinger. Freud and others noted the paralysis of the human body, during sleep, in the early 1900’s. Medical science no longer denies the link between sleep and physical and mental health. Furthermore, all of the many scientific studies and experimentations that have taken place have kicked up some extraordinary findings. Not so much with regards to the nature of

OBE, but specifically with the ongoing recognition of a system of subtle bio-electrical energies that correspond to the physical makeup of the human body. Medical science has given us a model/diagram of the stages of sleep, and have developed a sensitive testing mechanism that we can use to study sleep and related sleep-states. This is not new. The electroencephalogram, EEG, is a testing procedure that measures brain waves, alpha, beta, delta, and theta. (Brain waves are a part of the human energy-body makeup.) The idea is to take the data from multiple test patients and create a model of the stages of sleep from the subjects. Then, use EEG to gather data from the bioelectrical makeup of the brain activity of a patient, and be able to cross-reference the results with 'normal' results taken from healthy patients. EEG is the most important test to date regarding the diagnosis of sleep disorders. CAT scans and NMR's are also revolutionary tools in sleep medicine. EMG and EOG record the movement of small muscles in the human body by way of tiny electrical signals, which are part of a larger energy-body makeup. Again, we have come a long way. The existence of a highly complex system of subtle energies attached to the human body is being mapped out by medical science. And it is by way of sleep, and the study of sleep. The more we learn, the more we refine our approach, and the more we can apply what we are learning to the scrutiny of scientific study. The more we look into subtle energies within and beyond the human body, the more we will find. We definitely have a long way to go, and the people in the medical community have their work cut out for them.

Another incredible medical discovery has been advanced by medical science, one that has the OBE communities standing at attention. This discovery has to do with the anatomy of the human brain, and the mechanism in the brain that keeps the 'seat of consciousness' firmly in place, somewhere behind the eyes. Many articles on the anatomy of the human brain have been advanced; unfortunately you almost have to be a brain surgeon to understand them. So, I will report the findings, as I understand them. Apparently, 'the part of the brain that can induce out-of-body-experiences has been located'. Doctors were doing electro-mapping experiments on a patient who suffered from right-temporal seizures. A 4mA current was applied to the right angular-gyrus, and sent this patient into a fully conscience exit projection. The OBE described by the patient was chaotic, but typical of the OBE's described by countless experiencers throughout

history. This is HUGE! Of course, we have to be careful when considering the implications of this discovery. And, of course, much more study regarding the function of the angular-gyrus portion of the human brain must be undertaken. But the idea of science taking its first steps into developing technology that can induce a fully conscience exit projection is very exciting to the OBE community. This discovery has many levels of the medical and scientific communities rethinking their positions on OBE and the reality of the disassociate events with regards to consciousness and the human body. This is an example of the many discoveries in science that have given credence to those who dare to continue to report on the reality of OBE. As time goes on, the relationship between the brain and EBS (energy-body-sensations) will be mapped out, and the existence of an entirely new set of senses will be verified by medical science, and the mapping of the complex system of subtle energies that exist within and around the physical body can be undertaken by credible members of the scientific communities.

There is also a gland in the human brain, about the size of a grain of rice medical science seems to be confused about. The pineal gland is located directly in the center of the brain, at the top of the spinal cord. Studies have mixed results about the function of the pineal gland. The 'brain sand' inside the gland is made up of calcium carbonate, and does not seem to be too impressive to scientists. One of the functions seems to be the release of melatonin, an amino acid that science is also not sure of. It also effects the modulation between waking and sleeping. Some scientists have forwarded the idea that the pineal gland is left over from a rather larger organ that used to be located more to the center of the forehead. The pineal gland is stimulated by darkness, and inhibited by light. Studies in animals suggest that the gland may be the remnant from the earliest photosensitive organs in evolution. THE FIRST EYE. Which in humans, has given way to a set of eyes, right and left, and the leftover light-sensitive vestige is referred to as the THIRD EYE. Any subjective research into the human energy-body will surely turn up a completely different function for the third eye. There is an area between the eyes, into the forehead and in front of it. The size of this area seems to be between the size of a golf ball, and the size of a tennis ball. It is an energy center known as the Brow Center, and has been a part of many spiritual and religious traditions for tens of thousands of years. This energy center corresponds to the pineal gland and can be activated with energy work. It is being reasoned that the glands that make up the

Endocrine system are more than they are cracked up to be. These glands closely correspond to the location of the other energy centers in the energy-body. And can also be stimulated during energy work. Of course, the endocrine system has a completely different set of functions throughout the physical body. And where much work has been done, much credit is due. We've only just begun. Again, medical science has not yet caught up with the wisdom of the ancients, but there is much work being done and there are breakthroughs constantly. Eventually, we will bridge the gap between the metaphysical views of OBE and the scientific reality of OBE.

There are a lot of concepts in modern theoretical physics that are simply impossible (seemingly) to wrap your brain around. Stephen Hawking had me brain-whipped with 'string theory'. I get it now, but I had to really stretch my brain to get it. I encourage everyone to become aware of his or her own limits when it comes to understanding theoretical physics. The reason that I bring this up is because it is the same thing with understanding theoretical metaphysics. I have become quite savvy with understanding and explaining a lot of the many mysteries. That is because of the natural abilities that have manifested in my spiritual life. I have given much more thought to these things, and do not struggle to understand the nature of them.

Hawking forwarded a theory, recently, regarding the current makeup of the universe with regard to how it all started. It is much different than the 'big bang' theory, much more different and exciting. Hawking laid the groundwork for the understanding of a multi-dimensional universe. He described the different dimensions as 'membranes' existing simultaneously on different planes of existence. These membranes sometimes come in contact with each other creating specific singularities in their respective realities. For you and me, that means 'Big Bang'.

This is also very exciting information. Many people in the OBE community have been theorizing about the multidimensional makeup of the universe too. Theorizing and experimenting. Understanding reality through studying the multidimensional state of our physical universe is now a shared goal of science and the OBE communities.

The Out-of-Body-Experience and Government(s)

Governments of the world are caught up in determining the nature of OBE's and altered states. In recent years, the US Government has declassified secret government and military projects involving OBE and 'remote viewing'. This is the tip of the iceberg when it comes to government involvement in esoteric subjects. While it is surely important for any governing body to approach subjects with scientific scrutiny, governments are not, actually, bound by the laws of science. Which means that they don't necessarily have to prove their findings by the same standards, and they definitely do not have to share their findings with the rest of the world. Also, they can act in complete secrecy from the rest of the world and thereby do not, apparently, answer to anyone. This gives, among other things, the green light to study these kinds of things without scrutiny or shame. I believe that it is safe to assume that government/military studies into the subject of OBE's, LD's and the existence of the human energy-body systems are decades ahead of what is known by the rest of the scientific communities, and the whole rest of the world. But since governments would rather try to dumb-down and control the human experience, than empower us to save ourselves, and the rest of the world, it may still be a long time before we are privy to the knowledge gained by the secret government projects involving OBE. That does not mean that we can't take into consideration what we HAVE learned from the government.

We know that the branches of the US Government have been implementing projects involving psychics to locate 'targets' with specific importance to the CIA, the Military and National Security. This is no longer a secret. Much of the information regarding these 'black ops' projects has been declassified, and have been made available to the public. An American physicist, Russell Targ, coined the term 'Remote Viewing' while doing research into a secret, compartmentalized project involving ESP and Psychics. Targ and other respected physicists founded a research program that spanned 23 years and cost an estimated 25 million dollars. The idea of remote viewing is not a new one. Psychics and seers throughout history have been reporting these types of experiences for a long time. People who do not report psychic abilities have spontaneous RV events from time to time. Remote viewing is a type of mental-projection whereby one channels information in a similar manner as OBE. These types of projections are different from

the fully exteriorized exit projection. In remote viewing, subjects are tested for a pre-existing aptitude for psychic abilities. Those who are selected do not get to meet each other. They do not get any information about their ‘targets’, rather they are instructed to write or draw whatever comes to mind. The subjects are observed throughout the duration of the experiment, and the results are recorded for analysis. In 1995 the American Institute for Research, as appointed by the CIA, stepped in to perform an independent analysis of the results of these projects. The AIR ultimately concluded that the results were not significant enough to justify any further research into the matter, as the idea of remote viewing was no longer considered credible by the US intelligence community. Many believe that the CIA took over the project, and are still employing psychics for RV-type operations, and that AIR was sent in to discredit and debunk the RV projects so that certain other arms of the government would not interfere with the plans that the CIA had for the future of the Government based RV programs. In the meantime, the private sector has taken the idea of RV and ran with it. RV experiments seem to be hit & miss, but as we refine our research paradigm we learn more every day, and we are turning the results around for the better.

The US government is not the only government that has had an interest in studying mental-projections. The Ministry of Defense, UK, recently declassified a set of their own documents regarding the research into mental-projection and RV. Their subjects were not screened for pre-existing psi aptitude, but they were still given ‘targets’ to locate by way of psychic channels. They too were to record their findings in writing by words or drawings. The information taken from these 18 subjects were catalogued and analyzed. Just like in the studies by the American Government, the findings were inconclusive based on the hit & miss nature of RV. The UK studies have been declassified and made public.

There are a number of reasons that governments would have ongoing interest in studying the mental-projection abilities of highly skilled psychics. The primary reason is the phenomenon is real, and people around the world are becoming quite savvy. Generally, governments (especially the US government) do not like competition. I think it is safe to say that the implications concerning OBE and RV keeps the government(s) interested in the subject. Whereas I think it is ‘cute’ that RV study projects have been made public, I am offended by

the insinuation the government no longer studies these things. I know for a fact that this phenomenon is real. This means that other people know too. LOTS OF PEOPLE! Including people in charge of secret government black ops projects. We still live in a world where power begets power, and money and war are the lifeblood of the evil people of the world. Any great secret or wonder will be confiscated, studied and adapted into the chaos and wars that keep all of the people of the world dying and ignorant, and in need of GOVERNMENT help. Unfortunately, that is how it is, and no matter what the governments of the world may or may not know, they are not caught up in the plight of humanity, and they will not give up what they know. Not yet.

The Out-of-Body-Experience and Religion.

Second Corinthians 12, 2-4: 2: I knew a man in Christ above fourteen years ago, (whether in the body, I cannot tell, or whether out of the body, I cannot tell: God knoweth,) 3: And I knew such a man, (whether in the body or out of the body, I cannot tell: God knoweth,) 4: How that he was caught up into paradise, and heard unspeakable words that are not lawful for man to utter.

Wow! (I am beside myself.)

The Bible is riddled (no pun intended) with references to OBE and LD states, visions, prophecies, healings, and even spirit channeling. The story of Jesus is one of my favorite stories of personal transformation. Many of the accounts of the apostles and other people of that time recall some fantastic spiritual energy-body events with great detail. A transfiguration event occurred on a mountain with multiple witnesses. This is a type of Energy-body-awareness event that I have been aware of in my personal life. Most every religion has vivid descriptions of these types of occurrences within their texts or scriptures. Many religious people think it is impossible to have experiences like these unless you are some type of special, ordained, messenger from God. There is a major disconnect between religion and spirituality. Somehow people became more concerned with the history and dogma of their respective religions that they lost touch with the spiritual nature of their very own souls. As time goes by, that disconnect is reinforced, and people are not able to embrace the spiritual aspects of their existence. I do not believe that this was the intent of the many gifted people throughout history, but it certainly seems to be the outcome. Our spirituality is trying at all times to break through, and that is true for all of us.

When exploring the concept of OBE and religion, I think it is important to keep in mind the different religious perspectives that exist. There is a major difference between the belief in worshipping a single God-figure, and the belief in an individual inward connection with spirituality and the universe. Monotheism is the belief in a single, all-powerful God. In the monotheistic traditions, any significant spiritual event that happens to any individual can only happen by the will of God. All concepts of creation, pre-life, after-life, prayer, worship, etc., are all aspects of revelations given directly from God. For the most part,

modern monotheistic views do not deny the spiritual nature and makeup of the human soul. Rather they insist that this is Gods territory, and any meddling therein is blasphemy or and unforgivable act of heresy. It seems to be much easier to give your soul to a God-figure, than to except the challenge of discovering our own souls for ourselves. Either way, the OBE has been an interugal part of the concept of spirituality in both traditions.

Some religious people are far more open to the study and practice of OBE and altered states. Transcendental meditation is the art of controlling altered states, including OBE and LD states, through meditation. Buddhists and Hindus have always had a more inward approach to the study of God and the universe, and therefore have always been more in touch with the personal spiritual nature of our existence. One of the underlying truths about the personal study of OBE is that it is generally synonymous with an ‘inward’ spiritual journey. A connection is established with ones higher self and the entire nature of the study of OBE changes. Which is why these subjects come up more with religion and spirituality than in science. Remember also that religion came before science, and the scientific study of these events can’t be undertaken until science is ‘invented’.

As all of the many religious people of the world seek the wisdom of their ancient and most wise texts, so shall I seek the wisdom of the different ancient texts? I have always tried to approach any religious text with a certain amount of respect. I certainly do not want to offend any of the faithful people of their respective religions. As I read more of the different scriptures of the old world, I see more and more similarities than I see differences. Especially with regard to OBE and astral awareness states. Visions, prophecies, walking ‘in the spirit’, all have a striking resemblance to OBE and related phenomenon. As one practices energy-work, and trance-work, and as one practices toward OBE, one becomes aware of much more than the exteriorized, out-of-body states. All sorts of phenomenon that have been labeled supernatural, are really energy-awareness-stages and are part of our conscience connection between us and the nature of our existence. There is a lot to consider.

All the religions of old, according to their own texts, began with energy-body-awareness events and, more importantly, their interpretations of these events.

Ancient Hindu texts describe the vital body, and its relationship

with our understanding of God and the universe. Many of the writings contain stories of Gods and Deities to describe the vital-body, and the flow of subtle energies. The Yogi's of old have mapped out the primary energy centers that we are talking about, with regards to energy work. They are called Chakras. And they are energy vortexes that make up, in part, an entire system of spiritual energy. Each chakra at each location in the vital body represents different spiritual aspects of an individual's existence, and resonates differently, according to individual spiritual attainment. The aim of one who was on the path of the Yogi's is to gain balance between the consciousness and the cosmic-consciousness, through understanding and practicing of inspiring energy flow and, eventually, a full Kundalini event. This is exactly what we in the OBE field are trying to do. I was aware of primary, secondary, (and more) energy centers before I ever heard of the Hindu's or eastern Indian philosophy. I was also aware of the connection with ones higher self before I ever started reading about 'cosmic-consciousness' as described by the old texts. I was even aware of a profound type of energy event involving an awakening of my entire energetic/spiritual makeup, and a rising of intense energy curling up through my energy centers and out the top of my head, BEFORE I ever started learning about Kundalini related events. The art and practice of OBE is nothing new, at least not to the many people who come from the Hindu traditions.

Another one of the world's oldest and wisest schools of religious thought comes from the teachings of Buddha. Buddhism began as people began to be mindful of their thoughts through meditation. The earliest texts go into vast detail about the stages of consciousness and the journey toward full enlightenment through meditation. Buddhists have formalized and expanded their understanding and practice of meditation. The Buddha teaches us to expand our awareness and understanding of the universe through the absence of ego and meditation. Many different traditions have unfolded in Buddhism. There are different approaches to how one can adapt the Buddhist understanding of meditation to their lives. Discipline and meditation is the common ingredient. The basic formula to meditation is proper breathing and breath awareness. The ancient texts are very clear on that. Once one masters the basic/root skills of meditation, one can move on to more advanced and sophisticated levels of awareness, through more advanced meditative awareness-states. Concepts like, reincarnation, ascension, nirvana etc., have been brought to us by the

mystic teachings of Buddhist monks by way of spiritual enlightenment and, deep meditative insight. This is also the aim of the modern projector. Adapted through the years, the Buddhist perspective is a very popular one, and one that encourages an inward search for oneness with the universe. There is no room here for the belief in a single God-figure. The two schools of thought are at odds with each other, even though the goal is the same.

Even the concepts held true in Judaism and Christianity have their beginnings tied into the concepts of OBE and altered states. Prayer and worship are a form of meditation. Mystic events in the bible are synonymous with prayer and worship. Most types of energy-body event are seen to be Devine intervention by God, as opposed to an AWARENESS event. I have spoken to many knowledgeable people regarding the soul, pre-life, after-life, prophecy etc. And I have read the Bible several times. The texts describe COUNTLESS events that fall into the category of OBE and related phenomenon. Prophecy, healing, resurrection, dream interpretation, spirit channeling, walking ‘in the spirit’, all are described in the bible in great detail. Nobody seems to deny these kinds of experiences, but at the same time, nobody will be so bold as to say that they understand them. People simply discount the ability of the person having the experience. They give away the entire mystery of understanding and enlightenment through theses experiences. Instead they would rather believe that this is all God’s territory. Even to the point of it being a sin to try and understand the actual mechanism by which God would send his messages and work his miracles. There is no room in that mindset for me. I have had firsthand experiences with many of the supernatural/mystic experiences described in the bible, and I promise you, God did not send me to glorify anybody. I believe that the message of Jesus was to free our minds, and souls from the dogmatic attitudes of religion. Empower your own understanding of God and the universe. Look inward. Turn away from the things that would serve to cut us off from our understanding of God. Religion has failed us. That was the message of Jesus. That is the message of Jacob. Destroy your house, and I will build it back again in three days. Read the bible again. Open your minds. Meditate and pray about the true teachings of Jesus, and you will find your own lives come alive with the power of the living god within you. Which is your awareness of your ACTUAL relationship with God. The out-of-body experience is an awareness experience, and is attainable by every living

being on the planet, regardless of race, religion, color, creed, age or faith. Let's all learn as much as we can about the OBE without making a new religion.

The out-of-body-experience and Metaphysics.

Metaphysics is the word given to describe the research and investigation into the dynamics and mechanisms of the ‘supernatural’. All of the many concepts left over that science and religion seem to have denied. In the metaphysical world you will run across highly controversial subject matter that most of the world will consider to be ‘fringe’. Subjects like: UFO’s, OBE, reincarnation, spirit channeling, demonic possession, spirits/ghosts, NDE, soothsaying, prophecy, dream-study, ESP, clairvoyance, telekinesis, you name it. If it hasn’t been fully accepted and documented by religion or science, then it doesn’t exist. At least that is what we are taught to believe. There was a time in our history that even Science was fringe, and any research into the physical makeup of our surroundings, were considered heresy. Now science and physics are making the rules for us. And if someone has something to add to the study of the human existence paradigm, they are ridiculed to the point of self-annihilation. We really do live in a world that is geared towards calling out and destroying the very same independent thought that brought us this far in the first place. Of course I am not saying that you should believe everything that you come across in the metaphysical world. I don’t say that about science or religion, I cannot say that about the metaphysical. For those of you who have absolutely zero experience with the paranormal or (seemingly) supernatural, I say “good for you.” Do the world a favor, and stop coming to grand conclusions regarding the rest of us. There are too many questions that still need to be answered. People have been aware of OBE and related events since the beginning of mankind. And people have a responsibility to get to the bottom of these things. Especially considering how far we have come with religion and science, and still do not have any more answers regarding OBE than we did thousands of years ago. Most people have had at least one precognitive dream, spontaneous psychic experience, or dejavu. Many others (religious or otherwise) have had spontaneous OBE. How many reports of NDE have to be documented before people begin to challenge themselves to understand this phenomenon? People, embrace your experiences! We are on the threshold of learning the most amazing things. Just like the great freethinkers of the past, with regard to science, we must have the courage to stand up and accept the responsibility to undergo the proper experimentation required to expand our understanding of OBE. I believe that we can change the

supernatural into the natural, by opening our minds. If you do not want to accept the truth of what I am saying then stand aside. Nobody is going to force you to believe anything that you do not want to. Do not judge people who are caught up in this. I personally, (until recently) never asked for any of this. The spontaneous OBE has plagued me all of my life. It wasn't until I mustered the COURAGE to embrace the experiences did my understanding begin to change. If you are not 'into it' then don't be. Let me do it. Let others do it. Please do not put me in a box and poke me with a stick. There is an untapped potential sitting out there for all of us to grasp. There is more to the human experience than meets the eye, and I, for one, am not going to let religion, science, or government do my thinking for me.

I always look at the world through my OBE 'goggles'. I read into things too much sometimes and as a result, I spend a lot of time sifting through the old texts, looking for personal accounts of specific types of spiritual events. In the big picture, understanding the OBE is the key to understanding many of the different mysteries of the supernatural.

It makes sense to me that if one was exteriorized and out of body, then there is a possibility that someone else might see them. See them or sense something. I have given this a lot of thought while out of body. I have tried many times, with mixed results, to interact with people while I was out of my body. At some level, I know that they are aware of me, even if not directly. I wonder if some of the ghost/apparition stories that we hear have something to do with OBE. Surely if someone were to become aware of me, I would look like a ghost or something, right? I believe that we travel with an exteriorized energy-body when we are out of our bodies. This can be detected in different ways. Perhaps at some level, someone who sees someone else who is exteriorized is clairvoyant. It makes sense. I have never seen a ghost or apparition, but that does not mean that I have not freaked people out before. Perhaps clairvoyance and the ghost phenomenon are closer connected to the OBE than we have come to understand. The NDE is an OBE that occurs while a person's vital body receives specific signals from the physical body, and begins the final exit process. Many times people's physical bodies recover during these episodes, and the person lives. But the experience these people have during the event is sacred and profound. This kind of experience has been labeled the near-death-experience. It is a full exteriorization event, and has occurred all throughout history. The profound nature of the experience leaves a

person completely changed. It gives us evidence that the OBE states will continue after death, and that we all have souls that live on, perhaps, forever. And if we are living temporarily in our physical bodies, then perhaps we have lived in other physical bodies in the past.

Reincarnation is a theme that will not go away. Ancient Buddhist texts go into great detail about the concept of reincarnation. Also when considering the OBE, the subject of reincarnation keeps coming up too. Advanced meditative awareness states can give us all information regarding these topics. Many of the wise people of old were aware of this, and so am I. A lot of deep seeded personal and/or religious beliefs come from the information gleamed from these deep meditative states. There is an art and practice involved. Anyone can see Visions. I know that the true 'visionary' event can be experienced by anyone from any walk of life, and does. The concept of having visions is much broader than we can deal with here. And it is a very personal and touchy subject too. But the mechanisms are the same, transcendental awareness thru altered states and the flow of bio-spiritual energy. Prophecy is a great example. Again the mechanisms are the same. In fact I'll bet with more research were going to find most all of the fringe subjects come to life through the study of OBE. We have to break down and label the levels of trance-consciousness. We have to map out the energy-body complex. We have to break down and map out the astral awareness states. The astral realm is a highly subjective place, but we have to lay signposts and study the entire multidimensional world. We have to come up with the courage to break through. There is a whole other part of our existence, and we are cut off from it. I believe that we are closer than we think. I believe that if we begin to study OBE (on a large scale) then we begin to understand many of the concepts of the supernatural. Marry physics with metaphysics. Nobody has to lose his or her religious beliefs. Nobody is denying the everlasting powers that may exist in the universe. Look! If we weren't *supposed* to become aware of these things, then, we would not BE aware of them. I am going to dig deeper.

The Early Years.

My first experiences with OBE were terrifying, and I wanted nothing to do with them. It was nothing that I could explain to anyone at the time. They were terrible. Sometimes it would take me days to get over an event. I hated it. There is a primal fear/panic involved. I could never understand what was happening. I would wake suddenly to a sound or voice, startling me. I could always feel strong adrenaline like panic sensations. They seemed to emanate strongly from my solar plexus. I was always paralyzed from head to toe. No matter how hard I tried, I could not move. I could never scream or muster a single sound. There were these insanely strong vibrations. Hard to imagine, it is like being in a giant paint mixer. They were violent vibrations that I thought would certainly tear me apart. I remember that they would sweep through my entire body, up then down, then increasing until I was sure I would explode. They would get so violent and I was in so much primal terror that I just wanted to die. I could hear what was going on around me. Sometimes the television or radio would be on, and I could hear the whole thing. Other times I could hear my brother or sister in another room. I would always try and scream for help, but I was paralyzed, and could not scream. To make matters worse, there was always, suddenly, someone else in the room with me, someone who seemed to be creating the terrible sensations. It was some sort of large, menacing, terrifying entity. It was always large and dark and seemed to hover right above me. It seemed to always be looking into my very soul. It was very invasive. Sometimes I could force my eyes open and look around, but I was always so scared that I would just try and squeeze them shut and try and wait it out. There was someone there. This would all go on like this for ten to fifteen minutes. Then the vibrations would subside and eventually I could move again. I was usually sobbing and freaking out. I could never explain what the hell I was going through except to say that I thought there was someone in my room. Damn it. It was happening as early as 5 or 6 years old. I remember being in kindergarten or first grade and wondering when the teacher was going to start the lessons on vibrations and being paralyzed and what it all meant. Of course there were no such lessons, at least not in today's schools. I was plagued by these occurrences for 12 or 13 years. They would sometimes come more frequently than other times. Sometimes they would occur every night for weeks, then it wouldn't happen for a month or so. As I got older, I

would keep diaries and journals. I could not recognize any kind of pattern to the events. I learned early on that I had to keep it to myself. There was nobody who wanted to talk about it, so I eventually gave up trying. I knew that I was on my own, and that made the whole thing very much more terrifying. It became my goal in life to find a way to stop it. Each time that it would happen, I would wish it were my last. As I grew older I would always keep my eyes and ears open to anything that would lead me to an answer. I remember being 11 or 12 years old when I read the bible the first time. I was looking for some kind of answer. Maybe I was being attacked by demons, or maybe I was possessed. Or maybe there was some other evidence of it happening to others. I had to keep it all to myself. People thought that I was getting kinda Weird. Keep in mind here; this is before I had ever heard of astral projection or OBE. I had not yet had the full-exteriorized experience, and I had never heard of it. I was bound and determined to stop it. I remember praying for forgiveness for whatever I had done. I remember throwing out the most panicked prayers to Jesus and to God to please save me or help me. Over and over there was never any help or comfort or peace of any sort. I remember looking around at church, at all of the people singing and waving their arms, and being amazed that out of all of these deeply religious people, there is not one of them who can help me. I was about 13 years old when I started keeping daily journals. I always remember wanting to document the events and in 1987, something happened that changed the way I looked at the whole phenomenon for the worst. I knew that I had to start writing these things down. I was living in Yelm Washington at the time, and we lived out in the boonies. (Not far from the J.Z. Night complex.) One night I was lying in my bed, about to go to sleep. I remember feeling the familiar wave of fear rush through me before I even lay down. I tried as hard as I could to forget about it, and close my eyes. It was windy outside and I think I remember lightning too. As I lay there, I knew that the vibrations were going to attack soon. I thought that I'd try and anticipate it be able to stop it before it comes. It had never worked before but I was always trying. Damn it, I was already very scared. I tried so hard to just think about something else. Eventually, of course, the vibrations kicked in. They were slow at first, and then they grew strong very fast. I tried to stand up. It was too late! There was this strong, burning surge of adrenaline-like wave sweep through my body. I was terrified. I could hear the wind outside. I was paralyzed and

vibrating out of control. I tried to move my arms as hard as I could. I couldn't move, I couldn't scream, I wasn't sure that I was breathing at all. The fear is indescribable. It burned. Very primal feeling, like being small mouse in the dark just before being pounced on by an owl! It seemed like a long time. I decided I would try and just open my eyes. I mustered all of the strength that I could, and opened up my eyes. I wish I didn't. I wish I would have just lain there and waited it out. But I didn't just wait it out; I was able to open my eyes. There was this very bright light at the top of my sight. As I squinted my eyes I saw right in front of me, clear as day, 3 large heads attached to these little skinny bodies. They had these large black, almond shaped eyes. I was in pure panic. I was sure my body was gagging or vomiting. All I could do was stare at the one in the middle. I could not believe it. It was invading my mind. I could feel it. Like being raped or something. It was just staring back at me. Fucking menacing! I could only scream at him in my mind. "You have no right, you have no right!" They clearly did not seem to be very interested in how I felt about it. The other two did move around. I was just staring at the one in front of me. I was still lying down and it was hovering over me staring straight into my eyes. I felt so goddamned inferior, and helpless. Finally, I was able to close my eyes, but that did not change things. I felt energy-like pulses and waves at different parts of my body. The vibrations seemed to go on and on. I did not dare open my eyes again. I felt like I was spinning, and then I don't remember a thing. That is where it all goes blank. I sat up straight in bed in a sheer panic. I have no idea how long it had been, but I remembered the whole thing. I looked out the window, still terrified. I completely expected to see the creatures outside. Believe it or not, I had not yet associated them with UFO's or ET's. They were these menacing insect-like creatures, I would think came out of a swamp or something. There was nothing outside the window. I could still feel the electrical feeling in the air, and I was still very terrified. I instantly told myself that it had to be a dream. It seemed to be all over, and I was perfectly happy to try and forget the whole thing. I told myself it was a dream! Of course it was not a dream. What in the hell were those things? I have been experiencing these things for as long as I can remember, but never thought that some sort of creature could have caused them. I did not want to think about it. I couldn't sleep for weeks. I wrote all about it in my journal. That is when I started hiding my journals. I did not know what to do. I was scared for a long time after that, even in the daytime. I

tried as hard as I could to lock it away in my memory, and not think about it. I was devastated. Each time that it happened I wondered if these little creatures were there. It happened about a dozen more times before I hit a 'dry patch', where there were no vibrations for weeks. I want to point out right here that this was the only time ever saw anything like this during this type of event. I don't have a long history of abduction. But I do have this one very terrifying experience. I had heard of Betty and Barney Hill, but I never really paid much attention to the details. Time went by, and the events kept happening, and I kept lying there with my eyes shut. I would record each one in my journal. I also spent a lot of time in bookstores and libraries. I was trying to find out what was happening to me. I came across a book that changed my perspective. As soon as I saw the cover of the book, my heart dropped into my stomach, and I felt like I was going to throw up. The book was *Communion*, by Whitley Streiber. It read to me like a terror novel. I couldn't put it down. The vivid descriptions of electrical sensations and fear and paralysis were almost too much. Intense vibrations, panic, menacing entity in the room, all sounded way too familiar to me. I had never really thought about it. I was always a fan of stuff like UFO's, the Loch Ness Monster, Bigfoot etc., but I never thought that they were real. Even though I was going through some very strange episodes, I was hoping that they were seizures or something. I still had every intention of finding a way to stop it. From the time that I read that book, until the time I had my first full exteriorized OBE, (at age 17) I was sure that I was being abducted by aliens. Not every time. But I based it in large part to that ONE memory I have of those creatures, and the testimony of the author of that book. I went a good 3, almost 4 years believing that I was being abducted by aliens. I knew that something was happening, and now I thought I knew what it was. I got my hands on every book or article that I could that was about aliens or UFO's. The more that I learned about the abduction experiences that were occurring; the more I was drawing similarities to my experience. Time and time again, the stories were the same. Bright lights, paralysis, electrical sensations, vibrations, fear/panic, menacing entities, invasion into my mind etc. obviously, the same exact experience. At least that's what I thought. Yes, I sure did! I look at it all much different now. To be honest with you, I have no idea, to this day, whether or not I was actually abducted by aliens. I had that one experience, and I allowed it to change the way that I viewed the whole experience. It did, however,

allow me to clearly see the similarities between the two experiences. I feel terrible for the people who have suffered from the true abduction experience. I have been experiencing the same type of things in my life for as long as I remember. Even now, I hope to hell that it was not little gray aliens that started me down the road to the OBE. I do not want to undergo memory regression therapy one day, and uncover more terrible memories of strange things in my life. I had not yet had a fully exteriorized OBE so the weight of the similarities between the abduction experience and the OBE was bearing down on me. I would read all my books over and again, highlighting and circling and making notes. I was certainly obsessed, and I had gotten pretty good at hiding it. I could not believe that there wasn't someone out there who knew what was going on, nobody except these people who were being abducted by aliens. I had no reason to look at books about OBE. I never even heard of it. I remember coming across the term astral projection, but I thought it was more related to crystal gazing than anything else. The truth is that there was a lot of information regarding the experiences that I was having. I simply had not stumbled onto them yet. I was in for a great deal of surprises. But in the meantime, I was stuck in the same routine experience. I felt like I was hanging on for life. You would think that you would eventually get used to it. Not this stuff. I hope that I have been clear about a few things. One, I never asked for this to happen to me. Two, I could not make it stop. Three, nobody could tell me what was going on. The one experience that I have of the alien creatures is the only one. At this point, I had been lying in bed paralyzed and vibrating hundreds of times, if not, more! To this day, I cannot explain away this, one, event. I am just glad it was only one time. I fear that there is more sitting on the edge of my psyche regarding the UFO phenomenon. For right now, I want it to stay there. I am going to tackle the subject of OBE, and the mechanisms thereof. I was on a seemingly dead-end road, doomed to waking up paralyzed and vibrating out of control. I kept my chin up. I have always felt that I would get to the bottom of it. The problem with a 'rabbit hole' is that you can dive in, but you may never get to the bottom of it. This was certainly a rabbit hole. I knew that from a young age. I didn't want to believe in abduction, but under the circumstances, I don't know what else I was supposed to believe. I did not want the experience to change again. Every time it did, it would just get worse. But the experience did change very suddenly. Just like the 'one' experience that I can't explain

away, this experience changed my life. Changed my life by changing the way I approached the experiences that were ruining my life. In one single moment it all changed.

My first fully conscience OBE.

It was the winter of my senior year in high school. I had just turned 17 that September. I was taking a nap on the couch. It was about 2:00 in the afternoon on a Saturday. I remember that it was a nice day outside. Dad was on the back patio grilling food on the BBQ. The television was on but the volume was turned all of the way down. I was lying face down on the couch with my head buried in a pillow. I do not know how long I had been napping, when I first sensed the vibrations coming. Actually it was just the solar-plexus pulse, I had not yet felt any vibrations. My eyes popped open and I shot up off of the couch as fast as I could. My whole lives goal was to be able to stop it. I have never been able to get up before the vibrations set in, but I did this time. I couldn't believe it. I could still feel an electrical hum, really weak. Other than that I felt great. No vibrations and I was able to get up and ruin the whole thing. I ran into the dining room to tell my friend, Lee. He was much older, and had the same type of paralysis events too. I ran in to tell him what had just happened, but he was on the phone. I tried to get his attention, but he was talking to his bank about a bank receipt or something and he did not want to talk to me right then. Fine! I knew my mom would be interested. I looked out where dad was grilling, but she was not out there. As I passed by Lee again, I looked on the ground by the desk and saw the paper that he was looking for, and started pointing at it as I went by. He was still ignoring me. I got about half way down the hallway on my way to the back bedrooms when I realized something was very wrong. I could still feel the dull hum. Worst yet I was suddenly hit with a large wave of excitement that usually came before the vibrations set in. I stopped in the middle of the hallway to make sure that I didn't fall over. All of the sudden I became aware of the vibrations. It's not like they hit me. It is more like I became aware of them. It was very strange to become aware of these sensations in the middle of walking down the hall. The vibrations became fairly strong, but I could still move just fine. Right about then, I noticed that my hand had somehow slipped through the wall. I was leaning against it, trying not to fall over. My heart started racing. What the hell is going on? As I looked down the hallway, I started to rise slowly off of the ground, very slowly, but enough to scare the hell out of me. I tried to grab onto the wall and push my way down the hall. I remember I was yelling for help. I knew that my mom was just few feet away, but she could not hear me.

I was able to guide myself down the hallway. I seemed to float like a helium balloon. I could not move very fast. I was starting to panic! I finally got to where my mom was. She had a bunch of towels in her hands that she had just folded and walked right past me and didn't even notice me. She spun me around as she passed me as if I was lighter than air. She still could not hear me. She was down stairs and out of sight in no time. Damn it! That is when the vibrations got really, really strong, and I noticed that they seemed to be coming from the center of my brain. As soon as I tried to put my hands on my head, I realized that I could not move. The vibrations kept getting more intense and I thought that I was dieing. My body floated slowly to a horizontal position somewhere toward the ceiling of the hallway. Things started to 'fade' out. Just then I was back on the couch, vibrating out of control. Everything was familiar, the full-body-hum, and the vibrations etc. everything was how I remembered this strange paralysis state to be except one thing. As I lay there I realized that I was not afraid. I did not have the burning fear layer. It was not there! The vibrations continued. I also realized that the menacing entity that had been my companion throughout these events was gone. There was nobody in my mind except for me. For the first time, I did not think that I was going to die before the vibrations stopped. I actually had a minute to lie there and think about what was happening for once. The vibrations subsided quickly, and I could move in a few moments.

I sat up on the couch as fast as I could. I was completely exhausted. I felt like I needed to go back to sleep but I was too excited. I got up off of the couch and ran into where Lee was. (I did pause to look back to make sure that I was not still on the couch this time.) He was still on the phone. I got under the desk and picked up the piece of paper that I saw while I was floating around. It was really there. I gave it too Lee and ran downstairs where my mom was. She was putting away some towels in the closet downstairs. I insisted that she must have seen me as she left her bedroom, but she was sure that she did not! She must have been accustomed to hearing me explain strange things, because she did not act like it was a big deal. I was freaking out I went back upstairs and sat back down on the couch. I was going over every detail in my mind. From start to finish, everything was perfectly clear and lucid. I didn't even know that I was 'out'. This had never happened before. I knew that I would have to write about this in my journal, but I had no idea where to begin. As I sit there on the couch, Lee came

around the corner and asked, “what’s this?” referring to the piece of paper that I had handed him. I told him all about what had just happened. He was clearly amazed. That wasn’t the paper that he was talking to the bank about, but it was definitely something that he had been looking for. This was getting very confusing, and I wasn’t sure anymore if I was dreaming or not. Of course I wasn’t, but I wasn’t sure anymore. Everything was surreal. I didn’t really know how to absorb the experience. All I could really do was try my best to write the whole thing down just as I remember it. And that is exactly what I did. As I sat and wrote, I realized that this, one, experience was going to change everything. This is what I had been waiting for. I was trying to find a way to stop it from happening; instead I triggered a fully-conscious out-of-body-experience. Again, I did not know much about the OBE. In fact I didn’t really know anything about it. I was completely beside myself. (No pun intended.) Not only was this the first time I had ever floated freely of my physical body, it was the first time that I experienced the vibrations and energy pulsed without being completely terrified. I remembered feeling the vibrations quite strong, after I was back in my body. They were very strong and so was the excited adrenaline-type energy, but they were not invasive or scary. I was still paralyzed, but the menacing entity that usually accompanies this experience was not there. It was not there and neither was the intense fear. I was profoundly moved, and for the first time, I found myself hoping that it would happen again soon. I certainly had completed a milestone in my understanding and awareness. I felt like I had a new goal in life. I started sobbing as I continued writing. I thanked the powers that be. I was thinking that my days of fear were over. Surely I was on a new path. I had a lot to think about and I had my work cut out for me now.

I started searching the bookstores and libraries for any book that had something to do with OBE’s and astral projection. As it turns out, there is a lot of information out there regarding what I was going through. I read book after book. Article after article. I couldn’t get enough. I was no longer buying up all of the books on abduction; I was buying up all of the books on OBE. I was learning a lot. I had no idea that so many people were having these types of experiences in their lives. I was sure that I would find a definitive answer now! What I actually found was more questions than answers. There were differing schools of thought regarding OBE. On one end of the spectrum, people

were talking about chakras, and auras, and crystal balls, and other new-age stuff. On the other end, people were laughing and making fun. I figured that there would be a comfortable center somewhere. I was sure that I would find some highly gifted projectors who could help me on my quest for answers. As it turns out, there is! I came across a book by a man named Robert Monroe. It was called *Journeys Out Of The Body*. I was completely blown away by the descriptions of the experience. The spontaneous nature of his experiences was more like what I was experiencing than many of the other testimonies of OBE. I was getting somewhere now! Monroe was developing technology involving sound. By isolating and controlling the sounds going into each ear, he was able to show synchronization would occur between the two hemispheres of the brain. A variety of effects would occur when one would experiment with hemisphere synchronization. It wasn't necessarily the direct effects that ended up being so fantastic, but it was the side effects that changed his life. Monroe would find himself fully exteriorized and out of his body. The experiences were random and spontaneous at first. His descriptions of being out of body are closer to my own than others who were reporting the experience. Many projectors have written personal accounts and forwarded personal theories regarding these types of events. It seems to me that if you were to read some of the literature you come across in this field, you would begin to think that these things are easily attainable. Oh yeah, just meditate once or twice, and you got it. Not so! Out of all of the 'how-to' books out there, I have never been able to put a system of meditation and exit-techniques to work for me. Meditation and trance work are unique to each person and trying to force and exit is a very advanced undertaking. It seems that Monroe did not have this problem. Somehow the hemi-sync technology that he had stumbled across triggered something in his brain that caused him to project spontaneously. In fact, once the experiences began, he was not able to find a way to stop them! Now he was forced to figure it all out for himself. He made it a personal goal for himself to be able to control and induce this event. Eventually, of course, he was able to find an exit method that worked for him, and the true journey began. According to Monroe, he would spend a minute meditating on a couch or armchair. He would spend about as much time as it took to locate the vibrations, then he would exit. This is a formula that took him years to develop for himself, but once he mastered it, he was able to have an OBE whenever he wanted.

Amazing! You can find out all about Robert Monroe and Hemi-Sync technology by visiting the website. He founded the Monroe Institute, which is still a pioneering school of thought when it comes to all stages of spiritual development especially with regard to OBE. It is an amazing story and it is one that I personally feel connected to. Monroe went on to write Far Journey's and Ultimate Journey, each book picks up where the last one left off, and together, they make the most exciting trilogy of books that I have ever read, and the most important work to date involving OBE. I feel personally connected to Monroe's work because of the spontaneous nature of his experiences. He did not ask for it, and I can relate. Of course there are many elements to Monroe's journeys that I have not experienced. He describes amazing accounts of traveling through the astral realms and beyond. I have some amazing stories to tell too, but not quite the caliber of his. Not yet!

My own experiences were not yet that sophisticated. Whereas it was true that I had turned a corner with my experiences, I still had not come far enough. The events in my life were chaotic. I could not induce exit sensations, and even when they came spontaneously I was not able to exit. I could not reproduce the exit event that occurred while I was napping on the couch that day. I was keeping detailed journals and I was learning a lot. I thought that if I could not force exit sensations, then I would try and predict when it was going to happen on its own. I could not detect a pattern to the events. Sometimes it would happen every night for weeks, other times it would not happen for a month or so. The more I tried, the more frustrated I was getting. None of the tricks that I read about seemed to work for me. I could not induce the event! I was forced to do my experimenting by way of spontaneous occurrence. Which is to say that no matter what I did, I had to wait for the next event. If that is what I had to do then that is what I was going to do. Fine! This went on for several years. Even when I found myself paralyzed and vibrating intensely, I could not find a way to exit. The first time I was able to just get up very easily. I did not even think about trying to exit. Now I was fighting an incredibly strong pull back to my body. It was like I was fighting against paralysis, strong vibrations, and a magnetic pull back to my body. Sometimes the intense fear barrier would return, making things even less manageable. One step forward and two steps back. That is how I felt about my progress. Every once in a while I would exit without a problem. I would be able to consciously exit about once a month, but it was very difficult! Exiting was never

easy, and even when I did, I noticed that I was struggling with a whole new set of problems. Whenever I was able to fight my way past the vibrations and through the paralysis and excitement, and out of my body, I found myself faced with an entirely different set of problems. The typical fully exteriorized event would only last 30 seconds to a minute. Not only that, but I found out right away that there were more snags and pitfalls than I ever anticipated. I would often completely lose vision. I was often unable to move. I sometimes would find myself in environments that I could not explain. I had no idea what it would be like navigating through a place without a single point of reference. Matter was not the same, movement was not the same, even thought itself was completely different. I realized that my actions happened almost before I had the thought. I no longer had the luxury of sitting back and carefully forming my thoughts before I put them into action. The mechanisms of thought and awareness are instantaneous. That took a lot of getting used to. I wondered if this was why I would end up in such strange and unfamiliar places after an exit. Perhaps I went exactly where I wanted to go, even if I have no recollection of actually wanting to go there. I was in over my head. I had no idea what was going on. I realized that there were more places to visit in this environment, other than the 'real world'. Once exteriorized, I would usually find myself somewhere in my house, observing everything from within my new environment. My best guess was that I was observing a projected double of the real world. Maybe the entirety of matter had an energy-copy that exists slightly out of phase with the original. I knew that I could see and observe the real world from this perspective, and now I was wondering how much, if any, I could affect it. I spent a lot of time trying to interact with people or even just get their attention. I would get carried away with feeling the textures of different things while putting my hands through them. Sometimes I would grab large 'doughy' handfuls of astral matter and put it somewhere else, and try and see what the effect was in the real world. I never really got the answers that I wanted, but I would always try. I would do whatever exploration that I could, at the time, and report my findings in my journal. I was also beginning to allow myself to wonder if I was going crazy. Maybe we were all crazy. It was definitely possible that these events were nothing more than elaborate hallucinations. I was determined to keep my mind open. In fact, I began to look for a good psychiatrist. I wanted to gather information about what was happening

to me from any angle that I could. If there was a school of thought regarding OBE then I was going to be a part of it. I wanted to know everything. I decided that I would take the time to seek help from the mental health professionals of the time. What did I have to lose? I was seeking the truth, and was committed to having the courage to except the truth, no matter how it would affect my life. With that, a new chapter in my life began.

Abrupt-onset Alpha.

I was giving more and more thought to seeing a psychiatrist about the events in my life. If I was willing to trust mystics and psychics, then I figured that I should be willing to trust a doctor too. I had personal medical insurance so I decided that it was time to explore a mental health and/or medical explanation to what was going on. This was a long time coming. I was very apprehensive at the thought of letting a doctor poke around inside my brain. I was sure that I would be put on some kind of psych medication, and I did not want to further complicate the problems that I was already having. I did a little research into the field of psychiatry looking for the kind of doctor that would be fit to take on my ‘problem’. I ended up having to get a referral through my insurance company before I could see a mental health professional. Which I thought was strange; maybe my DOCTOR could make that decision. I was referred to a psychiatrist who took the time to hear what I had to say. He was very understanding, but after listening to my detailed descriptions of the physical sensations, paralysis, etc., he took some time to explain to me that I was not going crazy or losing my mind. He insisted that there was a medical reason for the symptoms that I was describing. Apparently, this was not the first time that he had to explain this to someone. He was very calm and convincing and I was very happy to take his advice. I was advised to seek the help of sleep medicine doctors. And since we had several first class sleep medicine facilities in the greater Puget Sound area, I was excited to do so. I actually felt a lot better after seeing the psych doctor. I was assured that I was not the victim of an overactive imagination, and that I was not behaving in a way that was unhealthy from a mental health perspective. He went on to tell me about sleep paralysis, stages of sleep, and hypnopompic hallucinations. I was happy to hear everything he had to say. So far, so good.

This time I needed to get the referral from my family doctor, which was relatively painless. I briefly described the symptoms and he was more than happy to refer me out. I remember him explaining to me that while he was in medical school, he did a lot of research regarding sleep medicine. He seemed excited to talk about it. He went on and on about the amazing advancements that have occurred with regard to sleep health, the brain, and our understanding of sleep. I was amazed. I always felt that doctors would not give me the time of day. I remember

asking him if it was possible that I was having some sort of seizure or something. Of course he said that it was possible, but not really likely. The damage to my brain and nervous and muscular systems would be immense taking into account the sheer number of times these events were occurring. He also mentioned that he didn't think that they were seizures of any kind because they only occurred during sleep, and being conscience of a seizure was not very likely either. Not wanting to jump to any conclusions, he suggested that we start with the sleep doctors at XXXXX Medical Center. I went home that day very excited. I worked in the medical insurance field, and I was well aware of the first class reputation that followed the doctors at XXXXX. I was not sure about the sleep medicine department, but taking into account the success of the entire XXXXXX Medical Center's history, I was sure that I was in good hands. My initial evaluation was typical. I was not able to see the doctor at that time, but there were others there that would help me through the process. I spent a lot of time filling out questionnaires regarding my symptoms. I had done my research regarding sleep paralysis and hallucinations. I was able to describe my symptoms in a well thought out objective manner. And I was assured that I was not the first person who came in talking about these things. I was starting to really think that I was going to find my answers here. I was scheduled to come back a couple of other times. I was able to finally meet with some of the doctors and get some tough questions answered. One of the doctors that I met on my second visit said something that opened my eyes a little. We were discussing the kinds of sleep disorders that existed, and he was going into much detail about the nature of sleep paralysis, why we paralyze ourselves, how we paralyze ourselves, and that coming to full consciousness while still being paralyzed from sleep usually comes with accompanying hallucinations. Apparently they were quite savvy regarding patient reports of sleep paralysis. Now he was educating me. He went on to explain that most patients report the same things; paralysis, chest pressure, menacing fear, the sense that someone is in the room with you, etc. I was very excited to be hearing all of this from a doctor. He continued by explaining that hallucinations were not just a visual experience. The truth is that one is just as likely to smell, hear, taste or feel a hallucination. And that is probably what is happening when I am feeling the vibrations. I was sure that I did not like that answer, but it made sense. I was committed to following through with the recommendations of the doctors no matter how I felt

about it. I had been back the sleep disorder center several times before they decided to schedule a sleep study. I was very excited. I was to have an overnight sleep study. The sleep medicine doctors are exceedingly good at what they do. I was given a detailed explanation of the testing procedure. They were going to start by shaving my head so that they could attach tiny electrical leads to different parts of my head and chest and face and arms and fingers etc. I was told that I would be taking several naps throughout the first day, and that they would record the results. I would be sleeping throughout the night while they recorded the information. And there were a series of naps that I would take on day 2. It all sounded like science fiction to me, but it was exactly what I was hoping for. If these doctors were going to record brain waves while I slept, then I was going to give them a show. I had no doubts. I read over all of the literature that they sent home with me, and I spent the next several weeks reading all about the EEG. It seems that if I was going to find out any answers from the medical community, now was going to be the time. If I was going to take 8-10 half hour naps and sleep through the night, I was sure to have an OBE-type episode or energy-body event. I couldn't wait.

I showed up to the sleep disorders center with my head already shaved! Let's get on with it. After getting checked in, assigned to my room etc., Dr. ZZZZZ came in with a couple other medical professionals and introduced them to me. One of them was the man who was going to be conducting the procedure and collecting the data. The other was a lady who was going to be 'observing'. He explained that there would be others who read the data but that he would be the one, ultimately, who analyzed and interpreted the information. He just wanted to be sure that I understood that this was going to be a slow process, and that I shouldn't expect results right away. He went on to explain that results were many times inconclusive and further testing may be needed before any conclusions could be made. I understood completely. I was just excited that I was going to have my sleep patterns observed by the best technology in the sleep medicine industry. I was very impressed. I signed the last of the liability forms and we began. I lay down on the bed and got comfortable as the tech hooked up the dozens of electrodes to their corresponding monitoring device. I was going to have to sleep on my back but that didn't bother me. I was more worried about the wires pulling at my head and face. When it came time for the first nap, I was ready. The tech gave the thumbs-up to the camera and left the

room, turning off the light before he closed the door behind him. Despite the uncomfortable conditions, I was relaxed and ready to take a nap. (If there is one guy in this world who is good at taking naps, it is definitely I!) I was asleep in no time. I was only allowed to sleep for a half an hour. The tech woke me up and unhooked me. I had some time to kill before the next nap. This was awesome. I went downstairs to smoke a cigarette. I was packing around this giant bundle of wires that were stuck to my head and face. I must have looked like Frankenstein. I went back upstairs and we continued with the second nap. This one was uneventful also. I was hoping for some vibrations by now but nothing was happening. Oh well, I still had plenty of time. I took 2 more naps like this over the next couple of hours. Each half hour nap was uneventful. They were just regular naps with no vibrations or paralysis or anything. I was starting to get discouraged. After dinner, I had some time to kill so I decided to read a book that I brought with me. I was starting to nod off and as I did, this loud voice came from a speaker over the bed informing me that it wasn't bedtime, and that I would have to put the book down so that I did not get too sleepy. I replied saying that it was normal for me to get sleepy while reading. There was no answer. I decided to just watch television instead. Just before bedtime, the tech came in and hooked me back up and the whole procedure started again, this time I was to sleep throughout the night. I was just hoping for something to happen. Of course it did not! Not a thing, damn! I was getting less and less optimistic. How can we get a reading on these energy-body events, if they do not happen? I knew that after breakfast, there were 4 more naps, and then that's it. Time to go home. As I lay down for the first nap, I remember being very frustrated. Even so, I fell asleep in no time. Again, nothing happened, just restful sleep. I found it ironic that I had spent so much time trying to stop it, and now I was desperately wishing that it would happen. The next 3 naps seemed to go fast. At one point during the second to last nap, I did feel some slight vibrations, but that was it. I was completely disappointed. As far as I was concerned, there was no point in reading the data because nothing happened. I tried not to show how frustrated I was. I was so hopeful that I would capture a full event. There would surely be evidence in the data that would be anomalous, and I would have something to go off of. Now I was sure that it was all just a waste. I had a lot to think about on the bus ride home. Not only did I have to wait several weeks for the results, now I was sure that there would be

more tests. This was turning into another dead end. To make matters worse, the very next time I went to sleep I had a very vivid fully conscience-exit-projection. Go figure.

Several weeks went by before Dr. ZZZZZ's office called to schedule the follow up appointment. I insisted that I be seen as soon as possible and they set me up with an appointment the following week. I had an overwhelming feeling of dread every time that I thought about the appointment. I really wanted for the doctor to tell me something specific about his findings. The more that I thought about it, the more I realized that I was not going to be happy either way. If he tells me that I have some sort of neural or brain disorder, I am not going to be happy with that either. What a predicament! I decided that no matter what Dr. ZZZZZ says, I would force myself to have the courage to accept it. The day finally came and I walked into the office more nervous than I wanted to be. I was taken back immediately after checking in. Dr. ZZZZZ had an appointment and wanted to see me as soon as I got there. Dr. ZZZZZ came in smiling, shook my hand and asked me how I thought the test went. I told him that I thought it was probably a waste. I did not have any of the strange events while I was hooked up to the monitors, and I thought that the results would be ambiguous, at best. He said that he understood where I was coming from but he went on to explain that awareness of anomalous events has nothing to do with the actual event itself. And that the results from the MLTS (multiple sleep latency tests) were full of abnormalities no matter what I had experienced. He seemed very matter-of-fact. He went on to say that much of the data *was* inconclusive, but that was normal. There is always a lot of data! Unfortunately, he did not find anything as exciting as the symptoms. There was no large smoking gun that would explain the types of events that were occurring. There was no anomalous rise in heart rate, no detectable breathing obstructions, brainwave activity was normal and he concluded that there was nothing in his findings that would indicate anything that was impaired or dysfunctional, at least not to the level that we were looking for. However, he did find plenty of abnormal events that occurred during each nap, and throughout the night. In his own words, "they simply do not have enough information yet" to cross-reference with my own information. Not yet! He referred to this 'anomaly' as ABRUPT ONSET ALPHA, or alpha wave intrusion indicating arousal. He also used the words, narcoleptic derivative. I also heard the term 'sleep paralyse used as being a 'disorder'. That was a

first for me. Before he explained to me what this meant, he had to explain to me the stages of sleep, and the brainwave activity (alpha, beta, delta, theta), and their relationship with each other. He also explained R.E.M. sleep so that I would better understand the implications of an episode of sleep paralysis. Dr. ZZZZZ went on for about 45 minutes explaining to me the different abnormalities and their effect on sleep-stages. There was a lot of talk about REM and NREM. Ultimately the diagnosis was REM Sleep Behavior Disorder, or REM Sleep Behavior Disorder Derivative. This is a disorder involving some kind of miscommunication between natural sleep paralysis and the pertinent control mechanism(s). Usually, one who suffers from REMSBD has somehow bypassed the paralysis mechanism, and acts out his/her dreams in their sleep, often causing injury or death. What is happening with me is the same type of miscommunication between the paralysis and the mechanism(s) thereof, except the symptoms were reverse. Meaning the paralysis mechanism is active and alive during these specific arousal events, and after waking. The explanation made perfect sense. Except I insisted that he tell me why he didn't consider these abnormalities alarming, considering the symptoms that I was describing. He told me, quite matter of fact-like that these kinds of abnormalities are actually quite common. They remain unremarkable because people usually do not report the same types of experiences. In fact, people are not usually aware of anything at all. He said that the vibrations, and sensations and fear that accompanied my experiences are not as common, but they are being reported. They were more than likely a hypnopompic or hypnogogic hallucination, and that there was nothing actually happening. He went on to tell me that as long as these events weren't causing dysfunction in my life, then there is no reason to be alarmed. I did not have the energy to argue with him. I did not have an energy-body event anyways. We chatted like this for about an hour then he let me go. I had a lot to think about now. I didn't know if I was disappointed or not. I certainly felt ill. I felt like it was another dead end. I just wanted to go home and forget about it. I was silent for the entire bus ride home. I sat there and went over in my mind all of the things that he told me. It became clear that it wasn't all that bad. I was told by a doctor, who tested me with the most advanced technology to date that yeah there was something wrong but it wasn't anything to worry about. It didn't seem to be affecting my health so there wasn't anything left to do. That was good news, right? He also told me that it

was happening to a lot of people, even though they are not aware of it. For some reason that was comforting. (It is also what many in the OBE community already knew.)

Damn it! I was hoping for a smoking gun. I would have loved to have further tests done to try and have a full event while being observed, but I just did not want to go through that again. It was actually kind of humiliating. I bared my soul to this man regarding my experiences, and he simply brushed them aside, calling them hallucinations. So, what am I crazy now? The psychiatrist said it was a medical problem, the medical doctor says that I am hallucinating. I am very confused! I did not want to be forced into a strange 'belief system' regarding my experiences. I promised myself to keep an open mind, but I clearly could not appreciate what I was getting from the medical community. He also told me that there just wasn't enough information regarding my condition, and that there was just no way to come to an informed diagnosis until more research is done. I agreed with that. More research does need to be done. But I knew that a medical facility was not where it was going to happen. Not yet! I was going to have to take on the burden myself. I could not believe that I was more knowledgeable about this experience than these doctors were. That pissed me off! I knew that I was not hallucinating. I have been able to verify many things while out of body that would have been impossible otherwise. Period! I had to find a way to prove it. I had to break through. I decided I would try and devise a system of research and documentation. I had to find a way to tackle the phenomenon from both subjective and objective points of view. And I had to do it all without the help of religion or science. Fine! All that I needed was a couple of more solid OBE's, and I was back on the trail. I couldn't stop researching these events even if I wanted to.

Research.

I decided to try and devise a system of research and documentation that approached the OBE from both subjective and objective perspectives. On one hand, I could not discount the very profound and personal nature of these events. On the other, I could not discount the importance of understanding the mechanics of these events. I already had an enormous collection of journals, notes, and thoughts on the subject. I had done a lot of research and I needed to find a way to put it all together in a way that made sense of it all.

The first thing to do was to make an ‘inventory’ of facts, at least the facts as I know them regarding OBE. I would challenge anyone to dig deep and discover what it is that they really believe. Sometimes what we believe is written all over our faces. Other times you would be very surprised! I found myself thinking back to the Monroe concept of converting ‘unknowns’ into ‘knowns’. It is very important to understand that when studying subjective subjects like the OBE, first hand experience goes a long way. I was certainly on a journey, and I have turned many unknowns into knowns. I have also taken a lot of ‘knowns’ for granted. I also had many personal beliefs about what was happening so I figured that being as objective as I could, may still turn up inaccurate results. With that in mind, I began to think about ways that I could tackle both subjective, and objective angles, without allowing one to take away from the other. I made a list of the types of experiences that were occurring. I made a list of facts regarding what I have learned so far. It was more of a brainstorming at first. Next, I divided them all up into two categories. It is the difference between objective and subjective or, fact and belief or, known and unknowns. It was a difficult task. (It is ongoing.) Impossible taking into account that what I am calling ‘objective’ and ‘knowns’ and ‘facts’ are all completely related to my first hand experience. Others might not call that objective at all. In fact that may be closer to the definition of subjective. Either way, I wasn’t going to get any help from anyone else so the concept of proving it to myself was about as objective as I can be. Again, this is a rabbit hole, and I am dealing with a world that is full of unknowns, no matter how many knowns. I decided to list all of the information that I had come across; I realized that they were mostly knowns.

- 1. Consciousness can extend beyond the human body.**
 - a. With an exteriorized energy vessel.**

- b. Without an exteriorized energy vessel. (Mental Projection)
- 2. The physical body systems have accompanying energy body systems.
- 3. There is an intimate relationship the different phases of existence.
 - a. Sleeping mind.
 - b. Waking mind.
 - c. Dreaming mind.
- 4. All physical matter, whether living or not, has a subtle energy counterpart.
- 5. The energy-body systems can be stimulated through energy work.
- 6. Meditation is essential to OBE.
 - a. Energy work.
 - b. Trance work.
- 7. All matter and energies exist in a multi-dimensional universe.
- 8. Awareness of an event has no bearing on an actual event.
- 9. Movement, while out of body, is related to the energy in the palms of your hands and the soles of your feet.
- 10. Palms and soles are primary energy centers.
- 11. Energy moves more natural when going from bottom to top.
- 12. Awareness of the energy body can come by way of energy-body-sensations. Or EBS.
- 13. Energy-body-sensations include (but are not limited to):
 - a. Full or partial energy body 'hum'
 - b. Excited, adrenaline-like rush of energy through the body.
 - c. Vibrations; varying degrees.
 - d. Strong electrical strobe or pulse coming from primary energy centers.
 - e. Steady electrical 'buzz/hum' coming from primary energy centers.
 - f. Exhausted feeling after an event.
 - g. Memory 'dunking' effect.
 - h. Thought-change vertigo. (Crown effect)
- 14. Levels of Trance can be practiced and sustained.
- 15. Fear is a necessary barrier.
- 16. Split consciousness or bi-location occurs regardless of awareness.
- 17. Dream-state lessons are OBE's that we remember as a dream.
- 18. Thought and reaction are instantaneous while out of body.
- 19. Textures of astral matter are the same each time.
- 20. Understanding and awareness are 'attained' through personal

- experience.
21. There is a telekinetic variant to interacting while out of body.
 22. Astral 'snags' occur because of lack of energy.
 - a. Loss of vision.
 - b. Being unable to move.
 - c. Intrusion by dream imagery.
 23. I am almost never aware of re-entry.
 24. No matter how much energy we raise. There are other energies involved that have nothing to do with us. Forcing an exit may not be possible every time.
 25. We are being taught energetic and spiritual concepts through OBE.
 26. Lucid dreaming is intimately connected to OBE.
 27. The abduction experience is very similar to early stages of OBE.
 28. Sleep paralysis occurs whether we are aware of it or not.
 29. We are not consciously in control of every OBE.
 30. Be careful what you ask for.
 31. Direct commands to ones Higher Self does not always work!
 32. There is a difference between the energy copy of the material world, and other astral realms.
 33. OBE happens to humans and animals.
 34. Our vital energy body is made up of subtle light-particle energy.
 35. Our bodies are a vessel for our souls.
 36. Time slip events can occur through OBE.
 37. There is a telepathic variant to OBE
 38. Your journeys out of body follow the will of your true self. You must know what you truly believe before you can be in charge of the OBE.
 39. The exit is the most difficult part.
 40. Life goes on after we 'die'.

It appears that I know more than I realized. My list of 'knowns' is growing every day. And I fear that it won't be long before I no longer have the desire to prove it to anyone. At some point, I will not care what others think. This is *my* experience. If you want it to be *your* experience than I suggest you get to work!

I am searching the faces of the Gods for information related to the OBE. I started at church. I started by reading the bible and learning

about spirituality through the church. It wasn't long before I realized that I was not going to find what I was looking for there. I tried to reach out for understanding by studying the abduction experience and becoming aware of the similarities between OBE and the abduction experience. It is nearly impossible to sift through all of the metaphysical information that is out there. Even when I sought out the help of medical professionals, I was given the run-around. I am not claiming that people have behaved in malicious ways concerning my experiences. I am saying that because there has been so little research into the matter that there is literally nowhere to turn for answers. Nowhere except myself. Now how in the hell am I supposed to remain objective? Impossible! I think that the trick will be to take my list of knowns and do some experiments to verify them. Document them and then test what I know.

This was going to be quite an undertaking. Especially considering that I have not yet achieved mastery of the OBE. I still cannot induce exit sensations by will alone. I am working on it!

It seems that I am to take on an enormous experimentation project. I am tasked with finding my own 'missing basics'. I must be able to show, through research and documentation that the OBE is real. That is what I intend to do.

I will not give up my research. I feel that now is the time to really dig in and find some answers. I cannot give up now! Before I go into too much detail about the kinds of experiments that I would do, I am going to have to go into much more detail about the 'knowns' that I have collected. There is a method to my madness. Please bear with me as I explain some important elements to this mystery.

The Energy Body.

The subtle energy systems that exist within and beyond the physical body systems are very complicated and difficult to explain. Without going into too much detail about what the ancients knew, I am going to explain the energy body construct from what I know. Don't be alarmed if some of my explanations differ from your own, or someone with experience with the energy body.

First of all, when I say 'energy body', I am not necessarily referring to the 'exteriorized' part of us that projects during an out of body experience. That is a small mechanism of a much larger energy system makeup. The energy body complex stays with the physical body throughout the life of the physical body. (Unless something has gone terribly wrong.) Sometimes referred to as the 'vital' body, the energy body is intimately connected to the makeup and health of the body. Anything with a physical body has an energy body counterpart, at least at some level. The physical human body is made up of different systems of controls including: respiratory system, muscular system, nervous system, cardio vascular system etc. Likewise, the vital body complex is teaming with separate smaller systems that make up the whole. You could think of the physical body as 'housing' the energy body, and the energy body as 'housing' the consciousness. The energy body extends an even more subtle energy counterpart that houses our waking-consciousness mind while we are out of body. That does not mean that our consciousness needs an astral 'body' to travel freely. In fact, there are subtle dimensional realms that require more of a pure 'mental' makeup to explore.

The energy body systems are made up, in part, of central energy centers that will correspond to specific parts of the physical body. These energy centers seem to be primary, functionally speaking, to other energy centers in and around the physical body. Energy flow is an awareness experience also. You do not have to be completely exteriorized to experience OBE. Awareness of energy flow is an 'awareness' experience that is just as relevant as the fully exteriorized OBE. The primary energy centers are part of the main circuit inside our energy bodies. Other, secondary energy centers are parts of different circuits as well. All circuits existing independently yet simultaneously within the energy body construct. The primary centers run perpendicular to the spine, starting from the base center located

just below and a little forward to the bottom of the spine, and working your way up to the very top of the head. There is also some debate as to how many primary centers exist in the primary circuit. I have become aware of at least 9. There may be more. I have also been aware of them acting as a single unit. There are also energy centers in the palms of our hands and the soles of our feet that I would also consider primary. The centers in our hands can extend energy and receive energy. The same is true with all of the primary centers. The 'received' energy moves from the hands/feet through 'conduits' up our legs/arms and into the primary center channel, feeding the smaller circuits as it goes. The energy flow is circular, leaving out through the crown center (top of your head) and somehow circling about and re-entering again through the base center. New energy mixes with existing energy and energy flow continues in an endless circular pattern that eventually reaches a point where we can extend the energy from other parts of our energy matrix. The health of the primary centers directly affects the flow of energy throughout the primary circuit. Equally as important, the health of the primary centers affects the health of all of the other secondary circuits, and the overall health of the entire vital body. The energy body is dependant on the flow of vital energy just like the physical body is dependant on the flow of blood. Also, the health of the smaller, secondary circuits affects the health of the primary centers individually and as a whole circuit. When we unlock the mysteries of the energy body, we will unlock the healing powers that exist within our individual bodies. We will unlock many of the great mysteries as we become more aware of the vital body and the processes thereof.

The OBE is an event that we became aware of through the natural exteriorization mechanisms of the energy body. Many experienced projectors will tell you that we are not 'in' our bodies at all, and that the out of body experience is temporary awareness of that. My own experiences are leading to the same conclusions. Either way, the mechanism by which we are attached or unattached to the human body exists somewhere within the energy body makeup. One of the trickiest parts of the OBE is the actual 'exit'. That is because we have yet to come to a full understanding of the mechanism. The precursor experience to the OBE is completely within the energy body. There is a specific energy body event that seems to run a 'cycle' and then stops. About half way through that cycle, the event 'peaks' and allows for an exteriorized exit. Allowing the circuit to run on its own, and waiting for

the 'peak' is the easiest and most effective way to exit.

I have often wondered why we need an exteriorization of subtle energy to house our consciousness. Why couldn't we just travel with pure mental energy? I mean, why would our conscience need another vehicle to travel in, isn't that what the human body is? It made sense to me that after leaving the body, our consciousness can do whatever it wants. I have been aware of dimensional levels that seem to resonate at a much finer vibration than our exteriorized double, and therefore I had to learn to exist without it. So why couldn't I just travel around in the 'mental' body? The answer has to do with the vibration densities of the different dimensional levels of existence. As we pass from this dense energetic representation of existence to less dense dimensions, it is very helpful to have a body/vessel that is adaptable to the new environments that we find ourselves in. Just because we are not in a physical human body, does not mean that we do not need a more subtle body to house our consciousness. As we become aware of our existence in the more subtle dimensions, we will become aware of more finely vibrating representations of our exteriorized energy body/vessel. We are naturally equipped to exist on all levels. It is a question of 'awareness'. The mechanisms of exteriorization are perfectly natural!

Energy Body Sensations/EBS.

Experiencing energy body sensations (EBS) is a large part of the OBE enigma. EBS are the physical (seemingly) sensations that accompany an energy body awareness event. Some EBS are localized to specific energy centers and others are full body events. EBS can be very slight or very powerful. Remember, awareness of an event is not required for and actual event to occur, which is to say that the seemingly chaotic nature of the EBS have more to do with the chaotic nature of our awareness and understanding. I will describe several EBS here before I continue.

- 1. The Vibrations. This is the most common of all of the EBS. Most every projector has described the vibrational state, and there are varying schools of thought regarding the nature of the vibrations. The vibrational state usually accompanies paralysis. The vibrations seem very real. They can range from very slight to very intense. They seem to emanate from one or more of the primary centers but are sometimes so intense that you cannot tell which one. They sometimes seem to be coming from the center of your brain. They can be very frightening to someone who has never experienced them. Imagine yourself strapped into a large paint shaker. Now imagine it vibrating as fast as a paint shaker does, except that you are strapped into it. The vibrations are usually that intense. So intense that it feels that your teeth are going to pop out of their sockets. Vibrations can be fast and steady, fast and weak, slow and weak etc. I am always 'feeling' for the vibrations when I do any type of energy work. They are not always very strong. Sometimes they are very slight and almost undetectable, like someone is pushing slightly on the edge of the bed. Part of the 'Monroe' formula for OBE is to locate the 'vibrations' and use that as a platform for 'quick-switch' (exit).**
- 2. Paralysis. Paralysis is a physical event that occurs after the onset of sleep. Sleep paralysis is indicated by loss in muscle tone. Whereas paralysis is not a specific EBS, the loss of muscle tone during paralysis causes different EBS. Primarily the adrenaline-type of excited 'rush' that waves over the entire body. It usually accompanies vibrations and intense excitement**

or fear. The 'rush' seems to come from the solar plexus center, but definitely not limited to only one center. The entire process happens about as fast as we can take a swift inward breath, and it is always very powerful and exciting. Awareness of being paralyzed is secondary to the wave of excitement that seems to accompany the paralysis. Another EBS that is a result of paralysis awareness is the 'glowing' effect. Just after I am overcome by the solar-center 'rush', I become aware of the GLOW that seems to take the place of the normal tactile sensitivity that goes along with paralysis. It is only the outside or the 'skin' that is feeling it. Every single part of our body that is exposed to the outside is being excited and feels like it is electrified. Again, both of these EBS coincide with the muscle tone loss that occurs during sleep paralysis.

3. Full or Partial Energy Body Hum.

This is a step up from the 'glowing' sensation that I just described, except it is much more intense and much more indicative of energetic flow. It is a strong electrical feeling, usually very intense, and is felt throughout the entire body, as opposed to just the skin. There seems to be a flow of energy involved, but you mostly feel the intense electric-hum. It is steady and is usually felt throughout the whole body. Not to be confused with the vibrational state. The 'hum' can be localized to specific areas and can be undetectable at times, but it always seems to be there during OBE.

4. Strobing effect.

This is a strong strobe or pulse that seems to emanate from the brow/crown area. The effect can be very powerful, like being punched in the face. This strobing effect usually precedes other OBE anomalies, and can also be very frightening. Not to be confused with the vibrational state. This is a single burst or strobe. Seems to be an energetic discharge of some sort that would indicate more advanced spiritual awareness abilities, at least temporarily.

5. Steady electrical buzz/hum.

Can be full body when it is very intense, but is usually located around the areas of the primary energy centers. I have felt this in each one individually at different times. It is not quite as strong as the full energy body hum; it feels more like a

buzzing. A very strong buzzing like a back massager suddenly turned on in an energy center. It can be very distracting and can cause other EBS to creep in. This steady electrical buzzing sometimes gets stronger and peaks then subsides, then repeats. Other times it just stays steady. The buzzing seems to be working its way up the primary center ladder and into the center of my brain. It is the same thing that I am going for when I do energy work, except this circuit runs on its own and it is much stronger than I can muster doing energy work.

6. Thought-Change Vertigo.

This is a single wave of vertigo that accompanies a swift change in thought, perception, or trance-state. It seems like a less powerful strobing event, except it is definitely a ‘waving’. There is a back-and-forth element to it. It does seem to emanate from the brow/crown area, and it only happens once. I have often described it as a single VIB. If there were such a thing, then this would be it. It will definitely get your attention, especially if you are doing trance work. Thought changes cause different energetic variances and will sometimes feel like a single pulse of vertigo.

7. Exhaustion!

I am going to include this as an EBS because I think it is relevant in the big picture, even though this sensation is due to the LACK of EBS. Often times after a fully exteriorized event, I will get up and almost collapse from exhaustion. I mean I really have to fight it! Not just after a fully conscience projection, but even after a failed exit attempt, or even during an exit attempt. Sometimes when I am trying to exit, the magnetic pull back to my body is so intense that it saps my energy, and I fall back to my body in a completely exhausted state. It has something to do with my solar center; I sometimes feel it coming from there. It is like it has become completely depleted and is now useless.

EBS can be felt individually or at the same time. There is usually more than one sensation occurring simultaneously, but they can be hard to recognize individually due to the intense nature of these EBS. They can be very slight, but they usually are not. When one or more EBS have suddenly taken hold of you, it is quite hard to ‘keep it together’.

These can be very, very intense sensations and should not be taken lightly. They are distracting, to say the least, but they seem to be necessary. I wish that I had a better understanding of exactly which EBS corresponds to which part of the energy body systems and the many circuits within. I am also aware that the intensity and effect of the EBS changes depending on the level of trance-awareness. EBS can be controlled by will and intention. You can induce the EBS and activate your energy body systems in different ways using different energy work routines, but these things can and do sometimes take on a life of their own. It is important to try and be as aware as you can of EBS. Sometimes when you are dreaming, you will begin to feel EBS, and they will incorporate themselves into your dream imagery, if you are not careful. Train yourself to wake up when you feel EBS and your memories of OBE will double or triple.

EBS and OBE.

It is important to keep in mind that the EBS you will feel are going to be unique to you. All of the EBS listed previously, are the main ones in my experience. I am sure I am leaving out a lot. There will be an individual nature to experiencing the flow of subtle energies. When working with moving energy, the sensations are usually very slight. I can muster up some slight vibrations here and there, but for me, the EBS that I consider ‘exit sensations’ are usually very much more intense. It is almost like there are different ‘gears’ or levels to the intensity of the energy sensations. Then again, it may just be as simple as dropping down into trance, and letting the subtle energy systems do their own thing. Which is to say, perhaps the intensity of the EBS has more to do with my awareness of them. That is an ongoing question. There is also an (sort of) evolutionary process involved with OBE. Advanced projectors do not report as many EBS as they did when they first started having OBE. I am seeing that more and more in my own experience as well. There seems to be a process of growing and learning, and it is a lesson of awareness. EBS are not required for OBE! It is very helpful. There are many examples of OBE in my life that I would not have remembered if EBS did not startle me awake. I wonder how much I am missing out on because of the lack of EBS during an OBE. I am very sensitive to the movement of subtle energies in and around my body. Slight movement or vibrations will get my attention every time! (Standing in front of an elevator freaks me out.) Sensitivity levels are different from person to person, and experiencing EBS will differ from person to person as well.

Also, just because you are experiencing some strong vibrations, or full body ‘hum’, that doesn’t necessarily mean that it is time to exit. Of course you can try. I usually try and exit every chance I get. However, I am discovering that EBS, and awareness thereof, are not necessarily exit signs. That is why I am fighting with the exit. Try and keep in mind that this is a natural process, and if you are fighting with it then you are probably doing something wrong. Other times the exit is perfect and natural. It seems to me that I am jumping the gun when it comes to the exit process. Of course there is a relationship with our awareness of EBS and OBE, but it is not just that simple. There seems to be a window of opportunity to exit without any complications, and understanding the ebb and flow of your energy within your body is

going to be an important endeavor. I cannot stress this enough. I can blame at least half of the 'snags' that I have encountered while OOB on the EXIT! It is very distracting and will lead to being further distracted while OOB. Loss of vision, loss of movement, loss of awareness, and exteriorizing in foreign/strange places, all can be attributed to the confusion that is experienced during the exit. This could have something to do with energy and transferring energy during exteriorization. It makes no sense to raise energy for OBE if you are just going to lose it during the exit/transfer.

Another barrier regarding OBE is Fear. I have a strong fear/panic reflex and it is alive and well. Fear is not an EBS, but it is definitely part of OBE especially where EBS are concerned. In the early years I was experiencing EBS exclusively. I was in fear every time they occurred. I hadn't yet differentiated between the different EBS. I only felt strong vibrations, and I was in extreme fear the entire time. I mostly mistook the solar center 'rush' as fear and would allow 'real' fear to amplify out of control. The strange, menacing presence that I felt could also be related to my misunderstanding of the energy flow process. Fear will sometimes pop up out of nowhere, ruining a perfectly wonderful experience. I call it a fear reflex, and mine is quite sensitive. I have been aware of fear as a positive experience too. We never want to completely give up fear. It is as essential and important as any other part of the human experience. It can keep us safe. It can heighten our senses. It can slow our breathing, and intensify our awareness. Fear is our accomplice throughout life, and it is no different with OBE. Although fear is a complicated barrier in many cases, it is still necessary. Some of the fear when experiencing EBS is a useless barrier, and will be overcome with time. Other fears are completely necessary, and should not be ignored. It is simple case of turning unknowns into knowns. Fear can be transformed and channeled but you should not endeavor to be rid of fear itself. Sometimes when our fear reflex tells us to run, then we should run!

The vibrational state usually accompanies a certain amount of excitement and/or fear. Waking up paralyzed is very frightening! There is a pattern of awareness when it comes to fear. We can break down the walls if we can muster the courage to face them. We must continue turning unknowns into knowns by facing our fears. I am not talking about a psychological fear; I am talking about fears concerning the energy body awareness events going on during OBE. Believe it or not,

the OBE can be a brutal experience. It is not all fun and games. EBS alone can be enough to scare someone away from trying to cultivate the experience. At some point before the exit, there will be precursory sensations and if you are not ready for them, they will overcome you and create great fear. I have had thousands of energy body awareness events and each one is as powerful as the first. It is never dull!

Even when there are no exit sensations, and the exit is spontaneous, there are still some very powerful awareness sensations that occur. When ‘hovering’ in the air during an OBE there is always a very electrical feeling in the air, night or day. The ‘wind’ feels warm and electric and alive! Any type of motion of movement will cause the same motion sensations that we experience in the physical body. When you put your hand through something, you will feel the ‘texture’ of the substance, inside and around. These different textures are the same each time you touch it, or put your hand through it. Memories of these different textures have gotten me around when I lost my vision during OBE. Whatever energy counterpart we exteriorize, it has its own group of sensational awareness. (Senses?) Many things (in the astral) seem to have energy flow related to them. Again, awareness of different types of subtle energies will have different effects on our energy body. This is our astral touch-sense, and it is an effect of being exteriorized and aware during OBE. I am often aware (while OOB) that the palms of my hands, and the soles of my feet are glowing strong, not visually, but they feel very ‘charged up’ or ‘glowing’. They seem to be energy centers of their own. Much of the activity that takes place has to do with the energy in the palms of your hands, flying/navigating, telekinesis, receiving/extending energy; all require hand/palm energy center activation. These are all EBS! Not directly, but sensational awareness of things we come across while exteriorized is EBS related.

There are different levels of energy body circuitry with regard to OBE. When doing energy work for any extended period of time, you will become aware of the EBS relating to moving stimuli energy throughout the body, and energy center column. Of course you can build some pretty intense energy flow, there seems to be a limit to how much energy flow is attainable with normal everyday energy work. The limit, or ‘gear structure’ is intimately related to the level of trance you have attained. Trance work and energy work are two different beasts. We will get into that a little more later. Some people who have (seemingly) natural ability when it comes to energy and OBE actually

have a natural ability to fall into trance. It would seem to the untrained observer that they are natural movers of energy. (Both may be true!)

Being aware of EBS is only the tip of the iceberg. There are many phenomenons when considering OBE and EBS. The texture awareness EBS can be compared to the sense of touch in the physical body. Tactile awareness of our energy bodies will come across as EBS. Although many people will not experience the intense nature of EBS, they will be aware of some EBS at some point. They are a tactile point of reference and they are signposts when it comes to trance/energy awareness.

EBS and related phenomenon.

Each physical sense has a related OBE counterpart. EBS are related directly to the sense of touch. The tactile awareness of objects while out of body will be felt with an energy sensation. However, let us consider the other physical senses and their counterparts, for example, the sense of sight. Physical sight is related to the photosensitivity of our physical eyes. Vision while out of the body is more related to a ‘psychic’ picture we create with our minds. Vision and sight (telepathically) are talents embedded in our spiritual makeup, (3rd eye/brow center) and is a natural counterpart to physical sight. When we see things while out of body, we are not depending on photosensitive organs to interoperate information received from light-particle refraction. Instead, we are receiving the information psychically, and interpreting it in the same fashion. Seeing and Hearing and Knowing seem to happen simultaneously, and often times we ‘see’ it all from a visual perspective. That is why we sometimes ‘see’ things that are not there, or we will ‘hear’ things that are out of place. We are desperately trying to understand things from our physical human point of view. Which is fine, but in doing so, we create ‘visuals’ which end up being very confusing.

Brow/crown pulses can induce some strong visions or instantaneous psychic ‘knowing’. Vision and sight will transcend what we understand in the physical. Sometimes a strong brow/crown strobe will leave me stupefied as I try to comprehend the information that follows. Knowing and understanding have to do with the astral counterpart to ‘hearing’ and ‘seeing’.

Sometimes while experiencing different EBS I will find myself in an excited state, and wondering what I will do next. There are deep meditative states that can be reached instead of trying to exteriorize and explore. The EBS that we experience are a platform to much more profound explorations if we can get past the intensity of them.

Do you remember the last time that you had dejavu? Did it not accompany an excited/electrical sensation? Don’t they always? Dejavu is a spontaneous memory of a ‘knowing’ event that occurred while OOB. And there is usually a strong ‘dizzying’ effect that goes along with dejavu. It is a memory of an energy awareness event, and it is happening all of the time! Have you ever been in a situation where you instinct is SCREAMING at you? I have! There is a heightened sense of

awareness, and yes, an excited/electrical feeling. These are also events that we are experiencing from an ‘otherworldly’ perspective. Do not ignore your instinct. It is an astral ‘sense’. And if you ignore it, it will stop trying to communicate with you.

Navigating in the astral realms has something to do with the energy in the palms of your hands. Extending energy has to do with the palms of your hands. In fact, there always seems to be a strong charge built up in my hands while OOB. Working with extending energy from your fingertips will leave them burning! I am not as aware of the primary center column while OOB as I am while still in my body. I do not think that the entire chakra system leaves with me. There is a subtler light particle energy construct that houses our consciousness while we are out and about. Whereas this light energy body has a definite makeup, it is even less bound by the rules of physics than is our subtle energy body systems. We are in a time when understanding of our energy bodies and our light bodies are becoming more and more important. It is widely accepted that our physical bodies are houses for our souls. What is not widely accepted is an understanding of the actual mechanics of this symbiotic relationship. We are more than our physical human bodies. We are more than our energy body. We are more than our mental body. We are more than the sum of the whole. There is a source to our existence, and it is pushing out at all times. Being aware of EBS will give us a starting point when it comes to mapping out the energy body construct. There is much more than meets the eye. Again, the EBS that you experience will be unique to you. The mapping of our energy systems will be unique to the individual too.

Most of the things in the ‘supernatural’ human experience are intimately connected to the energy body awareness events in people’s lives. Mental telepathy, psychic ‘knowing’, visions, and apparition awareness are all effects of energy moving through the proper channels. EBS and OBE are directly connected to the mechanics of our energy bodies and the movement of energy. Even the OBE environment(s) is completely made of energy. Our thoughts are energy. Matter is energy. Everything is energy and we must begin to understand our worlds as a never-ending flow of differing densities of energy, vibrating and resonating and ebbing and flowing. Stephen Hawking would agree! So would Buddha!

Introduction to Lucid Style Dreaming.

Lucid dreaming (LD) is the term given to describe a dream-state in which we bring a measurable degree of lucid consciousness. Simply put, being fully awake and aware in the middle of a dream. Remembering a dream at all means that there is lucidity to a certain extent. The level of conscious lucidity in the dream-states will seem to fluctuate because the dream-states are always changing. Generally the dreaming mind is active during REM sleep, even though dreaming occurs (seemingly) at all stages of sleep, or even when awake. (Day Dreaming.) When one becomes lucid and aware during a dream, one has the unlimited powers of the dreaming mind at their command. This means that you can dream about whatever you want. Experience and explore your dreams with perfect creative fluidity. I have awakened many times in the middle of a dream in progress. It would seem that my dreaming mind exists independently of my waking mind. There is an entire spectrum of levels of lucidity when it comes to dreaming. There is an intimate relationship between the sleeping mind, the waking mind, and the dreaming mind. All are aspects of our consciousness but carry different elements of the whole. When you are dreaming, your dreaming mind is in control of the dream imagery and ‘you’ are just along for the ride. The waking mind has the ability at any time to grab the reins but the ‘dreamer’ is mainly in control of dream imagery. Usually the vivid nature of dreams has to do with the dreaming mind being ‘animated’ by the waking mind, which in and of itself is a lucid style dream. This ‘animation’ by the waking mind is instantaneous and natural. The dream will become less ‘groggy’ or ‘dense’ or ‘slow’ and your ability to think and reason becomes less ‘tied down’ by the dreaming mind. When the waking mind animates the dreaming mind there is a strange transfer of energy. Our waking minds do not tend to see things in the same manner as the dreaming mind. The dreaming mind will always be viewing larger, more abstract conceptions of what it is that we understand. The more lucid we become the more the dreaming mind is forced to step aside, and allow for a more linear understanding of the dream-states. This is why we are able to remember some dreams very easily, and others we have to really struggle to remember anything at all. Some lucid style dreams I will refer to as dream ‘remnants’, which are the memories of the lucid portion of a dream. There is a constant battle for control of the dream. Different aspects of our conscious design

are responsible for different controls to our existence. Which means, the dreaming mind has a responsibility to dream, and the waking mind has a responsibility to discover! This creates an endless conflict between the waking/dreaming minds. I have countless journal entries that refer to this strange awareness conflict. Dream imagery is dense and heavy. Lucid dreams are not. When lucid dreaming, we can think and understand things in the same manner as we do when we are awake. As the number of lucid dream experiences increase we begin to see the normal dream imagery as somewhat of a 'puppet show' compared to the new dreaming environment. When I am lucid in a dream, I almost always come across the less lucid dream imagery and abstracts, and I avoid them. Other times there is no avoiding them and they will 'take over' the dream, and kick my waking mind 'out'. Often times, I can see them coming and try and fight them. They come crashing in, repeating, like waves. Sometimes I know that I cannot fight them and try my best to observe as they flood my mind. Other times I can sense that the dream imagery has abandoned my mind, which seems to create a vacuum that forces/enables my waking mind to engage the dream-state environment(s). Again, there is a strange transfer of energy as your mind fluctuates between dream and awake. It has to do with levels of awareness and lucidity.

Lucid dreaming is a platform that we can use to induce natural abilities including (but not limited to) OBE. Dream-state visions have been documented all throughout human history. Visions can be instantaneous psychic/mental 'knowing' or they can be in the form of a vivid dream. How many examples of dream-state visions are in the Bible? (About the same as the number of licks it takes to get to the center of a tootsie roll tootsie-pop!) Not just dreams, interpretations of dreams, spirit/information channeling, even fully conscious exit projections. The more one experiments with dream-states, the more one becomes aware of the borders that exist between the awareness states, or trance states. Of course you do not have to be lucid dreaming to understand and recognize trance-state borders. Believe it or not, my understanding of awareness through experience with LD/OBE states will seem barbaric to the truly spiritually gifted. It seems that everything that I know and understand regarding my own personal spirituality, I have actually only stumbled upon. I am trying to explain things that the great Yogis and Bhuddas have been much more elegant in explaining.

The LD states are very similar in effect, to the OBE states, similar and sometimes identical. The only way to get a better understanding is to experience these things for yourself. I will try and explain.

The most important and obvious difference between the LD and OBE states is, EBS! A dream is a dream, no matter if it is lucid or not, is still occurring within the dream-states. There will be no EBS during LD. You may come across the occasional thought-change-vertigo, but nothing much more than that. Once you begin to feel energy movement, the experience is (or already has) shifting gears. An exteriorization process occurs and the waking mind is encouraged to explore the energy sensations and eventually, OBE. There is a definite change in atmosphere from the dream-states. The dreaming mind forwards abstract mental energy, setting up the LD environment and clearing the way for the waking mind to manifest. The waking mind will observe the dream-states from this perspective for as long as you desire. The transfer of awareness/energy between dreaming/waking minds sets the stage for waking consciousness to then transfer into the exteriorized astral body. After several vivid OBE's you will know the difference between the LD and OBE states. I have had many dreams about being out of body when in fact they were just dreams. I have gotten to know the differences. Again, the primary difference between LD and OBE states is our awareness of EBS. Many people are confused (rightfully so) about whether or not an experience was a dream or an OBE. Ask yourself if you remember feeling vibrations or energy flow sensations! That is the difference. For me, there was never any comparison, the EBS are very strong and undeniable.

The imagery that occurs during LD is completely up to you. Your waking mind is in control, seemingly. Your dreaming mind is taking up residence in another area of your mind, but will return when needed. There is another aspect of our consciousness that I have to talk about before I continue. That is the 'sleeping mind'. The sleeping mind is that part of our consciousness that is hardest to break through to because it is always hiding opposite of your waking mind. Your waking mind is your lucid conscious awareness. Your dreaming mind is that portion that is always dreaming/abstracting, wondering around (seemingly) your mind experiencing the same things through 'filter-less' channels that your waking mind will not understand. The sleeping mind is the part of you that is actually in control. Our waking minds will not fully accept this. You could call the sleeping mind the super-conscious, the

sub-conscious, or the higher self. Again, the sleeping mind interacts opposite the waking mind, and therefore is seemingly invisible to our knowing. The truth is that the sleeping mind is in control of both the dreaming mind and the waking mind. It is your true self. Try to look at consciousness as a ladder, the dreaming mind at the bottom, and the sleeping mind at the top. You cannot look up the ladder from the bottom, but you can look down the ladder from the top. Your sleeping mind is aware of every aspect of your existence all of the way down the ladder, but your waking mind is barely aware of a higher self. Your sleeping mind is trying desperately to get you (waking mind) to understand and become aware of what it takes to get to the top of the ladder, even though our waking minds are blind to what is further up the ladder. Think of the sleeping mind as the puppet master behind the puppet show that is our understanding of the universe. This puppet master is actually trying to teach us something, but it is not sure how to do it. Imagine if all of the sudden your big toe on your right foot suddenly became 'aware' of its existence, and is trying so hard to understand that is causing pain in your foot! You would do everything that you could to try and help your toe understand the true nature of its existence. These lessons from the sleeping mind are coming by way of LD and OBE.

Dream-state Lessons and your Higher Self.

Dream-state lessons (DSL) occur somewhere in the lucid dreaming states. They are very vivid and intense. The lucidity is very strong and awareness is bright and sharp. The important difference is control. These LD's have a life of their own. There is a clear pattern to the dream imagery. Events in dreams will repeat over and over until the lesson is achieved, or at least understood. Any attempt to try and take over control is futile. Many times dream imagery will change while the lesson remains the same. It is clear that I am being taught things through the LD state(s). For example, (From the early years) I would have a recurring dream about being trapped on the roof of a tall tower and not being able to get down except to jump! Or I would be trapped on a boat that was sinking and I was afraid to jump. Or I was in an airplane that was about to crash and I was *afraid to jump!* There was a pattern and a lesson that I did not see back then, but I definitely see and understand now. The lesson was facing some minor fears about attachment and it had to do with my sleeping mind trying to help me to understand OBE. There are many examples of DSL's and their meanings that I will get into later. Since DSL's occur in the dream-states, they often carry some of the snags that dream-states can bring. The only way to avoid the snags is to stay focused on the possible meanings to the lessons. And the best way to know that you are not 'getting it' is that it will turn into a groggy mess with dreaming mind imagery pressing in while still remaining lucid. It is very confusing and absurd at times! It is a strange place where the dreaming/waking/sleeping minds are coming together and I have no point of reference to understand what is happening. It is best, when experiencing DSL, to just go with it and not fight it. It is easier said than done. There are definitely EBS in DSL's. They are not the same as the ones in a fully conscience OBE, not nearly as noticeable. It is more like I am dreaming them or 'remembering' them. Kind of difficult to explain, I never feel strong vibrations or full body hum or powerful pulses. However, I do feel plenty of physical-like sensations that are definitely remarkable. Have you ever felt pain in a dream? Of course you have! That is more like the EBS in DSL's. I wouldn't even call them energy sensations as much as I would call them 'memories' of the sensations. Another example. The lesson was about extending energy from my fingertips! I did not know it at the time. This particular lesson

followed previous lessons that had to do with hand/palm energy and it took me a while to understand that they were focusing on fingertips and extending energy. Dream imagery was vivid but I still did not have control. Energy would build strongly in my hands and fingertips and trying to discharge. I spent a lot of time trying to repeat the goals of previous lessons but this one was different. Eventually the energy burst out of my fingertips and I 'zapped' someone. Every time my fingertips would charge up again, they would burn badly. But then I would discharge them by 'zapping' someone or something. Dream imagery would change, and it would all start over again. Each time the burning in my fingertips would get worse. I did not understand the lesson, until finally I decided to stop 'zapping' people with the extended energy that I had created. Instead, I focused my energy on this little cat that was sitting there one time. I did not try 'zapping' it, I didn't even want to. I extended this white, glowing, soft, light from the tips and started petting the cat with it. The cat really seemed to appreciate it. Eventually it ran off. I could tell that I was coming to an understanding about extending energy from my hand/palm/fingertips. I believe the lesson was about 'intent'. The energy would burn each time I 'zapped' someone, but when I finally decided to use the energy for positive purposes, the dream-state ended and I 'phased' directly into the OBE that was happening at the same time. I was just floating there for a few seconds and then back in my body. This was an especially significant event. The implications to me were profound.

Not only did I understand the point of the lesson, my 'prize' was the awareness that I was out of my body the whole time! Just for a few brief seconds I was able to understand a lot about the nature of DSL's and OBE. It was particularly amazing to me because it helped solve a puzzle regarding OBE. It was like a double-lesson. I was really confused (for a time) about why I could never remember any type of 're-entry' back into my body. Out of all of the many, many fully exteriorized OBE's, I have only been aware of a handful of times where I came back to my body. Usually the experience blinks out, and I end up waking up back in my bed wondering what happened, or what went wrong. It is something that still occurs, but I do not worry about it anymore. For some reason, I am remembering the 'missing OBE time' through the LD states. It took me many years and much personal conflict before I realized, in just a couple of seconds, what was happening. My sleeping mind, higher self, is engineering important lessons about energy. The

lessons are progressing as I attain more and more knowledge. There might be lesson in there for all of us.

I am claiming that most every recurring dream is a dream-state lesson from your higher self. It may be true of every dream; every LD, every DSL, and every OBE are lessons from our higher selves. And the ultimate lesson being that we are more than our human bodies and that our waking conscious mind is actually a very limited version of our true selves. Somehow, I am perfectly okay with that. And with that, my entire understanding of the nature of my existence changed, in just a couple of seconds! I cannot stress enough the importance of recognizing your own DSL's. Go through the process of understanding for you, there is prize at the end! Not to borrow from Frank Herbert, but through your waking/dreaming minds, "The Sleeper Must Awaken!"

Welcome to Flight School.

Have you ever had a flying dream? Of course you have. Is it a recurring dream? If it is a recurring flying dream then it is more indicative of DSL's regarding OBE. Do you remember what it felt like to be flying? The electric/alive feeling in the 'air', the wonder and amazement you felt being free? These are OBE's that we are remembering as dreams! (Welcome to flight school!) They will not just be flying dreams but for now, we will explore the implications of recurrent flying dreams. They are dream-state lessons and they have to do with understanding the different astral body mechanisms that we will have to depend on if we are to navigate through the astral dimensions. These DSL's span quite a range of topics, but definitely go into the same general category.

An early example (previously mentioned) was one facing my fears and beliefs about detachment or exteriorization. The different dream imagery in the different sequence were all trying to get me to 'jump' or 'take off' or 'let go'. The fear was genuine and real. The dream-state was always vivid and clear. It wasn't until I faced my fear that that lesson stopped, and a new one would begin. They all seemed to be related to astral abilities. I am not always certain what the lessons are. I have to be focused and pay attention, just like school. Keeping notes became a rule, as there was certainly a lot going on. It became apparent over time, and as I read back through my journals/notes, that there were several consistent 'themes' or elements to them that were always the same. No matter what dream imagery would manifest, the general theme of the lessons were the same. Consider the following:

- 1. There is always 'someone' there, observing and commenting.**
- 2. I am always demonstrating flying abilities.**
- 3. Flying has to do with the energy in the palms of your hands and the soles of your feet.**
- 4. Dream imagery is often related to a 'campus' type setting.**
- 5. These DSL's repeat and repeat until the lesson is learned.**
- 6. I am not in control of these LD's, just my own action.**

Another early example of these DSL's had to do with the energy in the palms of my hands. I did not know that they were lessons back then. All I knew was that I could charge up energy in my hands. That

was all that I seemed to be able to accomplish. It was quite frustrating because I wanted to play/explore; they were perfectly lucid dreams except I was not in control. Dream scenarios would repeat and repeat. If I tried to look away, I would find that I could not move, or that I was losing vision etc. When I would focus on charging the energy in my hands, then I could move freely again. As long as I was charging up my hand/palm energy, I was free to explore the LD states. When I got used to the feeling of my hand/palm energy, then I had to get used to 'firing them up' and 'shutting them down' at will. Once I got used to that I was taught that I could not move *at all* now, unless I was focused and aware and my hands were charged with energy. The next lesson was about the energy in the soles of my feet. Then came lessons about using them together. (Keep in mind that I was not yet flying, though I was always wanting to. Dream imagery would always pull me back.) After that series of lessons came the lesson about facing my fears and 'jumping' or 'letting go'. After I passed that test I was 'rewarded' with the ability to fly! The flight school DSL's did not end there, no sir! They were just getting started.

Once I was able to fly, (in LD) I was immediately having more fully conscience OBE's. I was able to adapt the flight school DSL's to the OBE environment(s). I love flying free while out of my body! I was able to maneuver very well, thanks to my 'training'. Even so, there was still the problem with the OBE spontaneously ending or blinking out. Then came the next wave of DSL's. I became very interested in the new OBE environment. It was like a copy of the real world environment, except that everything was now made up of subtle energy instead of hard, dense matter. I became obsessed right away with touching things and putting my hands through walls and tables etc. I was amazed at the different textures and feelings that the different things would have. I loved the fact that I was invisible and able to walk through walls and fly etc. Every time I was able to exit, I was spending my time flying around and exploring. I remember one time I was fully exteriorized and flying fast over the park behind the house where I was living. I flew down over this yellow German Shepard that was playing next to the one of the baseball diamonds. He noticed me right away and began barking and running after me. He was very playful. I flew down to him and rolled around in the grass playing and wrestling. I really felt a connection to this dog! He was so very playful and nice. This went on for a few minutes until the OBE ended suddenly. I ran outside and into the back

to look over at the park. Sure enough, there was a yellow German Shepard running across the far side of the field at the park. I was completely amazed at the reality of interacting with a dog while out of body. I couldn't wait for the next event. I wanted to try and interact with people animals whatever, and I couldn't wait.

The next wave of DSL's came crashing in. Every time that I would feel strong vibrations or exit sensations I was unable to exit. The pull back to my body was too strong. I could only sit and vibe until I was tossed into LD-land. The DSL's seemed much the same as the last ones. Demonstrating, flying, hand energy, teachers, etc. I was wondering what the lesson was, as the dream imagery and the mental 'puzzles' seemed to be the same. It took several LD events before I realized that there was something different. The new element was not obvious at first but I began to realize that, other than the 'teachers' and the 'watchers', now there were others there too. The dream scenarios were including people that were in the 'real' world (seemingly) and they could not see me and did not know that I was there, at least not directly. I began my lesson on 'interacting' with people while out of body. There are some pretty obvious moral issues when it comes to OBE. What if I was a complete deviant? Wouldn't I be able to scare people or spy on people or 'cop a feel' on some unsuspecting person? I began to get my answers by way of DSL's. Interaction with people while out of body is not what you might think. I remember one time I tried slapping my buddy in the face to get his attention. He did seem to be aware that something happened but he definitely was not aware of me. This type of behavior always gets me a 'time-out' in DSL-land. And I have to endure lesson after lesson after lesson on not slapping people while out of body. Believe it or not, it was happening just like that. I was clearly in OBE School. Even as I write these words, I am still experiencing DSL's. They are clearly more complex now, and they are clearly a permanent element to the OBE, at least for me. There are definitely more DSL events occurring than fully exteriorized events. And I seem to be progressing slowly.

Another good example of a DSL is traveling without moving. I mean traveling while out of body without having to fly great distances to get there. Again the lessons required hand/palm energy and extending energy from my hands. Every time I was out of my body and wondering about far off places and how to get there, the OBE would blink out, and I would have DSL's regarding creating 'portal' type

spatial areas that I could simply walk into and be where I wanted to immediately. The energy would build up in my hands and then a brilliant white light came shooting out of the palms of both hands. The light went up about 10 feet and at the place where it ended, that is where the 'portal' would be. It took me many, many sessions to understand what was going on. I had still not yet linked the DSL's directly to what I was trying to do while out of body. If I got it wrong, then the imagery would change and I would have to try again. Once I mastered 'portal' creating I had other DSL's regarding NOT creating a 'portal' but just using the same energy in my hands to 'just do it', very different kind of mental puzzle. Much easier said than done. In fact I am still having troubles with that one. There have been many times where my training fails me and I cannot create the same instantaneous teleporting. There is still much to learn.

I could go on and on about DSL's. The subject matter of 'flight school' is vast. Understanding is important to me. I have a naturally inquisitive mind and I am always trying to understand the mechanics of OBE. That is why the subject matter of my DSL's are related to the mechanics of OBE. The fact is that you will get whatever answers you are looking for. Ask and ye shall receive. It is clear to me now that the sleeping mind, higher self, is communicating to me through my dreams and OBE's. I do not know if this is true with everyone. I suspect that it is. The goal is the same, I think. Get your waking mind to animate your dreaming mind and ultimately get ready to animate your sleeping mind and experience perfect oneness with god and the universe. Isn't that the goal? Father/son/holy spirit, right? Is it so amazing to think that we have it within each and every one of us to ascend the ladder of consciousness, and understand the nature of our souls through our own 'christening'? I personally believe that not only is it possible, but it is inevitable. It is required. There is a clear path of learning and attaining knowledge that transcends the common understanding of exploration. Our true spiritual selves are trying to break through at all times. We have to learn for ourselves what our place in the universe really is. It is our birthright!

Natural Ability.

Are you someone who, no matter how hard you try, just can't seem to be able to have a fully conscience OBE? Well that is something that I just do not understand. I have the opposite problem. I have given a lot of thought about what that means. I do not believe that I am 'special'. Clearly I am not the only one, but why are there so few people having OBE's? I know the energy body and OBE's to be a perfectly natural part of the human experience. The spontaneous nature of my experiences has me wondering why I am experiencing them at all. I understand natural ability; I see it all around me. In fact, I play the guitar and I am a natural. It does not seem to be the same with OBE. It seemed early on that these things were happening no matter what I thought about it. Is that the same as natural ability? I really had to nurture my musical abilities. I learned that natural ability is not enough. You have to practice and learn and dedicate yourself before your potential can begin to be known. That is the same as OBE, but it still seems different. I could put the guitar down whenever I wanted. That is not the same! Even now, I have only confidently induced the fully exteriorized OBE from start to finish a handful of times. It is mostly spontaneous! Of course I do everything that I can to try! I am always keeping my mind open, and looking for exit signs. Many times I can produce some really strong EBS through just doing energy work, but there seems to be other energies involved that have nothing to do with me (seemingly). Whenever exit sensations show up, they seem to do so, on their own. All I can do is set the stage for them, and hope that they come. For me, they come often. I do not know the missing element. I cannot induce the experience whenever I want to, although I do induce the experience sometimes. Again, the spontaneous nature of my experiences has me questioning why they are not happening to more people. I am inspired to look back at my experience and find out why!

I remember being very young and being very frightened by my dreams. I remember my grandmother asking me about my dreams and what it was that was frightening me. I struggled to tell her, I could not really remember. It was mainly just the dreadful feeling of fear, and I did not want to go to sleep. I could not describe a specific dream, I could only tell her that the 'fear' would come in and scare me. These are some of my earliest memories, before I had experienced vibrations. I

remember my grandmother telling me that I could make the fear go away if I wanted to, all I had to do is to want to! I did not understand what she meant by that. Of course I did not want to be in fear. What did she mean by that? My very young mind had no idea what she meant, or even if she understood what I was saying. However, her 'advice' stuck with me in an early LD-type event. I remember waking up in the dream and as soon as I did the 'fear' came in. I was still very lucid, I thought "how absurd, grandma is wrong!" I turned away from whatever it was that was causing the fear. I wanted very deeply for this to be *not* happening, but it was still happening. For some reason, I wanted to get a better look at 'it' so that I could tell grandma about it. I turned around and faced 'it'. There was nothing there, just void and black. I could feel the fear burning me as it radiated from the blackness. That is about all that I can remember about that dream. I did tell my grandmother about it and all that she could tell me was that she was very proud of me. I didn't know what that meant either. Surely she doesn't understand what I am trying to tell her. It was after that the paralysis/vibration experiences began.

I can certainly look back now and see that my grandmother was a very wise and wonderful person. She knew exactly the kind of thing that I was going through, and without exposing some grand explanation, she gave me a gentle 'push', and I went for it, head first. Without going into great detail about facing our fears and the nature of spirituality, she was able to help me in a very large way. I did not see it at the time. In fact, at the time I thought her advice was a failure. Me turning around and trying to get a look at the 'fear' made things worse. Now I was waking up paralyzed and vibrating out of control, and in the same, if not worse, fear. Plus I was now aware of a strange presence in the bedroom! The fact is, she was able to give me one of my first lessons in OBE! The lesson was about facing your fears! Facing your fears does not necessarily mean that you are going to conquer them. Like I have said before, many fears are necessary. There is a layer of fear that keeps us 'glued' to our bodies. Beyond that, we still carry our fear-reflex with us. We are never quite rid of our fear. I am not talking about fear as it relates to a particular upbringing or belief system. I am talking about actual fear of the unknown, Fear of not having a point of reference for the experiences that you are having. It is the kind of fear that burns through your soul and leaves you for dead! It is a raw, primal fear, and it leads me away from the things in the astral that I want to avoid. Do

not pretend that this is all fun and games. My ‘natural ability’ actually stems from a decision that I made at a very young age, about facing my fears. I did not understand it back then. I am not saying that it is easy. I am not saying that fear will go away! To this day, I will sometimes become aware of an intense fear that will keep me from trying to project. Facing this kind of fear once does not mean that it is over. The point is the effect facing your fears has on your true desire to know and understand. I sort of tricked myself into turning around and facing my fear in that early LD. That sent a powerful message to my higher self. A message that can only be interperated as ‘show me!’ ‘I want to know’. And my higher self reacted by beginning to ‘pull’ me through the LD and OBE states, and now beyond. Each time I was fearful of an event, it served to reinforce the commands to my higher self. The simple fact is that natural ability does not make someone a master! You have to have a burning desire to want to know and discover. I made that decision for myself at a very young age, and no matter how much my experiences were tormenting, they were vital for my growth. I was to begin a special education controlled my higher self. You have to keep in mind; I did not come to these conclusions lightly. I definitely did not understand any of it in the early years. I am becoming more and more aware each year that passes.

If you ask me if I have natural ability for OBE, I have to say, yes! If you ask me if I am a *natural* I have to say NO! I have only induced this experience from a conscience waking state, a handful of times. Other than that, it is an experience that is being handed down from suggestions by another authority. I will say it again, natural ability does not make one a master of anything! Talents must be cultivated, practiced, and applied if they are going to reach any real potential. I am trying to do that. I met a lady once when I was about 19 or 20. I remember her telling me all about the astral realm. She seemed very knowledgeable. In fact she was! I saw her often; she was the owner of the little ‘off the wall’ bookstore that I was going to. I figured that she had had hundreds of astral experiences to know all about it the way she did. It turned out that she only had about 4 or 5 spontaneous events in her lifetime. What? At that point in my life, I had had dozens and dozens of OBE’s. Now how is that possible? I clearly had more actual ‘flight hours’ than her, why were here limited experiences much more enlightening and profound? Here I was, completely happy to put my hands through walls and scare the cat, and then other people go

straight to the 'heavenly' realms with one or two tries. I keep that in mind whenever somebody tells me that they wish that they could have OBE's like me. No you don't! You would do better to have OBE's like YOU! My experience may be unique to me. It may not be! I certainly do not believe that you have to have 'natural ability' to project. (Dogs and cats project!)

I remember giving guitar lessons to a group of kids at the high school where I was living at the time. There were 3 kids. They were all equally as excited about learning how to play. After about 2 or 3 lessons, I noticed that one of the kids was clearly gifted. He took to the guitar as if he had been born with one. I mean this kid got really good, really fast. The other two were really good too, and they progressed in their lessons just fine. It was only a couple of months before the 'natural' left the group lessons to be in a band. Good for him. I still taught the other two and nobody was unhappy! To make a long story short, the two kids that I taught for the full 9 months were able to make mediocre careers out of learning to play. They were not 'naturals' but they are very, very good, and they have amazing stories to tell about how music has affected their lives. The kid who was a 'natural' got bored with it and quit. He did not bother to make anything out of his, clear, natural ability to play. This may not be the best analogy to draw here, but it is also true with OBE. If you have a natural ability to project, you damn well better appreciate it. If you do not have a (seemingly) natural ability to project, you have an excellent chance of exceeding the 'natural' projector in both quality of experience, and levels of spiritual attainment. Either way, you have to be dedicated to the craft. As you can see if you look around the world today, many belief systems can emerge as people misunderstand what is happening to them. If you have a burning desire to experience OBE then you will experience one. And if you have memories of OBE in your own life, you may have the same natural tendencies. You would be letting a lot of people down if you did not try and nurture your abilities. Natural or not, you have to respond to the messages from your higher self. You have to find ways to be more sensitive to spirituality.

Meditation and Trance.

The out-of-body experience is an AWARENESS experience. There are many different schools of thought on what ‘awareness’ actually is. Our awareness is the total of all of the things that we have ever known, minus the things that we have forgotten. Awareness and knowledge are much the same thing. Awareness is an aspect of consciousness. “Knowledge is power”, and awareness is empowerment through knowledge. Only when we gain knowledge can we become more aware. As we live our lives, our knowledge and awareness of the world around us increases. We are naturally inquisitive creatures, and we are always striving to expand our awareness. It is human nature. Expanding conscience awareness of the non-physical world is the same. We are always struggling to put the pieces together, even if only on a sub-consciousness level. The total sum of your experience is recorded whether or not you are consciously aware of it. Transcendental meditation is an important tool when considering expanding awareness of the non-physical worlds. An energy field surrounds everything in the physical and non-physical universe. Included in these energy fields is the total sum of the experience of the person/place/thing. When we come into contact with someone/something, our energies ‘exchange’ information and we carry that new energy/information and adapt it into the total sum of our knowledge. We may not be aware of anything at the time, but the energies are subtle and you have to be naturally sensitive to be aware of it. Tapping into the information fields of a person/thing happens on a subtle energy level, which we are not necessarily aware of. The information might come through as a psychic knowing rather than an actual awareness of the mechanics of tapping into information fields. Much of the ‘channeled’ information comes from an information/energy field that surrounds our planet. Energy and information are the rulers of our universe. We should be happy to be aware at all!

The most time-tested and proven method of tapping into the information energy fields is by trance induction through meditation. Meditation is the quieting of the mind through relaxation and slowed breathing. With practice, one can learn to ‘lower’ ones self into different levels of trance-awareness. Staying quiet and calm will allow us to stay awake while our awareness transcend into less and less ‘filtered’ states of mind. This is an individual undertaking and the journey will be different for every one of us. As we experience our day-

to-day lives, we process our thoughts through specific 'filters' that are an important part of the physical human process. It takes an immense amount of energy to exist in this dense three-dimensional understanding of life. By simply being awake we are forced to focus our awareness tightly on the physical world around us. This does not take away from the non-physical world around us, but it does take away from our awareness of the non-physical world. The basic survival instinct is still alive and well in humans, and it is the primary reason that we are so disconnected with the non-physical while we are awake and functioning in our daily lives. Our basic survival instinct coupled with many thousands of years of flawed belief systems has forced us to send every relevant thought that we come across through an extraordinarily complex system of filters that will make sure that whatever comes out of our thought will fit into the limited perspective of our worlds, and serves to reinforce our ignorance of the non-physical. This is not true in trance! Training your mind to stay focused and aware while dropping into trance is the key to expanding our awareness and tapping into the energy field of the planet/universe etc. Many people drop into trance easily and naturally, others have to apply themselves and practice. There are different trance induction methods, some of them are exotic and dangerous, and others are simple and natural. Some of the more exotic forms of trance induction include; drugs, starvation, blood rituals and even human sacrifice. The simplest and most natural way to induce trance is through meditation. Good ol' fashioned 'mind quieting' and slowed breathing. This particular method allows for a much broader understanding of the information gleaned from the trance state. There is also much less of a toll taken on the physical human body! Expanded awareness of ourselves and the universe is the inevitable result of transcendental meditation. The information fields that exist are much more attainable when we quiet our minds and learn how to breath properly. It is that simple! The fleeting psychic experience will become a full 'universal knowing' and a oneness with the living universe. The random 'déjà vu' will become a perfect understanding of linear time and destiny. The concept of reincarnation will become an awesome understanding of the nature of our eternal lives in the physical and non-physical traditions. I foresee a future where we will study physics in philosophy class, and the physical world will be a 'point of view' rather than a ruling factor. In fact I believe it is inevitable. But we are not going to get there by studying the

physical world. We are going to have to open our minds and expand our awareness of the non-physical worlds. And we are going to have to do it in ways that do not destroy ourselves and others. Trance awareness through meditation is the key!

Fortunately, you do not have to depend on me for instruction on meditation. The 'how to' books have already been written, all you have to do is find a method that works for you and begin practicing. Meditation does not require that you drop into trance. Meditation has been around for a very long time and there are different schools of thought (literally) regarding the proper approach to quieting your mind and opening the gateways to the non-physical. Like anything else, natural ability may play a factor when beginning to understand trance induction. Let me assure you that even the 'naturals' have to learn discipline and dedication. Every one of our individual experiences on this planet is a piece of the bigger puzzle. Our higher selves are trying to break through to us as hard as we are trying to break through to it (them). It is only a matter of time!

Levels of trance can be induced and sustained. And there does not seem to be a limit to the attainable awareness. The wisdom of the ancients is written in the energy/information fields that surround us. We have to learn how to listen. The more time we spend mapping out the trance states the more they will become a part of our daily understanding, and a part of our overall view of the world. There is an intimate relationship between trance states and astral realms. The difference is awareness. Events like OBE, visions, clairvoyance, channeling, etc. are not supernatural events at all. They are awareness events, and are not accepted today because we have moved away from our understanding of meditation and trance awareness. We live at a time when the world is hell-bent (no pun intended) on believing that there is no more than a dense, 3 dimensional, physical existence and that if we do not have a physical understanding of something, then it probably doesn't really exist. Understanding the world through meditation and trance is the next step in our 'evolution'. You have to keep in mind that we are spirit living within physical bodies and while we are here, we have to endeavor to understand our existence from both perspectives.

Energy Work.

Before I dive into this part of the book, I want to be perfectly clear about something. I will not take credit for coming up with the ‘energy work’ concept. I am standing on the shoulders of giants who have come before me. The concept of moving energy through the energy body system is timeless. Hindu texts go into vast detail regarding the energy body and relevant energy body events, but they do not give us so much with regards to the ‘how-to’. There have been attempts to explain the energies that exist. Words such as prana and chi come to mind. Until recently, there has been no real understanding of what it means to move energy.

Robert Bruce is a pioneer in the field of OBE especially with regards to moving energy. He, literally, wrote the book on energy work! It is called Energy Work! I would definitely refer anyone who is looking for a ‘nuts and bolts’ approach to the stimulation of the energy body, to the collected works of Robert Bruce. We can talk theory all day long, but without actual practice, our understanding will only go so far. Robert gives us the tools we need to understand the connection between ‘focused awareness’ and its effect on the subtle energies of our human energy body system. We can begin to move energy immediately and with only a thought. Robert goes on to explain the concept of ‘tactile imaging’ to use as a tool to move energy. You will literally be moving energy through your body through unseen channels with focused thought. It is actually quite easy. I have yet to come across someone who cannot do it! By simply focusing your awareness on a specific area of your body, you will create energy there. Training yourself to be sensitive to the energy will give you the ability to feel the energy sensations quite clearly. You will be moving energy in powerful ways in a very short time. Just keep your thoughts focused and moving the ‘focus’ of your awareness will cause the energy to follow. You will be able to move energy to every area of your body and beyond. You will be able to map out the specific areas in your own energy body makeup where there are energy centers, primary, secondary and beyond. You will become aware of the mechanics of moving energy and stimulating energetic flow. I will not go into to many details about the ‘how to’. **READ THE BOOK! I will, however, not continue to try and explain the mechanics of OBE without explaining the importance of moving energy. I do it every day and night. I do it when I have any spare time. I experiment with others.**

I can point to times of my life when the frequency of the spontaneous OBE is directly related to times when I was doing some intense energy work. Like trance work, energy work is not exclusive to OBE. Extending energy with different intentions has different effects. All of the great spiritual healers of the world are spilling over with the energies created by focused awareness. Extending healing energy ‘into’ someone will have a healing effect. If you intensify the energy, you intensify the effect. Instantaneous healing is not a miracle. It is a natural part of the human experience. The information field that surrounds the human body is animated by the energy it receives from the ‘healer’ and the effect is; diagnosis and treatment of whatever is symptomatic. It is not magic. It is real! I do not take energy work for granted. You can create some pretty powerful effects with energy center stimulation. If you combine the concepts of trance work and energy work, you will be well on your way to experiencing you own share of fully conscience out of body experiences. Again, this is an individual experience and your results will be unique to you. You may awaken psychic abilities, as opposed to inducing OBE. You may find yourself having powerful prophetic visions as opposed to OBE. You may find out things about yourself that will make the OBE seem like Childs play. There is an entire panorama of spiritual awareness that can be awakened through energy work. The truth is that you should take your time and explore the facets of your own mind. Do not worry about results. Try and remember that your higher self is trying to break through to you just as hard as you are trying to break through to it. We have become so different from our true selves that we no longer recognize each other through the ‘veil’. Expanding our awareness through the OBE is a powerful and direct way to pass through the veil. Expanding our awareness through meditation will bring the experience to fruition. Try and remember that without advanced awareness and understanding, the OBE is chaotic and frightening. There must be a balance between understanding and practice of OBE.

We are on the brink of wonderful breakthroughs. (We always have been.) We are spirit, animating physical bodies. Almost NOBODY disagrees with that. Is it so amazing to think that we can learn the secrets? I am sorry but prayer and hope is not going to cut it. We have to be diligent in our approach to discovery. We have to work to find the answers for ourselves. There is not a human being alive who can tell you your place in the divine future of the human race. That is for you to

discover for yourself. The concept of a divine God is closer to the center of your heart than you may think. Of course we are more than our human bodies. I am going to research and study my own existence in my own way. Energy work and trance work are going to be my tools. I am happy to hear about the amazing things that are happening in the minds of the religious people of the world, but I will not limit myself to believing in the descriptions of spirituality of the old world. I am going to find out for myself! I do not believe that God would have it any other way. Shepards are meant for sheep. I do not believe that we are sheep! We are divine. The 'heavenly' realms are our birthright, not some kind of reward for good behavior. We are not a scattered people wondering around at the banks of a river, waiting for a miracle. We are intelligent spiritual beings inhabiting physical human bodies. We are amazing creatures with amazing abilities. Do not let anyone tell you that you have to give your life to a deity or a lesser god. Do not believe it for a second. Stand up and take responsibility for your own soul. There is no such thing as a 'lesser' God. It is just you and God. That is it! God gave me my soul/life. Then she created an amazing multidimensional existence, and I love it! Do yourself a favor and start your energy work sessions immediately. The impact of the reality of moving energy and *feeling* it throughout your entire being is very empowering. Moving energy alone can help to change your entire perspective on life. You are an amazing being. And I can't wait to see you all take my advice and run with it. I can't wait for you all to surpass me in knowledge and wisdom. I can't wait to learn from YOU how amazing our spirits are.

Emotion and Intent.

Powerful, creative emotion can have amazing results when mixed with willful intent. This is especially true with OBE and moving energy. Doing any type of energy work after attaining a good, deep level of trance will usually trigger much more vibrant EBS. It is an altogether different level of energy circuit. It is not like the sensations that are associated with normal energy work, even though it is the energy work that is causing the reflex. This is the point where awareness of emotional control will come in handy. I usually jump the gun, and try to exit as soon as I can. This is not necessarily the best idea. My fear/panic reflex is often pushing me to exit prematurely. That is my emotion leading my intent, and it can have chaotic effects on an OBE. Fear can be a driving force in any situation. It is definitely true when it comes to the powerful EBS that are occurring. I promise you that it is very exciting/terrifying, and getting past this takes a burning desire. For me it was more of a mistake, seemingly. Even so, it was still my emotion driving my intent. It took me many years to realize that I was able to channel the 'emotional energy' into very excited, positive, willful, motive intent! It creates an amazing new emotion in, and of itself. Floating free of your body with perfect, willful control is always very, very exciting, to say the least. Emotion can still control your intent. It is a very fluid situation, and anything can happen. If you lose willful control due to fearful or negative emotion, the entire experience is likely to spin completely out of control. This is hard to gain control of because emotion is amplified in the astral. It is wonderful and terrible at the same time. We are diverse creatures and we bring that aspect of ourselves into the astral. Ultimately we will have to have control of our emotions before we can have control of our intent. Before we can dive too far into the astral we will have to look inward. We will have to find out what it is that we truly desire. We have to find out what it is that we truly fear. We have to find out what it is that we truly believe. Until these things are discovered, we will have constant struggles in the astral. They will manifest as an energy shortage/blockage somewhere in your energy body system, which (while out of body) will cause loss of sight, loss of motive control etc. You may think that you know where you want to go, but many times you will not have a wink of control while out of body. Your forward focus may not be aware of its true intent. That will create hazards! Not just in OBE but even with every

day energy work.

When you move energy up and down your body, you are doing it with willful intent. It can also be very exciting. Your emotions are more integrated with your intent. It is simple! When faced with the reality of multidimensional awareness, it is easy to 'lose your cool'. Doing energy work is not like that. (Maybe sometimes!) Usually, though, you are in pretty good control of your emotional state regarding moving energy. Again, emotion and intent are integrated. This is important to keep in mind when understanding OBE. Sometimes, when the OBE is crystal clear, and the control is perfect, the wonderful emotions can be overwhelming. Or maybe it is the other way around. Perhaps when the emotion is wonderful and overwhelming then the OBE is crystal clear and control is perfect. It is of course the emotion driving the intent. The goal is to control your emotions.

Have you ever tried to 'extend' energy? The energy that we are moving up and down our bodies or our arms or legs can be extended beyond our body parts. The amazing thing about that is that you can 'feel' the extended energy too. If I extend energy out of my fingertips, like little white laser beams, and point them at other parts of my body, I can feel them that part of my body. Try it! Again, the energy will follow our willful intent based on synchronization with our emotions. This is why natural, spontaneous miracle healings occur around us all the time. Someone who is moving healing energy with perfect love and intent will have a natural healing effect on the person they are healing. Especially if the person they are healing shares the same love and intent. These people always feel the flow of these subtle energies. It is not a miracle. It is natural. I am not saying that it is not amazing! Again, it is emotion driving intent, and it has everything to do with moving energy. We are emotional creatures, and we can use it to our advantage if we can learn to control our emotions. How much of our behavior comes directly from our emotions? Good or bad, our emotions are responsible for almost everything that we do. With that in mind, we have to conclude that we generally behave exactly the way we intend to, good or bad. The goal is to control your emotions. That does not mean to dumb them down or seek to get rid of them altogether. I am saying that we need to endeavor to not let them control our intent, especially with regard to OBE.

I have had many DSL's regarding emotion and intent. I believe the DSL's to be intimately connected to my OBE's. Many of these DSL's have to do with positive or negative intent. Of course they are driven by

emotion. I can site example after example of DSL's regarding emotion and/or intent. Sometimes the DSL will so profound that they will stay with me for months and months. They are usually profound emotional states coupled with lessons about not being able to advance until I was able to recognize emotional interference. Sometimes they are not about controlling my emotions outright as much as they are about triggering the correct emotions to drive the appropriate intent. This means working towards understanding and changing our own 'different overviews', and finding out what it is that we truly believe. I have had many negative experiences that I was sure was from some sort of outside influence. Perhaps some of them are. Now I am much more aware that the negative experience is more of a reflection of my emotion. I was surely not aware of it at the time. Even now I will often get caught up in an experience and cannot control what is happening. It is very easy to lose control; this is a very strange and exciting experience. It has a tendency to force one to face their fears and emotions. It will play a vital role, overall, when considering that we are setting ourselves up to navigate in a multidimensional existence, and ultimately experience oneness with our highest self, in the highest vibrational existence. I expect that control of emotion and intent through knowledge of your true self is vital at all stages of dimensional life. The amazing thing is that we are free to grasp these concepts right here in this dense 3-D universe. It may just be that the energies that make up the universe are at the beck and call of our intent. There is much potential learning our true fears and desires. It will make controlling the emotions associated with them much easier to control or channel, and thereby empower us to have perfect control over our intent.

Experimenting with OBE.

Experimenting with OBE is what I've been doing all along, whether or not I am aware of it at the time. In many of my OBE's, I am free to travel about as I wish. Others are clearly being controlled by my sleeping mind (higher self). Either way, I am always experimenting and learning and expanding my awareness of the OBE states. The OBE state closest to that of normal physical reality is referred to as the RTZ, or Real Time Zone. Robert Bruce coined this phrase. It describes the OBE state where everything is an energy-projected copy of physical reality, and linear time being mostly similar to what we are experiencing in the physical. Beyond the RTZ are the more ASTRAL planes/realms. They can be mapped out as well. The deeper you go into the astral realms, the more subjective and unique the experience will be. Most of my OBE experiments are in the RTZ. This is the closest to the physical, and therefore the easiest to verify information between the astral and the physical. I usually have a limited time while in the RTZ. The non-physical (beyond RTZ) has much more to offer than the silly experiments that I am doing. I usually have to keep it short. If I do not, I will phase into more *astral* experiences that leave my memories of the events tattered. There are things that I am experimenting with in the deeper astral realms that I cannot comment on because frankly, I cannot remember. The more I expand my awareness of astral existence, the more I can remember of the experiences. It is mostly only bits and pieces. Again, we are using pure mental energy without restrictions. It is not like the extremely filtered thought system that we use in the physical. Therefore the concepts and understandings that we have about our existence are much more clearly understood and adapted to. Every thought that we have in the physical is filtered through the network of beliefs and belief systems that we have constructed for ourselves in an effort to understand the dense world of the physical. It is a very slow process that takes up most all of our mental energy, and it keeps us from clearly understanding the worlds of the non-physical. This is not so much true in RTZ, and maybe not true at all in the deeper, astral realms.

There are many OBE's that I have had that I have been able to verify after regaining full physical consciousness. These are amazing and usually personally beneficial experiences, but they are not in the

realm of what I would call 'experimenting'. Whereas it is absolutely remarkable, it is still a random occurrence that does not mean as much as it would if I would have set up the experiment beforehand. True experimentation must be thought out beforehand and the details of the experiment clearly drawn out, looking for clear and precise details from the OBE state, that can be verified in the physical. Of course, this is much easier said than done. Especially since you cannot discount the subjective side of this experience. I will not ignore an opportunity for personal experience and growth. Experiments in the OBE states will many times take a backseat to a much more personal/subjective experience. It has to do with knowing what it is that you truly want. Your OBE environment will be affected by your true desires and beliefs whether or not you are aware of what they are. Many times in RTZ or in the astral you do not have the luxury of forethought. Meaning, you can't always just sit back and think things over before your actions are set in place. Your environment often reacts immediately, to the first thought that you form. If there are any hidden wants or desires, they will probably manifest in the OBE environment, and hinder any chance of a successful experiment. It is a very fluid situation, and anything can happen at any time. Whenever I do successfully exit my physical body, I always verify that I am out by putting my hand through the wall or the dresser or something. (The RTZ can seem identical to the physical!) Once I have verified that I am out of my body, another major problem occurs. Within seconds the 'memories' of being out of my body so many times come back. It all comes back! It is like I can think again! I am free! Of course it is real. Whatever simple experiments I have set up for 'verification' purposes seem completely absurd. Especially considering all of the memories that seem to 'come back' to me. It is not just an experience, there is an entire other existence just beyond our memories of them. We are all caught up in it. Passing into the realms of the non-physical brings with it memories of already having been in the non-physical. Kinda hard to explain. It is not so much of a 'problem', really. But eventually I find myself back in the physical trying to make sense of the 'patch-work' type of memories that, usually, have nothing to do with the experiments that I was trying to work on. I have not found a way to effectively integrate the physical thought systems with the non-physical thought systems. Perhaps it is necessary that the two thought systems have been separated for a reason. Either way, it is all a formula for a real 'hit and miss' type of results from experiments in RTZ. I have

to keep in mind that I may not get around to my experiment at all. When I do manage to 'keep my eye on the ball', I always bring back 100% verifiable, concrete, factual information from the OBE state. That is not the question. The question is; can I ever remember to get around to the experiment at hand while I am out of body? I always seem to have amazing results when I do.

When experimenting with OBE you have to keep several things in mind. First and foremost, this is a subjective experience. The idea of wondering around in the astral realms exploring *without* sparking an explosion of personal, inward, spiritual experiences is absurd. Be ready for that. You will have to experiment on two fronts, the more personal, spiritual, subjective experiences, and the more objective, factually verifiable experiences. Second, you will have to be perfectly clear and precise as to what it is that you really *want!* You can't kid yourself with this stuff. Again, your true beliefs/desires will manifest, one way or another, while out of body. Being unbalanced in this respect will ruin any hope for successful experimentation. Third, write down, or draw out the details of your experiment. You have to be clear in what you are trying to accomplish. If you are simply trying to identify hidden objects, make sure that you find a way to document and verify. If there are other people involved, get them to write down their interpretations of events. Make sure that you set up an experiment that requires specific information. If you aim for 'ball park' answers then that is probably what you will end up with. Last, you have to be honest about your findings. If you find that you are wrong about identifying a hidden item, don't be afraid to record a wrong answer. Don't be afraid to be honest. Do not try and 'doctor' the results to be in favor of supporting or not supporting your beliefs. Trust me, it will make the times that you *do* bring back verifiable information, that much more fulfilling. Also, you will begin to be able to understand what it 'feels' like to 'know' information gained from the astral or RTZ. You will not be able to do that if you are not being honest about your findings. Remember we are trying to bridge the gap between the physical and the metaphysical, and we cannot do that if we cannot be honest with ourselves.

OBE and Memory.

One of the biggest problems when experimenting with OBE is the ability to bring back more than a tattered memory of the event. There are different reasons that our memories of these events are chaotic. One reason is that our physical waking consciousness is not equipped to understand and process the environments of the astral. Another reason is that we are interpreting events in the same way that we are interpreting dreams. Many dreams are forgotten within seconds of waking. It is a habitual process that we must overcome. Since the dream-states are closely related to the OBE states, our waking mind wants to treat an OBE the same way that it would treat a dream, at least where our memories are concerned. I am a firm believer that every single human in existence, or that has ever existed, has had many OBE's in their lives. They simply do not remember! I contend that the best way to begin to experience OBE is to begin to *remember* the OBE's that you have already had. Why is it so hard to remember? Before we can answer this question we have to consider some rather inconvenient possibilities. Perhaps a representation of our higher selves is causing us to not remember. Perhaps we are *choosing* to forget some of the experiences that we are having. I know first hand that intense fear can cause one to forget instantly, like some sort of defense mechanism. Perhaps it is the same with great realization and understanding. Some things may not be meant for the human mind, and therefore any experience with these things may set off a memory-blocking reflex. It would have to have something to do with the belief systems that have been set up in our physical world, and our inability to escape them. We are the total sum of our memories. Which means that we cannot be our true selves until we begin to remember our lives in the astral. I have noticed that the exit into the astral is instantaneous, meaning; I do not (usually) exit into the astral from a dream. However I am reintegrating back into consciousness through the dream-states, and that is causing the memory overlap problems. The experience may as well not exist if you do not remember it! This may not be the typical experience with more advanced projectors, but it is certainly mine. Even the DSL events are OBE's that I am remembering as a dream. It is also assumed by many in the field of OBE that memories of the astral are directly affected by the raising of energy in the subtle body, before one actually exits. This makes a lot of sense, but I am not convinced. It is also been

suggested that the overall health of the vital body is directly related to the way we interpret the events in the astral. Energy blockages in the energy centers will create different, negative effects in the astral, including memory loss. This is also very true, in my experience. Think about how much mental energy that it would take to remember every single thing that you experience every single day of your life. It would be impossible. You would have to have recording devices and cameras and people following you around documenting everything. Even then you would still miss a lot. You have to consider that memories are not stored in the brain. They are stored in the energy field that surrounds our energy bodies. Memories are energy signatures and if we are going to understand memory, we have to understand energy. One must also consider the powerful relationship between memory and emotion. Certain memories can trigger emotion, and certain emotions can trigger memories. This is an important factual cog in the wheel of OBE. If we can learn to use our minds to trigger memories that would trigger emotion and energy then we could use this as a catalyst for conscience exit projection. Then we could endeavor to use the projection to stabilize the powerful natural energies that will allow our emotions to create the ability to remember the experience. It is a vicious cycle! Somehow we have to get control of the situation. I challenge you all to enter yourself into the equation. Become a part of this amazing experience. Begin to remember. Reach out to the vast expanse that is God or the Universe or the Isness. You will find that you have very powerful memories of your place in the non-physical universe. As the religions of the world fail us, we are given the opportunity to take our rightful place in the spiritual worlds. It is an amazing nostalgic feeling. I will never get used to the feeling of being out of my body and experiencing the ‘quickenings’ of it all ‘coming back to me’. We have memories of the astral. We have another life/existence that the religions have hidden from us. Our souls suffer the abuse of religion and science and government. We are being kept in the dark but not for much longer. Not for me! I will do my part to remember. Others will too. You can too. You don’t have to sign up or register or anything. All you have to do is begin to remember. REMEMBER, REMEMBER, REMEMBER! For each of us, this is going to mean different things. It is going to take courage. Remembering certain things will require the ability to face hidden truths. We can only consciously remember things that are going to fit into the belief system that we have integrated into our lives.

Therefore, we have to challenge our belief systems. This is easy and natural for me. I can look around me and see that it is quite obvious that we (the human race) are missing something very basic about our existence. Do you not see it? Do you not *feel* it? It is time to find the 'global missing basic'. If you believe that you are going to be 'saved' by some sort of outside influence, you are wrong! That is childish thinking. You are responsible for your own soul. You just don't remember! I foresee a future where we don't even remember the time when we were without soul, or without full knowledgeable integration of body/mind/soul. I foresee a future where we can *remember* our true selves and our relationship with the universe. I foresee a future where we consider the current time in linear history as the 'real' Dark Ages. Memory of the past is the same as memory in the future. We have to open our minds and become part of it. This is especially true with OBE.

Keeping Journals.

The single most important tool when it comes to experimenting with OBE will be your journal. Think of it as a notebook. You can express your thoughts here too, but it should mainly be a record of events. I have kept personal journal at times in my life but I have always kept them separate from my OBE journal. There are numerous reasons that you should keep journal. First of all, you simply cannot remember every detail of every event in your life. You have to write it down! You would be surprised at how much you forget about the events in your life. Memory can be elusive with regards to OBE and if you do not write down everything, you will not remember, hardly, anything. Also, writing consistently in a journal sends a powerful message to your sub-consciousness/higher-self that you intend to remember. Believe it or not, if you are insistent that you remember more about dreams or OBE's then you most definitely *will* be. I cannot tell you how valuable it is to look back over years of notes and being able to see how far I have come. I can explain these things in great detail because I have kept journals. I know that these are not just 'passing fancies' because I have a record of their consistency. I can look back and see patterns that I did not see at the time. This is important on a personal level and a purely experimental level. I was able to recognize the dream imagery patterns in my DSL's and apply them to other DSL's because I had put it all together by reading back over my journals. If you have had an OBE or two in your life then I think you should write it down. Get it on 'record'. It will help you remember as well as inspire your higher self to 'keep-em-coming'. If you are even half way serious about OBE, you should definitely be keeping notes/journals.

I have experimented with NOT keeping journals too. I began to wonder if I did not keep notes, if it would affect the frequency of events. So I decided to take a year off as an experiment. It seemed like a good idea at the time, but it eventually dawned on me that there would be no way to compare the number of events if I was not *keeping a journal*. All that really happened was that I lost out on about a years worth of important experiences. I do remember some of the more profound events of that year, but as for the day-to-day stuff, it is all forgotten! You can draw parallels between experiences that you would not otherwise be able to do if you had not been keeping good notes.

My journals are my evidence for OBE. This is a very powerful

personal experience and I will endeavor to NOT forget. You also have to keep in mind that others may not think that the records in your journal are objective enough to consider as evidence. That may be partially true you are not necessarily keeping a journal for others. You can learn a lot by studying the personal accounts of people who have OBE's. You will most definitely learn much more if you have some OBE's for yourself. You will absolutely, positively, 100% learn much more about OBE if you are keeping a journal.

Many of my journals have notes about the cycles of the moon. I would write waning or waxing next to the date in an attempt to see if the random events coincided with the cycles of the moon. As it turns out, it seems that they do not, but I would not have been able to become aware of this without my journal. I also used to note what direction my body was laying horizontally, north/south/east/west. As it turns out, I do not think that it matters. As you struggle to record an event in your journal, it forces you to think things through more thoroughly. This is important when it comes to understanding the differences between the OBE states and the dream states. These aren't really lessons that someone can teach you. You will simply have to pay attention and see for yourself. We have all had the experience of forgetting a dream completely within seconds of waking up. Even though we remember being caught up in something, and even strong emotions will linger, we will completely forget the entire experience. This will happen less and less as you endeavor to remember and record your experiences.

There is a strange memory 'dunking' effect that seems to occur when we wake up. A perfectly smooth transition from sleeping to waking does not usually occur. It is not as if a perfect dream is fading nicely away as your consciousness is gently turning on. There seems to be an abrupt end to sleep accompanied by an abrupt beginning to being awake. Technically, there is a split second in between, but it does not seem to matter, we only have seconds to calm ourselves and remember or we will forget the whole thing. The memory seems to 'dunk' under and into deeper dream-state levels a split second before you wake up, making it a natural reflex to forget. You have to retrain yourself to NOT forget. Try to spent some time each morning when you wake up and just lay there trying to remember the dreams of the night before. Do this every time. Write down your thoughts and impressions. Believe it or not, this will help you to see the borders between sleep and awake more clearly. This is always important. In fact, it is the goal of trance work,

and the goal of the Yogi's of old. We should all be writing books about the OBE events in our lives. Then we could all exchange notes. We could all read each other's books and realize that we are all amazing creatures. There is a lot to be explored in the astral and I suggest that you take good care about your journals.

The King of Clubs.

A loose system of experimentation had developed. I had verified the phenomenon for myself, but I needed to experiment a little before I accepted it completely. I still felt as if I had to prove it to others. I was not yet adept enough to induce the experience. I could muster up some intense EBS from time to time, but I could not find the right formula for induction. It seemed that I would have to keep whatever experiment that I was working on, 'on hold' until I found myself out of my body again, then continue with the experiment. This required me to write down a couple of different experiments that I could recall when I found myself out of my body. It was important for me to come up with the experiments beforehand because of the chaotic nature of OBE. It is seems difficult for me to come up with something 'on the spot' when I first find myself out of my body. I have more success if I can recall an idea and run with it. I am usually too overwhelmed, excited, and struggling to grasp the reality of being out of my body to try and 'experiment'. I guess you could say that it is hard to 'stay focused' on experimentation, and it is much easier to recall a pre-planned experiment. Keep in mind, the fully conscience exit projection is usually very short and energy exhausting!

A simple, yet amazing, experience that I had during my experimentation period, was an event that I like to call; The King of Clubs! The idea was simply to shuffle a deck of cards, put it face down on a table in another room, place the top card face down, go into another room and have an OBE where I go to the deck of cards and identify some of the cards. No other person was involved in the experiment. I did not want a 'clairvoyant' element from another person to augment the experiment. I found myself out of my body several times, trying to complete the experiment, before I was able to pull it off. I would rush to the deck of cards every time that I woke up, regardless of wether or not I had an OBE. I was hoping that when I looked at the cards it would spawn a memory of a dream or OBE. About a month of this went by before I hit pay-dirt! On February 21st 2007, I had a crystal clear, fully conscience OBE. It was about 7:00am and I was playing around with going back and forth between sleep, when exit sensations came suddenly. I did not waste a second. I was perfectly lucid. There were no snags and my vision and movement were perfect. I went straight into the other room. There was a bright light shining in

from the window at about the point where a street light should be, if there was one there. (There is no street light there, not sure what that means.) Apparently I did not set the top card down because there was just a deck of cards. I looked at the top card. (I half expected my hand to go through the deck, but it did not!) The top card was the King of Clubs. I picked up the deck and looked at the bottom card; it was the 10 of diamonds. I watched to environment around me dissipate as I phased easily back into my body. I knew better than to get up too fast. I reached for my journal, slowly, and jotted down a few key words to help me remember. Then I lay there for several minutes making sure that I did not forget the event. I did, eventually, get up; Very Excited! I rushed into the dining room and paused for a moment looking at the deck. I was a little surprised to see that, indeed, I had not put the top card face down. Instead, I had just shuffled the deck and put it face down. I looked at the top card and my reality started spinning! IT WAS THE KING OF CLUBS!!! I am not sure how long I stood there in amazement. My understanding of reality shifted, and I dropped straight to my knees. I couldn't believe it. I turned the deck over and looked at the card; IT WAS THE TEN OF DIAMONDS! I started thinking that maybe I was still out of my body or in a vivid LD state. Perhaps this was one of those 'false awakening' events that I have had in the past. But, of course it was not. I was completely freaked out. I looked out to where the light was shining in. There was nothing there, but I felt as if there WAS. The whole thing was surreal. I ran back to get my journal to verify that these were the cards that I had written down. Of course they were. I spent hours in this estranged state. I was retracing my steps, looking at the cards, looking at my journal etc. I could not get over this one. I have had many, many amazing experiences while out of body, but this one seemed to have me stupefied. I have always looked at the OBE as something that may be more personal and abstract. This time I seemed to have forced information from reality into the astral, observed it through the energy-body, and extracted the information from the astral, back into 'reality'. The implications are staggering. The OBE is real. The energy body is real. Our existence is not what it seems. 3rd dimensional, physical reality is only a small portion of a bigger reality. To be honest with you, I have always known. I do not know why I struggle with it. If we can do these kinds of things as experiments, imagine what we could do if we put together schools and support groups. Imaging what we could do if we decided to use the OBE to

transform the world.

I recorded the event in my journal, as I had recorded so many before. As I wrote, I know that I could not describe the profound feelings that I was feeling. The ‘fantasy’ element of these events is gone now. This is real, and I will not ever forget it. So many times I have found myself out of my body and ‘laughing’ at myself and ‘shaking my head’ because I knew that once I returned to my body, I would doubt the reality of it. This will not happen again.

Once scientific verification occurs, the real fun begins. I mean, we can go anywhere and do anything. We can travel at the speed of thought and be in multiple places at the same time. We can go NOWHERE if we want to, and still tap into the dynamic information/energy fields that we are a part of. The potential is endless. I do not believe for a second that there are not secret programs that exploit the OBE. The implications are staggering! I shall push forward and put my loose system of experimentation to work. WHERE ARE ALL OF THE OTHER PROJECTORS???

Can't Get to the Moon.

Another experiment that was ongoing for several years, (and still is to an extent) is getting to the moon while out of body. I was able to travel vast distances with just a thought, so I decided that I would visit the moon and back, just to see if I could. I knew that there would be no way to verify this one, but verification was not an important factor in this experiment. I just wanted to see if I could. I tried dozens of times before I got there, but even then my vision was dark and muddy, and I could have been anywhere. Keep in mind that the 'dozen' times that I tried, were spontaneous experiences. I always keep journals and I always have several goals/experiments going on at one time. I often find myself completely uninterested in with my current goal (while out of body), and end up wasting my time putting my hands through walls and flying around and what not. Remember the average fully conscience OBE is only 30 seconds to a minute before it either ends, or phases into a more astral event. I thought that it would be best if I had several different experiments in mind so that I would have 'options' while out of body. And it is true! (At least for me.) Each time that I tried to get to the moon was a complete failure, even though I was having fairly good success with other experiments.

My first opportunity to try came in the middle of a cluster event. A cluster event is a series of spontaneous OBE exits and re-entries. This repeats several times over five or six minutes. They are usually the most vivid and lucid OBE's. It is like there is a tremendous amount of energy being released/discharged and re-entry is prohibited completely, and another immediate exit occurs. This creates, among other things, some pretty intense bi-location effects. Consider the following journal entry from March 29th 2007:

March 29th 2007. Thursday.

Afternoon nap around 1:00 or 1:30pm. Waking and drifting. Full energy body hum, no vibrations. The energy body sensations were not really that intense. Exit was fairly easy. (Roll out Method.) Recognizing that the OBE state was fairly 'thin', I knew that I had little time. I headed straight outside to get to one of my new goals. Getting to the moon! I noticed right away that there was way too much light. Too much... was trying to look up at the sky to locate the moon. Bad idea. From the front yard I noticed a light in the sky. A light in the N.W. sky

and it was not the moon. Couldn't get a good look at it because it relocated behind a bank of trees. As I was moving to get a better look, the 'thin' OBE state broke, and I was in my bed again, waking and drifting. Full energy body humming sensation was still rumbling. Exited again, roll out. Seemed to roll out right into the garage. Went through the garage door, and out into the street. I intended to locate the moon and instant-project there. I looked over and saw a copy of ME. It was looking up toward the N.W. I watched as this projected double dissipated right in front of me. And was back in my bed in an instant. Energy body sensations faded, and I reached for my journal.

Note: I decided yesterday to add a new objective to my list of goals.

Getting to the moon. I had heard about it and wanted to check it out.

Note: I went outside to check to see where the moon is. It is a very nice day outside. I cannot see the moon, but there is a tall bank of trees obstructing the view of the N.W. sky. Do not see the moon anywhere.

Note: Maybe multiple exits in a single session is not advisable. The OBE state seemed very delicate and the experience was very short. I also feel that I run the risk of forgetting the OBE if I don't keep it short.

Note: Some sort of strange bi-location/time-slip event.

I did not get to the moon this time. It seems that I would have to come to terms with another aspect of the overall experience before I could be successful. It had to do with my fear of E.T.'s and U.F.O.'s. It seemed like the same powerful fear that I would experience in the early years. It was fear of the unknown coupled with awareness of the unknown. It was my first indication that if I was going to get to the moon, I was going to have to face some of my most primal fears. The moon was not in the sky, but there was a light that relocated itself behind a bank of trees when I noticed it. I tried hard not to think about it, but the reality of benevolent mentorship comes with the reality of E.T.'s. (Benevolent or not!) I did not want to revisit my abduction days, but I knew that the experience (at least this experiment) would not mature until I faced some of these basic fears. I was safe and back in my body for now.

My next chance came on April 21st, not quite a month later. Another mid-day OBE that was crystal clear and lucid. I went out into the street, located the moon, charged up energy, focused all my thought and will, and, poof; NOTHING. Instant-projecting to far away locations is has been a very basic undertaking in many OBE's. Not this one. I

remember grinning and being quite tickled at the fact that something seemed to be stopping me from my 'moon-jump' attempts. I sat Indian-style and hovered in the street with my eyes closed. I tried again. I remember feeling the same sensations that I had felt in the past when traveling long distances. Very amazing feeling. Everything went pitch black. I know that I had made it to the moon, but I had lost my vision. To make matters worse, I was suddenly hit with the strongest urge to get the hell out of there. It was sudden and intense! So, I got the hell out of there! There seems to be more to the moon than meets the eye, and I am wondering if I should continue with these experiments. I certainly had other things that I could be doing.

One of my final attempts to make it to the moon occurred on Sunday, May 6th 2007. After a fairly easy exit, I made it out into the dining room area before I remembered my goals/experiments. I was going to try to get to the moon again. That is where my memory of this event ends abruptly. I do not know how long it had been, but when I came to, I was sobbing from whatever had been occurring. I had a dreadful feeling about trying to get to the moon, and I had an overwhelming experience that I did not remember, but the message came through loud and clear. **STAY AWAY FROM THE MOON!** I wanted to remember what happened but, at the same time, I was terrified at what I thought probably happened. I do not know the details, but I feel strongly that there are intelligences that are not human that are protective of the moon! As absurd as it may sound, this is what I learned while I was out of my body! I decided that I had had enough of this particular experiment. I would still keep it on the 'back burner' but I will not actively pursue the moon experiments too much from here on.

I was learning a lot. It seemed that I had opened up a can of worms. My OBE's started becoming more **ASTRAL** than dense-astral, or, **RTZ**. The information fields that I was 'surfing' were not going to be kind to me. Some of the truths that we find are going to be dreadful. Much of the information is devastating, as I am becoming aware of different groups of multidimensional **E.T.'s**. This was not the answer that I was expecting to get. I was just trying to get to the moon for fun. Be careful what you ask for. (Or be prepared, whichever works best for you.)

Secret of the Pyramids.

This was a remarkable experience that I cannot leave out. With this experiment, I hit pay-dirt on the 3rd try. It took about 6 weeks to come to a success point. I had decided to find out what I could about the Pyramids at Giza. Technology, construction, religion, spirituality etc. To make things more fun, the reason that I had added this to my list of goals is because someone on an OBE forum site put forward a challenge to explore the mysteries of the pyramids. This would be the first time that I participated in an experiment with people on the internet. Feel free to look it up. www.astraldynamics.com. Search the forum for topic: Your mission is... I have omitted some of the less relevant postings, but for the most part, it went like this:

Your Mission is...

by [artdragondream](#) on Wed Nov 21, 2007 10:35 pm

Ladies and gentlemen,

Whoever is reading this and you have some level of ability to regularly have Out of Body Experiences and/or Astral Project, you have been DRAFTED. There will be no formal training or preparation.

This is your Mission Briefing!

Your Missions should you choose to except them are as such...

(Please choose one or more of the missions listed below. State your choices then perform your mission. Upon mission completion report back here to report on your findings.)

Mission A

Code name "Operation Deep Fortress"

---For this mission you are to use whatever means necessary to acquire intelligence on the current location, condition, and any further information on the lost city of Atlantis.

Further objectives include the retrieving of information on the circumstances of its disappearance as well as any information on the technology used. A detailed and thorough report is expected ASAP. Multiple attempts, at the success of this mission, are authorised.---

Mission B

Code Name "Operation Floating Tower"

---For this mission you are to use whatever means necessary to acquire intelligence on the construction of the Egyptian Pyramids and any further information pertaining to the possible use of advanced and/or Alien and/or

spiritual forms of technology used to construct the aforementioned Pyramids.

Optional side missions include retrieving information on the construction of Coral Castle. There is evidence to indicate it may have been constructed in a similar way. A detailed and thorough report is expected ASAP. Multiple attempts, at the success of this mission, are authorised.---

Mission C

Code Name "Operation Crescent City" ---For this mission you are to use whatever means necessary to acquire intelligence of any form on the foreign presences and/or structures residing on the moon whether Alien or Human in construction. All intelligence concerning technology, behavior, and possible intentions pertaining the human race are of vital importance. Optional side missions include retrieving information on the possible habitation of Mars. More detailed missions may be assigned pending the retrieval of further intelligence. A detailed and thorough report is expected ASAP. Multiple attempts, at the success of this mission, are authorised.---

Of course the language that he was using was rather tongue in cheek, but I decided to try. I posted my findings.

by [Earthborn](#) (That's me.) on Thu Nov 22, 2007 3:19 am
yeah, ok I'm in... I will try 'floating tower' these are little more involved than my normal goals/experiments... and as i too do not seem to be able to project to the moon, I will leave that to CFTraveler... (Someone does need to find out why moon'jumps' are seemingly impossible...)

by [Earthborn](#) on Mon Nov 26, 2007 7:42 pm
First attempt... Nov 24 am...
came to in the middle of some pretty intense vibrations... 'roll out'... paused for quick second to adjust... waved my hands in front of my face... (that helps me become more lucid) looked around, i was not in my bedroom... I seemed to be already way up in the air... I thought clearly about wanting to get to my goal... (pyrimids/technology etc...) felt a clear and sudden 'rush' like i was traveling... found myself back in my bed still vibing pretty strong... thought that i might try again, but the vibs subsided... got up and wrote in my journal....

note: EBS were very strong this time...

note: did not know where i was.. took me a second to adjust...

note: as soon as i thought about my 'goal', I was Rushed back to my body,,
(seemingly)

This is typical for me... takes a couple of tries to zero in... I don't have much
luck with 'guides' of any sort so i am kinda on my own to explore...

(seemingly)

i will try again soon,,, need to raise more energy maybe, but the fact that i
had my goal clearly in mind is a good sign... (keeping my goals clearly in
mind is half the battle for me)

by [Earthborn](#) on Sun Dec 02, 2007 2:40 am

2nd attempt: Dec 1, 5:30am...

Waking/driftin,, Got up couple of times to go to the bathroom.. W/D,, Kept
thinking I was a little 'scared' to project.. W/D,, Felt that the conditions were
perfect, thought to myself, "ok here goes nothin!" (1) With a single
thought/intent, full body energy current 'fires up'- No Vibrations... Very
strong, steady current, but no vibrations, Paralyzed. Sat up straight in bed.
Lower body, (legs) were stuck.. lay back, and roll-out... flew straight up and
over the house... thought immediately about my next goal, and determined
that I needed practice phazing before trying to target the pyramids...Felt free
and alive, (should have kept it short...)(2) spent ALOT of time, in OBE
practicing phazing.. (3) Felt so free and alive.. A couple of times, I phased
into strange/unfamiliar environments.. would think 'whoops' and phase
back...Gave another thought to the Pyramids/technology etc... I heard a
single Male voice start laughing!!! (4)very clear and direct, sounded like it
was coming from the center of my brain... (I don't ever remember HIM
being here!!) I don't think i want to play anymore.. back in my body a
moment later, EBS subsided,, and i lay there for 20 minutes or so trying to
remember details...

(1) I recognized that conditions were ideal for projection, and, Yes, I did
consciencly project from a waking state..

(2) this was a fairly long event/ hour or so... i am sure i forgot most of it...

(3) Spent alot of time Phazing

(4) Never in my experiences has anyone ever showed up and laugh at me...
my 'scaredy-cat' reflex kicked in and ruined the whole thing...

note: the energy in my hands were more intense than ever... (a) was making
energy balls with my hands. about the size of marbles.. I would put my

hands together and 'flex' my 'energy-hands' very intensely and (one at a time) these small smokey-white balls would scurry away, I never tried to catch them, but i could feel them momentarily as they would scurry away...(b) flexing my 'energy-hands' and making the most intense feeling of energy in my hands-thats what i was doing... with my palms up, I would supercharge one or both of my hands, and this current of energyshot up from my palms, maybe 7/8 feet or se... at the top, where the current stopped, there were these 'portals' (i could see different scenes on the other side,,) I never tried to approach the portals, but i got the sence that it was another way to phaze... (c) I spent some time attaching my vision/awareness to point in the distance and moving/flying there. Someimes back and forth, keeping my awareness focused on that point. if it was a spot on the wall or somewhere in the distance, i focused and moved... (instantaneously sometimes) as i was practicing phazing...

note: practicing specific mind functions has mostly been related to lucid dreaming, perhaps this event had elements of both...

note: My fear/panic reflex has got to go...

by [Earthborn](#) on Sun Jan 13, 2008 9:20 pm

Last nights OBE events were not typical. This was a cluster event. Parts one and three are not relevent to this thread, but part two is!!!

Back in my bed with full body hum, no vibrations. did not try and exit again right away. Lay there for a minute waving my 'astral' arms and hands around, touching the wall by my bed, etc... Poked my head up and looked around, it was still very dark, and I could not see clearly. lay there for a while (full body hum, no vibrations) until i started to see clearly thru my closed eyelids. Decided to exit, lifted out quite easily, and could now see perfectly... wasted not time, went out thru the door into the hallway, through the dining and living rooms, (pausing to put my hand thru the dining room table, fascinating), thru the front door and out into the front lawn area. I looked up to the area that I was just earlier. (half expected to see something, but not) looked around briefly, always amazed at how incredible it feels!!! Decided now it was time to ask for some help. so i said/thought out loud "I would like some help please. I am seeking information regarding the secrets of the pyrimids at giza, construction, cultural, and religious...: Before i could even finish my thought, i was 'relocated' to a spot high above the pyramids, and to the south. I am sure it is them, i barely recognize them... (I have never been there, only seen them in pictures, tv, etc...) THERE IS A

WHOLE CITY DOWN THERE!!! definately not what I expected to see. A whole city, bustling and alive. SO MANY PEOPLE!!! The energy was unmistakable: Something was happening, or about to happen, something big, and everyone was on hand... and getting excited... the pyramids themselves were surrounded by people, hundreds of thousands, there was a large area to the south of the pyramids that was cordoned off, but that area was also surrounded by crowds and masses of people... I got the impression that whatever was going on, it was much bigger than any of us could comprehend. and that this was only the beginning of learning about the secrets of this place and time in history... i was very humbled. i heard a voice coming from somewhere behind me say " never before, or since, has there been a gethering quite like this" that is when I noticed so many of 'us' floating in the air above the city, watching and waiting... I wondered how long I had been there... and in a moment, I was back in my bed, Full body hum, no vibrations...

I don't know much about the true history of the pyramids, but I am thinking that there is a lot more there than meets the I...
Sorry cap'n I must have lost the 'signal'...

This experience speaks for itself. I did not get specific information regarding the technology that built the pyramids but I learned what I needed to. I did not get a specific impression if this was the past or the future, but it was definitely an unforgettable event. The energy of the crowd was much different than you would imagine if this type of thing would occur today. There were hundreds of thousands of people, mostly on the south side of the largest structure. There was an amazing energy that I do not recognize. It is like everyone was in one mind and it was amazing and dreadful and beautiful all at the same time. Before the experience ended, I became aware of others watching from the same perspective that I was watching; from about 5,000 feet in the air. I became frightened and ended the experiment.

Implications.

This is the part of the book where you would normally see the Conclusion. I hesitate to draw too many conclusions. This is a living fluid situation and I will not pretend to conclude anything. I will state the implications. This is ongoing.

Folks, we are more than our 3rd dimensional, bipedal human bodies. We are sentient consciousness housed inside an energy body matrix, seated inside 3rd dimensional, bipedal human bodies. There is a story unfolding throughout the universe and we are a part of it. We are spiritual beings having an IN THE BODY EXPERIENCE! Not the other way around. We are alive, and we always have been. Sentient re-incarnation has been the way of things since the beginning. We just do not remember. We are being mentored by non-physical beings that are meeting us in the astral. Understanding and making a connection with our higher selves is happening in the same way. Spirituality is screaming to us from the other side and we have to start paying attention. Religion has failed us, government has failed us, and science is proving to reinforce the failures of religion and government. We seem to be on our own, but it is not true. Even if it were true, we are powerful beings, and we can overcome anything that is thrown our way. I don't know what happened, but for whatever reason, we are trapped in this belief system. We somehow believe that we are these little biological creatures on this little planet, and that we are alone. We have been manipulated to believe these things. We are much more! There are a handful of us who have OBE's and we refer to it as Astral Projection. Sitting here right now I can tell you that the truth is quite the opposite. 3rd dimensional, physical reality is the projection. The source is the astral. That is where we reside. Groups of physical beings throughout the universe, physical and non-physical, are manipulating the astral and have been since the beginning. We are literally shackled to our belief system, and our incarnations here have taken on a new role. SLAVERY!. Slavery to off-world manipulation, slavery to our own race, and slavery to our own beliefs. We have our work cut out for us. God could come down right now and sit you down, and tell you all of the mysteries of the universe and the world around you. What good is it if you do not have the courage to let go of your belief systems. As soon as he/she left your space, you would go back to being you again. Stuck in the muck. That is why we have to do it on our own. It is our own

failures and cowardice that is keeping us shackled. Gone are the days where we can sit around and hope for someone to save us. We have to muster the courage to allow a paradigm change, but we have to do it ourselves. You can lead a horse to water, but you can't make it drink.

The out of body experience is an awareness experience. It is as natural as breathing. We have the opportunity to study and understand ourselves through the astral. We have the opportunity to unshackle ourselves from the controls of religion and government. We have the responsibility to clean up the mess we have made and shatter this belief system, so that we can all go home. Do you feel it? Of course you do! 3rd dimensional physical reality takes a back seat to our energetic makeup. Our energetic makeup takes a back seat to our consciousness, and the shedding of belief systems is never ending. Understand yourself and the world around you and move on! Do not get caught up in another belief system. Greed, fear, anger, hate; the reason that those things lead to the 'dark side' is because the result of embracing these things is being entangled in a false belief system. The goal is to raise the vibrational state and create a 'space of knowing'. (Thank you Alex!) I believe that I get it now! We are being mentored through the astral. ALL OF US! Notice sometime.

I did not set out on a journey to understand all of these things. They are a byproduct of having the courage to face the truth of the things that were happening to me. You have to remember that I never asked for any of this. This started out a complete mystery. It was my courage to embrace the unknown that unlocked the doors for me. It was the ability to shed my beliefs and accept a new paradigm that showed me where the doors were. I cannot go back now. I cannot un-know what I know. But now that I am beginning to understand what is happening around me, I am thrilled to be a part of it. You should be too! The Out of Body Experience is the beginning to an amazing understanding of reality and the living universe, and I will not forget it!

Introduction to Journals Section.

I have included my 2007 and 2009 journals as examples. Experimenting with OBE is hit and miss, but there is never a dull moment. I cannot stress enough the importance of keeping dream/OBE journals. Your dream imagery/environments will have patterns to them that you would not otherwise recognize unless you keep detailed journals. Also, I cannot stress enough the importance of keeping goals. Make a list of about 10 experiments that you would like to try while out of body. They could be simple or complicating. Write them down! It is better to have more than one because you never know what you will be up to when you find yourself out of your body, or lucid dreaming.

I am convinced that we are being taught how to manipulate the astral through our dreams. Try to notice sometime. That has been my experience. Dream state lessons are not new. It is concept that has been around since the beginning. We have to start to pay more attention, especially now, coming into a new age of spiritual understanding.

Also, please understand that these are my personal notes/journals. Try not to get caught up in my use of words. I can be creative at times. I tried to duplicate the entries as close to the original as possible in an attempt to give you a good example base of energy body/Out of body experiences, as well as an understanding of how I approach my everyday OBE's. My hope is that it will inspire you to keep your own journal, and begin your own experimenting.

2007 Journal.

February 18th 2007.

EBS, no exit. 2:00pm. Definite energy body sensations. Laid down for a nap. Was reading A.D. by Robert Bruce. Waking and drifting. I remember that I was expecting a phone call so I was listening for the phone to ring. Definite full body energy sensation. Mild vibrations/ full body. Seemed to center in my head and throat areas. Vibrations stabilizing as my breathing steadies. Sensations and vibrations stopped when my phone rang.

Note: energy sensations and vibrations were mild. Definite, yet mild. At no time was my body paralyzed. I could open my eyes or move any part of my body at any time.

Note: My legs were crossed and I had a book in my face.

Note: I remember clearly and deliberately thinking about the deck of cards in the dining room. And had every intention of heading there as soon as I separated.

February 21st 2007.

Fully Conscious Exit Projection. 7:10am. #S%@&* CRAZY! Came to upon exiting. Wasted no time. Headed straight thru the door, turning right, and into the dining room area (where I had my card trick set up) I remember feeling completely free to go wherever I wanted. As I passed through the kitchen I remember noticing the perfect fluidity of my movement. I also remember a light coming in from the window in the south of the dining room. I looked up at it. It was where a street light would be, if there were one there. I remember looking around and thinking 'it is too damn dark in here'. I shouted 'clarity now', but nothing happened. It never does, oh well. It wasn't completely dark. I turned to the deck of cards and was surprised to see just a deck. I usually put the top card face down next to it. I picked up the top card. King of clubs, put it back and picked up the deck and looked at the bottom card; ten of diamonds. I came to moments later in my bed.

Note: I was correct about both cards! @#S#%& amazing! This is the first successful experiment of its kind. Consciously induced, controlled, verified. @#S%& crazy!

Note: there is no street light outside the window. I do not know why there is a light in the sky during many OBE's.

Note: I do not remember any energy body sensations or

vibrations.

Note: demanding light verbally does not seem to work for me. I have tried many times with no luck.

February 23rd 2007.

Semi-lucid style dream. This is the first time I will mention this specific recurring lucid style dream. As I write about flying dreams, so will I write about my 'spider man' dreams. It makes sense to me that many of the same specific mind functions and mechanics apply.

I was in a large crowd, my age, maybe younger. Seemed to be a festive atmosphere. Like a far or party. Outside. Looked at my hands and became semi-lucid. I remember immediately shooting out the white sticky fluid web stuff out of my hands and wrists straight up, pulling myself up and into the air. There was a sensation of gravity, as I did float slowly back down. I was using the sticky web stuff to get around in the air. As I went around the area I could see people below me. I remember shooting some of them in the face with the sticky web stuff. (I sure hope that this is a dream!) At one point in this dream, I seemed to suddenly have trouble functioning, and moving about. I remember looking at my hands, trying to figure out what was going on. I could move in specific directions, but not in the direction I wanted to go. That is when 'Spider Man' appeared and taught me a trick. He shot out his web and took off in one direction. Before he let go, he shot off with his left hand and this altered his course. I tried it next. It worked perfectly. I was able to control movement by concentrating on a balance of energy in both of my hands.

Note: this makes perfect sense. As energy sensations in my hands and feet are often clearly related to movement in OBE and regular flying dreams.

Note: I hope I don't receive bad karma because I was shooting people in the face with my web.

Note: Finished reading through day 7 of M.A.P. book. (Robert Bruce)

February 27th 2007.

Lucid Energy Dream. I remember there being an overwhelming sense that I was at a school or place of instruction. I was definitely having trouble with the mechanics of moving. Looked at my hands and became much more lucid. Looked around and determined that I was

smack dab in the middle of a dream in progress. Began noticing the orbs of energy light. They were about the size of a volley ball. These balls of energy were in the palms of my hands, and the bottoms of my feet, and they are how I get around, how I fly. They are attached, and I work on manipulating this energy so I can fly. I remember explaining to someone else about 'balance' and working on the foot energy for balance. I was thinking that I was about to lose the lucidity to stronger dreaming mind imagery. The next thing that I knew, it was the morning.

Note: The energy balls in the palms of my hands and the bottoms of my feet are always related to traveling or moving around.

Note: Perhaps I am having trouble in the OBE states and 'kicking' myself back down to the LD states to practice moving energy and flying.

March 3rd 2007.

Flying dream remnant. Flying dreams all night. Woke up several times to go to the bathroom. Remembering different parts of different dreams each time. Should have written down words to remember. Definitely, again, related to the mechanics of flying. Energy sensations in my hands and feet again. I remember thinking about always being able to catch some kind of current to fly. Like some sort of energetic directional current that I tapped into to fly. I had much better control this time. Although there was still a constant pull down. Like gravity. Not nearly as strong. But constant.

Note: I remember thinking very clearly... and that flying is getting much easier.

Note: I even remember thinking that it was probably not the best idea to try and project from here.

Note: It would have been helpful if I would have taken the time to write down key words to help me remember the dream sequences. Although I did lay there for about 20 minutes remembering, that was helpful.

March 7th 2007.

Conscious exit projection!!! Woke up to strong energy sensation, full body, no vibrations. Separation seemed a little easier. Did not seem to have quite the magnetic pull back to my body. I remember waving my hands in front of my face to see them. I went straight thru the wall

and into the living room. I remember thinking that I would check on the girls. (Left over dream image.) Put my head through their door (which was in the living room for some reason) I could only see dark fuzzy gray thick mist, or fog. Pulled my head back through and figured that it must have been a reality fluctuation, or left over dream imagery. (The girls are over a 20 minute drive away.) Thought that I would try to I.P. to see Erin, who was doggie sitting in SeaTac. Closed my eyes and stretched out, trying to keep her clearly in mind. Something went wrong. I found myself hovering above this couple in bed sleeping. The female did move and squirm a little as I moved to hover directly over her. I immediately got the ickiest invading feeling. I had never felt more unwelcome. I remember I.P. back to my room and woke up a moment later.

Note: this OBE was chalked full of dream imagery. Although it is quite easy to tell them apart.

Note: need more practice with I.P.

Note: thought that the couple might be my brother and his wife. But again, may have been just a dream impression.

Note: last night was the first night that I went through the routine of stimulating primary energy centers.

March 12th 2007.

Conscious Exit Projection! This time it was not so spontaneous. I woke up about 2:00am to go to the bathroom. Came back to bed and thought about trying to project but I felt tired and decided not to, and drifted back to sleep. Woke up just a minute later and decided that I would give it a try. Decided that I would start by trying to pre-stimulate energy body systems. Not necessarily primary energy centers but secondary systems as described in M.A.P. book. As soon as I thought about moving energy, it's like an entire system of energy kicked on. Much stronger energy flow, and EBS than I can do on my own. It was like starting up an engine. A much more intense level of energy flow, or energy flow awareness. Did not seem to vibrate as much as a steady current. Moved my hands and arms and just like that, I was out! It was very dark. I could not see a thing. Only darkness, very dark! I remember deciding to keep it short because there were strong and frequent 'pulls' into Dream-states. I knew I could not resist, and I did not want to forget altogether, so I sat there on the edge of the bed and didn't really 'wake up' because I was already awake, but I came to and sat straight up, remembering the whole thing.

Note: Erin was in the bed next to me; don't usually have much success when someone is next to me. Apparently, that is not the case anymore.

Note: this is not the first time that I have induced the experience, but it is rare. This was right after waking up from sleeping. I have never been able to induce such a deep state of trance from a waking state.

Note: There seemed to be a fully functioning system of energy that took over on its own one I began to energize.

March 17th 2007.

Failed Projection attempt. Took a nap about 2:00pm. Began waking and drifting about 3:00. I would say that I had been asleep a while before coming to. Intense full body energy sensations. I tried to project. I tried to move my hands and arms first. VERY heavy sensation. I remember being able to move only very slowly and very slightly. Every attempt I made to exit failed. I remember trying many times, only to (seemingly) collapse, exhausted! I was being held down? Probably not. Trying to project and failing. Seemed to have drained me completely. I could not stay awake any longer.

Note: @\$%&

March 20th 2007.

Flying Dream Remnant. I remember being perched at a higher position, taking turns demonstrating flying techniques. There was a person down below, a female, I think. Gestured for me to go, I swooped down towards her, pulled up, and over to the other side to where we were. It seemed that I was demonstrating.

Note: Again with the mechanics of flying in these dreams.

Note: Even though these dreams are all clearly related to the flying school scenario, I can't help but think that I am not demonstrating how to fly, as much as I am demonstrating the use of specific parts of my mind in specific ways. Kicking out flying as the obvious dream mechanics imagery.

March 22nd 2007.

Flying Dream Remnant. This time I was flying around with emphasis on the energy I felt in my feet. My hands too, but mainly my feet. Little orbs of energy at the bottoms of each foot. No larger than 2" in diameter. I have never got a look but that's how big they feel. Small

but obviously very powerful little flying orbs of energy. I am realizing that the act of observing the mechanics of flying are messing up the process altogether. Slowing things down. Making the energy non-responsive. Maybe this is the whole problem. I remember people watching as I demonstrated how savvy I was at my understanding of this, flying up and down and all around, always feeling the energy in my hands and feet.

Note: A single faint thought about my destination was all I needed to set the orbs in motion. Understanding the mechanics is not necessary.

Note: Always someone watching! Or better yet, always trying to demonstrate.

March 24th 2007.

Conscious exit projection!!! Erin left early for work. I was waking and drifting, trying to project. I remember being very close to sleep while trying. I felt the full body energy very lightly. Tried exiting but not enough 'buzz' vibrations again. Stuck to my body, so I waited and let the energy build, and exited a moment later. Shot straight up through the roof. Somehow I was not above my house. It was daytime, and I was hovering mid-way to some tree tops. I was at some type of Public Park. There was a clearing below and there were people playing some sort of game. A game in the clearing with a ball. These were all older people. Maybe retirement age. Maybe 20 or 30 people. Some were sitting in chairs or standing around. I swooped down amongst them. They obviously do not see me. I tried to get the attention of one lady, she did not seem to notice me directly, but she did seem to be bothered by my presence. Her and here spouse went to take a swim after that. I remember wanting to hide all of the sudden I was in a different place altogether. I seemed to have projected into my parents' bedroom it was very dark and quiet. I though I was perched in the window. I heard them talking quietly. Something about what they would do when they got up. They did not notice my. At least I felt a little more comfortable. I only stayed a few moments. Woke up in my bed a moment later. About 8:30 or 9:00 am.

Note: A very deep level of sleep-trance. I had to lay there for a while and recall the experience.

Note: Getting better at waking and drifting.

Note: I have no idea who the people were at the clearing, or what I was doing there.

March 27th 2007.

Strong EBS, no exit. Afternoon nap. Waking and drifting. Experimented a little with deep trance techniques. It seemed to me that I was in a deep trance sleep state already. Only a slight thought brought on full body energy sensations. Constant current no vibrations. Very strong, but not enough for exiting. Very clear head. I remember leveling out with full body energy but not quite so intense. Still very strong. It became obvious to me that my heart and throat areas were buzzing heavy and strong. I do not usually pay as much attention to the location of energy centers but since I was noticing it was obvious that they had specific locations. Did not try to pre-stim brow center.

Note: I am coming around to the chakra theories. Never have believed too much in all of that.

Note: I am beginning to wonder where the vibrations went.

March 28th 2007.

Conscious Exit Projection! Afternoon nap around 1:00pm or so. Waking and drifting. No success with visualizations, ropes ladders, etc. but again, very easy to super charge energy body, full body sensations fired right up. I hesitated to try an immediate exit, thinking at first that the energy was not strong enough. But movement of my hands was quite easy and the exit was easy too. Got right up out of the bed. Told myself (out loud) ‘Okay, I’m out!’ The bedroom door was open so I headed straight through. I remember sticking my arm and hand out so they passed through the wall on my way into the main dining room, where the computers are. I pause to pet the dog, who did seem to notice me. I continued through the kitchen pausing again when I noticed this very strange looking cat. (We do not have a cat) The cat had a very long neck and strange looking, very large eyes, like the old Siamese cats that you would see on the cartoons. Very nice little creature. Straight in to see Erin. I got right in her face and she seemed to notice me. I was kinda waving my arms and I said ‘can you see me?’ She looked right at me and said ‘yeah!? I can see you.’ Not really the answer that I was expecting. I said ‘well, do you notice anything strange about right now?’ to which she just looked at me, confused for a second, and then looked away, and continued about her business. Just like that it was like she didn’t notice me anymore. WHAT???. I swooped around in front of her saying ‘No, no, no, no.’ getting her attention again, I said ‘do you

notice anything strange about this?' I proceeded to put my right index finger through my left hand about 10 inches away from her face. She was clearly watching me, but she just looked at me in the same strange confused way and turned away, ignoring me again. I swooped in front of her again, waving my hands and arms in front of her, shouting 'hey, hey, hey!' and got her attention again. And said 'Okay, look at my finger!' she watched as I put my index and middle fingers right into the wooden table, past the second knuckle and started moving them around as if the surface of the table were liquid. She was clearly watching. She even said, 'wow, how do you do that?' she leaned forward to get a better look as the wood surface rippled when I swirled my fingers through it. She looked confused for a second and just like that, she turned away and went back to her business, as if she forgot immediately after she looked away. She didn't notice me anymore. Very strange. I remember thinking that maybe I should try some key words to help me remember. Na!!! I am perfectly wide awake and lucid. No way am I forgetting this. And with that, I headed back for my body. I lay there in the waking drifting state for several minutes going over the experience as not to forget it. I remember thinking about how strange it was to interact like that. Kind of spooky, really. Thought about the energy body sensations and how easy they were to summons this time. Just gotta kinda reach out for it. And just like that, there they were again. I made another exit. Again I was right there in front of Erin, getting her attention and trying to snap her out of it, she could not easily notice me. As soon as she did, I tried to show her how strange it was by trying to put my arm through a stereo that was on a wooded cabinet by the door. Nothing. It did not faze her. I am just trying to get her to see and remember me. For verification purposes. Back to the waking and drifting state for a while before opening my eyes.

Note: Another failed (seemingly) attempt to interact with people while out of my body.

Note: Getting around seemed fluid and effortless. Did not pay too much attention to the mechanics.

Note: obviously we do not have a cat. Nor have I ever seen a cat like this.

Note: I had every intention of I.P. to find Erin the very next time I was out. Erin was at work about 20 minute drive from where I was. As I came around the corner from the kitchen, I must have I.P. without noticing, because right there she was.

Note: I have different thoughts on why interaction was like that. I have got people to seem to notice me before, but not quite like this. I had to strain to get her attention; it was obvious that holding focus on me was not natural. She didn't understand, and forgot all about it the moment that she looked away.

Note: Need to think about a new set of goals.

March 29th 2007. Thursday.

Afternoon nap around 1:00 or 1:30pm. Waking and drifting. Full energy body hum, no vibrations. The energy body sensations were not really that intense. Exit was fairly easy. (Roll out Method.) Recognizing that the OBE state was fairly 'thin', I knew that I had little time. I headed straight outside to get to one of my new goals. Getting to the moon! I noticed right away that there was way too much light. Too much... was trying to look up at the sky to locate the moon. Bad idea. From the front yard I noticed a light in the sky. A light in the N.W. sky and it was not the moon. Couldn't get a good look at it because it relocated behind a bank of trees. As I was moving to get a better look, the 'thin' OBE state broke, and I was in my bed again, waking and drifting. Full energy body humming sensation was still rumbling. Exited again, roll out. Seemed to roll out right into the garage. Went through the garage door, and out into the street. I intended to locate the moon and instant-project there. I looked over and saw a copy of ME. It was looking up toward the N.W. I watched as this projected double dissipated right in front of me. And was back in my bed in an instant. Energy body sensations faded, and I reached for my journal.

Note: I decided yesterday to add a new objective to my list of goals. Getting to the moon. I had heard about it and wanted to check it out.

Note: I went outside to check to see where the moon is. It is a very nice day outside. I cannot see the moon, but there is a tall bank of trees obstructing the view of the N.W. sky. Do not see the moon anywhere.

Note: Maybe multiple exits in a single session are not advisable. The OBE state seemed very delicate and the experience was very short. I also feel that I run the risk of forgetting the OBE if I don't keep it short.

Note: Some sort of strange bi-location/time-slip event.

April 10th 2007.

Conscious Exit Projection! (I am on a roll!) Should have used word association with this one. I know I lost most of this one. Went to the bathroom about 5:30am. Back to bed. No pre-stim or energy work. No vibrations. Only breath awareness while waking and drifting. Very thin OBE state. Kinda like the last couple. I seemed to project into a courtyard of some kind. There were people going to and fro. Atmosphere seemed fun or festive. Normally, I would find a way to bother people and sometimes be a little pest, touching people or trying to distract them or otherwise get their attention. This time I remembered to stay focused. In fact, right then, this blonde kid, about 10 or 11 years old came up and pinched me hard, right on my side. Looked hard at me and said 'pay attention'. Wow! I was directly scolded by my astral trainer! That brought me to, back in my bed with full body hum, no vibrations. Exited again. Back to the same place. I remember thinking about my goals. The moon seemed so very far away from this place. Dunno why. Thinking of the moon was such a distant thought. But I tried anyways. Pictured the moon and stretched out my mind. Everything gets vague after that. I do remember being in the courtyard after that, but the memory of the moon-jump is lost. I remember being in the courtyard, rather confused. Why was I not able to get to the moon? Or did I? I did not remember. Something of a less dense/astral event had occurred, but I did not remember. With that, the projection ended.

Note: this could be for any reason really. Without knowing where the hell I was, I knew it would be pointless to look around for the moon, it just seemed

So far away.

Note: I don't know what happens next. I guess I blacked out. Maybe this whole moon-jump thing is more than it is cracked up to be...

Note: I remember flying around that courtyard with such ease. Firing up the energy centers in my hands and feet at will like a damn pro. Going to fro with brilliant ease.

Note: I immediately assumed that this kid was part of my 'creative influence'

April 12th 2007.

Conscious exit projection. Just got up from a nap. Waking and

drifting. Full body energy current kicked in. tried exiting twice with no luck. Magnetic pull back to my body was too strong. Both times ended in exhaustion. Lay there for about 5 to 10 minutes then drifted to sleep. Must have woke up mid-projection. I was flying around, there was someone with me. How did id get here? This is about all that I remembered about this one, except that I remember thinking that this was going on forever and surely I would not remember.

Note: this on kinda had a life of its own.

Note: I definitely remember showing off to whoever was with me. I said 'try and keep up' as I flew through what seemed like a market place.

April 14th 2007.

Flying dream remnant. Spiderman dream again. Flying and mobility was not the problem this time. Couldn't get the 'web' to shoot right. Very frustrating. Webs from my right hand and little balls from my left. I remember flying very fast, very free.

April 21st 2007.

Lucid flying dream. Definitely related to functionality of flying. I remember being very distinct and savvy at leaning forward onto the orbs in my palms. Leaning forward with my arms straight down and hovering about 7 to 10 inches off of the ground. Although I did remember occasionally using the energy in my feet. This was mostly about the energy in my hands. It was almost like e was showing off. Of course there were people watching, oohing, and aahing over my skills. I do remember flying up higher too.

Note: I pre-stimulate hands and feet often. I am working on pre-stim full body.

April 21st 2007. Same day.

Conscious exit projection. Woke from a nap. Pre-stim hands and feet only. Waking and drifting. Exit sensations not real strong, seemed to be coming and going. Exited without too much trouble. No sight whatsoever. Tried to command sight. Nothing. Re-entry and exit again. Perfect sight. Went straight into the living room. Things seemed kinda busy, as it was the middle of the day. Could have easily got caught up in something else, but I remembered, *GOALS*** time for moon-jump. Headed out into the back yard. Everything was very bright. Looked up**

and located the moon and the sun. Moon was in about a 3:00 position from the sun as I face it to the northwest. I could see the moon very clearly. This is it. Kept my sight on the craters of the moon, fire up my hands and feet, stretched out and, whoosh!! Nothing. Didn't move a bit. Pretty damn frustrating. I remember grinning and shaking my head and said to myself 'hmmm, that didn't work'. It is like someone, or something is keeping me from going to the moon. Very strange. Looked up at the moon and decided to try something else. So I sat on the grass, lotus style. Thought to myself, 'I guess I am going to have to force It.' closed my eyes and held every thought I had on the moon. And just like that, everything went blank. I felt myself lift. I knew I was in another place. I could not see. I could feel my feet on the ground. But no vision. I commanded 'vision now! Now! Clarity, now!' but nothing happened. Only darkness. Okay, now I am getting very frustrated. I can't see a damn thing. I started feeling around where I was. I was next to some big rocks. I knew that I was still sitting lotus style and hovering, but I could not see anything. All of the sudden I was hit with an amazingly strong and menacing urge to get the hell out of there. Some sort of energy influence was aware of me and it was time to go. I did not actually see anything, but the message was loud and clear. GET THE HELL OUT OF HERE!!!. So I did!

Note: I can't instant project to far distances for shit.

Note: I frequently have vision problems when making jumps, (vast distance projections.) Maybe I should not 'close my eyes' beforehand.

Note: I remember the full energy body exit sensations were reacting directly to my breathing.

Note: I think that there is someone else on the moon!

April 29th 2007.

Lucid Flying Dream. I have become aware of some type of emotional (Astral?) feedback type of effect. It occurs occasionally upon waking up. The emotion or thought is compounded and is actually a lot more intense than it really is. I was caught up in this dream. I could not find Erin, I was flying around Auburn. About 200 feet up. Very dreamlike imagery. I was (to say the least) distraught. Almost panicky. I couldn't find her anywhere. Not a trace or thought of her. This is a dream, why can't I find her, or create her or something? The emotional effect is crazy. I felt so much more panicked and emotional than was

warranted.

Note: No one was there to watch or observe me, and this dream had nothing to do with the functionality of flying.

Note: Astral feedback loop!

May 3rd 2007.

Conscious exit projection. Exit sensations were strong and clear. Roll out! Exit was quite easy. Crystal clear. Headed through the door to go out into the hallway. I remember reassuring myself before I went through that I would not lose vision if I stayed focused. Just through the door and into the hallway will be fine. I extended my right hand and arm and started through, feeling the texture of the door with my hand and arm first, then the rest of me. On the other side of the door was pitch black. Nothing. Didn't bother demanding clarity or light or vision. Cut the event short. Opened my eyes and looked straight at the door.

Note: again with the vision problems. It is very dark in the house at night. Maybe I should try to project in the daytime.

May 6th 2007.

Conscious exit projection. Exit sensations came fast and sudden. Exit resistance was about medium. Roll-out. Had to grab the side of the bed and pull myself the rest of the way out. Perfect vision and clarity of thought. Went straight to the door and stopped, not wanting to lose my vision when I went through the door. I reached my hand out and opened the door instead. Headed out and notice that I was using my legs to walk. Decided to just float down the hallway. This was more natural and comfortable. Thought about heading outside to moon-jump and that is where my recollection of this event ends. I woke up in my bed about 10 or 15 minutes later in a complete state of raw terror. I was shaking and sweating and sobbing like a baby. I could barely move. I was just staring out the window, confused and terrified. Something happened that I do not remember. I cannot for the life of me remember. This is not the first time that I remember waking up sobbing and in complete raw terror. What the hell happened? Whatever happened, I am sure it was in the astral. I am not going to try for the moon any more. Not yet anyways. I am not sure what the hell is going on there, but I am not going there to play anymore!!!

Note: I was able to open the door with my hands?

Note: Someone is very protective of the moon.

**Note: I do remember asking Erin if she could hear/see me.
(Former goal.)**

Note: I lay there for about 20 minutes trying to recall what happened with no luck.

May 15th 2007.

Flying dream remnant. I was on a balcony looking up and across to another balcony. Looked at my hands, and became semi-lucid. Whoever it was that was with me, literally threw me up in the air to fly. Gave me a giant push/throw up to get me started. I remember gravity was just too hard to overcome. I couldn't stay in the air. Very tired. Fell asleep.

May 19th 2007.

Conscious exit projection. Came to from a heavy sleep. Exit sensations were also very heavy. Exiting was not very easy! Took all of the energy I had to exit. Really, I mean I was exhausted. It was very dark in the room I just let myself fall back into my body and back asleep, exhausted.

Note: same thing about an hour later. Exiting was very difficult. The pull back to my body was intense and exiting as exhausting. I paused for a moment deciding if I should continue or not. I was very tired. Why not! Stretched out and felt myself lift and that is where my memory ends.

June 8th 2007.

Conscious exit projection. Evening nap. Should have woke up and recorded the event. I remember coming to in the middle of an event in progress. Very intense very free. There was someone with me!!! Someone who bailed as soon as I came to. I remember I was floating high above with this person. I turned my head to look around (as I came to) and they were gone. The feeling is incredible. Very free and exciting. I don't know how long I spent buzzing around this strange place, but I know I should have taken notes or something. Because I can't recall too much more than this. Do not remember re-entry.

Note: I clearly was in the middle of an event. No vibrations very subtle energy sensations. I was involved in learning things that my physical brain filters will not accept.

Note: Whoever it was, they bailed as soon as 'monkey me' took

over.

July 8th 2007. (Month later!?)

Lucid flying dream. Flying gracefully. Slow speeds. Charging energy centers in hands and feet instantaneously. Of course direction, speed were controlled my mind function, but if I let my mind wander to HOW it was working, I would become less functional. I remember flying up very high, very slow. Never getting my speed up too high, practicing. Takes more disciplined control of thought to fly slowly. Everything seemed very clear and free. Thought for a second that I might be 'out' but everything was a bit 'dreamy'. I remember thinking to myself, 'cool I am lucid' then changing from flying to specific mind functions.

Note: FDR's all night.

July 12th 2007.

Conscious exit projection. Exit sensations were mild. Came to in middle of energy body hum. Got up immediately and paused at the door. Tried to put my hand through, seemed solid. But I knew I was out. Tried again, hand went straight through. Did not continue through until I felt my hand pass to the other side of the door. Did not lose vision on the other side this time. I was in Bbbbb and Cccccc living room. Of course the furniture was out of place but I was still there. I took a minute to look around, and that is where my memory of this one ends. I do not recall re-entry.

Note: Lately, I have been losing my vision after I go through walls, doors, etc. I have been trying to be careful as I go through them to avoid that. I have also been ending up in strange places.

Note: I recall slightly, flying sensations and motion. OBE did not end there, but that's all I remember.

July 22nd 2007.

EBS, no exit. Exit sensations were strong. Moved my left arm, realizing that it was free, I moved the rest of my body out of phase. Energy level was very low. I didn't leave the bed, just sat there exhausted. Know I didn't have much time. Just sat there and collapsed into sleep.

August 10th 2007.

EBS no exit. Took the day off and spent the afternoon napping. Exit sensations were sudden yet mild. Felt my hands and arms moving. I was thinking that I was too exhausted to try an exit.

Note: EDR's regarding the energy in the palms of my hands and feet.

August 24th 2007.

Deep sleep OBE. I was sure that I was up, out of bed. Tried putting my hands through the wall with no luck. I recognized the faint sensations and tried again, no luck. Put my head against the wall and slowly started seeping through. Spent a few minutes wandering around the house. Gets vague after this. I remember thinking about trying to moon-jump. (Although I don't think that I actually did.) couple of memories of going through walls and doors.

Note: I have had a couple of flying dreams that I did not write down. Just remnants.

Note: Don't know why activity has dwindled; just every couple weeks now.

August 28th 2007.

EBS, no exit. Woke from deep sleep, suddenly. Exit sensations were very strong. I remember being very humbled by the force and intensity of the energy sensations. Lay there trying to muster up the energy for one big exit attempt. NO WAY! Pull back to my body was way to strong. I thought that I'd try to just move my arms. Still had to really concentrate and build energy just to move my arms. I was lying on my left side against the wall. Pulled my right arm out finally, with all of my might and it snapped back immediately. NO WAY! The pull back to my body is too strong. Main full body sensation dissipated and I got up briefly to get a glass of water.

September 2nd 2007.

Conscious exit projection/Cluster event! Afternoon nap. Cluster activity, exiting was quite hard. Did not try to push it. Nobody was home. Went immediately outside. Still mid-day. Stopped, put my right fingers straight into the concrete. The texture was strange. Thought for a second that I'd swim in it. Looking around, I knew the OBE state was thin. Back in my body suddenly. Exit sensations were still strong. Grabbed the side of the bed with my hand and pulled myself free again.

Went straight through the front door, pausing to allow my sight to adjust. Went across the street to see about bugging the neighbors. Little xxxx was outside playing. She did not notice me. Went inside, Xxxxx was sitting, she was looking around, obviously they were cleaning. She also did not notice me. I went down the hall into the bathroom, but Yyyyy was coming in. he did not notice me and he started to close the door. I knocked a cup off of the counter and went out. He picked up the cup, looked around, and shut the door. Back to my body, did not attempt another exit.

Note: I have no idea if I actually knocked a cup over in the bathroom, and I am not about to ask Yyyyy if that actually happened. Creepy!

October 2nd 2007.

EBS no exit. Some energy body activity. Deep sleep. Did not try and force an exit. After being brought to a full waking state, I 'let go' into sleep.

October 4th 2007.

Conscious exit projection. Do not remember exit sensations (or exiting for that matter). Woke up out of body, in my dark room. I played for a minute, putting my fingers and arms through the wall etc. went out through the roof, looked around. I could feel the air moving through my body as it blew by. What an amazing feeling, like the energies around me are electrical and alive. I remembered thinking about trying to 'jump' to my sisters house, (one of my experiments.) Somehow I instinctively knew that I could not make the jump. I spent some time flying around, very high. Too many clouds to see below. I remember being amazed at the clarity of thought and freedom of movement. I remember looking down (at Earth) as I flew very high, very fast, away and up. That is where my memory of this event ends.

Note: Strange that even though I remembered my goals, I decided that the jump could not be made.

Note: I am sure that there is much more to the experience. More than I can 'bring back' or, remember. Whatever it is, it seems that the memory of it can't pass through my human mind filters. Maybe too complex, or just can't integrate. Not sure of the mechanics of it.

October 13th 2007.

Lucid flying dream. Excellent clarity of thought, but definitely a dream. Seemed to go on and on for an hour or more. Note: I was waking and drifting for most of the night, gave up several times, and woke up in the middle of a dream. Similar electrical feel, but still a dream. Played for a long time with some of the imagery, moving things with my mind, creating new imagery etc. (I noticed that the dream imagery that I created seemed to 'hang around' after I moved on.) I remembered my goals and thought for a moment how to achieve them from the L.D. state. I stretched out, but nothing. I could easily change dream imagery, but could not 'project' from this particular L.D. state. Oh well, I tried. Not knowing how long I had left, I flew around for awhile, very free and aware. Still a very electrical feeling, even though I am sure this is a dream state. Became aware of myself waking up, did not fight it.

Note: waking and drifting after pre-stim. Energy centers on top of my head and forehead seemed more responsive.

October 18th 2007.

Conscious exit projection. Projected from a dream state sometime early morning. Waking and drifting all night. Focused my attention away from my body. It was very dark. Looked at the wall towards the floor, looked at the wall across the room. I visualized myself moving towards the fireplace, and exit sensations came fast and strong. Immediately went for an exit, sliding out and onto the floor. (This was similar to roll-out.) once free, and standing next to the bed, I took a moment to calm myself and try to focus. That is when the alarm next to my bed went off, and ruined the whole thing.

Note: Of course there is no fireplace in my room. However, if you were to take out the wall between our bedroom and the living room, there is a fireplace, right where I saw one. I am not exactly sure why I was seeing the fireplace.

October 20th 2007.

Lucid flying dream. Became lucid in a dream. I activated my hands and feet and spent some time just being lucid and flying. No idea where I was. Energy body sensations came on strong and clear. Am I out? (I think I am!) I thought for a moment about attempting to I.P. to my sisters, but decided not to. I still am not sure if I am 'out'. I spent some more time playing around, putting my hands through walls, glass,

etc., checking out the textures of things in the Astral. (It sure seems like I am out.) I noticed more 'dense' dream imagery started 'crowding' in. I knew that my time was limited now. SMF (specific mind functions) started occurring. Like moving things with my mind, (which happens only in dream states) and I let the dream imagery take over.

Note: not such a clear line between dream/astral/dense-astral.

October 30th 2007.

Lucid dream remnant. SMF. Moving things with my mind and hand energy. Bio-electrical energy conducts in my hands. Got up a couple of times to go to the bathroom. Tried to stay lucid, waking and drifting. Fell back asleep.

November 4th 2007.

Conscious exit projection. OBE cluster event. Vibrations and energy body sensations were strong and pronounced. Moving my hands and arms were not easy, exhausting. The pull back to my body was very strong. (Whenever experiencing a magnetic pull back to my body, it is best to try roll-out method. Success! It was very dark after the exit. Approaching the door, I became skeptical as to whether or not I should try and go through. I have been getting stuck in them lately, and/or losing my vision. With that, I found myself instantly back in my body. Vibrations and EBS were still very strong. Tried moving my right arm again. Exhausting! Roll-out again. Bingo! Went straight through the wall and headed into the living room. I suddenly found myself in a different locale. I found myself moving down some sort of hallway or corridor and into an elevator. Silver metal sides in the elevator. I remember sticking my fingers into the silvery metal wall and felt the texture. Motion stopped in the elevator, and my memory of the event ends here. Did not re-enter by body. (At least not that I remember.)

Note: Roll-out method is my favorite method right now. Still have trouble with vision.

Note: Must have I.P. to this corridor with the elevator. I was trying to I.P. to my sisters house in California.

Note: I remember trying to go down this hallway as fast as I could, I felt some sort of urgency.

November 7th 2007.

Conscious exit projection. Waking and drifting. EBS came on

very suddenly and very easily with just a thought. I noticed the fear/panic membrane as I seemed to pass easily through it, as if it were a locale. Got right up and took a moment to look around. I was thinking about how damn easy that was. I seemed to have induced this one. I turned toward the door, noticing that the t.v. was still on. Suddenly, everything goes blank. My memory of this event ends here.

Note: The ‘supercharging’ of my energy body happened with a single thought. Energy work is easy, Trance-level is the key to induce exit ‘platform’.

Note: Fear cropped up during the vibrational state, buzzed a little, peaked and then passed by as if it were a function as opposed to an emotional reaction.

Note: I remember standing there for a minute in blackness.

November 11th 2007.

Conscious exit projection. OBE cluster event! Waking and drifting. EBS, no vibrations. Wasted no time. Through the door, and out into the living room, where Bbbbb and Ccccc were watching football. Stooped right in front of Bbbbb and looked her right in the eye and said, ‘Bbbbb, can you see me?’ She replied, ‘for now!’. That shocked me back into my body. Strong and steady EBS, no vibrations. Exited again, straight through the door and into the dining room area. Ccccc was coming in from the garage. I kinda slapped him upside the head, and knocked his glasses off of his head. He paused for a moment, but of course, did not notice me. Back in my body again, steady EBS, no vibration. Exited again! Very short. Went straight through the door and out into the living room and straight through the front door, and outside to the front yard. I did not seem to be in front of the house. I did not recognize where I was. I looked up at the moon. Memory ends here.

Note: No vibrations. All exits were roll-outs.

Note: did not pre-stim or energy work

Note: ready for phase work... (I think)

November 15th 2007.

Lucid flying dream with emphasis on Specific Mind Functions. Did basic energy body pre-stim and drifted off to sleep. Became lucid while dreaming. Immediately ‘supercharged’ my hands and feet and began flying, very fast and free. Went to the ground and began experimenting with SMF. Moving things with my mind; it requires

holding a specific shape with my mind, while having a perfectly calm control, and then Flexing the 'shape' and watching as the desired effect takes place. Telekinesis. I was also working with shooting energy out from my hands and wrists, like Spider Man. I remember concentrating, trying to stay calm and focused. I held this state for 20 to 30 minutes. It was like stopping to meditate in the middle of a lucid dream. Drifted to sleep sometime after that.

Note: I have started reading M.A.P. by Robert Bruce again. This will be the third time I have read it. Did basic energy body stimulation before going to sleep.

Note: Did not have to write down the L.D. immediately after waking, as the memory was perfectly intact.

November 24th 2007.

Conscious exit projection. Preceded by flying dream remnant. Related (again) to the energy in the palms of my hands and feet, and the mechanics of flying. It is the energy in my hands that are the catalyst for many phenomenon. Even when I move something with my mind, the energy comes from my hands. Whoever it was there watching, I kept shooting them in the face energy in coming from my hands. Freezing energy and burning energy. (I hope they don't mind too much.) Came to in the middle of some pretty intense vibrations. 'roll out'. Paused for quick second to adjust and waved my hands in front of my face. (that helps me become more lucid) looked around, I was not in my bedroom. I seemed to be already way up in the air. I thought clearly about wanting to get to my goal. (pyramids/technology etc...) felt a clear and sudden 'rush' like I was traveling then found myself back in my bed still vibing pretty strong. I thought that I might try again, but the vibrations subsided. got up and wrote in my journal.

Note: EBS were very strong this time...

Note: did not know where i was.. took me a second to adjust...

note: as soon as i thought about my 'goal', I was Rushed back to my body,, (seemingly)

November 29th 2007.

Flying dream remnant. SMF's were the lesson. The energy in my hands were still a focal point. I was flying up and around and that felt awesome. But the SMF was moving things with my mind. I seem to be getting better at it. Things are moving freely and I don't feel so clumsy.

I do not recall being watched this time!

December 1st 2007.

Conscious exit projection. Waking and drifting. Got up to go to the bathroom several times. Waking and drifting. I kept thinking I was a little to scared to project. For some reason, fear had already set in. I felt the conditions were perfect, smiled a little, and thought to myself, 'okay, here goes nothing.' With a single thought, will, intent, I fired up my energy body suddenly! The entire circuit kicked on. Wow, I did that by myself! I do not remember any vibrations, but the energy body circuit that fired up was very intense. I sat straight up in bed, my legs seemed to be 'stuck' in my body, so I lay back down and tried the roll-out method. Easy! Flew straight up and over the house. Gave a thought to my goals for a second, and decided that I needed more practice with I.P. instantaneous projection, which means traveling long distances with just a thought. Kinda like 'beaming' there. I had intended on I.P. to the pyramids at Giza (new goal) but I felt I needed more practice. I was flying high and free and that was amazing. I should have kept things short. I spent a lot of time practicing I.P. I feel so incredibly alive and free. A couple of times I.P. into some unfamiliar locales so I simply I.P. back. Gave another thought to the pyramids at Giza; influences, technologies, etc. Just then I heard a single male voice start laughing. It sounded like it came from the center of my own head. I don't ever remember HIM being there before! I don't think that I want to play any more! Back into my body, EBS subsided. I lay there for about 20 minutes remembering the details.

Note: I recognized that the conditions were perfect and, yes, I consciously induced OBE.

Note: This was a very long event, an hour or so, and I forgot a lot of it.

Note: Spent a lot of time with I.P. around the house and neighborhood.

Note: Never in my experience has someone showed up to laugh at me like that! My scaredy-cat reflex ended the event.

Note: I've been remembering fragments of this event all day. I remember the energy in my hands was a lot more intense than I have ever had. Looking at my hands I started creating energy balls. Not the size of tennis balls, but about the size of marbles. I would put my hands together and 'flex' my energy hands intensely and,

one at a time, these small smoky white balls would exit the palm of my hands and then scurry away. I really didn't try to catch them, but I could feel them momentarily as they hurried away. I also remember flexing my energy hands and making the most intense felling of energy in them. That is what I was doing. With my palms up, I would 'supercharge' one or both of my hands and this full current of energy would shoot up from my palms. Maybe 7 or 8 feet up. Right at the place where it stopped, it was kinda like a portal. I could see different scenes on the other side. I never tried to approach the portals, but I got the sense that this was another way to I.P. This would make sense, as I was practicing I.P. just earlier. I was also spent some time attaching my vision/awareness to a point in the distance and moving/flying there. Sometimes back and forth, keeping my awareness focused on that point. If it was a spot on the wall, or somewhere off in the distance, I focused and moved. Sometimes instantaneously!

Note: My fear/panic reflex has got to go!

December 14th 2007.

EBS, no exit. Worked up to a full body current before dozing off. Woke up about 5:00am. Waking and drifting. With just a thought, a full body current fired up! Mild at first, but with some calm concentration I lead them to a very intense state and did not attempt an exit.

Note: Energy work took about 15 to 20 minutes for a mild full body 'glow'. whereas when waking and drifting, (sleep trance induction) I can supercharge this energy system with just a thought.

December 16th 2007.

Conscious exit projection. Very brief, as I was disturbed and this one was cut short. Short energy work session before nodding off. Waking and drifting. Woke to some mold vibrations and worked them to a quite aggressive state and was able to exit. (Roll-out) Went out into the living room where Bbbbb and Ccccc were watching t.v. Looked like it was just Bbbbb sitting there. Everything seemed rather dark. To my surprise, Bbbbb looked up at me! Did not get a chance to try and interact, the dogs started barking, someone was at the front door. Woke up in bed, no EBS, no vibrations.

Note: The rest of the night was full of flying/superman/spider man dreams.

Note: Dream imagery folks are not as impressed this time with my antics.

December 19th 2007.

Energy dream remnant. Memory download problems. Woke up several times with heightened senses but no EBS that I can recall. I have a brief memory of looking at my hands. I could see the energy rising up like steam or heat.

Note: Whatever I was up to, I did not let myself remember. Perhaps 'monkey me' was not welcome this time.

December 31st 2007.

Conscious exit projection. About 4:30am. Waking and drifting. Woke up into '3D Black'. looked toward 3rd eye trigger. Held that for a second and very strong EBS came. No vibrations. Paralyzed and strong energy hum. Roll-out. Got stuck, Roll-out again. This time I exited. Stuck my hand through my dresser. In my excitement, I was moving fast, but I had to remember to go slow. It was very dark. Dropped to my knees and went through the door. Still very dark. Sudden re-entry! Roll-out again. Very dark! Dream imagery came in very strong, must be time for sleep. I let it overtake me. Memory ends here.

Note: my mind was trying to work out how to go slow.

Note: OBE ruined by dream imagery intrusion.

2009 Journals

Jan. 28th 2009 waxing moon

Flying Dream Remnant/Energy Dream Remnant: I remember being very excited and lucid as I hover way above. Movement was fluid and easy. I could not move very fast. I tried several times to 'fast-fly', but could not. Again, flying was related to the energy in the palms of my hands. Also remember some telekinesis activity. Moving and throwing things from far away with the energy in my hands. Telekinesis was also related to the energy in my hands.

**Maybe not throwing energy as much as extending energy.
Others were there watching, commenting.
Drank some whiskey before bed.**

Feb. 1st 2009 waxing moon

Energy Dream Remnant: Always seems to be related to the energy in my hands. I remember 'charging' them up and bringing them together, slowly, and watching them 'discharge', or release! I could also direct the energy away from my hands with a flick of the wrist. Lucidity and control are limited.

Low energy, very 'dreamy'

Definitely being taught energy work concepts through my dreams.

Never see who the teachers are.

Feb. 7th 2009 waxing moon. 2 days before full.

Conscious Exit Projection/Cluster Event!!! Late morning nap. I was experimenting with lowering myself into trance. *Cluster event! Two short exits with dissipation, (not re-entry) and one short one that I lost to a dream. 1- Slowly lowering myself back into trance after waking from a nap. Full-body-hum with paralysis sets in very fast. Moving 'out' was slow at first, but once I was out, everything was clear and very lucid. Went out of the bedroom, pausing to open it (?) as opposed to going thru it. Went into where the girls were on the computer, of course nobody saw me. The feeling was very electric and free. I was smiling as I 'dissipated'. Right back into my body, full-body hum! Not much stronger than before, so I waited a minute until the 'hum' was stronger, then, 2- exited again. It was quite easy to exit, even though I could feel

the 'pull' back to my body. Did not pause this time to open the door. Put my right hand thru the door and followed thru with the rest of my body. Lost vision, and 'dissipated'. Back in my body, full-body-hum. Waited for things to 'clear' and exited again. Straight out thru the door and into the dining room area. I knew I was going to run out of time. I seemed to attract the attention of our small dog Ricker. Things started to get very 'dreamy' so I reminded myself to keep it short. And with that, I was lying back in my bed, full-body-hum. Waited for a while, and the 'hum' subsided, and eventually went away altogether.

I felt as if my 'dreaming mind' somehow continued 'its' dream, after 'it' infiltrated 'my' OBE. Almost like the 'lucid astral mind' is completely different and independent of the 'dreaming mind'. And the 'dreamy' takeover was not as much do to low energy, as much as it has to do with a misunderstanding of the differences between the lucid-astral-mind and the dreaming-mind.

Feb. 16th 2009 waning moon.

Conscious Exit Projection!!! Sometime in the late evening. Exit sensations were strong. Full-body-hum, no vibrations. Pull back to my body was strong. I reminded myself to slow down. "Don't want to blow the exit." Calmed myself for a second, then sat straight up. Sat straight up and looked around. I was in the spare room. The lights were on. I paused for a second to put my hand thru the top of the wooden dresser in the room. Just then I heard a loud 'pop' as if my hand was hitting the top of the dresser. Right back in bed w/full-body-hum still present, but fading. I sat up in bed for a minute, making sure to take the time to remember as much as I could.

Very short OBE

LDR/EDR regarding the energy in my hands.

Feb. 21st 2009 waning moon

No exit, no Vibes, no EBS whatsoever! Only deep channeled insight coming from within a dream. I woke up many times throughout the night, trying to 'grasp', or 'materialize' the information. Very hard to grasp with my monkey brain. If I lay and meditate/concentrate quietly, the information/concepts are very clear. But even coming to enough to

grab this journal, I lose most of it. I will give it my best shot. They were profound explanations about the similarities and differences between the *sleeping mind, the *waking mind, and the *dreaming mind. And how this is the truest representation of the nature of reality and our existence in it. And understanding the nature of the sleeping/waking/dreaming minds is the key to unlocking the mysteries of our relationship with God and the Universe. The holy trinity of old, Father/Son/Holy Ghost. We are walking with complete, free, and clear consciousness in all levels of existence. There were many specifics regarding the energy-body that I cannot necessarily remember. Meditation/trance/energy work is the key. There is more to what we call the 'subconscious'. Much more. It is an illusion that we are seeing from the different perspectives. And the trick of ascending is more a jump in evolution toward expanding our awareness, transcending, and raising our 'vibration' enough to gain realization. The sleeping/waking/dreaming mind-concept that I am struggling with is simple. They are each one, part of themselves, part of each other, and part of the whole, but none, individually or together, make up the whole self. There is much more.

At no time did I ever see a source or a guide. Only deep meditation throughout the night.

There is a place just beyond sleep where we can bask in 'mental' energy (thought) without the monkey-brain filters.

Feb. 26th 2009 waxing moon. Two days after new.

Lucid Flying Dream/Dream State Projection: Again with the energy in the hands and feet. Very dreamy. Dreaming imagery kept trying to butt in. I remember having to stop and concentrate really hard to keep clarity. The more I did, the less the dreamy effect. I was flying around with a 'friend' do not know who it was. I remember losing abilities as the dreaming mind kept trying to take over. At one point, all of the sudden, EBS pulled my waking mind into full consciousness, and I was lying in my bed paralyzed with very strong full-body-hum. I tried to exit. The pull back to my body was very strong. I knew I had to do it fast. So with all of the energy/will I could muster I 'pulled out' straight up. Could not see anything, but I could tell I was hovering over the house. All at once, I reverted back to the LFD state, except I could still feel EBS, and I knew that I had exited. Felt like I was flying blind, even

though I had dream-state imagery. Flew around like that for a while. Very awkward feeling. Came too a moment later. Had to pee.

Mar. 3rd 2009 waxing moon.

***Abrupt wake after exit. Floated straight to the ceiling. Like a helium balloon. Absolutely did not recognize the place that I was in. It seemed to be well lit. Shades were drawn in the small kitchen window. I remember having to pull myself into the next room by grabbing onto a small ledge on the ceiling. I looked around. All of the shades were drawn and everything was quiet. I almost expected to see a prowler or someone trying to break in. I readjusted my position behind some chairs in the main dining room. Back against the wall. Recognized that I was in my house, of course. I remember thinking ‘what the hell am I going to do if someone tries to break in?’ Maybe I could throw a chair or something. Of course I can’t do that either. Thought that I would just scare the hell out of them or freak them out. Lost focus just then. And back in my bed.**

We had been broken into the night before.

I am sure now that this was my house. Not sure why I didn’t recognize it.

**Mar. 19th 2009 waning moon. One day before spring equinox
Lucid Flying Dream: flying quite easily and free. No other EBS to speak of. Energy in my hands again. Seemed to be energy balls about the size of grapefruits. Demonstrating hovering and flying to my ‘friends’. I remember being able to fly very high with no snags whatsoever. Dream imagery was thick and strong. I was aware that I was dreaming.**

Always someone watching, commenting.

Always energy in my hands.

Seem to be demonstrating.

Mar. 22nd 2009 waning moon.

Lucid Flying Dream: I was outdoors, and very high in the air. Do not recognize the places below. I remember seeing a large bridge, mountains, and a small city center. My instinct was telling me that I did not fly here. It was too far away. Everything felt electric and alive. After taking a while to get use to this place, I decided that I would try to fly home. Everything was clear and lucid and I did not perceive any signals telling me to hurry. I seemed to have time. I charged the energy in my

palms and soles as much as I could. Even though they were already very active and alive. I looked into the distance toward 'home', stretched out and tried to fast-fly. But could not. Tried again with the same result. I felt that it was just too far to fly home, and that I would probably just wake up on the way anyways. So I just flew around the city for a while.

Not sure this was a dream.

Very strong electrical feel. Usually feels not so electric if it was a dream.

I feel that this place was in the future. But it was very familiar.

I think that many of these dream-state flying events are more probably than not, OBE's that I am remembering as dreams.

Mar. 25th 2009 waning moon. Day before new.

Energy Dream Remnant: Moving energy. Specifically in my hands. The 'observer' was my nephew 'james'. Movement and communication was very slow and dreamy. I was making balls of energy between my hands. Large like basketballs. (Dragon plays w/ball) and trying to throw the energy to him. Having little success. I also remember trying to flick the energy off of my hands, as if my hands were wet, and I was flicking the water off of them.

Kung Fu lesson regarding movement and energy. Dragon plays with ball. Fluid movement while imagining a ball between your hands.

Apr. 1st 2009 waxing moon.

Lucid Flying Dream/Energy Dream Remnant: Low, hovering this time. Feet were very close to the ground. I was sort of showing off. The observers were watching closely. Felt like I was ice-skating. I remember having to lean forward onto an invisible rail or something, to activate the energy in my hands. One observer pointed out that I was using my arms too. I also remember experimenting with producing flames out of the tips of my fingers. Erin was there. She was smoking and chatting with others. I left her there to fly around a bit. Very shortly after that, Erin having a bad dream next to me startled me awake. Moaning and thrashing. Woke her up enough to settle her down, and she went back to sleep.

She did not remember her dreams at all.

Flames in my fingertips actually felt like they were burning very hotly.

Apr. 7th 2009 waxing moon. 2 days before full.

Mind Flex/Lucid Dream Remnant: Telekinesis. With emphasis on holding a specific 'shape' with my mind, and creating a specific reaction or effect. Over and again, different scenarios. Seemed like a very different kind of mental 'puzzle'. Holding, or flexing the 'shape' of the thought, would create the result. I also remember not being able to create any energy in my hands or feet. Even though I was plenty lucid enough to try and fly. I just could not muster any energy in my hands or feet. Very odd. I kept being 'brought back' to the same type of LD sequences, and the mental-energy, mind-flexing exercises.

Not like mental exercises relating to palm energy.

No hovering/flying etc...

Only mental-flexing.

Apr. 9th 2009 Full moon.

Flying Dream Remnant: I remember 'leaning' onto my hands to activate them. Energy centers in my palms, about the size of a softball. It was very dreamy, and I was having a hard time staying lucid. I remembered that I was going to try to mind-flex. (Telekinesis) while using palm energy, (flying). But there was just too much dream imagery bombarding me all at once.

Mental energy and physical energy or

Mental effect on physical energy?

Both with telekinesis and flying, different kind of mental-flex.

And different effects on palm energy?

Flying is not just about the energy in my hands and feet. There is also 'will' and 'intent'. A sort of mental flexing of its own, to control movement.

Apr. 11 2009 waning moon. 2 days after full.

Flying Dream Remnant/Energy Dream Remnant: Flying, and demonstrating mind-flex exercises. Very free and fluid. I felt like I was showing off. At one point, my observer told me to stop it! I was also causing visible, smoke like energy to emanate from my hands. Again, I was showing off now. I feel I am getting good at this stuff.

Apr. 16 2009 waning moon.

Dream State Projection: Dream-state projection. LFD: flying around, very free, very high. I was at a school campus scenario. Young group of people. 20 something female was yelling at me to go away. I was flying around above her. She threw a pencil at me. I caught it, but was very pissed off. I flew above her cussing her out as she tried to flee. I was being very rude. I was going to throw the pencil back at her. As soon as I got a clear shot. But I spontaneously projected. OBE OMITTED!!!

May 5th 2009 waxing moon. 2 days before full.

Conscience Exit Projection!!!: Fully Conscience exit projection! Broke one of the basic rules. Keep it short! (did not keep it short) must have been hours. I remember the notion/feeling that I was definitely satisfied and that I was making ground with my experiments. But I do not remember what my experiments were! There is much more going on than we can know. I remember fragments of texture (going thru walls etc...) I remember experimenting with my hands. I was very lucid and free, and flying was very easy. There was a moment that I paused and realized that I was completely alone. I remember 'deciding' to end the projection, because I knew that I would not remember most of it.

I remember clearly thinking that I would never remember.

Experimenting with hand/palm energy seemed very silly, and was Taking away from the focus of what I was doing.

I remember feeling quite clever because of the progress I made.

May. 9th 2009 waning moon. 1 day after full.

Conscience Exit Projection!!!: Did not keep it short. Very heavy dreamy element to this projection. I was out for several hours but only remember bits and pieces. There were no teachers or watchers. I remember struggling to see. Had to focus to keep my 'eye sight' hand/palm energy was easy and so was flying. I was having mixed luck trying to go thru soled objects. Sometimes things would be hard. Sometimes I could very easily go thru. I would have to concentrate and narrow my focus before I could pass thru things. I was fighting the dreaming-mind the entire projection. It was trying to push through, and I had to concentrate to hold focus. I remember looking for Erin. Even using astral-voice to call out her name. Woke up several times and was

able to lower myself back into trance, and continue the projection.
Lucid dream projection.

No vibes, no EBS. Only hand/palm energy.

May. 9th waning moon. Day after full.

FPA: Failed projection attempt. Afternoon nap. Trying to raise energy while falling into trance. Paralysis and full-body hum were coming and going. I was trying to force an exit. I noted that slowed breathing had a more intense effect when using the 3rd eye trigger technique. I could lower myself into paralysis, but could not muster and exit. I remember being fully conscience but unable to move. My right arm came free a couple of times. My left arm would not budge. Tried using my astral arm (right arm) to pull my other arm out. But could not budge it. Although my left arm did feel my right hand trying to grab and pull. My astral eyesight became focused and I could see the ceiling thru my closed eyelids. But I still could not move my head. After a while, I gave up! Allowed myself to come up from trance, and got up. Exhausted!

Slowed breathing has a dramatic effect on 3rd eye trigger, when used together. Neither have much of an effect when not in trance. Very strange feeling. Almost like I had three arms and hands.

May. 13th 2009 waning moon.

Flying Dream Remnant: energy in my hands and palms. Also energy in my feet. Very old lady seemed to be watching and commenting. Kept trying to get a good look at her, but could not. She always would seem disinterested until I started flying again, then she was clearly paying attention.

Not the first time I could not zero in on the observer/watcher.

May 20th 2009 waning moon.

Conscience Exit Projection!!!: woke up to go to the bathroom at about 1:30am. Felt a familiar tug of fear as I lay back down. I remember telling myself “okay, I am up for an adventure. Sudden full-body hum, no vibes. Pull back to my body was barely detectable. Exit was very easy! Out and about now. Tried putting my hands thru a couple of things with no luck. I saw my sister. She was about to open a sliding glass door. I got very excited and flew thru the door in from of her. Tried to get her attention. It worked! Clearly was freaking her out. As she was aware of me, she did not know it was me, at first. Then she

recognized me. Then there was an astral hug, and she told me how great it was to be psychic. I interacted with her briefly then phase/shift, back in my bed. WOW!!!

Sometimes that tug of fear scares me too much to continue. But not this time.

My sister did not remember any of this when I asked her.

May 23rd 2009 waning moon. Day before new.

Lucid Flying Dream/Dream State Lesson: Many examples (dream scenarios) of me, not being able to control my emotions. I was plenty lucid enough for hand/palm energy, but the dream scenarios came again and again. Definitely seemed to have a life of their own. I could not control my emotions even though I knew it was a dream.

Seemed to be a deeper message coming to me from deep within a dream.

A message hiding behind dream imagery.

A lesson about controlling my emotions.

May 29th 2009 waxing moon.

Conscience Exit Projection!!!: went to sleep fishing for exit signs. Woke up suddenly to an OBE in progress. I was flying fast and moving my hand thru all of the things that I passed. I remember being very impressed that it was not dark. I remember messing up the texture surface of this orange tabletop, then using hand/palm energy to fix it. Spent about 10-15 minutes checking things out before the OBE got dreamy and started blinking out.

Must not have been RTZ. Things were very bright.

Things are much more clear when it is not dark.

Observes energy centers in my fingertips.

Was able to create/manipulate objects in RTZ!

May 31st 2009 waxing moon.

Conscience Exit Projection/Energy Dream Remnant: about 9:00 am. Erin and the girls were already awake. Exit sensations came strong and quick! I wasted no time exiting. Movement was easy and free. Put my arms out in front of me, like a zombie, so that I did not lose sight as I went thru the door. Worked perfectly! Light was good, and clarity of thought was crystal clear. I definitely caught the attention of the little dog, Ricker, who ran away from me. I was able to get a reaction from

both girls, but not much. I got Erin's attention, but she was not impressed. I talked to her for a few minutes, trying to get her to watch me. I put my hands and fingers thru the wall; she was just not impressed, and kept ignoring me. Loud 'pop' then back in bed. Full-body-hum.

Very short event.

Sight was excellent. (It was daytime.)

Strange interaction with humans/animals.

Also, EDRs regarding hand/palm energy and directing it.

Brilliant blue!

June 6th 2009 waxing moon. Day before full.

Conscience Exit Projection!!!: fishing for (creating) exit sensations.

Used sort of 3rd eye trigger, except I was looking down and to the left.

Exit sensations came strong and fast. I lost sight straight off, but I could still feel my way around. Even though I could not see. I did not know where I was. So I just spent some time flying blind. Feeling for textures. I was somewhere feeling the tops of trees. Do not remember returning.

FDRs all damn night.

June 17th 2009 waning moon.

Mind Flex/Dream State Lesson: same stuff. Demonstrating PSI skills and flying skills. People watching, commenting. Energy in my hands. Things were very lucid and clear. Had no trouble with mind-flexing. Concentrated for a second on hand energy then the telekinesis came very easy. Also, was able to kill spiders by concentrating and making them pop. Ew.

June 18th 2009 waning moon. 3 days before summer solstice.

Dream State Lesson/Energy Dream Remnant: very vivid dream-state-lesson. Hand/palm energy. I would charge the energy in my hands then bring them together slowly with my fingers pointed at each other. As my two forefingers came closer together, the energy between them reacted and was like a static electric spark that would grow into what looked like lightning between my hands that I could direct outward. Once I established that I could move my hands apart and the energy between them would increase. There was a whole group of observers. Watching and commenting, and being very encouraging. Also, PSI and flying. Woke up several times, then right back into it.

SHOW ME! Been working with a new affirmation.

When fear and excitement start to build, I have been encouraging it, instead trying to shake it. Letting it build and then demanding. SHOW ME! It has worked two nights in a row.

July 22nd 2009 waxing moon. Day after new.

Conscience Exit Projection/Cluster Event!!!: cluster event. No vibration or full-body-hum. Only a very dull hum in my head, very dreamy. Exit was quite easy. It is very dark. I make my way to the door, putting my hands and wrists thru first, and then continuing thru. Of course I lost sight. I waited for a moment for sight to clear up, but was back in my body. No EBS. Only dull, dreamy hum. Exit was easy again. Did not try to go thru the door, instead I went up thru the roof, and out into the street in one single motion. Vision was crystal clear. I started to wonder where I should go, then back into my body. Damn! I knew another attempt would be futile. But I tried again. No success. As I tried the third time, dream imagery came at me hard and fast like strong current or wave. Could not fight it any more, and let myself be washed away in the dream.

Became lucid during a dream in progress.

Dull dreamy hum. (?) Somewhere in the middle of my head.

I can usually jump from this state to a strong full-body-hum.

Each exit was from this dull/dreamy-hum state.

Aug. 14th 2009 waning moon.

Failed Projection Attempt/Lucid Dream Remnant: Woke up about 2:30 to a significant hum, not full body. Could feel my heart beating too, but the 'hum' seemed to come from that area. No paralysis. Had to coax it into my head area. After a few minutes of that, an exciting wave/rush sensation washed through my body from the plexus center. Though briefly about attempting an exit, but knew that I would be unsuccessful. (?) Not enough energy. Must have fallen asleep.

Several LDR's after that.

I could control the location of the 'hum' but it emanated from my heart.

Sept. 6th 2009 waning moon. 2 days after full.

Conscience Exit Projection/Flying Dream Remnant!!!: Bouncing back

and forth between sleep and deep sleep. It would cause a sort of single/pulse, as opposed to a full vibration. Conscienceless was present at all times. Thought about exit sensations and they were present in a split second. Very weak full-body-hum. Exit was easy. Straight thru the wall by my bed, and out to the tree by my window. Everything was very dark and I could not focus. The deep sleep 'bouncing' mechanism was still very active, and this OBE became a dream. FDR Involving the energy in my palms and soles. Could not fast-fly. Other than that, very easy to fly.

I can still feel the energy in my hands.

Waking/sleeping/dreaming mind.

FDR was involving 'boats' flying boats.

I was standing by the tree (by the boat) while OOB.

Sept. 7th 2009 waning moon. My birthday.

Energy Dream Remnant/Mind Flex: Got up in the middle of the night to go to the bathroom. DSL was after that. Telekinesis and flying. Flying was, again, related to the energy in my hands. The telekinesis was mind-flexing. Moving things with my mind. Like Yoda.

Several EDR's throughout the night.

Sept. 15th 2009 waning moon. 3 days before new.

Conscience Exit Projection!!!: VERY PROFOUND ASTRAL

EXPERIENCE! There were not exit symptoms or EBS to speak of. Very strong electric/dreamy sensation, and very lucid. I was taken to another planet, aboard a large craft of some sort. Some sort of planet that was very far away from earth. Very far away, but quite similar. I remember being very excited and amazed and overwhelmed. This was not earth! We (?) were being shown rocks and landscapes and skies, the ocean etc... everything was very much like earth. Things felt very much like a field trip. I remember the sun cast a sort of orange color instead of yellow! Gravity was also much the same. I grabbed a small handful of rocks and let them fall back to the ground. I was very lucid and amazed. We were taken to the west side of a cliff, facing a giant ocean to the west. The ocean and the sky looked very different than on earth. Very misty up high where the clouds met the sky. I cannot really describe the feeling. Very profound and humbling. Some type of large natural event was about to occur! As I stood on the beach/cliff, I realized that the waves WERE the sky. At least as high as I could see. They were coming

fast! I cannot describe it. Even the smaller waves, in front, were 700 or 800 feet tall. The entire ocean behind them was much bigger, and coming fast. I cannot describe how dreadful this feeling was. At the top of the biggest waves in the back, there were powerful storms and I could not differentiate between the top of the ocean and the sky. I cannot put it into words. There was to be no escaping a fate like this. I thought about going back inside. (?) I knew there was no escaping. I remember smiling as I thought the waves would surely crush down on me soon. What an incredible feeling. The last thing that I remember was looking down at the planet as we zoomed away.

This event has had a profound effect on me. It has been a couple of weeks now, trying to let it all sink in. I cannot shake it!!!

Sept. 18th new moon.

Conscience Exit Projection!!!: No vibes. Only strong electrical feeling. Exit was swift and easy. Fairly clear and lucid. Went thru bedroom door. I could see quite well! Went through the dining room and out thru the front door, pausing to feel my hand go thru the door. Felt kind of like thick bread dough. I looked both ways down the street. Very electrical, very free. I thought that I would go visit my daughters. See if I could interact, but it seemed so far away. Flew up and over the tops of the houses in the neighborhood. I could 'feel' that time was running out. Dream imagery was 'waving' in. Kept it short. Slept great after that.

Can't seem to be able to fight the dreaming-mind.

Oct. 19th 2009 waxing moon. Day after new.

Failed Projection Attempt!!!: mid-day nap. Exit sensations were very near to the surface but the pull back to my body was very strong. I could reach out my arms but not the rest of me. At one point, I tried exiting with my head first. Kina just 'leaning' out, starting with my head. I could feel myself lifting out bit could not exit completely.

EDR also. Worked with large balls of energy between my hands.

Nov. 29th 2009 waxing moon. 3 days before full.

Lucid Flying Dream: very vivid. Great control. Flying fast then slow. Seemed to be flying around a city. I definitely had someone in my arms and lap, 'showing' them about flying. This seemed to last for a long time. Woke up and remembered the whole thing.

Dec. 15th 2009 waning moon. Day before new.

Flying Dream Remnant/Energy Dream Remnant: several DSL's over the past few weeks. EDR's and FDR's. Last night I started reading NEW by Robert Bruce. It is about the fourth time that I have read it. Energy work comes completely natural for me. Very few snags. I can have my whole body bouncing and buzzing in no time flat! I do want to note that it is probably best for me to pre-stim my energy body before dropping to far into trance. Tactile imaging and focused awareness kept 'pulling me up' from falling too far into trance. (I fall into trance easily too) so I will pre-stim completely before I drop into trance. I could not locate or induce exit sensations but I was seeing thru closed eyelids before too long. Quite amazing, actually.

Went to sleep having FDR/EDR.

Saw a UFO in a dream that woke me up into trance with full-body-hum.

Did not try another exit.

Dec. 16th new moon.

Conscience Exit Projection!!!: Lay down for a nap at about 1:30. Decided to pre-stim before I dozed off. Only spent about 5 or 10 minutes with it. I find it quite easy and was up to a warm, cozy, full-body-bounce in no time. Went through basic primary center stim. Spent a bit more time with throat/brow/crown. Decided to stop there. I got comfortable and dozed off. Reminding myself to pay attention for exit symptoms. Woke up to a very strong, glowing, full-body-hum. No vibrations. I was laying on my stomach/side so the exit was kinda like doing a push-up. Quite easy and free. I put my hand and arm thru the wall and back out, grabbing a handful of the wall. (Astral substance) on the way out. I wasn't sure what to do with it so I quickly found a damaged area of the wall, by a door hinge, and just kinda slapped it up there like putty. I went thru the door to the outside, losing my sight as I went thru. I gained my sight right away, only to see that I did not recognize where is was. I was at some sort of farmhouse or agricultural facility of some sort. There was lots of grassy fields but no cows, goats or livestock of any kind. I was at the front of the farmhouse, looking out. Around the house to the right was a large, single level, building covered with a tan tin roof. There were other houses off in the distance. Down and to the left, from the front of the house, was a large park along side a small river or creek. It was across a large field and down

the hill. As I headed down to the park, my sight started to break up. I had to remind myself to concentrate. Things got clear again and I flew nicely over to the park. Tried to get the attention of a girl who was playing with a large blue rubber ball. But could not. Tried to see if I could disrupt the kids playing basketball, but could not. There was a small group of people by the white porta-potty. Nothing seemed out of place, typical park. Decided to keep it short. Woke in my bed. Laid there for a while, remembering as much as I could.

Waking up was not as exhausting as it usually is.

Dec. 17th 2009 waxing moon. Day after new.

Flying Dream Remnant: sometime in the night. I remember trying to fly in a dream. Clawing and kicking at the air. Like I was trying to swim. I was trying to become more lucid. I could not get but a couple of feet off of the ground. I remember thinking that this would be a great experience if it were not a dream.

Did not pre-stim.

Low energy, and not very lucid.

Dec. 18th 2009 waxing moon.

Pre-stim before going to sleep. Did not attempt an exit. Dream response/imagery was brilliant and clear. Everything was bright and robust! Nothing slow or dingy.

Dec. 19th 2009 waxing moon.

Did not pre-stim before bed. Woke up to go to the bathroom. Did full body stim after I got back into bed. Full-body current and central channel bounce. All of the sudden something pulsed, and my entire energy body came alive. I was not paralyzed. There were no vibrations. (Although I'm sure they were not far behind.) There was no full-body hum. The energy that kicked on was more of a 'flow' from bottom to top. I thought about attempting an exit, but did not want to disturb my clear observations of EBS. Of course this is when the dog jumped on the bed and aroused my waking senses enough to end the experiment.

I am not sure what pulsed. Was not the strobing effect that seems to come from the brow or crown areas. Seemed to come from the naval/solar/heart areas.

Dec. 20th 2009 waxing moon.

Flying Dream Remnant/Energy Dream Remnant: Palm energy for flying. Experimented with softball size balls of energy. Creating them between my hands, then throwing/extending them. No EBS.

Did not pre-stim.

Woke up and moved energy throughout my body quite easily,

Did not continue.

Dec. 21st 2009 waxing moon. Winter solstice.

Conscience Exit Projection/Cluster Event!!!:

Pre-stim before nodding off. Full-body circuit with central channel bounce. Woke up about an hour later and sat up to get a drink of water. Lay back down for just a few minutes. Began thinking about energy work, and maybe I should try again. Gave just a thought to stimulating my heart center and, BAM, something triggered suddenly an intense burning, steady, electrical hum, took over my upper body. Very intense! No vibrations. Just steady, but intense. It seemed to centralize behind my brow center. Very intense. Made my molars hurt. Exited briefly and went into the dining room, only to dissipate and find myself back in body. Full EB circuit was buzzing and whirring with just a thought. Thought about getting up, but decided to try again. Thought about energizing my heart, and BOOM! Same strong sensation in upper body and brow/crown centers. Intense and burning. Made my teeth hurt. Exited again. Out into the dining room, going past Erin, (trying not to bother her) and dissipated there again. Back in my body. I remember thinking, “wow, this is crazy, I am not even really asleep, or anything. Lay there for a second and decided to try again. It is definitely my heart center that I think about. As soon as I did, BOOM, upper body hum, emanating from brow/crown center, triggered by heart center stimulation. Teeth hurt again. Exited for a third time, Flying up and over my dog, who did seem to notice me. As I started to dissipate, I tried to slow my concentration and keep my sight. I watched the scene fade away in front of me. And I was back in by body, looking through my closed eyelids at my little dresser next to my bed. As I lay there thinking about another exit, another strong pulse hit me hard. Made my mind ‘dreamy’ just for a second. I remember having to struggle (just for a second) to keep the memory of these exits intact. But that pulse subsided and I remembered the whole thing. Had to get up and writ it all down.

Cluster event.

New EBS.

Strange type of pulse, dragged my 'under' tried to make me forget.

Dec. 23rd 2009 waxing moon.

Deep Sleep Meditation: Went to bed thinking about my current experiment. Did a full body circuit before nodding off. Felt faint exit sensations throughout the night. I was tossing and turning all night. Each time I woke up (at least a dozen) I was aware that I was in the middle of a profound dream. But I couldn't remember. I felt it every time I woke. But I could not grasp it. I was processing some very important information that was coming to me, but as soon as I tried to 'zoom in', I would lose it. Whatever was happening, it was happening on a level where my monkey-brain filters could not go. This was going on all night. Finally, at about 5:30am, I decided to sit up and meditate instead of going back to sleep. I was able to lower myself into a deep meditative state. (Usually not so easy.) As I did, I was able to grasp the concepts quite clear. There was an energy coming into my higher self from an even higher self. The energy was full of knowledge/wisdom, and I was completely lost in it for a time. I was able to bring back some of it, but only a small splinter compared to the profound energy I was attached to. As I came up out of trance, the energy that I was basking in became a jumble of words and smaller individual concepts. They were breaking down or simplifying, like some sort of word equations. I could still understand and remember, but I knew that I would not understand when I opened my eyes. So I picked a few 'concepts' and held onto them as tight as I could with my mind, and this is what I brought back.

Profound DSM event. Definitely related to the 2012 experiments. This information had to do with light! Light particles, light particle beings, light particle bodies, light particle vehicles, and the relationship between consciousness and light energy. All of my previous understandings of light energy (metaphysically or physically) are 'step downs' of the light (pure) energy that I was experiencing. There were vast detailed explanations. There was information about the 2012 experiments. It had to do with our understanding of light particle energy, and the human energy-body construct. And this will be part of the 2012 mystery. At least where I am concerned.

Friggin amazing.

Dec. 25th 2009 waxing moon. Merry Christmas.

Lucid Flying Dream: typical DSL scenario. School campus in a city somewhere. Lots of kids. Big campus, gym, buses. I remember being in big trouble. At one point I remember giving two ‘cops’ a piece of my mind as they put me into a police car. I kept getting into trouble for discharging energy from my hands and fingertips. At an assembly, in class, on the bus etc. I wasn’t trying to be in trouble, so I would fly away, go thru walls, windows etc. Of course, flying was related to the energy in the palms of my hands. Feet too. Everywhere I went people were mad at me, and trying to turn me in. there were sleeping quarters at this school. I visited my ‘bunk’ briefly only to be chased off by other kids. I remember picking up a buddy of mine from high school, Caleb, and flew around with him. It was slow with two people, but things were getting slow and sluggish anyways.

School, and hand/palm energy. Flying. Being chased. MFLX.

This was probably an OBE that I remembered as a dream.

Dec. 26th 2009 waxing moon.

Energy Dream Remnant/Flying Dream Remnant: Pool ball sized ball in the palm of each hand. I do not feel it at all times, only when I think about it. They are always there! Kinda lean forward onto them to activate them, or to fly. Also, building energy in my hands caused my fingertips to burn. Small static-like electricity would stream out and discharge. Bringing the tips of my fingers together caused them to ‘lock’ or ‘stick’ together like magnets. People there watching, commenting.

Dec. 29th 2009 waxing moon. 2 days before full.

Lucid Flying Dream/Lucid Energy Dream: This event was more like an OBE than a dream, yet still occurring in a dream-state. (These things are getting complicated.) A beach somewhere next to a city with tall buildings. It was like a field trip. I was on a beach walking with others when I decided to fly. I jumped into the air and moved my arms and legs as if I was swimming under water. I heard a few “oh wow’s” and some “wow look’s. I thought to myself ‘how absurd, I can use hand/palm energy to fly.’ Just like that, hand/palm energy kicked in and I flew straight up. Very fast. Into the clouds. Had to drift down slowly. Flew around for about 10 or 15 minutes or so, enjoying the atmosphere. Things were quite dreamy. I suddenly found myself in the city. Some sort of indoor shopping center, like a mall. Everyone was splitting into

groups and headed out to explore the 'mall'. Again, it felt like a field trip. I was on my own. Going thru walls and flying around. I helped someone lock a giant set of double glass doors by locking it from the inside, and then going back thru the glass. At some point, I became concerned about energy. I could not feel the orbs in my hands, so I began experimenting with energy. Started with fingertip energy, which is always a building up and a discharge of blue pinstripe thin electrical energy that leaves my fingertips burning. I still could not muster any palm energy. Even when I leaned forward onto them. That usually works, but not this time. I decided to slow down and take a minute to try and create energy balls between my hands. I wasn't having any luck. After a while, I started to feel something between my hands. It felt thin like a bubble. I concentrated and worked it into the size of a softball. The color was between a smoky-white and a smoky-blue. Decided that it was ok now. Also decided that I wanted to go back to the beach area. I flew down the street and towards the beach. The street ended and now there was a cobblestone road that led the rest of the way. It was much farther than I thought, but I was flying very fast. Too fast. I get scared that I wouldn't be able to stop. So I switched off the orbs in my feet, (did not realize they were active) so that I could use my feet to slow me down. Kinda like landing gear on an airplane. All of the sudden things got really dark. I was losing my sight now, so I stopped to concentrate. I said out loud "clarity now!" but nothing happened. (Very strange to hear your own astral voice.) I said out loud, "I want my sight back! Clarity now!" nothing happened. Damn! I sat there in darkness for a minute. Then sort of phased back into full waking consciousness. Back in bed lying there with my eyes closed. I made sure to lie there perfectly still and quiet, remembering as much as I could before I lost it. I did the old 'key-word' trick, very helpful. As I lay there, remembering, a steady low-level vibration took hold of my entire body. Not real strong, but steady and kinda fast. I did not feel that they were strong enough to attempt an exit. I tried to 'will' the vibrations to strengthen. But no luck. I just lie there and wait. Still no luck. After a minute or so, I decided to try something new! Hard to explain. I sorta lowered myself into the vibrations, just like meditation or trance work. I just slowly lowered myself into the vibrations and they were nice and strong in no time flat. Thought about my next goal, then tried to exit. One word, EXHAUSTED. I simply could not continue. There was no way I was going to overpower the pull back to my body. No way! I waited as the

vibrations peaked then subsided. I still lay there for several minutes making sure tat I remembered everything.

Event took a total of about an hour.

Did not pre-stim.

Drank a little whiskey the night before.

Dec. 31st 2009 full moon. Blue moon. New years.

Got up to use the bathroom at about 4:30am. Thought about taking a walk to check out the stars and moon, but it is too cold. Did full-body circuit. Moving energy is quite easy. Central channel bounce and then spent some time stimulating primary energy centers before rolling over to go back to sleep. Woke some time later to an exciting kind of (solar plexus center) sensation. Full body was whirring and buzzing with just a thought. Then, (almost like it did it on its own) my base center kicked on. Not too strong, but more than I can muster on my own. And then, one by one, naval, solar, heart, throat, crown, brow, intense energy worked its way up through my energy centers. One at a time, pausing a couple of seconds at each center before moving along. I did my part by relaxing, and staying focused, but this whole thing happened on its own. Vibrations hit somewhere between the base center and the solar center. The vibrations were not all that intense, back and forth. Made the rising energy in my primary centers feel like they were zigzagging their way to the top. It felt like energy was shooting out the top of my head! I decided to attempt an exit, but the pull back was too strong. I do remember feeling that I projected for a second. But then I was in DSL. MFLX and telekinesis. I woke later and got up to get this journal.

The primary center circuit ran on its own. Very intense.

Was this a Kundalini event?

My mom texts me this morning and says, "I sent you some energy last night, let me know if you notice more clarity."

WTF!

Jan. 2nd 2010 waning moon. Day after full.

Conscience Exit Projection: Failed projection attempt. Afternoon nap. Did not pre-stim. Woke to slight vibrations. Very slight, did not want to force an exit. Waited for a bit, and exited with no pull back to my body. Actually got out very fast. Went thru the door in the bedroom and out into the dining room, and that is it. Lights out. Back in bed with full-

body hum.

Jan. 3rd 2010 waning moon.

Conscience Exit Projection!!!: Afternoon nap. Did simple pre-stim before rolling over and nodding off. Kept waking up and rolling over. Each time, I would re-stim, at least for a little bit. I was searching for exit sensations the whole time. They came in the form of slight vibrations. I could feel energy glowing in my entire body. Exit was fairly easy, except I lost sight immediately. “Clarity now!” of course nothing happened. Tried to force the sight to return by strongly ‘willing’ it to come back. No luck. So I just waited for a second and my vision came in just a few moments. I was in an unfamiliar place. A hallway or corridor. Went thru the door in front of me quite easily. On the other side was the inside of a small apartment. The person inside was an old friend of mine, ‘Buddha’. (That is just what we called him) who did seem to notice me. I went into the kitchen area and out the wall, backwards. Now I am outside. The sun was still out. The apartment I was in was on the 3rd story on the corner of a tan (stucco?) building. I flew down to the middle of the street and paused, wondering what to do next. Looked up to the sky and thought ‘of course, I will continue with my experiments.’ (Which were related to the UFO questions) I did not know how I was going to do that. I said out loud, “I need help from my higher self, I want to explore the UFO questions, and I, please, would like some help.” With that, I looked up to the sky, let the energy build and... Nothing! Couldn’t do it. Couldn’t even fly. Things went black for a second, and I seemed to phase into a dream. Thick and slow and dreamy. Damn it! What happened? I sat on the steps of a building (after I zapped a few people with fingertip energy) and thought about what just happened. I think my higher self may have had other plans for me. Woke in bed. Lay there so that I do not forget.

Direct verbal commands to my higher self does not work!

As I was in the apartment, I remembered a dream that I was having earlier.

Weird.

Maybe I should ask different questions.

Jan. 5th 2010 waning moon.

Energy Dream Remnant: I did feel exit sensations, and I do remember an exit, but I was somewhere in dream world. I was practicing energy

work. Fingertips again. Extending energy. Burnt my fingertips. Created a small blue ball between my fingertips. I could squeeze the ball and direct a beam of energy our where I wanted. Much better than feeling small blue lightning from my fingertips. That always burns.

Difference between destructive and creative intent.(?)

Jan. 7th 2010 waning moon.

Lucid Flying Dream/Lucid Energy Dream: Flew around for a long time. Scenarios would come and go, but I was lucid enough to see the patterns. I was having a blast, jumping around and activating palm centers to fly. Showing off! At one point I decided to work with fingertip centers. Firing them up was very easy too. They burned badly when extending energy. I spent some time with the electric (destructive?) energy. Was quite easy, except that I was having trouble with the discharge. Fingers were burning. I decided to try something different. Instead of charging them up and burning them, I charged them up with the intent to feel an electrical, sort of white, smoky comfortable feeling. And that is exactly what happened. (I remembered this feeling from previous energy work sessions.) Now what was extending was whit light from my fingertips. No burning. Light beams extended from my fingertips, thin white beams of light about 6 to 8 inches long. I could manipulate things by extending this energy outward and touching something. Picking things up, flipping through pages of a book, feeling it with other parts of my energy-body. Definitely felt magnetic. This was not like MFLX. This was more of a direct energy effect. It was affecting things with the whit light energy, not MFLX. Thought about trying to exit but just woke up instead.

Jan. 8th 2010 waning moon.

Flying Dream Remnant: was on a boat. Big boat and was told that I was not allowed to fly or the authorities would get me in trouble. I was kind of annoyed by that, especially because there were two people in the air flying right now. They were showing off too. The large vessel was in a port of some kind. Moving slowly. I believe we were undocking, but it was taking a long time. Dream imagery became thick and sludgy. I fell asleep completely.

Glossary of Terms.

I am aware that a lot of the terms that I use are my own. Of course, many are not, either way. Here are most of the ones that may need a direct definition.

3D Black: An astral awareness effect having to do with understanding the mechanics of vision and movement in the astral. The darkness is vibrant and alive as opposed to pitch black, and there is a spatial awareness effect which creates an animated, 3-D perspective.

Astral: All non-physical locales including, but not limited to; dreaming states, mental projection states, OBE states, R.T.Z or dense astral etc...

Bi-Location: An often confusing, yet inevitable effect of projection where one is aware of and experiencing reality from at least one other perspective, simultaneously. Example: Being awake and aware on your couch, and being awake and aware in your projected double somewhere in the astral. Example: Experiencing a conscious exit projection while a spontaneous mental projection occurs in another, usually more subtle astral, locale.

Conscious Exit Projection: This is the term that I use to identify OBE events that occur exclusively in the dense astral or R.T.Z. Whereas the OBE will be used to describe journeys into the more subtle astral locales as well.

Dense Astral: (See also R.T.Z.) This is the term that I have always used to describe the non-physical locale closest to the physical. The energy copy or projected double of the physical.

Dream State Lesson: Any recurring lucid dream where the imagery/patterns or scenarios present a challenge or lesson, in that, once the lesson is learned or the challenge is achieved the dream imagery will change and a new lesson will begin. You will sometimes be 'rewarded' for a lesson learned with advanced lucidity and 'free time'. Theses lessons are coming from your

higher self by way of benevolent, non-physical mentorship.

Dream State Projection: This is where one projects into the dense astral straight from the dreaming states, sometimes bypassing EBS or the vibrational state altogether. Usually occurring by choice as one becomes lucid in a dream.

Dreaming Mind: This is the aspect of your mind that is always dreaming. It is YOU in every respect of the word. Yet, it is bound to the dream states, like we are bound to the physical. The dreaming mind is always carrying out its responsibility to dream. You will come across your dreaming mind as you become more lucid in your dreams. Don't be surprised to find out that your dreaming mind thinks that it is in control.

EBS Energy Body Sensations: EBS are the physical (seemingly) sensations that accompany an energy body awareness event. Some EBS are localized to specific energy centers and others are full body events. EBS can be very slight or very powerful, and can range from a dull constant hum to a violent vibration.

Energy Body: The energy matrix counterpart to our physical bodies. Just like the physical body, the energy body is made up of different energy systems for different purposes and flow together to make up a single powerful energy body matrix.

Energy Center: Any point in our energy body matrix that is consistent with a locale on our physical bodies where higher energy flow seems to be centered. Not to be confused with what is known as the Chakras or Primary Energy Centers.

Energy Dream Remnant: A partial memory of a dream state lesson involving the manipulation of energy.

Energy Work: Another concept forwarded by OBE pioneer Robert Bruce. Energy work is simply the act of being aware of and moving energy throughout the physical human body using focused awareness and tactile imaging. If you haven't read the book Energy Work by Robert Bruce, you should make it your

next priority.

Flying Dream Remnant: A partial memory of a dream state lesson involving the mechanics of flying.

Higher Self: Term used to describe the highest conscious representation of our true selves. Separated from our waking conscious selves, from where it resides, down through the dimensional realities to where it is connected to the physical 3rd dimensional existence, US! Our true selves, unaffected by density filters.

Lucid Dream: Any dream where you bring a measurable amount of conscious awareness. Becoming awake and aware in a dream.

Lucid Energy Dream: A lucid dream that is a dream state lesson regarding the mechanics of manipulating energy in the Astral.

Lucid Flying Dream: A lucid dream state lesson that involves the mechanics of flying.

Mind Flexing: See also Specific Mind Functions. Once specific mind function patterns are realized, the patterns can be 'flexed' to produce the desired function.

OBE: The Out of Body Experience is a natural, human, energy-body-awareness event where one finds oneself exteriorized, and operating completely free and independent from their physical body.

R.T.Z.: Real Time Zone. (See Dense Astral.) Term coined by OBE pioneer, Robert Bruce to describe the non-physical locale closest to physical reality. An energetic copy, part of the more subtle astral or non-physical. Part of the Earth life, belief system territories. (As described by OBE pioneer, Robert Monroe.)

Sleeping Mind: See Higher Self.

Sleep paralysis: A natural function of the physical human body. Our body paralyzes itself whenever it sleeps to protect us from hurting

ourselves while we dream. Occasionally one will find oneself awake and aware while still paralyzed. This is called Sleep Paralysis.

SMF Specific Mind Functions: Any specific function that we perform with our minds in the non-physical locales. These functions correlate to a specific thought pattern that can be held and sustained and 'flexed' to achieve the desired function.

Time Slip: Any event where one finds oneself aware and operating outside the linear time barriers. Usually occurs spontaneously and are common with regards to OBE and the Astral.

Trance Work: Any system of meditation where ones goal is to remain conscious and aware while lowering oneself into varying levels of transcendental states.

Waking and Drifting: Sleep trance. The act of lowering yourself into sleep/trance by allowing your body to fall asleep while attempting to remain lucid, or mentally awake. Usually, falling asleep and waking up over and over, trying to sustain a delicate sleep/trance state, in an attempt to trigger exit sensations.

Waking Mind: Your conscious waking mind. That part of you that is you, right now! The last in the trinity of dreaming/sleeping/waking minds.

Vibrational State: The mother of all EBS. A state of vibration that seems completely physical, but is and energy body awareness state. Vibrations can range from mild rocking back and forth to violent, mind numbing vibrations. Many projectors are aware of the vibrational state. Even though the vibrations are not required for projection, they often precede and accompany other EBS and exit sensations including sleep paralysis.