

CHAPTER 4

Transformative Qualities

Knowledge is the antidote for fear.
—Ralph Waldo Emerson

The benefits of out-of-body exploration extend far beyond the limits of our physical senses and our intellect. After an out-of-body experience, many people report an inner awakening of their spiritual identity, a transformation of their self-concept. They see themselves as more than matter—more aware and alive. They express a profound inner wisdom based on personal spiritual experience. Many report being connected to something greater than themselves, connected to the very source of life itself. They describe a powerful feeling of breaking through a dense barrier of ignorance, fear, and limitation. During my workshops, I often hear reports of an increase in personal knowledge and an inner connection to spirit. Many describe a dramatic expansion of their ability to perceive—a new capability extending far beyond their physical limits; an overwhelming sense of knowing based on direct personal experience.

Perhaps the most important benefit of out-of-body experiences is that we recognize our personal ability to discover the answers for ourselves. When I am asked, “Why out-of-body exploration?” my response is simple: I need to know the answers for myself. I find little comfort in beliefs, especially since they are the most abundant commodity available today. Every society, every culture is overflowing with its version of the truth—a man-made collection of solid convictions. These beliefs change with time, evolving and decaying, while the truth of our existence remains the same, hidden under the ever-growing mountain of doctrines, dogmas, assumptions, and conclusions.

I believe that the purpose of life is experience. We must experience and explore for ourselves. We must discover and know, or be a slave to other people’s opinions. As the twenty-first century approaches, the time has come for us to recognize our true potential and to explore beyond the prevailing beliefs and convictions. The time has come for us to discover and see the truth for ourselves.

We have this opportunity today. Controlled out-of-body experiences open the door to an incredible new frontier of human potential and discovery. They allow us to explore beyond the narrow limits of our physical senses and discover the answers to the oldest mysteries of our existence.

Transformative Qualities of Out-of-Body Experiences

According to research and studies conducted by many highly respected physicians—among them, Raymond Moody, Melvin Morse, Ken Ring, Bruce Greyson, and Stuart Twemlow—the transformative qualities of out-of-body experiences are limitless.

Each year new studies point to additional psychological and physical benefits derived from out-of-body experiences. As I research this topic, I realize that the number of reported benefits is absolutely staggering.

As reported out-of-body experiences increase, the evidence is overwhelming that life-changing benefits are regularly obtained during these out-of-body adventures. The following is presented as an overview of the many benefits reported worldwide in the last twenty years.

1. Greater awareness of reality. According to an in-depth study conducted by Stuart Twemlow, M.D., Glen Cabbard, M.D., and Fowler Jones, Ed.D., and presented at the 1980 annual meeting of the American Psychiatric Association, 86 percent of their 339 out-of-body participants reported a greater awareness of reality. In the same survey, 78 percent believed that they received a lasting benefit.

2. Personal verification of our immortality. Without a doubt, out-of-body experiences provide firsthand, verifiable evidence of our ability to exist independent of our physical bodies. This is a powerful, life-changing event for millions of people each year.

3. Accelerated personal development. Recognizing that we are more than physical beings opens entirely new levels of personal development. I strongly believe that self-initiated and controlled out-of-body experiences are the cutting edge of accelerated personal development. Once we consciously access and control our nonphysical self, we can unlock the unlimited knowledge of our subconscious mind and harness our ability to explore the universe. The entire subject of human potential is dramatically expanded beyond all current concepts and comprehension.

4. Decreased fear of death. When we experience ourselves consciously separated from and independent of our physical bodies, our fear of death is noticeably reduced. Fear of death is fear of the unknown. Once you separate from your body, you absolutely know that you continue. I have found that the more out-of-body experiences we have, the less we harbor fears and anxiety about death.

5. Increased psychic abilities. Precognition, telepathy, premonitions, prophecy, the ability to see auras, and many other psychic abilities are often enhanced by out-of-body experiences. The reason for this is currently unknown, but many believe that it is simply a natural result of our becoming more attuned to our internal energy systems.

6. Increased desire for answers. Once they recognize that answers are available, many people begin a personal spiritual quest to solve the mysteries they have pondered since childhood.

7. Realizations concerning death. Out-of-body experiences provide evidence that the process of dying may not be a painful or scary experience but rather a wondrous, spiritual adventure.

8. Accelerated human evolution. True evolution of our species is not the biological change around us but the evolution of consciousness. As our world becomes progressively more complex, there is an inner need to discover the unseen reason behind the rapid physical changes we perceive around us. This need to know the answers to the many mysteries that surround us will take our species into the next level of human evolution. When we look back at human evolution, we see a transition from physical labor-based (agricultural) societies to increasingly intellectual-based (technological) societies. Eventually our species will be ready for the next major evolutionary step—the recognition and experience of our nonphysical self and the exploration of the nonphysical dimensions.

9. Spontaneous healing. There are numerous reports of people healing themselves and others when out-of-body. Often this healing is initiated by a focused thought directed to a specific area of the body.

10. More expansive self-concept. Instead of viewing themselves as physical beings possessing souls, many recognize themselves as souls (consciousness) temporarily possessing biological bodies.

11. Increased spirituality. According to the previously mentioned study conducted by Dr. Stuart Twemlow, 55 percent of the participants referred to their out-of-body experience as a spiritual experience. Many people report a deeper connection to their spiritual essence, profound insights into their spiritual nature, or a definite sense of being connected to something far greater than themselves. Whether we call it spirit or the universal mind of God, there are consistent reports of a powerful inner connection.

12. Past-life influences recognized and experienced. The work of Brian Weiss and other respected physicians and hypnotherapists has provided convincing evidence that past-life influences are an important element of our current psychological makeup. These subconscious memories can be effectively accessed and explored through personal out-of-body experiences.

13. Accelerated psychological change. Out-of-body experiences help us break free of old mental ruts and habits. On many occasions, individuals have told me that the shock of experiencing themselves independent of their physical body gave them a more enlightened perspective of their current existence. This expansive vision of themselves has been instrumental in awakening new levels of personal growth and understanding.

14. Obtaining personal answers. Each of us has questions relating to his or her existence. What am I? What is my purpose? Do I continue? What is the meaning of life? These questions and many more can be answered only through personal experience. Out-of-body exploration provides a powerful method for all of us to obtain the answers we seek. Why settle for beliefs when the answers are available?

15. Encountering a being of light, an angel, or another nonphysical resident. Many people report face-to-face meetings with some form of nonphysical inhabitant. Thirty-seven percent of Twemlow's study group were aware of the presence of a nonphysical being, while 30 percent reported the presence of guides or helpers.

16. Increased respect for life. A pronounced aversion to violence and killing seems to appear. For example, the idea of hunting and killing an animal becomes repugnant. I believe this change owes to the personal knowledge we obtain concerning our spiritual interconnectiveness.

17. Increased self-respect, self-responsibility, and inner dependence. Many people recognize for the first time that they are the creative center of their physical existence. They often experience the vast potential and power of their inner, nonphysical self and tap into their creative essence. Many people have told me that they realize more than ever that they are completely responsible for all their actions, both thoughts and deeds.

18. Reduced hostility, violence, and crime. Those who experience themselves as more than just their bodies often realize the self-destructiveness of stealing or harming another person. Owing to their personal recognition that they truly do continue after death, they realize that their personal responsibility also continues.

19. Increased knowledge and wisdom. Only experience creates wisdom, and out-of-body experiences have the unique ability to provide knowledge and wisdom far beyond the limits of our physical perceptions.

20. Profound sense of knowing instead of believing. Personal knowledge is powerful and life changing, especially when compared with beliefs. Out-of-body experiences provide firsthand, verifiable knowledge of our immortality and our spiritual identity. This knowledge cannot be adequately explained; it must be experienced.

21. Inner calm. A feeling of peace comes from knowing instead of hoping that we are immortal.

22. Increased zest for living. There is a certain difficult-to-describe excitement inherent in out-of-body exploration—an exhilaration that reaches deep into the very core of our being. When we separate from our physical body and actively explore our surroundings, we know deep down that we have become the ultimate explorers. We realize that we are much greater than our current physical personality or ego. Life itself becomes an adventure, an exciting journey of discovery. The inner excitement we feel is unmistakable; it comes from an inner knowing that we are blazing a path far ahead of our time.

23. Increased intelligence and memory recall; enhanced imagination. Many people report that their out-of-body experiences have somehow enhanced their awareness and intelligence. Some believe that out-of-body experiences may stimulate areas of the brain previously untapped during normal physical life. From a biological point of view, this could be a stimulation of the right temporal lobe or the pineal gland. The medical reason for the reported result is unknown, but according to extensive research conducted by Wilder Penfield, a Canadian neurosurgeon, when the right temporal lobe is stimulated by a mild electrical charge, patients consistently report out-of-body experiences. In addition, there is substantial evidence that the right temporal lobe is mysteriously activated during death and near-death experiences. There is also research supporting the existence of a connection between the biological brain and our nonphysical energy system. If this is so, then maybe there are interactions both electrical and chemical of which we are still unaware. This entire subject requires additional research.

24. Sense of adventure. Every day and night is an opportunity to experience a new adventure. The author Tom Robbins may have said it best, "Our great human adventure is the evolution of consciousness. We are in this life to enlarge the soul and light up the brain." The transformative qualities of out-of-body experiences are a reality that each of us can experience. All we need is an open mind and the proper guidance to access our unlimited personal potential. The ability to explore unseen areas of the universe is now available, but it is up to us to take the step from being a curious observer to becoming an active explorer. I believe this step is an important turning point in our lives and our personal evolution. Exploring beyond the limits of our physical bodies can be an effective way of obtaining the answers and insights so many of us seek. This journey of consciousness from the physical to the nonphysical is a reality we cannot escape; our only real decision is when we are going to begin.

Physically Challenged

Out-of-body exploration offers tremendous benefits for millions of physically challenged people around the world. For those who endure a lifetime of physical limitation, out-of-body exploration provides an incredible rebirth of hope, joy, and perception—an opportunity to experience themselves temporarily free of their physical pain, disease, or disability. Just imagine the crippled girl who will never walk being able to move effortlessly past the confines of her disabled physical body, or the blind man who will never see his own face suddenly able to perceive beyond the limits of physical sight. The potential is staggering.

The benefits of out-of-body exploration extend far beyond our current medical and scientific comprehension. The medical profession has a long-standing history of focusing primarily on the physical aspects of disease and disability. Because of this physical emphasis and indoctrination, the exploration of expanded human potential and perception to benefit the physically challenged is sadly lacking in our society. Our natural ability to transcend our physical bodies allows us to temporarily step away from any physical limitation we may currently experience. With the proper guidance, preparation, and techniques, almost anyone can become proficient at out-of-body exploration and experience the incredible joy of unrestricted freedom. The startling reality of this unique form of exploration must be experienced for its unlimited potential to be comprehended and fully appreciated. Intellectual reasoning and analysis cannot give us this perception—we simply must experience the truth of it for ourselves. My fondest hope is that we will open our hearts and minds to this new potential of human growth and development. We have nothing to lose but the most widespread disability of all—ignorance.

When attempting out-of-body exploration, physically challenged individuals often possess a significant advantage over the general population. Their burning desire to escape their physical limitations often creates a powerful incentive for change. This desire and motivation is the single most important aspect of out-of-body exploration.

The following is an out-of-body experience reported by a man who has been paralyzed from the waist down for the last twenty years.

"Sitting in my wheelchair, I am reading a book about out-of-body experiences. Being a sixty-three-year-old man with traditional upbringing, I seriously doubt that this kind of thing is real. It sounds too strange to be true. In the book is a visualization exercise that appears pretty simple. I decide, *What the hell—it doesn't hurt to try it.* I begin to picture my daughter's home in my mind. I pretend I am at her home and opening her front door. I mentally step into the living room and begin to picture the furniture, carpet, windows, pictures, and even the plants. I'm kind of surprised how easy and fun it is to do this. I pretend to walk over to the coffee table and try to feel it. I sit down in a chair and try to feel the texture of the upholstery.

The next thing I remember is a dream in which I am flying across a beautiful meadow. Then I feel a strange vibration all through me. The noise becomes louder and louder until I realize that I'm floating just above my wheelchair. At first I'm startled, but completely awake and aware. The floating sensation is wonderful. I think about moving to the door and I instantly float to it. A feeling of joy flows through me as I float through the door and around my house. I seem to glide wherever I wish.

Gaining my courage, I decide to try flying. As I think about it my body turns in midair. I spread my arms and picture myself flying like a bird. Instantly I'm gliding like an eagle in the sky. I fly over my neighborhood and can see the homes below me. For the first time in my life I know what true freedom really is. I think of my physical body and I'm suddenly back in my wheelchair again. My heart is pounding with excitement as I write this. The exhilaration of this experience is beyond words. I only wish I had learned about this twenty years earlier."

Benefits of Out-of-Body Exploration

- Discover and know for yourself the answer to humankind's oldest mysteries: Do we continue after death? What is the meaning of life?
- Answer the basic questions of your existence: What am I? Why am I here? What is my purpose?
- Solve the mystery of your final destination: Where do we go at death? Does "heaven" exist? What does it look like? Why is it a mystery?
- Observe and solve current physical problems from a "higher perspective."
- Gain a greater understanding of the challenges and lessons you experience daily.
- Observe and understand the incredible, unseen power of thought-energy at work.
- Step beyond the labyrinth of beliefs and discover the truth yourself.
- Accelerate your personal evolution beyond the dense limits of matter.
- Confront and remove your personal fears.
- Gain a far clearer understanding of your life, your relationships, and your world.
- See and experience the magnificent beauty of our multidimensional universe.
- Realize your unlimited personal potential and power.
- Recognize and understand the unseen reasons for the past and present events in your life.
- Enjoy absolute freedom of movement without limits.
- Gain a far greater understanding of modern religions.
- Discover and experience absolute, firsthand verification of your personal immortality.
- Observe and comprehend the subtle energy currents that shape your life and your world.
- Receive the knowledge and wisdom that comes only with experience.
- Recognize and free yourself from inaccurate opinions, conclusions, and belief systems.
- See a clearer vision of the universal plan.
- Observe and understand the natural process of birth and death.
- See, experience, and explore the biblical "heaven" for yourself.

Joys of Out-of-Body Exploration

- The thrill of an exciting new adventure.
- The absolute joy of experiencing your personal immortality.
- The exhilaration of experiences and explorations beyond the ordinary.
- The overwhelming sense of personal accomplishment.
- The pure joy of exploring an uncharted, undiscovered terrain.
- The excitement of being a pioneer in a new field of exploration.
- The delight of discovering the truth of your existence beyond all beliefs and assumptions.
- The intense, personal satisfaction of knowing firsthand the purpose and meaning of your existence.
- The incredible feelings of knowing, instead of hoping.
- The joy of discovering new levels of personal growth and development.
- The overwhelming feelings of accelerated personal evolution.
- The intense, inner joy of solving ancient mysteries and discovering the answers for yourself.

These benefits and much more await you; however, it's up to you to explore and experience the reality of this for yourself. Out-of-body exploration gives you the rare opportunity to know and see, instead of hope and believe. This opportunity is yours today.

CHAPTER 5

Developing Your Natural Ability

Sit down before fact like a small child, and be prepared to give up every preconceived notion, follow humbly wherever and to whatever abyss nature lead, or you will learn nothing.

—T. H. Huxley

Keep your mind open to change all the time. Welcome it. Court it. It is only by examining and reexamining your opinions and ideas that you can progress.

—Dale Carnegie

Reappraising Our Concepts of Reality

Many psychological issues affect our ability to have an out-of-body experience. Our self-concept and the way we view this subject have a tremendous influence on the results we obtain. It's quite common for personal limits, fears, and beliefs to inhibit our ability to experience and enjoy our full potential. This is especially true when we are embarking upon a new form of exploration.

The self-evaluation in the table below briefly reviews topics and issues that may influence your ability to have an out-of-body experience. Your responses can offer useful insights into your personal beliefs, assumptions, and conclusions concerning this unique form of exploration.

As objectively as possible, examine your emotional and intellectual responses to each question. If you discover an area that holds a potential limitation or conflict, take your time and delve into it; look for the underlying reason for your current beliefs.

Belief reappraisal is one of the most important aspects of out-of-body preparation. I have found that conscious and subconscious fears, limits, and misconceptions are the most common obstacles we confront in out-of-body exploration. Recognition of our personal limits and fears is a major step forward in reducing or eliminating any blocks we may experience. Take all the time you need and feel free to expand upon any subject you believe is relevant. I recommend that you write your responses, in as much detail as needed.

Self-Evaluation

- 1. Self-Concept** What do you believe you are? How do you view yourself? Describe your self-concept in detail.
- 2. Personal Viewpoints** What are your perceptions and feelings concerning out-of-body experiences? Do you consider them an adventure?
- 3. Motivation** Is your personal motivation to obtain answers? To solve a mystery or a problem? Is it curiosity? Is it to obtain personal verification of some kind? Be specific.
- 4. Safety** Do you feel that it is completely safe to have an out-of-body experience? Do you have any concerns, such as that you might become lost or die? Be specific.
- 5. Special Ability or Talent** Do you believe that some kind of special ability or talent is required to have an out-of-body experience?
- 6. Importance** Do you consider this exploration important to your personal development? On a scale from 1–10, how important is it?

7. Desire Do you possess the inner desire and drive to follow through? What benefits or information do you want from this experience? How strong is your desire?

8. Commitment Are you willing to devote the time and effort needed to achieve your goal? Are you willing to commit thirty minutes a day for a month?

9. Fears Are you anxious or fearful about this kind of exploration? Do you fear the unknown, the dark, or new challenges? Are your fears logical or the result of a lack of information?

10. Religious Beliefs How does out-of-body exploration fit into your religious beliefs and concepts? Do you consider this a spiritual experience?

11. Degree of Difficulty Do you believe that this experience is natural and easy or difficult to achieve? Why do you feel this way?

12. Confidence Are you confident that you can achieve your desired goals?

13. Expectations Do you expect positive results? What are your personal expectations?

14. Personal Issues or Limits Are you aware of any personal issues that may limit your ability to have an out-of-body experience? If so, write them down.

15. Goals Have you made this exploration a firm personal goal? Is it a written goal? Is it an important goal? Is it a priority?

Many subjects covered in this self-evaluation do not require an explanation. A few areas, though, may need further clarification.

COMMITMENT AND GOALS

Your positive attitude toward and commitment to out-of-body exploration are essential to your success. If you pursue this exploration with halfhearted interest, your results will reflect your desire. On the other hand, if you are passionate, determined, and committed, your success is practically assured. It's important to make this exploration a personal priority for a specified time. In my workshops I recommend a minimum thirty-day total commitment. I instruct each student to set aside the time necessary to do at least one out-of-body technique daily. For thirty days, focus as much mental and emotional energy as you can muster upon your goal of a conscious out-of-body experience. For many people, writing out the goal daily helps to crystallize it within their minds and emphasizes its importance. For example, before bed each night write twenty times, "Now I have an out-of-body experience," "Now I have a fully conscious out-of-body experience," or "Now I'm out-of-body."

When you make this exploration a personal priority and incorporate written goals, the intensity of your commitment is magnified. In effect, you begin an almost mystical chain of events—your inner commitment and desire begin to mold your subconscious mind. Often your dreams become more memorable, and increasingly lucid. Dreams involving movement, such as flying, are often reported. These dreams are an indication that your subconscious mind is responding to your commitment to an out-of-body experience. These dreams and the inner signals associated with them are often an effective springboard to a fully conscious experience. Write your goals today and make a firm personal commitment to follow through.

WRITTEN GOALS

In a class I recently conducted, a woman asked me what single event or experience had most influenced my ability to have out-of-body experiences. After some thought, I realized that more than any other thing, my decision to make a written list of personal spiritual goals had had a dramatic effect. For example, "I easily

separate from my physical body” and “I now experience my higher self.” As strange as this may sound, committing my goals to paper had a powerful effect on the results I experienced. During each out-of-body experience, my personal goals seemed to flash in my mind at just the right moment for me to act on them. As I progressed, my goals evolved. Often, after returning from an out-of-body adventure, I would write my experience and realize that now I had several more goals and questions. It’s as if each experience compounded itself. The power of setting firm, written goals is evident; they focus our thoughts, both conscious and subconscious. All things physical and nonphysical begin as a thought, and the more specific our thoughts, the greater the probability of their manifestation. During the first seconds of an out-of-body experience, our thoughts are critical to the immediate results we experience. It’s quite common for our first focused thought to propel us into a nonphysical environment or situation that is directly related to that thought. Specific written goals create a strong imprint on the subconscious mind and are more likely to be implemented by our nonphysical state of consciousness. If they are used properly, it’s possible to program our out-of-body adventures toward a specific purpose or goal. The importance of this should not be overlooked: it is the first step to effective, conscious control of the out-of-body state. This is the underlying reason why affirmations and visualization are so effective.

FEARS AND LIMITS

Fears and limits exert an amazing control over our lives. Personal beliefs, limits, and fears create invisible walls of anxiety around us. These feelings of anxiety manifest themselves as the limits we experience in our daily lives. Fear, anxiety, and the resulting limits are the number-one obstacle to success that we must face. Each day we are confronted with decisions and choices that we must act upon. These decisions determine the course of our lives and the results we experience. If you look at the lives of successful people, you will notice that they share one overriding attribute. All of them had to confront and overcome their fears and limitations to reach their desired goals. Examples are the introverted actors, musicians, and public speakers who have conquered their intense stage fright, pilots who were once afraid of heights, and even the child who fears the dark. Each fear and anxiety in our lives is a personal obstacle for us to overcome, a personal barrier separating us from our desired goals. Life itself can be viewed as a series of challenges and obstacles we must eventually confront and overcome. How we react to each challenge will determine the personal accomplishments we experience during our lives.

The fears and limits in our physical lives will many times affect our out-of-body explorations as well. In effect, our fears will manifest as nonphysical walls and barriers that restrict our freedom and mobility. For example, during the third year of my out-of-body explorations, I experienced a large, heavy object pressing down on me immediately after separation. I perceived the object to be an ornate, gold-leaf mirror; it was so massive that I was pinned under its crushing weight. I began to push against the mirror with all my strength, trying again and again to remove it. An intense despair flowed through me as the weight of the mirror continued to crush me. In desperation, I focused all my attention, all my energy and strength, on moving this pressing weight and screamed out, “I have the power.” Instantly, I felt a surge of strength and easily lifted the mirror and tossed it aside. At that moment, I experienced a powerful new sensation of freedom and mobility. I was as light as a feather and able to go wherever I pleased. For the first time in my life, I felt completely free, completely in control. I was able to move, perceive, and comprehend at an accelerated rate. I somehow knew that I had opened the door to new levels of personal possibilities and growth. Each fear and limit we experience is

an opportunity for us to learn and grow. Our recognition of this can assist us in confronting each new challenge.

BELIEF

As surprising as it may sound, you don't have to believe in out-of-body experiences to have one. Countless individuals worldwide have reported spontaneous out-of-body experiences. Most of these people possessed no previous knowledge of or belief in out-of-body travel. Several books are currently available by Raymond Moody and other authors detailing such near-death and out-of-body experiences and their dramatic results. Over twenty years ago when I first heard of this strange phenomenon, I didn't believe out-of-body experiences really existed. I had concluded that so-called out-of-body travel was probably a weird hoax, a drug-induced experience, or some kind of extremely lucid dream. Out of halfhearted curiosity, I decided to investigate these strange reports for myself. Looking back, I realize that belief was unnecessary. Instead, curiosity was my greatest asset when investigating this unique form of exploration.

PHYSICAL CONDITIONING AND INDOCTRINATION

Since birth each of us has received the most extensive conditioning that our society and culture can muster. We have been conditioned to accept the assumption that we are physical creatures—mammals with a mind. This physical indoctrination is largely the result of a single undisputed conclusion passed down generation after generation: since we experience and observe ourselves as physical beings, it's only natural to conclude that we are our bodies. Based on physical perceptions, this appears to be a rational conclusion. What else could we be? As we grow, we are repeatedly told that we are physical creatures. Every day of our lives this conclusion is reinforced by family, friends, the mass media, and society in general.

Eventually we are taught a few nonphysical concepts, usually in the form of religious beliefs. These nonphysical concepts are normally passed to us in a very ambiguous manner. Most religions teach that we possess a soul or spirit of some kind—an invisible, indescribable form of energy. We are told to believe this mysterious concept without question, but are offered nothing as evidence—no facts, no logic. We are told to have faith, for the answers are in God's hands. Many religious leaders would have us believe that we are practically powerless to obtain the answers to the mysteries of our existence and of life.

The end result is a massive, double indoctrination. First we are taught that we are mammals with a mind; then we are taught that we are powerless creatures of God, unable to obtain the answers for ourselves.

There's only one problem with these conclusions—they're built entirely upon the limited range of our physical senses. As any physicist will tell you, we see only a tiny fraction of the energy around us. Basing our entire concept of reality on physical perceptions alone is a formula destined to create incomplete conclusions, not only about ourselves but about everything around us. A classic example is the early perception that the earth was the center of the universe. For thousands of years it was obvious to everyone that the sun revolved around the earth. In more recent times, we were taught in science that the atom was constructed of tiny particles spinning in harmony around a solid, stable nucleus. Today, according to quantum mechanics, this neat, orderly picture of subatomic reality is inaccurate and incomplete. One of the current universal conclusions taught in schools around the world is the scientific assumption that the biological brain is the origin of consciousness. Medical science concluded long ago that the brain is the obvious source of all consciousness. What else could it be? Yet today, tens of millions of

out-of-body and near-death experiences provide clear evidence that our state of consciousness continues even when we are separated from our physical body. The first step in breaking free from our physical conditioning is to recognize its existence. From now on, begin to pay attention to the many assumptions and conclusions that make up your life. Notice all the subtle things that are built into our society and everyday life. For example, listen for all the statements referring to you and those around you as physical creatures: my hair, my skin, his arms, her legs. This may sound trivial, but we hear these kinds of statements countless times every day. Each statement referring to us as a physical body acts to condition us to this self-concept. In hypnosis this is called a suggestion. It is proven that when suggestions are repeated daily over a period of time, they will generate an extremely effective conditioning of our minds.

Every year millions of people are conditioned by hypnotic suggestions to alter their daily habits or behavior patterns— often in one or two sessions. For decades, suggestions have been used successfully to stop smoking or alter eating habits. If the human mind can be conditioned in one hour to change a lifelong habit such as smoking or overeating, just imagine how powerful a lifetime of social conditioning can be. In effect, the constant reference to us as physical creatures molds our self-image to accept this assumption as reality. This is especially powerful when modern scientific and medical experts repeatedly reinforce the same assumptions. The result is clear: we accept the self-image that we are indeed physical creatures. This is without a doubt the greatest single falsehood dominating our species. In truth, the physical body is simply a temporary biological vehicle that we are using for expression in a dense environment. This is the primary reason that millions of people who have had near-death and out-of-body experiences are so profoundly changed by their experience. Often for the first time, they personally discover (not believe or hope) that they are a spiritual being inhabiting a temporary physical vehicle. This is a powerful, life-changing realization that is difficult to convey with words alone. Just think for a moment of your entire self-concept being radically and instantaneously changed forever. Many people don't talk about such experiences at all because they simply go far beyond current physical concepts of reality. I believe that the underlying purpose of near-death and out-of-body experiences is to give each of us a personal glimpse into our spiritual nature. Only by experiencing our nonphysical-spiritual self can we completely overcome the restrictive influence of our physical and social indoctrination. Only by stepping free from our dense, physical limits can we know the truth of ourselves and our universe.

Anatomy of an Out-of-Body Experience

Just as specific elements are often present in near-death experiences, so the out-of-body experience has several commonly reported stages. The following are the most often mentioned.

1. Vibrational Stage. At this stage, energy vibrations flow throughout the body. Buzzing, humming, or roaring sounds, along with occasional numbness and catalepsy (inability to move), often accompany the vibrations. The variation and intensity of reported vibrations and sounds are immense; they can range from mild and soothing to intense and startling. During the vibrational stage, our consciousness is shifted to our nonphysical energy-body. The vibrations and sounds (inner signals) are not physical events, as some believe, but the conscious recognition of our higherfrequency body as it separates from (moves out of phase with) our physical body.

2. Separation Stage. When the subtle energy-body separates from the physical body, there is generally a distinct feeling of lifting, floating, or rolling out of the physical. After separation is complete, the vibrations and sounds immediately diminish.

3. Exploration Stage. Once we move away from and consciously exist independent of the physical body, we can begin to explore the nonphysical environment. The energy-body is often experienced as a duplicate of the physical body but consisting of a higher-frequency form of energy. Because of its subtle structure, the energy-body is extremely thought-responsive. The method of mobility we use is completely unlimited; we can walk, run, fly, float. To maintain our exploration, we must continue to focus our attention within the new environment and energy-body we are experiencing.

4. Reentry Stage. Reentry—the reintegration of the subtle energy-body and the physical body—automatically occurs by simply thinking about the physical body. On occasion, during reentry the integration of the two bodies is accompanied by temporary vibrations, numbness, and catalepsy. These sensations quickly fade as we become reunited and in phase with our physical body.

Four Steps to Success

The first step to a successful, self-controlled out-of-body experience is to remain mentally and emotionally calm as you begin to recognize any form of movement or shift in your awareness. Your ability to remain calm is essential for achieving and maintaining any degree of control when out-of-body. The initial sensations associated with out-of-body experiences can be startling to the beginner. This is especially true if you are unprepared for the experience. Many times this excitement is caused by the intense sensations and sounds that may occur just before and during separation. Some people become so excited or startled by these inner sounds and sensations that they immediately think of their physical body. This causes an instant “snap back” into the physical. The key is to welcome the unusual vibrations and sounds and to remain as calm as possible.

The second step is to incorporate the habit of automatic self-control. Whenever you experience any sensations or sounds associated with out-of-body exploration, immediately begin to encourage these feelings or sounds to expand throughout your being. For example, if you experience an intense buzzing sound or unusual vibrational feeling, immediately begin to encourage the sensation or sound to spread. Focus your complete attention on the enjoyment of your new, higher vibratory rate. Then, mentally encourage the vibratory sensations or sounds to immerse your entire being.

The third step is to direct yourself away from your physical body. This is easily accomplished by a verbal or mental internal dialogue that directs and maintains you away from your physical body. For example, “I’m floating up, up or “I’m becoming lighter and lighter . . . or “I’m now moving to my living room (or backyard, or any other location away from your body).” Any phrase that directs and separates you from your physical body will be effective. Remember not to think of, or mention, your physical body in any way, shape, or form. Even random thoughts directed to your physical body can cause an abrupt return.

The fourth step is to maintain your focus entirely away from your physical body. The easiest way to achieve this is to temporarily forget about your body and become completely involved in the new environment you are experiencing. The success and duration of your out-of-body experience will depend utterly upon your focus of attention. Thoughts or feelings related to your physical body will instantly snap you back into it.

Always remember, we are powerful, nonphysical beings currently inhabiting a temporary vehicle of flesh. Our ability to control our out-of-body experiences is a natural part of our personal development. Each experience is an exciting adventure of discovery. In effect, we are exploring and rediscovering our true identity and home.

Recognizing and Responding to the Vibrational State

Internal vibrations and sounds often indicate an approaching nonphysical experience. I refer to the inner sounds and vibrations as the vibrational state. These vibrations commonly begin at the back of the neck and then spread rapidly through the entire body. They are often accompanied by numbness and a buzzing or humming sound. According to an extensive national out-of-body study conducted by Dr. Stuart Twemlow in 1979, 55 percent of the 339 participants reported "a sense of energy" during their out-of-body experiences. In addition, 50 percent stated that they felt vibrations in their bodies and 38 percent that they heard noises in the early stages of their experience. The most commonly reported noises were buzzing (29 percent), roaring (19 percent), and music or singing (16 percent). In the beginning it's helpful to notice any inner signals you experience during sleep or dreams and as you are waking. Pay close attention to any unusual vibratory feelings or sounds, even if they are subtle. Many people routinely experience vibrational sensations and sounds but disregard them as dream-related or as unexplained physical phenomena.

Your recognition of and response to these sensations and sounds will, many times, determine how successful your separation process becomes. Some people are so startled by the sensations and sounds that they think of their physical body. This causes an instant return to the physical.

Your positive reaction to the initial sensations and sounds associated with out-of-body exploration will help you take advantage of every opportunity to separate from your physical body and experience the ultimate adventure. The more knowledgeable and prepared you are, the more successful you are likely to be. Recognizing and responding to the vibrational state is an important step in your preparation.

The following list may help you identify the inner signals associated with the initial phases of an out-of-body experience.

- Buzzing, humming, or roaring sounds.
- Unusual tingling or energy sensations.
- Voices, laughter, or your name being called out.
- Heaviness or sinking.
- Numbness or paralysis in any part of your body.
- Weightlessness or spreading lightness.
- Any internal vibrations out of the norm.
- Electrical-like sense of energy.
- Footsteps or other sounds of a person's presence.
- Internal rocking, spinning, or movement of any kind.
- Arms or legs lifting while you are asleep.
- Surge of energy flowing through your body.
- Any noise out of the norm: wind, engine, music, bells, and so on.

Currently, several theories address the cause and nature of the vibrations associated with out-of-body experiences. Based on my experience, I believe that the vibrations are the direct result of the higherfrequency, nonphysical body separating from (moving out of phase with) the physical body. I've reached this conclusion because the intensity of the vibrations diminishes immediately after complete separation is achieved. The way we respond to these initial vibrations will often determine how effectively we separate from the physical body. The following are some basic guidelines for responding to the vibrational state.

1. Remain calm. The vibrations, sounds, numbness, and catalepsy are a normal experience.
2. Allow and encourage the vibrations to spread through your entire body. Remember not to move or think about your physical body; any physical movement will shut down the vibrational process.
3. As you allow the vibrations to expand, visualize yourself moving away from your physical body toward another area in your home. This visualization can be enhanced by mentally directing yourself with a repeated thought: "Now I move to the door [or any other location away from your body]."
4. After complete separation is obtained, the vibrations will immediately diminish. At this point, it's important to focus and maintain your complete attention away from your physical body.

I have found that being knowledgeable about the vibrational state, recognizing it and responding positively to it, is one of the keys to controlling out-of-body exploration. During the first year of my out-of-body experiences, I was often startled and sometimes even scared by the intensity of the vibrational state. As I look back, I realize that I learned the hard way. In the seventies little information was available on this subject, and what was written scarcely mentioned the topic of vibrations and sounds. After repeatedly experiencing vibrations and buzzing sounds while sleeping, dreaming, and doing out-of-body techniques, I began to realize that these strange vibrations were a natural prelude to the out-of-body experience. These unusual vibrations and sounds were one of the best early indications that I was ready to separate from my body. After several experiences, I started to enjoy the vibrations and even began looking forward to them. In retrospect, I realize that my attitude toward the vibrational state had a major impact on my ability to initiate and control my out-of-body experiences. As my anxiety concerning the vibrations and sounds slowly turned to anticipation, my personal abilities increased substantially.

Eventually, I got to the point where the vibrational state was a welcome friend that heralded the beginning of an exciting adventure. After more than a year of struggle, I finally felt comfortable with the entire process. From that moment, whenever I felt or heard internal sounds, vibrations, voices, or any form of energy sensation out of the norm, I would immediately encourage the vibrations or sounds to expand. Then I would visualize myself moving away from my physical body and toward the bedroom door.

This combination was remarkably successful. I began to recognize vibrations and sounds during sleep, in dreams, and during meditation. The intensity of the vibrations and sounds varied; sometimes they were subtle, at other times overpowering. I also found that if I experienced mild vibrations, I could focus on them and encourage them to expand and spread throughout my body. For example, on one occasion I woke in the middle of the night with a slight vibration at the back of my neck. I closed my eyes, completely relaxed, and focused on the vibration, encouraging the sensations to grow and move from the back of my neck to my entire body. Slowly, the vibrations seemed to travel down my spine and then outward, enveloping my trunk and limbs. After what seemed to be several minutes, the vibrations hit their peak and I simply willed myself out-of-body by picturing myself moving to my bedroom door. Within seconds I was standing at the bedroom door and ready to explore.

This process is completely natural and extremely enjoyable when you become accustomed to it. In addition, your newfound control and understanding of the vibrational state give you an expanded ability to take advantage of every possible

opportunity to explore out-of-body. Always remember, the sensations and sounds of the vibrational state are an important reference point that can go a long way toward enhancing your abilities to have controlled out-of-body experiences.

The Hypnagogic State

Every day we experience a state of consciousness similar to a twilight between sleep and full waking awareness. This transition is often referred to as the hypnagogic state. As we drift off to sleep, we normally experience this as a brief but conscious dreamlike state. Similar to hypnosis, the hypnagogic state is a highly creative state of awareness in which our mental imagery is clear and present, much like a changing movie in our mind. While in this state, we have the ability to exert a degree of conscious control and can actually use our internal imagery for specific purposes. For many people, this state is an excellent springboard for out-of-body experiences.

Creative artists and inventors have used the hypnagogic state to further their work. For example, Thomas Edison was well known for his daily catnaps. He developed a technique for maintaining his hypnagogic state while working on his many inventions. Sitting in a favorite chair, he would use a form of meditation and relaxation to enter the hypnagogic state. To control this delicate state between sleep and wakefulness, Edison would hold some ball bearings in his closed hand, palm down, as his hand rested on the arm of the chair. Directly beneath his hand he placed a metal bowl. If he drifted off to sleep, his hand would open and the ball bearings would fall into the metal bowl and awaken him. It's reported that he would repeat this technique over and over until he received the inspiration or information he sought.

Since the hypnagogic state is very similar to deep hypnosis, it can be used effectively to program ourselves for an immediate or future out-of-body experience. From now on, as you fall asleep and awaken, begin to notice the transitional state you pass through every night. For many people, this is especially evident in the last minutes of waking awareness as they drift into sleep. The following technique can be used both when going to sleep and when just awakening. Consciously begin to recognize the hypnagogic state immediately before drifting off to sleep. To increase your awareness of the state, it may help to make a verbal or written request or goal: "*I remain aware as I drift to sleep.*" As you drift into sleep, focus your complete attention on the mental imagery that seems to flow in your mind.

As much as possible, begin to consciously arrange and control the changing mental images and scenes that appear. Picture yourself floating up and out of your body. This could be visualized as a hot-air balloon, an airplane, or an elevator moving up, or you could picture yourself as a floating cloud. Whatever is comfortable and easy to picture in your mind will work. Flow with the sensations and pictures in your mind; have fun with the visualization and allow your imagination to take off. As you remain focused upon the internal imagery, repeat to yourself, "*Now I'm out-of-body.*"

The result of this technique is identical to other out-of-body methods. You will either fall asleep, awaken in the vibrational state, or awaken floating above or near your body. The key is to remain calm and direct; maintain complete attention away from your physical body.

At first glance this technique may appear difficult, but in practice it's simply a matter of remaining aware as long as possible as we slowly drift into sleep. Our natural ability to recognize and direct our consciousness is limited only by our preconceptions. Many of us have never attempted to extend our awareness beyond waking consciousness; as sleep approaches, we simply surrender to its sensations

and slowly lose consciousness. I hope that from now on, as you drift off to sleep, you will view the process of "falling to sleep" in a different light. As you experiment with the hypnagogic state, you'll find that it becomes preferable to direct your attention instead of just allowing your mind to fade into unconsciousness. In addition, as you begin to pay close attention to the imagery you see, you will gain some interesting new perceptions into yourself: your motivations, passions, fears, and abilities. When recognized and used properly, the hypnagogic state can be a powerful and creative tool for extending our perceptions beyond our physical limits. Just as Edison used this state of consciousness to obtain inspiration for his many inventions, we can use it to expand our awareness beyond the physical. The following visualization can be effective for individuals or groups. In my classes, it is often used as a relaxation and preparation before an out-of-body technique.

PREPARATION TECHNIQUE

Take several deep breaths and completely relax. Close your eyes and begin to visualize the top of your head opening and a stream of shimmering white, liquid energy flowing into the top of your head. The liquid feels warm and soothing as it slowly flows through the top of your head and past your forehead, eyes, and mouth. Completely relax and feel all your tensions release into the warm shimmering liquid. Feel the liquid absorb your tensions and your fears. Feel the warm liquid slowly flow through your head and down your throat. Feel this warm energy flow through your heart and spread throughout your body. Feel its warmth and energy as it flows down your back. Feel it absorbing your tension, your pain, your fears, and your limits as it fills every part of your arms and legs. Feel your entire body filled with this wonderful, white liquid energy. Feel every cell, every tissue, organ, and muscle bathe in this warm white liquid. Now feel the liquid energy become even warmer. Feel it vibrate and become a liquid sponge, a liquid magnet. Feel it begin to attract and absorb your negative vibrations. Feel it absorb your feelings of fear and anger; feel it absorb all the attachments to your body. Vividly feel all your fears, anxieties, limits, and anger being absorbed into this warm, vibrating liquid energy. Feel the flow; feel it draw your negative vibrations from your body, your emotions, your mind. Feel it at every level of your being. See and feel the glowing, warm liquid begin to darken as it absorbs all your negative vibrations. Feel every cell, every tissue and organ, every energy system in your body releasing its impurities, releasing its negative programming, releasing its limits and fear. Vividly feel all your negative vibrations let go and release their energy into the warm white liquid flowing through you. Feel this at every level of your being. Feel your emotional walls dissolve. Feel your attachments to your ego and your body begin to release to the warm liquid energy.

As your negative energies are released into the warm liquid, see the liquid become darker and darker. Feel it draw the impurities from your body, your emotions, and your mind. Feel all your impurities released to the liquid. Now visualize valves at the base of your heels and the palms of your hands. Slowly open the valves and let the warm brown liquid begin to flow out of your body. Feel all your negative emotions—your fears and your limits—draining out and away from your body. Vividly see and feel your negative emotions and vibrations completely drain from your body.

Feel every part of your inner being, your inner self, become cleaner and clearer as your negative energies and thoughts flow from your body. As clearly as possible, see and feel your individual fears, limits, and negative energies release from your physical, your emotional, and your intellectual body. Feel all your negative energies flowing out through your heels and hands. Clearly see all your anxieties, limits, and attachments flowing from your body. Feel how good it is to be purified of your negative energies. You have never had a complete inner cleansing before, and you

feel totally fresh and pure. You feel light as a feather, free from the dense negative limits and thoughts that hold you to matter.

Inwardly acknowledge that all your negative energies are flushed forever from your body, flushed forever from your physical, emotional, and intellectual body. Feel the pure power of this cleansing as your body and mind are reenergized and completely purified of all negative programming, limits, and fears. Absolutely know that all of your negative energies are washed away forever. Deep down, feel your vibration rate increase; feel how light and airy you are. Feel the joy as you experience your new, higher vibration, your higher self. Relax and enjoy your higher, finer vibrations as you grow lighter and lighter and lighter. Feel yourself becoming light as a feather, just floating, floating effortlessly, as light as a cloud, floating up and away from your body.

Separation

Much of the current literature on out-of-body experiences indicates that we automatically float or lift out of our bodies like some form of magic. Based on my experience and information obtained from more than two hundred people, I believe this perception is inaccurate. It's quite common to enter the vibrational state but not separate from the body. This occasionally happens even to experienced out-of-body explorers. It's unclear why, during the vibrational phase, we sometimes cannot or will not separate from the physical body. Any number of reasons could be mentioned: energy or psychological attachments to the physical; fears; vibrational misalignment; or simply lack of information concerning how to react to the experience.

I believe that the last-named is by far the most common reason. There are a number of things you can do to resolve this situation. First, focus and maintain your thoughts and imagination upon the sensation of moving away from your body. Visualize or will yourself away from your body. Second, if necessary, ask to detach completely from the physical; for example, "Now I move to the door." Third, if this fails, simply ask for assistance: "I request help to leave my body." When requesting assistance, it's important that you be completely open to receive what you request. The subject of separation and the vibrational state is of critical importance and deserving of more emphasis than parapsychologists and writers have given it up to now. And considering its importance, it should not be overlooked.

Separation Methods

1. Floating out. Since the inner energy-body is weightless by physical standards, it's normally quite easy to just float away from your physical body. This separation method appears to be the most widely used. The key is to focus on the sensations of floating and allow yourself to drift up and away from your body.

2. Sit up and out. This method is similar to the floating technique, except that we simply sit up and then step away from our physical body. It is the primary method I used during the first ten years of my out-of-body experiences. Because of the method's physical-like qualities, it is generally easier to control than the floating or direct method. This type of separation is often heralded by the vibrational state. I believe the relatively slow withdrawal from the physical body experienced with this method creates the intense vibrations and sounds so often reported.

3. Rolling out. This method is extremely effective. After you recognize the vibrational state, you simply do a sideways roll. As weird as this may sound, it gets to be fun. Several people have told me that they rolled off the physical bed and fell to the floor laughing to themselves. This method is used effectively by many

people; author Robert Monroe states in his book *Far Journeys* that he often uses a rolling technique when separating from his first energy-body and moving to his second energy form.

4. Requesting separation. When you enter the vibrational state, simply ask to separate: "I separate now" or "I move to the next room." Any firm request that directs you away from your physical body will be effective. As in all nonphysical requests, make it a firm demand for immediate action. Always remember to maintain your complete attention away from your physical body; any thought or word relating to your body will instantly return you to it.

5. Pulling yourself out. This can be achieved by reaching out your nonphysical arm and grabbing any large object, then literally pulling the rest of your energy-self out of your physical body. This method can get interesting because you quickly learn that your inner energy-body does not share the limits of your physical body. In other words, our energy-body has the ability to conform to our thoughts. I accidentally discovered this about ten years ago when I entered the vibrational state while sleeping in a canopy bed. Stretching my energy arm out in front of me, I spontaneously decided to try an experiment and attempted to grab the top of the bed. To my surprise my arm stretched over five feet and I took hold of the top of the bed. At that point, I pulled my entire nonphysical body out of my physical body. After standing, I stared at my hand; it had returned to its normal physical size. Amazed, I recognized that my nonphysical arm's shape and form completely depended on my thoughts. This realization is important because it allows us to expand our abilities in several creative ways.

6. Direct method Commonly called direct or instantaneous projection, this technique is more advanced than the others— often you find yourself fully conscious in a completely new environment. The sudden transition from lying in bed to standing or floating in a different location can be startling if you are unprepared. Generally, there is little or no sense of movement, just an instant realization of awakening in a completely new location or environment. This type of separation is often reported during dream conversions. It is the preferred method of many experienced out-of-body explorers.

7. Requesting assistance. Sometimes, for reasons unknown, separation can become more difficult. Several years ago when I was experiencing some difficulty, I found a simple way to resolve it. I entered the vibrational state and was ready to lift out, but for some reason my energy-body felt attached and heavy. Out of desperation I reached out my arm and verbally asked for help. Within seconds I felt the grasp of a hand pulling me out of my body. The feel of the hand was surprisingly solid and real. When I left my physical body, I eagerly looked around but could see no one.

During my workshops, several people have related similar stories of assistance. Because of this and other evidence, I believe that it's likely that every time we have a fully conscious out-of-body experience, someone close to us is observing our progress. This observer, whether it be a guide, friend, or loved one, is ready to assist if needed. I'm certain that help is available to us at all times, but it is up to us to request the assistance. Without such a request, a spiritual friend or guide is normally not going to interfere with our developmental experiences. I also think that guides stay out of sight because they know that their visible presence would disrupt our natural progress. Looking back, I wish I had asked for assistance more often. I probably would have progressed faster, but more important, I think I would have appreciated the fact that we're not alone during our explorations. An unmistakable feeling of comfort and security comes from knowing that we have

assistance available any time we ask for it. This knowledge helps us to successfully confront any fear or anxiety we may experience when exploring a new energy environment.

Action

When you look back on your life, has procrastination ever carried you closer to a goal or an achievement? Has inaction ever brought you increased success, accomplishment, or personal development? We are all creatures of habit. We repeat the same familiar thoughts and actions because they are familiar, unchallenging, and considered safe. We simply follow our individual path of least resistance. For many of us, our tendency to remain the same has become a central element of our personal habits and our life. Many of us consider change—any change—a negative experience. It is clouded with suspicion and treated as a threat to our established thought patterns and beliefs. The end result is often a continuation of our personal habit of inaction. We must eventually ask ourselves whether we are completely content to live our entire life following the same habits of thought and action. Are you content to accept blindly, without verification, the prevailing ideas and convictions of your society? Are you truly satisfied to settle for beliefs, hope, and faith instead of personal experience and knowledge?

Ask yourself, what would you believe in today if you had been born in Iran or Iraq. What religious and social convictions and conclusions would you hold dear? What beliefs would you die for? If you want answers to the mysteries of your life, then the time for action is now, and out-of-body exploration can provide the answers you seek.

CHAPTER 6

Exploration Techniques

Genius means little more than the faculty of perceiving in an unhabitual way.
—William James

Today millions of people are discovering the techniques used to achieve out-of-body exploration. The variety of methods available is staggering. Throughout history, practically every religious group and mystic order has developed a system or method to explore beyond the limits of matter. Many of these gems of wisdom have remained shrouded in mystery for thousands of years, covered by the trappings of religious ritual. For example, the *Tibetan Book of the Dead* provides preparation and guidance for an ancient out-of-body method, but because the technique was incorporated in lengthy religious ceremonies performed over a period of days, it, like many other ancient techniques, has remained hidden for centuries. To simplify this confusing and often misunderstood body of information, I have divided out-of-body techniques into five categories: visualization, dream conversion, affirmations, hypnosis, and sound. The methods I discuss here have proved to be extremely effective and easy to learn.

The visualization techniques are presented first because of their ease and popularity. Many people have discovered that the visualization techniques are a natural way to initiate their first out-of-body experience. After you select a technique, repeat it daily for at least thirty days. Your commitment, desire, and effort will determine the results you experience. Always remember, the best way to approach out-of-body exploration is to maintain a playful attitude. Have fun with the techniques and enjoy the results.

Choosing Your Technique

One of the most important decisions you face in out-of-body exploration is the selection of the technique on which to focus. In general, if you can visualize well, concentrate on the visualization techniques. Select the technique that is most comfortable for you and stick with it. If you have difficulty visualizing, then you may want to concentrate on the affirmation techniques. Keep in mind, though, that the target technique (a form of visualization) has proved effective for many people who claim poor visualization skills. I believe its effectiveness owes to the physical “walk-through,” which can be repeated until the internal imagery begins to appear. Many people find it easier to visualize an object or location in their home than anywhere else. Don’t underestimate your abilities; when you are open-minded to new experiences and perceptions, they will occur. On many occasions during my workshops, people have told me that they can’t visualize at all. I have found that when people verbally request the ability and begin to practice with an open mind, they experience a rapid enhancement of their natural abilities. When choosing your technique, remember to be both flexible and patient.

Visualization

One of the easiest and most effective methods of experiencing out-of-body exploration is to use your creative visualization ability. Each of us possesses the natural ability to picture an object or place in our minds. We do it every day in a thousand different ways. Most of us have little difficulty imagining our favorite vacation spot, automobile, home, or person. Using our visualization ability is easy once we recognize how natural it is. To learn just how easy visualization can be, try the following.

Close your eyes and begin to picture your favorite vacation spot. Select a place you have visited and know well. Just relax and begin to visualize this vacation area as clearly as possible. Begin to picture the trees, the buildings, the people—all the small details associated with your vacation. Become involved in the scene as much as possible, vividly seeing and hearing all the sensations associated with your favorite vacation. You can add people, colors, and sounds as you see fit. Now take this scene a step farther and picture yourself entering your favorite vacation paradise. Clearly see and feel yourself within a specific physical location. Imagine all the colors, sounds, and sensations associated with the location. Begin to interact with the people and environment you see. As much as possible, use all your senses; immerse yourself in the sounds, sights, and sensations of your vacation. Take your time and enjoy the experience.

Visualization techniques are easy and enjoyable when you relax and select a pleasurable place, person, or object on which to focus. Whatever you select as the focus of your attention, it should be an actual physical object or location. The key to all out-of-body visualization methods is to become mentally immersed in a real physical environment. The more focused your attention, the more success you will experience.

IMAGINATION

Your imagination is your preview of life's coming attractions.
—Albert Einstein

One of the most powerful tools we possess in out-of-body exploration is our natural ability to use our imagination. When used creatively, the imagination can help us achieve any goal or desire on which we focus. This is graphically displayed all around us. When we look at our physical possessions, we discover an amazing thing: everything we possess—our car, furniture, home, stereo, TV, even our relationships—was once imagined in our mind. For example, when you see a house being built, just think of the many imaginations that were busy creating the structure. First, some people begin to imagine a new home for themselves, then they share their ideas with others. Next an architect is called upon to put the imagined ideas on paper. Then a builder imagines the construction of the home. Slowly, the collaboration of several imaginations and thoughts comes together to form an idea, a plan, a structure, and, finally, a physical home. Of course, we take this for granted, seeing only the physical results of these busy thoughts around us. When we explore the nonphysical interior of the universe, however, an amazing thing occurs: we begin to recognize that our imagination and thoughts have a dramatic impact upon the finer energy frequencies of the inner dimensions. We begin to understand that our imagination is a powerful creative force that shapes the unseen energy around us. When we are out-of-body, our thoughts and imagination are forming our immediate energy environment with incredible speed and precision. In a very real sense, our thoughts are building the unseen energy substructure 1 of our external physical existence.

While living in the physical world we see only a tiny fraction of reality. We observe only the dense results of our thoughts and deeds. The pure power of our imagination and thoughts is often not recognized as we focus upon daily survival and the acquisition of physical objects. For many people, the time span between the imagined idea and the physical results is a long, hard road. They seldom see or understand that they have formed the subtle energy molds and structures that have eventually manifested within their physical environment. Whether we realize it or not, our imagination is molding the subtle energy around us. With every thought, we are building our future. This is why creative visualization and positive thinking work so effectively.

The greater the focus of our imagination, the faster the results we experience. I cannot emphasize enough how important this creative process is to our existence. It is not some hypothetical belief or theory but an absolute, observable energy reaction constantly occurring around us.

We can personally verify this by practicing the techniques presented in this book. This creative energy reaction is constantly at work shaping the subtle energy around us. For example, an accurate psychic reading is nothing more than the psychic being sensitive to the unseen energy forms around another person. This process is not some strange or mystical event, as some believe, but a simple recognition of the subtle energy forms close to a person. In fact, the entire phenomenon of extrasensory perception is actually the natural process of people being sensitive to nonphysical thought-energy and forms. As we evolve, our recognition of this energy reaction becomes more important. Our innate ability to structure our energy environment and our life carries us beyond the animal instincts into new realms of personal creativity and responsibility. The end result is that each of us becomes the creative artist of his or her life. Each focused thought and mental image becomes the creative mold of our personal reality. At this point we can begin to consciously build the reality we wish to experience by the thought forms we visualize and hold in our mind. Instead of being the powerless result of our environment, we begin to take charge of our life and our destiny. Finally, we come to recognize that our ability to create is limited only by our ability to imagine.

One of the advantages of the visualization method is the variety of possibilities it generates. There are no limitations, so feel free to develop and use your own technique. Generally, whatever holds your interest and attention away from your physical body can be effective. For many people, visualizing their favorite friend, lover, or physical location as they fall asleep produces impressive results. For example, I know a housepainter who induces out-of-body experiences by visualizing himself climbing a ladder and painting his home. The key, he states, is to picture himself at a specific physical location as he drifts off to sleep. In as much detail as possible, he actually feels the hand-over-hand of climbing up a ladder to the roof. He feels the grip and texture of the ladder with his hands and can even feel the ladder slightly shake with each step. He then imagines himself painting his house with as much vivid detail as possible. As with all visualizations, his technique is most effective when he surrounds himself in the sensations and sounds associated with the activity.

VISUALIZATION MADE EASY

The key to out-of-body exploration is to focus and maintain your complete attention outside your physical body as you fall to sleep. One of the easiest ways to accomplish this is to focus your complete attention upon a person, place, or object located some distance from you. This can be a loved one from whom you are separated, your favorite vacation spot, or a gift that holds special meaning for you. Whatever you select, it should be an actual physical object you know, not an imaginary place or person. Select the object or place that is easiest to visualize and holds the most interest for you. For many, visualizing a loved one is effective. Just picture the person you wish to be with as vividly as possible. It helps to be emotionally involved, so select a person you would love to be with. Choose someone you know, not a fantasy relationship. Become completely absorbed in that person's presence and actually feel yourself with him or her. If you like, role-play some kind of interaction to keep you involved.

Continue your visualization of this person for as long as possible as you allow your physical body to completely relax and fall to sleep. It's important to maintain a detailed picture of the person and your interaction as you go to sleep. As you doze off, attempt to boost your emotional and visual connection with this person as

much as possible. This method is an excellent bedtime visualization. Keep in mind, the more emotionally involved you are, the more effective this technique is. Have fun with it and let your imagination go wild.

THE TARGET TECHNIQUE

Your ability to focus and maintain your awareness away from your physical body is enhanced if you direct your full attention to a specific object or place. The target technique is an excellent exercise to help you develop this ability.

Select three targets in your home. All three targets should be physical items that you can visualize with relative ease. Your targets should not be in the room that you normally use for your out-of-body techniques. For example, you could select your favorite chair for your first target. For your second, select a gift that holds a special meaning for you. Third, select the most visually stimulating object available, such as your favorite painting, sculpture, or crystal. All three targets should be in the same room.

After selecting your targets, physically walk to each one and examine every detail. Study each object from different perspectives, noticing any imperfections or irregularities. Take your time with the objects, memorizing the sight and texture associated with each target. Become aware of all your senses during your walk, especially your senses of sight and touch. Repeat your walk several times until you can easily recall the smallest details of each target area. Pay close attention to everything, including colors, weight, densities, reflections of light, coolness, and heat. Also feel and memorize the sensations associated with your walk from one target to another. In other words, get into it! Enjoy all the sensory input that you receive.

This technique helps you focus and maintain your attention away from your physical body as you drift off to sleep. If you are persistent, the results will be dramatic. To enhance this exercise, take your time and repeat your physical and visual walk-through daily for thirty days. Get interested and involved in each target. This technique is a great way to increase your concentration and visualization skill, and it only takes about twenty minutes to perform. It's important to select targets that are easy for you to visualize. Many people select personal items that possess a sentimental attraction. Once you make a selection, stay with it; the repetition of your visualization dramatically increases its effectiveness. This technique has been my personal favorite ever since I stumbled upon it over twenty years ago when I began to visualize objects in my mother's home. I strongly believe that the technique can work for anyone who is willing to invest the time and effort. The key is to select target objects that are easy to visualize but interesting enough to hold your attention. Items that you have made, such as a painting, a sculpture, a silk flower arrangement, or even a set of curtains, can be extremely effective targets. As you progress with this technique, you can increase the number and variety of the targets you select. After you become comfortable with a few objects, you can expand your visualization to include an entire room. This technique is extremely effective, but it is up to you to take the steps. The time you invest will be richly rewarded.

In addition to the targets mentioned above, you may want to consider some of the following objects to focus on during your visualizations.

Sense of Sight

- A favorite chair, sofa, or other piece of furniture
- Any object that you can visualize well
- A gift or personal item that holds a special meaning
- Any object or artwork that you have created yourself
- A special picture, painting, or portrait

Sense of Touch

Textured fabric or cloth of any kind
An item of furniture
A door, carpet, light switch, sculpture, or wooden banister
Jewelry, ashtray, candle
Any object that has a unique or distinctive shape or texture

Sense of Smell

Air freshener
Fresh flowers
Soaps or lotions
Favorite perfume or cologne
Cedar chest or closet
Incense

THE MIRROR TECHNIQUE

The mirror technique is an effective way to enhance your visualization skills and prepare yourself for out-of-body exploration. Begin by placing a full-length mirror in the room you have selected for out-of-body exploration. The mirror should be positioned so that you can easily see your entire reflection without having to move physically. As you look into the mirror, begin to study and memorize your image. Become as objective as possible: view your reflection as an object you are about to paint in your mind. Pay close attention to the small details of your body and clothing. Take your time, memorizing everything you see. Close your eyes and begin to visualize yourself in as much detail as possible. Continue to repeat this procedure until you can clearly visualize yourself on the other side of the room. With your eyes closed, visualize yourself standing on the opposite side of the room. Then begin to picture your imaginary self. Take your time, slowly moving your image's fingers and hands, then slowly beginning to move its arms. Visualize your reflection moving its toes, feet, and legs. As much as possible, become mentally and emotionally involved in your reflection. Begin to feel the sensations of movement you are experiencing. Feel the enjoyment of movement without a physical body. Become completely involved and immersed in the movements. As you become more deeply involved in your image's movements, feel yourself stand up and slowly begin to walk around the room. As you are walking, feel all the sensations associated with your movement.

Begin to feel and picture yourself opening your imaginary eyes. As clearly as possible, feel your image looking around the room. At first, this may feel as if you're pretending to see your room from a new perspective. That's fine; just allow yourself to flow with all the visual sensations you receive. After some practice you will begin to notice an enhancement in your ability to see beyond the limits of your body. Take your time and enjoy the various parts of this technique. If you find it difficult to transfer your sense of sight, focus on your other senses, such as touch, as much as possible. As you transfer the majority of your perceptions to your imaginary self, completely forget about your physical body by focusing all your attention on your new sensations and sight. Completely relax and allow your physical body to fall asleep. As your body slowly goes to sleep, you will experience a transition or shift of awareness from your physical to your nonphysical body. As this occurs, remember to remain calm and enjoy your new ability to perceive. This technique is excellent for improving visualization skills. Many people are surprised at how easily they can visualize after a short period of practice. Take your time and enjoy the results.

Dream Conversion

Dreams are an effective doorway to out-of-body exploration. For many people dreaming is a natural way to ease their awareness away from their physical state of consciousness and begin to recognize and experience other states of consciousness. Since the dawn of civilization, societies and cultures around the world have viewed dreams as an entryway to a different world. The significance of dreams is portrayed in humanity's oldest recorded writings, including the Upanishads, the Bible, the Egyptian Book of the Dead, and the Koran. From the lavish dream temples of ancient Greece to the dream therapy techniques of modern psychologists and psychiatrists, dreams continue to provide valuable insights into our subconscious mind. If used properly, dreams can act as an effective trigger or signal for out-of-body exploration. Some of the most common signals are listed later in this chapter. One of the best ways to initiate an out-of-body experience is to become aware or lucid within a dream. This can be accomplished by changing our attitudes toward our dreams.

First, begin to acknowledge the importance of your dreams in your daily life. Treat your dreams as valuable insights and messages from your subconscious mind. In effect, think of them as an actual form of communication, as real as your physical experiences.

Second, begin a daily dream log. Record every dream you can, even the small fragments. This should be done immediately upon waking, either by writing or using a tape recorder. Pay close attention to the feelings, emotions, and sensations that you experienced during the dreams.

Third, firmly express your desire for increased clarity and awareness within your dreams. As you drift to sleep, strongly request that your complete conscious awareness be present in your dreams. Make a firm, verbal commitment to yourself as you fall asleep that you will recognize, recall, and consciously experience every single dream.

Fourth, repeat a strong affirmation to yourself as you fall asleep each night. For example, "As I fall to sleep, I remain aware," or "Now I have a fully conscious out-of-body experience," or "I become aware in my dreams."

When doing your affirmations, make them firm and positive, fully expecting your request to be granted. As with all out-of-body affirmations, concentrate your full emotional and intellectual energy into each one. It's important to focus and maintain your affirmations as your last conscious thoughts as you drift to sleep. The transfer of your awareness can occur quickly, so it's essential to remain calm and enjoy any changes in your personal perspective, environment, energy, or location. The following is a dream conversion that I experienced some years ago.

In my dream I was in a pet store. Looking around, I noticed a small hermit crab on the floor near my feet. As I watched the crab, it jumped five feet straight up in the air. At first, I was startled and stepped back; then as I watched, it became obvious that the crab was attempting to get my attention. Again the crab jumped and I realized that I had to be dreaming. At that moment I said aloud, "I must be dreaming." Immediately, I felt a strange tingling sensation in my body and realized that I'd entered the vibrational state while dreaming. Out of habit I focused my complete attention on the idea of floating up and out of my physical body. Within seconds I could feel myself lift from my body and move toward the living room. This type of dream conversion is easy to achieve if we are willing to recognize and accept the entire process. The most important element is how we respond at the moment we become consciously aware within our dream.

Vivid or lucid dreams are not necessarily unconscious out-of-body experiences; they can be psychological manifestations similar to internal projections. The

unusual or outrageous events in our dreams are creations of our subconscious mind specifically designed to grab and hold our attention. I have found that once we make a firm commitment to explore out-of-body, this type of lucid dream becomes a regular event. In effect, our subconscious mind is doing its best to assist us in achieving our goal of a conscious out-of-body experience. This, of course, is another reason why written goals are so vital. The more focused our goals, the more our subconscious mind is willing and able to assist us. This type of lucid dream can be literally anything out of the ordinary: unusual surroundings or people; outlandish colors or shapes; strange buildings, pets, or other animals. I have found that lucid dreams often manifest as a single strange event in an otherwise relatively normal dream—any strange, illogical, or inappropriate person, place, or thing that is obviously out of the norm. For example, a typical family sedan may become a bright red sports car. A regular home may become a castle. A household pet may become a lion or an eagle. A single object or event in a dream may become completely out of place and outrageous: a jumping crab, a talking cat, a flying dog. Whatever it is, it's something so psychologically outlandish that it captures and holds our complete attention.

The key to a successful dream conversion is our conscious recognition and knowledgeable response to our lucid dream occurrences. Once you recognize a strange or illogical event, situation, or object within your dream, focus your attention as much as possible upon the unusual occurrence. Verbally pinpoint the illogical event within the dream: "I can't fly," or "I don't live in a castle," or "That's strange, my car isn't red." As you become increasingly conscious (lucid) within the dream, verbally acknowledge that you know you are dreaming. Say aloud anything that will consciously acknowledge your awareness: "I know I'm dreaming," "I am awake in my dream," or "I'm now aware."

The next step is to be ready for the transition or movement of your consciousness from your dream state to your nonphysical body. Be prepared for a rapid shift of your awareness. It's possible that you will wake up in the vibrational state while still within your physical body or that you will experience yourself out of sync with your physical body. Remain calm and direct your inner self, your awareness, away from your physical body. Allow the inner sensations to develop as you continue to direct your full attention away from your physical body. Focus all your thoughts upon the idea of moving to another area of your home. It's essential to maintain your awareness fully directed away from your physical body; any thoughts of your body will snap you back within it.

Request clarity anytime your awareness or vision is less than ideal. "I request complete clarity now" or "Clarity now!" Always make your request a firm, specific demand for immediate action. This entire process is very natural. Now, more than ever, I believe that dreams are created and designed to assist us in our personal development. It is our choice to recognize and use them or to ignore them. Whatever we decide, our subconscious mind will continue to send its dream messages to our conscious mind. Maybe the time has come to listen and learn from the imagery we receive every night in our dreams.

Dream Signals

- Feeling or seeing yourself in or near a vehicle of any kind— an automobile, boat, or plane, for example. Also, any dream experience involving a vehicle, such as a space flight or a boating adventure.
- Recognizing a change in your day-to-day environment, such as your home becoming a castle, palace, or log cabin. Also, any change in the location, construction, or color of the surroundings.
- Having feelings, sensations, or experiences such as numbness, paralysis, energy surges, or sounds out of the norm.

- Recognizing any event, situation, or ability that is out of the norm, such as the ability to fly, float, or move in other unconventional ways.
- Experiencing yourself as falling or sinking. This includes movement up and down stairs, elevators, and escalators.
- Having any experience in which you and your out-of-body partner are together.
- Being in any environment that changes rapidly (that is, things appear or disappear quickly).
- Finding yourself in an environment that you can easily manipulate or control.
- Exploring a new environment such as a desert, forest, or snow-covered landscape.
- Recognizing a problem or conflict—for example, driving a car down a mountain and the brakes are useless.
- Recognizing a bridge, tunnel, or opening of any kind. In your dream this opening may enable you to overcome an obstacle or barrier—a wall or a river, for example.
- Being taught or guided in any way or being with a companion who seems to act as a guide. Often this companion is next to you but remains out of your vision.
- Meeting with small groups of people in a classroom or conference-room atmosphere.
- Encountering multiple levels or floors of any kind: parking garages, office buildings, ships, and so forth.
- Reading a book or computer program that contains unusual or advanced information.

The following is an example of a conscious dream conversion that one of my workshop students experienced. It occurred the day after a six-hour workshop. I lay in bed this morning deciding whether to start my morning or stay there and relax for a little while longer. It was not long before I drifted off to sleep. I found myself dreaming I was in a classroom sitting at a desk. There were other students in the room.

There was a teacher walking around at the front of the room. She had blonde hair and seemed to be very nice. I was in the room briefly, then found myself at my parents' house. At this point, the dream became lucid. I was lying on the couch in my parents' living room thinking about out-of-body experiences and made it my intention to have one. At first I felt some tingling, then some movement. I went with the flow of it.

Suddenly I found that the upper half of my body was sitting up and away from the part still lying down.

From my waist down, I was still inside my body. I asked for help to complete the experience; then the rest of me slipped out of my body and onto the floor. I felt very heavy and could not get up. Everything seemed clouded and unclear around me. I remembered what Bill said in class, and I called all my energy back to me. As soon as I did, I felt light and was able to get up and move around.

I was very excited about my accomplishment. I remember saying: "I did it! I can't believe it! This is great!" I wanted to tell someone who would understand. My brother was in the room lying on the other couch nearby. I went to my parents' bedroom to tell my mom what I had done and saw my dad walking out of the room. He seemed to see me but did not say anything. I entered the room and stood by my mother's bedside. I was excited to tell her, but she was still sleeping. I was deciding whether to wake her when someone appeared alongside her in the bed and told me not to wake her. I agreed. When I opened my eyes, I was back in my body and the clock said 9:20.

Affirmations

Affirmations have proved their effectiveness over the past twenty years. Today they are a regular part of self-improvement courses worldwide. An affirmation is essentially a strong, positive statement about yourself framed in the present tense. The root word affirm means to "make firm"; it is a method of solidifying a thought

or idea within ourselves. Affirmations should always be formed as a positive statement; for example, "I am a positive person," "I deserve love," or "I am getting better and better every minute, every day" are commonly used affirmations. Every moment of our lives, our minds are flowing with a constant stream of thoughts. Our thoughts are continuously influencing our physical and nonphysical reality. Our intellectual, our emotional, and, finally, our physical state of consciousness is the direct result of our thoughts.

Affirmations allow us to focus our thoughts and counteract some of the negative ideas we have accepted. The practice of doing affirmations enables us to begin the process of replacing negative or limiting thoughts with fresh, positive ones. It is a powerful method for reprogramming ourselves for positive change and personal success. Affirmations can be repeated silently, aloud, or in writing; they can even be expressed in the form of a song or rhyme. In out-of-body exploration they are generally repeated silently, with increasing emphasis on the last few moments before the onset of sleep. The goal is to be completely focused upon your desire for an immediate out-of-body experience as you drift to sleep.

For maximum effectiveness, when using affirmations during any out-of-body technique, it's important that you do four things.

First, as much as possible, progressively increase the emotional and intellectual intensity of your last affirmations as you drift to sleep.

Second, continuously repeat the affirmations until you go to sleep. Make your final thoughts before sleep your most focused out-of-body affirmations.

Third, think of your affirmations as firm personal commitments that you fully expect to experience, now!

And fourth, as much as possible, feel completely open to receive the immediate results of your affirmations.

There are an infinite number and variety of possible affirmations; here are a few examples.

- Now I'm out-of-body!
- I consciously experience an out-of-body journey. Now!
- I enjoy out-of-body consciousness now!
- I remain aware as my body goes to sleep.
- I remain consciously aware as my body falls to sleep.
- I consciously separate from my physical body after it is asleep.
- As my body goes to sleep, I am completely aware of my out-of-body experience.
- Now I have an out-of-body experience.
- Now I separate from my body!

Affirmations can be used to:

- Affirm your clarity of perception when out-of-body. The clarity technique is basically a strong affirmation for enhanced perception.
- Declare your immediate intentions to experience an out-of-body journey.
- Reduce fear and increase control.
- Enhance the dream-conversion process and memory recall.
- Enhance and reinforce any of the other out-of-body techniques.
- Control thought, both before and during an out-of-body experience.
- Help remove negative or limiting self-concepts and beliefs related to out-of-body exploration.
- Reprogram your subconscious for success.
- Help you expand your self-concept beyond the physical body.
- Enhance your ability to move away from your physical body during the initial seconds of a separation. "I move to the other room" or "I float up and away."

VISUALIZATION WITH AFFIRMATIONS

Affirmations can be combined with other techniques to enhance their overall effectiveness. They can also be helpful in focusing and maintaining your conscious attention upon your goal of an out-of-body experience as your body drifts off to sleep. The following is an example.

Lie on your back and become as comfortable as possible. Close your eyes, completely relax, and breathe deeply, slowly, and naturally. As you relax, repeat an affirmation such as "Now I'm out-of-body" or "I now separate from my body in full awareness." Continue this affirmation until you begin to get sleepy. As you mentally repeat this affirmation, begin to visualize a familiar place: a room in your home or any other place you know well and can imagine with absolute clarity. Now begin to picture the room in your mind. As vividly as possible, see the details of the room—feel the carpet under your feet, the fabric of the curtains and furniture. See the patterns in the wallpaper and feel the texture of the furniture. Notice and explore the paintings, the books, all the small details. Become absorbed in the details of the room. Feel yourself walking around the room. Notice how good it feels, how comfortable it is. As much as possible, use all your senses. Select one item in the room. Pick it up and feel its texture, its weight. See and feel this object as clearly as possible. Become completely absorbed in it. Continue your affirmations as you drift off. The key to this exercise is to maintain your interest outside your body until your body falls asleep. The combination of affirmations with this visualization is extremely effective.

EARLY MORNING TECHNIQUE

One of the best times to induce an out-of-body experience is early in the morning after two or three REM periods (three to five hours) have passed. During sleep, every ninety to one hundred minutes we begin a dream period called rapid eye movement (REM) sleep. Our eye movement during sleep is physical evidence that we are entering a dream or, in some cases, another altered state of awareness. The scientific correlation between REM periods and out-of-body experiences is yet to be confirmed; however, reports linking the two are commonplace. The following technique is highly effective, but it does require a degree of self-discipline. Many have found the additional effort worthwhile. Set your alarm for approximately three to four hours of sleep. After you awaken, move to another area of your home—a recliner or a sofa, for example. As you become comfortable in your new location, select your favorite out-of-body technique. Completely relax and begin to do your affirmations, alone or in combination with your visualization technique.

Repeat your affirmations, first verbally, then silently to yourself. As you become more relaxed, focus your complete attention upon your affirmations and away from your physical body. As you drift to sleep, attempt to boost the emotional and intellectual impact of your affirmations as much as possible. With increasing intensity, make your last affirmations before sleep a firm personal commitment to have an immediate out-of-body experience. It's important that your last thought before drifting into sleep be your out-of-body affirmations. As you do this, feel completely open to receive your request immediately. Remember to focus all your thoughts and emotions into the affirmations. Your intensity and personal commitment are most important. Using this technique, many people report an out-of-body experience immediately after they drift to sleep. If you have the time, this technique can be repeated several times before morning. During the first few attempts, you may just go back to sleep; however, with repeated practice, the technique can provide dramatic results. If you are having difficulty developing your visualization ability, I highly recommend this technique as

your best alternative. It is one of the most powerful methods available and does not require visualization skills.

I believe the effectiveness of this technique has little to do with the time of day. What's really important is your mental state: after three or four hours of sleep, your body and mind are partially refreshed and completely relaxed. This mind-awake body-relaxed state of awareness is the ideal starting point for any technique used in out-of-body exploration.

I discovered this technique by accident several years after beginning out-of-body exploration. One night, after sleeping about four hours, I awakened unexpectedly and decided to get up and read. On an impulse I started to write some out-of-body affirmations. After fifteen minutes of writing, I began to feel extremely tired. Selecting two affirmations, I continued to repeat them to myself as I relaxed on the sofa. I continuously repeated these affirmations as I drifted to sleep: "Now I have a fully conscious out-of-body experience. Now I'm out of my body!" I focused all my energy into each affirmation, exerting every effort to make the affirmations my last conscious thoughts as I drifted to sleep. The following experience occurred at 3:15 A.M., immediately after my physical body dozed off to sleep.

Journal Entry, March 7, 1984

I feel intense waves of energy flowing through me. A sense of movement begins—extreme, building movement. Instantly, I am at an oceanfront home. All I can hear is pounding surf. Everything in the large house appears white and fuzzy, so I say aloud, "Clarity now!" As I look around, forms come into focus. I am standing in front of a huge oblong table, eighteen feet long. The room is filled with shining people. They seem to radiate light from every pore of their bodies. Seven men and one woman come forward to greet me. As the woman approaches, I can see her smile. When she looks at me, vivid pictures begin to appear within my mind. The meaning of each picture becomes instantly clear. "It's good to see you again. You have been busy." I can clearly feel the warmth of her thoughts. The group gathers around the table, and I know it's time to sit down. As I look around the room, it seems to expand with my vision, I can still hear the waves crashing and I wish to see the ocean. A clear picture appears in my mind, "You will experience the ocean soon enough. Let's begin."

I respond automatically, "The ocean sounds beautiful today."

Soon another thought appears in my mind, "Yes, the ocean is wonderful. We take it for granted. Our visitors are normally unconscious. We will adapt." There is a brief pause, then a continuation of thought-energy from the other end of the room: "There is much energy being directed into the dense regions. Those who live in the hard bodies are beginning to respond. There is much to be done. Those who are awakening from their sleep are searching for answers—searching on the outside. No wonder there is so much confusion. We know how tough the physical vehicles can be; we have all been there. The ultimate test is to recognize the truth while surrounded by dense illusions."

Spontaneously I respond with a thought, "There is too much expected and too little guidance provided. Why must it be so hard?"

Another picture appears in my mind. I somehow know it's female. "The school is firm, but fair. Each creates the lessons they need."

I look toward her and my thoughts just seem to flow. "But why so much ignorance and pain?"

Another voice enters my mind, "School is painful for some, enlightening for others. Only experience creates wisdom. The end result is always effective."

I respond, "Even so, too little guidance is provided. Five billion people, and all are hoping and praying that what they believe is true. It seems like an ineffective school to me—all these people living in the dark."

Another voice appears, "You don't see the whole picture, my friend. Time is an illusion. There is no rush. All are immortal. The very act of being is experience, and experience creates wisdom. Time is not the issue."

As I look around the room, the reality of the experience is overpowering. I can feel the table and see the room with absolute clarity. Distracted by the sound of the waves, I begin to feel an intense tugging sensation. I am being pulled back. In seconds I am within my physical body. As I slowly open my eyes, feelings of numbness, tingling, and disorientation quickly fade.

Hypnosis

Hypnosis is becoming an increasingly popular self-improvement tool. It is regularly used in behavior modification therapy for such things as weight control, sports improvement, stress release, memory enhancement, and the treatment of fears and phobias. Recently, some powerful new uses for hypnosis have come to light. One of the most publicized and popular is past-life regression. Regressing patients to a previous physical life can help them uncover, experience, and resolve a present problem, fear, or phobia by going to the source of the dilemma. An impressive number of recently published hypnotic regressions have reported obtaining verifiable information from past centuries, including names, dates, places, and events.

During several of the past-life regressions I've conducted, I have noticed a tendency for some of my clients to experience a brief out-of-body state of awareness, generally during the transition experienced between physical lives. Additional investigation made it clear that hypnosis could be used to induce a controlled out-of-body adventure. With minor modifications, the induction techniques normally used in past-life regression are generally effective in out-of-body exploration. The basic hypnotic induction can remain the same; only the directions after the induction are changed. Hypnosis has provided dramatic benefits for millions of people in the past decade. Now modern hypnosis can be used to initiate a self-controlled, out-of-body experience. Its benefits are especially evident in four major areas. First, hypnosis can effectively induce the ideal mental state for out-of-body exploration (mind alert/body relaxed). Second, it can assist in the control, reduction, and elimination of subconscious and conscious blocks, fears, and limits relating to out-of-body experiences. Third, hypnosis can be used to improve visualization, concentration, and meditative skills. And finally, hypnotic suggestions can be effective in triggering a fully conscious out-of-body experience. For example, the hypnotic suggestions "*I become consciously aware during my dreams*" and "*My dreams trigger a conscious out-of-body experience*" can substantially assist the dream-conversion process. Suggestions such as "*After I enter sleep, I recognize and experience a fully conscious out-of-body adventure*" and "*Sleep triggers my out-of-body experiences*" can be used to reinforce and enhance an individual's ability to respond positively to his or her out-of-body techniques.

When selecting a trained hypnotherapist, first check qualifications. Many states require a certification or license. Next, inquire into areas of expertise. (Many hypnotherapists are specialists in areas such as weight control and eating disorders.) The ideal choice is someone with an extensive background in pastlife regression, someone knowledgeable about metaphysics and out-of-body exploration. Such individuals are generally more familiar with the nonphysical (thought-responsive) environments encountered when out-of-body. They are also more adept at dealing with the perceptions and experiences unique to out-of-body exploration. Often their awareness of metaphysics gives them a greater understanding of the motivations and goals of people seeking out-of-body adventure.

SELF-HYPNOSIS

Self-hypnosis is another powerful new tool for self-improvement. Often our fears and limits are subconsciously programmed within us. Internally we have accepted a rigid concept of ourselves and placed limits on our abilities. These subconscious limits are the walls that hold us from our unlimited potential. In a sense we have built walls around ourselves. One of the most effective ways to dissolve our self-accepted limits and fears is to confront them directly. Hypnosis gives us the unique ability to access our subconscious mind and resolve our fears and limits. In addition, we can reprogram our subconscious mind for success in any endeavor, including nonphysical exploration.

The following is a self-hypnosis script that you can tape and use at home. As you record this hypnosis script, take your time and speak in a relaxed tone. At each break between phrases, pause for approximately two seconds. Attempt to be consistent throughout the taping. Many people have a tendency to speed up as they record, so take your time and relax. Pauses that are longer than a couple of seconds will be indicated. For the best results, use an auto-reverse tape recorder and a long-play (ninety minutes or more), high-quality tape.

When doing this self-hypnosis technique, become as comfortable as possible in your designated out-of-body exploration area. If possible, use a recliner or a comfortable sofa. Select a time and place that will allow you an hour and a half of solitude. If needed, temporarily unplug the phone.

NEVER USE A HYPNOSIS TAPE WHEN DRIVING A CAR!

OUT-OF-BODY SELF-HYPNOSIS SCRIPT

Take several deep breaths, allow your eyes to close, and completely relax, Just allow your body and mind to completely relax.,,, As you feel yourself becoming comfortable and relaxed . . . release yourself to a special kind of experience, . . . Let go and relax.,.. Take a deep breath . . . and completely relax, completely relax, . . . Now, relax even more, . . . Take another slow, deep breath . . . letting go of all stress . . . all tension. . . . With each breath feel all your tension flowing out of you. . . . Just relax . . . completely relax, . . . Visualize, imagine, or feel your head bathed in a soft healing light . . . a light that quiets all thoughts . . . a light that quiets all worries, . . . Your mind is at peace. . . . This soft, healing light releases your physical senses from their work, . . . Just feel your head and its senses enveloped in this light, . . . Now, allow this healing light to expand slightly . . . feel the light as it slowly moves down your neck and shoulders, . . . Each muscle and cell that it touches is made more relaxed . . . more centered . . . more harmonized, . . . No other sounds will disturb you. . . . They will only cause you to go deeper . . . and deeper. . . . You are more peaceful and relaxed. . . . As this quiet, soft, healing light envelops your neck and shoulders . . . every nerve cell . . . every muscle is completely relaxed. . . . Every cell and tissue of your body is completely relaxed. . . . Now, allow this light to flow even farther. . . . Feel it as it flows down through your

arms . . . your hands . . . your fingers . . . bringing greater relaxation. . . . Feel the light envelop your chest and your upper back . . . your ribs . . . your internal organs . . . your lungs . . . and heart. . . . Any tension . . . any stress that is a part of your body is released as this soft healing light fills you. . . . Now let the light expand even more until it fills your stomach and lower back, . . . Feel every muscle and cell relax and release. . . . The warm, relaxing light surrounds and envelops your hips . . . your legs. . . . As you completely relax, no other sounds will disturb you. . . . All sounds will only cause you to go deeper . . . and deeper . . . down . . . down . . . into a more peaceful and relaxed state of being. . . . You are fully relaxed . . . fully at peace. . . . You feel completely safe . . . completely protected. . . . You can feel the relaxing power flow into your feet. . . . All the muscles throughout your body are now completely relaxed.... They are so relaxed, you can't move them. . . . Every muscle is so relaxed . . . so. very relaxed. . . . Feel yourself go . . . deeper and deeper . . . down . . . down . . . deeply relaxed.... . Now you can feel the soft, relaxing power of the light shining upon you. . . . This warm feeling of the light is radiating through your entire body. . . . You can feel its warmth . . . feel its protection, . . . You are surrounded by the relaxing, warm energy of the light, . . . As you completely and pleasantly relax your entire body . . . you can slow down a little bit. . . . Just allow yourself to slow down a little bit, and later, as we go, you can slow down a little bit more and let go. . . . I am going to count downward from ten to one; with each descending number, allow yourself to slow down and relax . . . and when I reach the number one, you will enter your own level of deep, deep relaxation. Ten . . . down, down, nine . . . deeper, deeper, down, eight . . . down, down, deeper, deeper, deeper, seven . . . down, six . . . down, five . . . deeper, four . . . deeper, down, three . . . deeper, down, two . . . deeper, down, and . . . one. You are now at a very deep level of natural relaxation, . . . Remember . . . you are in complete control and are completely aware at every level of your mind. This journey is something you want, because you are eager to explore, eager to learn, . . . In a moment we will begin a series of exercises into your perception, your ability to see and feel and be completely free from your physical body . . . from your temporary physical vehicle.

Now, feel the part of yourself that longs for something more. . . . There is a part of you that longs to see more . . . longs for movement, As this longing grows within you . . . feel this longing grow into a desire . . . a passion to know your true self . . . to know and experience yourself completely independent of your physical body . . . to know and experience your spiritual self, . . . Feel this desire. . . . I want you to look on the horizon and see or imagine a soft light . . . a doorway of light, . . . You feel and know this light to be good. . . . This light is full of love and protection. . . . Now begin moving toward this doorway of light, . . . Feel yourself moving toward the doorway of light, . . . As you see this doorway get closer and closer . . . you can feel yourself totally enveloped in the light . . . you are totally enveloped and protected by the light . . . you can feel the warmth and protection of the light, . . . The light surrounds you and flows throughout your body . . . throughout your entire being. . . .

Now visualize, imagine, or feel yourself moving through the doorway. . . . And as you move through the doorway of light, I want you to know that you are moving away from your physical shell, . . . As you step through this doorway of light . . . you will view and observe your body objectively . . . knowing at all times that you are always surrounded in the white light of protection; . . . as soul, you choose to step from the limits of matter. . . . So, I want you to observe every detail, . . . Now feel yourself becoming lighter, . . . You are becoming lighter and lighter . . . you are as light as a feather . . . light as a balloon as you slowly lift and float up, up, up. . . . Now you can feel yourself floating free. . . . As you float, enjoy all the warm

sensations of floating free . . . floating completely free from your physical body. . . . You are floating above your body. . . . As you enjoy the floating sensations, you can feel your awareness increase... You are more aware . . . more aware of your new, lighter energy-body . . . more aware of your light energy-self. . . . Now you are completely aware of your energy-self . . . your floating energy-self. . . . Your entire awareness is moving into your light energy-self. . . . Joyfully, you can feel yourself floating free, floating completely free of all limits . . . all dense limits, . . . Now you are completely aware within your light self. . . . You can see and feel with all your awareness . . . all your consciousness is within your light energy-self. . . . You can feel the joy of being free from your physical body, completely free from all limits, . . . Now, what do you see? . . . What do you observe?. . . [Pause for fifteen seconds.]

You can feel and see an increase in your new perception, . . . Your vision is becoming better and better . . . clearer and clearer... Your vision is sharper, clearer than ever before. . . . Your lighter self now has perfect vision . . . your lighter self possesses crystal-clear vision . . . perfect perceptions. . . . You can feel your entire awareness. . . . Your entire consciousness is completely within your lighter energy-self. . . . You focus all your energy within your light energy-self. . . . What do you see? . . . What does it feel like? . . . Can you see your body? . . . Describe what you see in detail... Enjoy all the sensations and sights. . . . Take all the time you need. . . . [Pause for three minutes.]

Now, slowly return to your physical body. . . . Take your time and slowly return, As you return, you absolutely know that you can separate from your physical body with ease, . . . With complete confidence, you can step from your physical body whenever you wish, . . . You now know that your physical body is only a vehicle for your awareness . . . only one vehicle of many that you possess. . . . It feels good to be able to go beyond your body to see and know for yourself. . . . From now on, you can and will leave your physical body with complete ease . . . complete safety, whenever you wish. Now, breathe deeply, relaxed and comfortable. . . . In a few moments I am going to count from one to three, so that by the time I say number three, you will be able to open your eyes and feel wide awake, . . . You will remember all that you have experienced, . . . You will awaken to even further insight, . . . You will feel invigorated and revitalized, . . . You will be rejuvenated and rested . . . as though you have taken a peaceful nap. . . . You will be in complete harmony. . . . You will feel fitter . . . better . . . and maintain a conscious connection with your inner self. . . . Because you have been able to relax so deeply and soundly, your mind will be sharp and alert, . . . You will be able to think more clearly and creatively, . . . We'll begin, . . . One. . . . You are feeling very rested now, . . . Your entire body is very much at peace. . . . You have been able to relax deeply and soundly, and this ability has enabled you to transcend your physical body. . . . In the future you will find that each session will be even more relaxing and even more rewarding. . . . Two. . . . You begin to feel energy and life flowing to every part of your body now, . . . You feel full of energy and vigor, . . . You remember all that you have experienced . . . and even more insight will reveal itself in the days ahead. . . . You feel alert and awake, . . . You have a deep feeling of well-being and knowledge. . . . You feel sound . . . healthier . . . ready to take on whatever may come your way. . . . You feel refreshed and rested as though awakening from a long nap. . . . Three... Your entire body, mind, and soul are refreshed, . . . Now open your eyes feeling completely refreshed and full of energy and joy.

Sound

The use of sound to induce out-of-body experiences dates back thousands of years. The Tibetan monks are famous for their use of chants, chimes, and bells to enhance their meditative states. In the last two decades, chanting and mantras have become a well-established part of meditation classes in the West. The repetition of

certain sounds is an ancient practice widely known and accepted today as an effective method of enhancing an individual's focus of attention.

SOUND-FREQUENCY TECHNIQUES

The practice of using sound frequencies to induce out-of-body experiences has not been widely investigated by the scientific community. Currently, the most extensive research is being conducted by the Monroe Institute of Applied Sciences, located in Nelson County, Virginia. For over twenty years, the institute's founder and executive director, Robert Monroe, has experimented with the potential of sound-induced altered states of awareness. In recent years, the Monroe Institute has developed some practical methods to accelerate learning through enhanced states of consciousness. These methods incorporate a system of audio pulses that create a frequency-following response in the human brain. The result is a synchronization of the brain's left and right hemispheres.

One of the institute's goals is to provide practical assistance for individuals who are interested in exploring the nonphysical dimensions of the universe. Toward this end it has created a series of audiotapes called Hemi-sync. The tapes are designed to feed a 1 00-hertz frequency signal into one ear and a 1 04-hertz frequency into the other ear; the 4-hertz difference represents the predominant brain frequency at the moment of an out-of-body experience. Even though sound-frequency techniques are still relatively new, I'm certain that with continuing research and development, this revolutionary form of out-of-body induction will become commonplace in the near future. To introduce you to sound-frequency techniques I have included an ancient method used by Tibetan monks. This is one of the oldest out-of-body techniques, dating back a thousand years before the birth of Christ.

SOUND TECHNIQUE

Take several deep breaths and completely relax. Become comfortable in your designated out-of-body area. Close your eyes and begin to focus your attention just above the crown of your head. Concentrate all your awareness above your head until the sensations of your body begin to disappear. As your physical sensations begin to fade, softly intone the sound OM seven times. Let the sound resonate through the top of your head. Repeat the OM sound in your mind seven times. Be completely aware of the sound resonating in your mind. Let the sound rise through the top of your head. Focusing all your attention on the very core of the resonance, allow the sound to slowly ascend toward the ceiling. Feel your awareness merging with the sound. As much as possible, become one with the rising sound, as your body becomes increasingly relaxed. Feel your awareness rising with the sound. Become one with the OM resonance. Enjoy the sound, and flow with it. Feel yourself become lighter and lighter as you float with the sound. Allow your physical body to rest and sleep as you focus all your attention on the rising sound. Maintain all your attention on the rising sound as your body falls to sleep. As you begin to fall asleep, concentrate all your awareness on the rising sound.'

This technique can be effectively used with an out-of-body induction sound tape. When using any external sound system, remember to focus on your internal sounds. The external sound's only purpose is to reinforce and enhance your own voice.

Repetition (Ceremonial Technique)

On numerous occasions people have told me of creating a repetitive system or ritual for their out-of-body preparation. Essentially, they have created a personal series of repetitive events that lead up to their out-of-body experiences. For example, they may take a long relaxing bath, then wear a special white robe and place lighted candles around their bed or sofa as they prepare to relax and begin

their out-of-body technique. Throughout this process, they constantly focus upon their desire for an immediate out-of-body experience. Many people report impressive results with this kind of approach.

I believe the success of the ritual technique owes to the special emphasis given to the goal during the entire preparation procedure. The mind registers the rather lengthy, repetitive process as something special and focuses additional subconscious attention upon the specified goal—an out-of-body experience. Moreover, the very act of repeating the same procedure for a period of weeks has an impact on the subconscious mind. There's an old saying that any act or thought repeated daily for twenty-one days becomes a habit. This idea is based on the premise that our subconscious mind takes note of the daily repetition and accepts it as a new behavior norm. I believe the same principle explains why daily repetition and the ritual technique are so effective.

Looking back over the years, I now recognize that I created my own ritual-like procedure. In the early seventies for a period of two years I woke up at 7:00 A.M., went to a morning college class at 8:30, then returned around 11:30 and relaxed. Every day at noon I would lie in bed on my back and do an out-of-body technique. This process was extremely effective. After several weeks of daily repetition, I had programmed myself to have out-of-body experiences. After several months, I didn't need to do a technique of any kind; I would just take a nap at noon and automatically lift up and away from my physical body. In retrospect, I believe that this was a form of self-conditioning. Success builds upon success, and once my conscious and subconscious mind accepted the process of out-of-body experiences, it became a very natural state of being. After I had had several successful and enjoyable experiences, my subconscious mind began to fully cooperate with my desires.

This is important because it points the way to a deeper understanding of the entire process of out-of-body exploration. To obtain the knowledge and wisdom available to us within the nonphysical dimensions of the universe, we must go beyond our superficial desires. To become proficient at nonphysical exploration, we must be willing to program ourselves for success. Halfhearted attempts at out-of-body techniques will produce halfhearted results. For real success and control, we must be willing to make a full emotional and intellectual commitment to this exploration. The easiest way to do this is to create a daily repetition or ritual of preparation and technique. The key is to do it daily and, if at all possible, at the same time and place. The combination of repetition and determination creates a powerful system of success that can be used to achieve whatever you may desire out of life.

Results Commonly Reported

The initial results reported during out-of-body experiences vary from person to person. Over the past twenty years, however, I have noticed some remarkable similarities. How we react to the initial changes we experience will many times control our success. The rapid transfer of your personal awareness from your physical body to your nonphysical self can be a startling leap if you are unprepared. Having some idea of what to expect will greatly assist your initial explorations. The more prepared you are for the experience, the greater the control you will be able to exercise. Your positive response to the sudden change of your personal location, perception, and viewpoint is absolutely essential to a successful controlled experience.

As you focus all your attention upon your out-of-body technique, your physical body will become increasingly relaxed. Eventually your body will begin its transition into sleep. As this sleep transition occurs, you may experience a dramatic change in your normal sleep cycle. This change may occur immediately after your body goes to sleep or during a REM period. It is during this transition that the inner signals are

reported most often, so pay attention to any unusual internal sounds or sensations you may experience.

The following are the most commonly reported results experienced immediately after an out-of-body technique.

1. Floating, standing, or lying just outside your physical body.
2. Experiencing your energy-self either lying or sitting within your physical body. This may be accompanied by an intense vibration circulating through your entire energy-body. You may feel out of sync with your physical body and ready to simply "lift out" of the physical. This is completely natural; just focus your attention on your new vibration rate and direct yourself to move away from your physical vehicle.
3. Standing or sitting at one of your target areas observing your new environment. This shift of awareness is rapid, so remain calm and enjoy your new vibration rate.
4. Experiencing a lucid dream (a dream in which you become consciously aware of your environment). During this dream, you may experience one or more of your inner signals. Focus your attention on the vibration or sound and will yourself away from your body.
5. Experiencing a nonphysical environment that differs from your daily surroundings. Remain calm and enjoy your new environment.

An Overview of the Ideal Mind-Set

- Begin with a clean slate. As much as possible, release your preconceptions, limits, beliefs, and convictions. Picture yourself starting your life again, completely free of self-conceptions and limits.
- Trust yourself and your abilities. You are a spiritual being possessing creative abilities and can easily separate from your temporary physical body.
- Be open to receive. Completely open to a new perception of yourself, an expanded vision of yourself possessing unlimited capabilities.
- Be open to recognize and release any personal barriers, blocks, or perceptions that limit your growth and development.
- Be open to recognize and release the intensive indoctrination and conditioning that you have received.
- Be open and receptive to a change in your awareness. Welcome a fully aware shift of your consciousness from your dense vehicle and limits to your higher energy-self.
- Strongly feel your inner self urging you to explore and experience beyond your dense physical vehicle.
- Focus all your energy, attention, and desire on your personal commitment to recognize and experience yourself independent of your physical vehicle.
- Throughout every cell, every tissue, every part of your being, absolutely know, absolutely feel that you are a high-energy, nonphysical being. Because you are more than matter, you consciously separate from your dense physical vehicle with ease.
- Feel totally safe, secure, and protected to step from your physical vehicle now.
- Fully recognize and acknowledge that the ideal environment and time for your out-of-body exploration is today. Now!
- Release and detach yourself from the earth. Vividly see yourself unhook from your body, setting you free from your physical limits.
- As you practice your favorite out-of-body technique, repeat the following affirmation: "I am more than a physical body. Because I am more than matter, I now separate from my physical body with full awareness."

Techniques Review

1. Remain calm. Internal vibrations, sounds, and motion are normal experiences.
2. Be fearless, for you are protected and immortal.
3. Demand complete clarity of your awareness, "Clarity now!" as often as necessary.
4. Focus and maintain your thoughts away from your physical body at all times.
5. Focus upon a specific desired objective: a person, place, or state of consciousness that you would like to experience.
6. Be prepared for a sense of motion after making a request.
7. Enjoy your new explorations. The unseen universe is your birthright and destiny.

Basics of Out-of-Body Exploration

1. We are spiritual (nonphysical energy) beings temporarily using biological bodies (vehicles) for experience and expression.
2. Since the physical body is a temporary vehicle, it is only natural for us to be able to separate from it and experience our true nonphysical self.
3. We are currently experiencing a biological vehicle so that we can explore, interact, and learn within the physical dimension.
4. Out-of-body experiences are the normal shift or transfer of awareness from our physical vehicle to our higher-frequency nonphysical body.
5. We are simultaneously using and controlling multiple energy (frequency) vehicles. Each of these energy vehicles exists at a distinctly different density and vibrational frequency. Ideally, all our energy vehicles work in harmony to assist in our personal development.
6. Each individual vehicle of consciousness perceives within its unique frequency of the universe. To perceive and experience matter, we must have a vehicle of matter. To consciously perceive and experience the higher (less dense) vibratory dimensions, we must consciously be using the appropriate energy vehicle.
7. We are the creative source of our reality and our experience. We create our individual reality by the way we focus and manage our personal thought-energy. This principle applies to all energy levels of the universe. What we experience has been influenced, arranged, and manifested by our conscious and subconscious thoughts.

CHAPTER 7

Mastering the Experience

Every man takes the limits of his own field of vision for the limits of the world
—Schopenhauer

If we are to obtain the maximum benefits available during an out-of-body experience, control is an absolute necessity. The key to effective nonphysical exploration is the conscious control of our nonphysical state of awareness. Once a degree of control is achieved, the potential of out-of-body exploration becomes absolutely unlimited. In fact, our imagination is inadequate to conceive of all the available possibilities. Experience has taught me that the more prepared we are for our explorations, the more effectively we can maneuver and adapt within the nonphysical environments. After proper preparation, many people report a high degree of control even during their first experiences.

Physical concepts and energy laws have little bearing within the nonphysical dimensions of the universe,

To be truly effective when out-of-body, we must learn the nonphysical “rules of the road.” To prepare and assist you, I have compiled an overview of situations, events, and challenges that you may encounter in your out-of-body explorations (see table below). This information is the result of my personal experience and feedback I’ve received from hundreds of people who have had out-of-body experiences over the last twenty years. I have found that much of the published information currently available is inadequate; it is either limited to a single viewpoint or slanted by religious beliefs and interpretations. With that in mind, I have presented this overview with as little cultural bias as possible.

In a world overflowing with beliefs and theories, there is a tremendous need for practical information obtained from firsthand experience. I have come to realize that the answers to the mysteries of our existence are not hidden; they are patiently waiting for us to extend our vision beyond the dense limits of matter. The keys to control will assist you in this quest.

Keys to Control

Situation	Key to Control
Inner vibrations (sometimes intense) accompanied by loud buzzing, humming, or roaring sounds.	You are experiencing the vibrational state. Immediately direct your full attention away from your physical body.
Catalepsy (inability to move your physical body)	This is a normal, temporary your physical body). phenomenon that may occur immediately before or after an out-of-body experience. Your higher-frequency energy-body is temporarily out of sync with your physical body.
Unintentional return to your physical body.	Normally caused by random thoughts directed toward your physical body. You must maintain your full attention within the nonphysical environment and energy-body that you are experiencing.
Blurred vision ; unclear or dreamlike awareness.	Firmly request clarity until your vision or awareness is clear: " Clarity now! " Then focus on a specific item or area in the environment you are exploring.
Feeling of fear or anxiety ; panic attack.	Repeat to yourself that you are safe and secure. Surround yourself with an impenetrable wall or globe of protective white light. (Refer to text for additional information.)
Tunnel experience.	This occurs when the energy membrane dividing two major frequency levels (nonphysical energy dimensions) opens. Movement through a tunnel is often experienced as an intense inward motion. Remain calm; the sense of rapid movement will normally cease in seconds. The end result will be your entrance into a different energy dimension or environment.
Sensation of rapid inner movement ; experience of being drawn deep within unknown areas of yourself.	This motion is often intense and can be startling if you are unprepared. Remain calm; this is a normal shift of consciousness from your denser energybody to a higher-frequency form.
Heaviness or inability to move freely just after separation.	This is caused by insufficient consciousness in your nonphysical body. Firmly request that your complete awareness be present in the energy-body you are experiencing. Ask for " Awareness now! " and/or demand lightness and mobility.
Lack of vivid recall after an experience.	Firmly request enhanced recall of your out-of-body experience: " I remember all. " This is especially effective if done when out-of-body.
Experience of being form-less or shapeless conscious energy.	This is the normal recognition of our true nonphysical self (soul).
Extremely loud pop or bang (like a gunshot) close to your head, heard at the moment of separation from the body.	This sometimes startling sound is likely the result of a sudden disconnect from a point located somewhere in the head (the pineal gland, according to many).

Sensation of looking through your closed physical eyelids.	This occurs when your consciousness is transferred within your energy-body but you have not separated from your physical body. Simply direct yourself away from your physical body: "I move to the door."
Entering the vibrational state but being unable to separate from your body.	Direct your complete attention on moving away from your physical body and toward another area of your home. It's critically important to maintain the focus of your attention away from your physical body at all times.
Strange or unusual sounds during sleep (voices, buzzing, bells, humming, music, footsteps, any sound inappropriate to your current physical surroundings).	Unusual sounds are indications that your awareness has already transferred from your physical to your nonphysical body. I refer to these sounds as inner signals (see text).
Entering a nonphysical environment containing cloudlike forms (sometimes appearing as holographic images with varying degrees of density).	You are observing nonphysical thought-energy forms. They are the direct result of focused thought upon a nonconsensus or natural nonphysical energy environment.
Your immediate surroundings appear to duplicate your physical environment.	You are currently experiencing your slowest frequency (densest) nonphysical energy-body and observing the parallel energy dimension closest to the physical universe.
Sensation of being touched while out-of-body (sometimes occurs just before or after separation).	This can be caused by at least three things: (1) your mind's interpretation of nonphysical energy currents; (2) an energy adjustment of your nonphysical body; or (3) a nonphysical inhabitant or loved one touching you. Generally we are subconsciously inviting this to occur.
Vivid thoughts or pictures entering your mind.	Someone is communicating with you. The universal method of nonphysical communication is direct thoughttransference. This could also be a form of communication with a higher aspect of yourself.
Perceiving or sensing an approaching form of energy or light.	You are recognizing an energy being near you. This could be any high-frequency being: a guide, friend, angel, or any interdimensional inhabitant
Becoming lost or disoriented.	Stop all forward motion and request assistance and/or clarity. Select an item in your immediate environment and focus upon it.
Entering a new room only to find that the entire environment has changed.	A common occurrence. Entranceways, doors, and windows often represent the beginning of a different energy environment.
Encountering a vehicle of any kind.	This is your mind's representation of a nonphysical (formless) energy-body or vehicle of consciousness. Often this is an image of your own inner or higher-frequency energy-body.

Experiencing a barrier or blockade (a wall, a river, any kind of energy barrier).	A barrier is usually an energy representation of a possible limitation you have accepted or created yourself, it is an opportunity to confront a personal energy block and overcome it. A barrier can also represent a border to a consensus environment or reality.
Observing or confronting a strange or frightening form , creature, or being of any kind.	Generally, frightening forms are energy representations of inner fears—subconsciously created opportunities for you to confront and conquer personal fears, blocks, or limitations. The most effective way to eliminate a problem or fear is to face it. Sending love to fears is one of the best ways to dissipate their energy.
Rapidly changing or shifting scenes or environments.	This situation usually reflects a lack of focus . To control it, simply focus on a single environment or object. Rapidly changing scenes may also indicate that you are in a nonconsensus reality.
Tugging sensation at the center of your back.	This is generally an inner signal to return to the physical.
Entering an extremely bright or highenergy environment (may manifest as a high-energy crushing sensation accompanied by in- tense light).	You have entered an energy environment with a higher frequency than you are accustomed to. Firmly request an adjustment of your personal vibratory rate: "I adjust now!" "I adapt now!" Or, return to your physical body.
Inability to move through selective structures.	This could represent either a personal limitation or the boundary of a consensus environment. Your personal energy frequency may be too dense to penetrate the structure. (Refer to text.)
Sudden or gradual feeling of heaviness when flying or floating.	An inadequate percentage of your consciousness is located within your energy-body. Firmly request your full or increased awareness to be present.
Losing conscious control in the middle of an out-of- body experience.	Verbally demand that your full awareness be immediately present: "I am completely aware now!" or "Awareness now!" (Never mention or think about your physical body or you will immediately return to it.)
Becoming tangled in a non- physical item , structure, or environment (bedclothes are the most commonly reported item).	All physical objects have finer-frequency energy duplicates. Remain calm and untangle yourself, or simply float away from the problem. This could represent an attachment to your physical surroundings.
Dual consciousness (awareness simultaneously in your physical body and your non- physical energy-body).	This occurs occasionally. Since consciousness is not physical in nature, it has the innate ability to be aware of multiple energy areas at the same time. Our consciousness can be compared to a continuum of energy that possesses the ability to move inwardly within the nonphysical interior of the universe.

Harnessing Thought-Energy

Thought has a powerful effect on our nonphysical experience and environment, especially thought focused in the form of a firm request. Focused thought-energy will immediately begin to restructure and mold the surrounding nonphysical energy. In effect, our thoughts, both conscious and subconscious, create an energy mold or blueprint. Our thoughts interact with the subtle energy of the nonphysical environment and begin to restructure it according to the content of our thought patterns. You will soon discover that only specific kinds of environments will immediately respond to your thought-energy; densely formed and established environments will be resistant to change.

The power of thought can also be harnessed for personal mobility. Feel free to experiment with different methods of movement when out-of-body. You can easily move by whatever method is most natural and comfortable—flying, walking, gliding— encountering no limits except those that you impose upon yourself. When you have adapted to your new abilities, out-of-body travel becomes an adventure that is absolutely exhilarating. Your knowledge of the basic thought-energy principles is essential in adapting to and controlling your nonphysical experience. Any doubts you may have about their validity will quickly disappear after your first out-of-body adventures.

Thought-Energy Principles

1. Thought is a form of energy.
2. Focused thought possesses the innate ability to influence, restructure, and ultimately mold energy.
3. The less dense the energy structure or environment, the faster the restructuring may occur.
4. The effectiveness and speed with which thought-energy restructures an energy environment are determined by the intensity of the thought and the density of the energy upon which it is acting.

Adapting to the Nonphysical Environment

To effectively maneuver within the nonphysical environments we encounter when out-of-body, it is essential to understand each new nonphysical environment and its energy principles. Successfully interacting within the subtle thought-responsive realities requires that we recognize the creative power of our thoughts and completely understand that we are the driving forces of our experience. There is much to learn about the unseen dimensions, but for now the following principles will assist in guiding our steps.

Basic Energy Mechanics

1. The nonphysical universe becomes progressively less dense in substance and increasingly thought-responsive as we explore away from matter and toward the source of energy.
2. As a form of creative energy, our thoughts have a natural tendency to interact with and mold the nonphysical environments we encounter. In general, the farther within the multidimensional universe we explore, the more rapid and pronounced this thought reaction is upon the energy environment.
3. Our thoughts, both conscious and subconscious, will influence the nonphysical energy that we observe. The degree of influence is in direct proportion to the intensity of our thoughts and the density of our surroundings.
4. The reality perceived in a thought-responsive environment (nonconsensus or natural) is determined by the personal energy frequency (density) of the observer and the observer's prevailing conscious and subconscious thoughts.

Because these principles have an overwhelming impact upon what we observe when out-of-body, they should not be underestimated. What we see and experience will be greatly influenced by how we interpret each nonphysical environment and react within it.

The early out-of-body explorers exemplify these principles in action. In the Book of Revelation, Saint John describes encounters with magnificent cities, angels, and entities on horseback. Five centuries later, Mohammed describes himself as riding a magnificent white stallion through what he called "the seven heavens." It's logical that these explorers' first- and fifth-century perceptions of reality influenced what they saw when out-of-body. In other words, our religious history and beliefs were influenced by the way the early prophets perceived and interpreted the nonphysical environments that they experienced.

The early observations of all mystics, prophets, and saints were directly influenced by their physical and social preconceptions of reality. Today Mohammed would likely see himself riding in a magnificent white vehicle throughout the energy dimensions of the universe. Instead of Saint John stating in Revelation, "I was in the spirit," he would likely say, "I was out-of-body." This knowledge does not diminish the inspired writings of our early spiritual explorers; it only provides additional insight into the unseen meaning of these nonphysical explorations. Many of the early spiritual leaders who influenced and molded our major religions were out-of-body explorers. They documented their nonphysical journeys in accordance with their cultural perceptions of reality. The Bible is full of statements such as "I was in the spirit," "You must be born again to enter the kingdom of heaven," "The spirit moved me," and "Seek ye first the kingdom of God." These statements are clear references to their authors' nonphysical (spiritual) explorations of the universe. It's only natural that the early explorers of the nonphysical dimensions would call their discovery heaven; it's certainly a fitting name for a thoughtresponsive universe overflowing with endless energy levels of beauty and light.

Each of us is different, and what we experience when out-of-body will vary according to our social indoctrination and strongly held beliefs. The environments and objects encountered when out-of-body are often perceived through the filters of our mind. It's essential to remember that any time you are exploring out-of-body, you can ask to see the true energy form of the object or environment you are experiencing. If you become confused or have questions concerning your observations, you can always request clarification. Keep in mind that all form is energy; this applies to all environments, frequencies, and densities within the universe (including the physical). The objects, situations, and environments we perceive are shaped and formed by thought-energy for a specific purpose. Our understanding of this basic energy principle will help us interpret and react to the many nonphysical energy forms we encounter. I have found that self-created nonphysical energy forms normally occur in the thought-responsive regions beyond the first nonphysical dimension. The first inner dimension is a parallel energy duplicate of the physical world and is a relatively stable energy environment that's resistant to thought-energy. Generally, perceived energy forms such as multilevel structures, vehicles, or bodies of water are a strong indication that you have ventured inward into the more thought-responsive areas of the multidimensional universe.

Guides

There are three primary ways to direct and control our out-of-body experiences. One way is to control our conscious thoughts (a difficult endeavor at best); another way is to ask for assistance from a more expansive part of ourselves—our higher self or soul. The third way is to request assistance from a guide or master with whom we feel comfortable. A guide can be anyone we respect: Jesus, Buddha,

Saint Paul, a guardian angel, a saint. When we request guidance, we are often directed to the experience that is the most favorable to our spiritual development. Nonphysical guides are seldom visible. Instead we may experience a strong impression or feeling of their presence. In their wisdom they understand that their visual appearance would only distract us from our personal goal. When a guide is present, we often experience a warm feeling of love and security surrounding us. Within ourselves we know that we are being assisted and directed to the ideal experience.

The advantages of a guide are numerous. In the higher-frequency worlds our needs are transparent; our state of spiritual development, our inner blocks, limitations, fears, and abilities are clearly evident. A nonphysical guide can appraise our developmental needs and assist us to the situation best suited for our evolution. The inner worlds of the universe are larger in size and diversity than our minds can begin to comprehend; unlimited energy levels and realities are available to explore. Without guidance it's easy to become confused or disoriented within any thought-responsive environment. Unlimited assistance is always available, but it is up to us to make the request. Guides normally will not interfere without a specific request.

Clarity

One of the best ways to enhance your awareness when out-of-body is to immediately focus and maintain your attention on a single idea or goal. If your attention begins to wander or your vision becomes fuzzy or dreamlike, firmly ask for complete clarity of your awareness. The most effective way of maintaining and enhancing your awareness and control is to request complete clarity of consciousness at the first sign of mental wandering. Requesting clarity of thought is the key to prolonged out-of-body experiences. Using this technique it's possible to maintain an out-of-body experience for several hours. Every time your mind wanders, simply demand clarity by saying or thinking, "Clarity now!" It is often necessary to demand clarity immediately after separation, when moving to a new nonphysical location, or when traveling between energy environments or dimensions.

In the beginning, the easiest way to control and prolong your out-of-body experiences is to acquire the habit of demanding your clarity of awareness every few minutes. Eventually, as you gain experience, the clarity of your perceptions will become increasingly automatic. It's important for us to recognize that we orchestrate our lives, both physical and nonphysical, by the power of our thoughts. When our lives feel out of control, it's because we have surrendered our internal control to others or have refused to accept our personal responsibility. For many of us, it's easier to point the finger of blame at others than to accept responsibility for our individual thoughts and actions. Some of the toughest lessons we are here to learn are directly related to thought control and personal responsibility. Our ability to focus and direct our thoughts is a central element of our personal evolution. The benefits we receive are beyond our expectations—our life is our reward.

CLARITY TECHNIQUE

A simple exercise is extremely effective for avoiding the disjointed or hazy awareness that some people report just after separation from the physical body. Immediately after separation, demand your complete clarity to be present: "Clarity now!" "I demand complete clarity!" or "Awareness now!" When making this request, avoid any phrase that includes a reference to your physical body or physical surroundings. For example, the statement "I demand full awareness in my body" will immediately snap you back to your physical body.

Always remember that when you are out-of-body you are experiencing a higher-frequency, less dense energy form and environment. Your new surroundings,

including your nonphysical body, are much more responsive to thought-energy than the physical body. When making your request, keep it firm and specific and the results will be immediate and effective. The stronger and more focused the request, the more effective the results.

This technique can also be used to upgrade a lucid dream to a fully conscious out-of-body experience. The key is to repeat this procedure until the foginess fades and your full awareness is present. The clarity technique is a procedure I automatically do immediately following separation from my physical body. In addition, I repeat it anytime my vision or awareness is less than ideal. I have found that it not only sharpens nonphysical perceptions but also enhances control and memory recall.

Fear Reduction and Control

Fear can be an obstacle to successful out-of-body exploration. Our personal anxieties, both conscious and unconscious, create invisible walls around us, boxing us into a narrow comfort zone and hindering us from achieving our highest potential. The choices we make and the lives we live are often directed by the way we manage our individual fears.

When I was a young man, I had a high school friend who was considered one of the finest baseball players in Baltimore. After some media attention, his coach arranged for him to attend a major-league tryout session. But after weeks of encouragement from his coach and fellow players he told me a secret, "I'm afraid I'll fail, I'm just not good enough." He never did go to the tryout; his fear of failure was more than he could handle. Instead of going for his dream, he surrendered to his fear.

Many believe that the very act of separating from our physical body and exploring new realms of the universe is effective in reducing our personal fears and limits. After an out-of-body experience, it's common to hear people speak of their personal breakthroughs. Sometimes this is a realization or confrontation with an inner aspect of themselves; at other times it's the recognition that they are much more than just a physical creature. On a number of occasions I have had people tell me that they had somehow connected to a more expansive part of themselves. Whatever we call it—spirit, higher self, God, or universal mind—this connection is absolutely real to the participant. This experience is difficult to explain, for it extends beyond our current linear concepts of reality.

In all our lives there are pivotal moments that change our destiny. Our challenge is to face these moments and conquer our fears. Your discovery of out-of-body exploration may be one of these pivotal times. Your decision to explore beyond your physical boundaries may be a decision that changes your entire life. I can only say that it's definitely been a turning point in my life, and I thank God that I faced my fears and ventured forward. One thing that I have learned is that all fears are an illusion. Each of us is an immortal being possessing unlimited potential. Our true inner self cannot be harmed, nor can it die.

PANIC ATTACKS

During the early stages of an out-of-body exploration, some people report an intense rush of fear similar to a panic attack. Generally, this is -caused by fear of the unknown and the initial physiological surprise of actually separating from your physical body. Panic attacks are often triggered by the unusual vibrations and sounds that sometimes accompany the shift of your awareness from the dense molecular body to your higher-energy counterpart. When first experienced, these vibrations and sounds can be startling, so it's important to remember that they are a natural part of out-of-body exploration. Many times, your recognition and understanding of these unusual sounds and vibrations are sufficient to eliminate or reduce any anxiety that may arise.

If panic attacks are a recurring problem, a simple soft affirmation may help. At the first sign of anxiety, repeat in your mind, "I am safe and secure" or "I am protected." Continue to repeat your affirmation until the fear subsides. Then follow the regular instructions by directing yourself away from your physical body—for example, "I move to the front door." It's commonly reported that after complete separation from the physical body is achieved, the initial anxiety disappears. Keep in mind that out-of-body experiences are a natural transfer of consciousness—there is simply nothing to fear. This fact is verified daily by the thousands of people who have out-of-body experiences. Generally, panic attacks cease to be a problem after you have had a successful experience. At that point, you know for yourself that there is nothing to fear.

FEAR-REDUCTION TECHNIQUE

If fear continues to be a recurring issue, this technique will be helpful.

1. Identify the fear. Attempt to identify the nature of your fear. For example, are you afraid of the unknown? Of rapid change? Of the possibility of becoming lost? Your recognition of your fear is an excellent indicator of progress.

2. Use the fear. Fear is a form of energy. It increases your respiration, strength, and ability to concentrate. It's nature's energy boost, designed to enhance your capacity to deal with potential obstacles or challenges. When you feel fear, attempt to use it to your advantage. Use the energy generated by fear to increase your concentration and desire to achieve your personal goal of out-of-body exploration.

3. Eject the fear. Take a deep breath, as you exhale, visualize the fear being expelled from your body, mind, and emotions. You can mentally repeat to yourself, "My fear is moving away from me," "My fear is gone," "I rise above my fear," or "My fears are washed away." As vividly as possible, picture the fear moving away from you. Visualize it fading away forever.

4. Replace your fear. Replace the emotional feelings of fear with a positive, productive energy such as exhilaration, concentration, courage, or the thrill of adventure. Use an appropriate affirmation such as "I am safe and secure," "I enjoy my new adventure," or "Excitement flows through me."

HOT-AIR-BALLOON VISUALIZATION

The following visualization technique may assist you in overcoming fear and other obstacles to a successful out-of-body experience.

Take several deep breaths and completely relax. Begin to visualize a majestic, bright orange, hot-air balloon. As you approach the balloon, you can clearly see that it's ready for liftoff. The familiar smile of your guide welcomes you to another adventure beyond the limits of matter. As you step inside the basket, you look forward to another exciting journey. With absolute joy, you cast off the ropes holding you to the earth. With an upward surge, your balloon begins to rise. An intense feeling of exhilaration builds as you effortlessly rise higher and higher and slowly drift over the treetops. Below, the homes and cars begin to look like toys—small and insignificant.

Looking down over the edge of the balloon's basket, you notice several large canvas bags. The bags look extremely full and heavy. On closer inspection, you recognize that the bags are filled with your fears and limits. Each bag is clearly labeled: fear of the unknown, fear of change, fear of failure, fear of new challenges, fear of death. Whatever fear or limit you currently experience in your life is clearly

marked on the bags. Take a moment and recognize your individual fears and limits and see them hanging in the canvas bags.

As you drift above the treetops, you realize that you have stopped rising. The weight from the bags of fear and limits is holding you back, holding you down. Peering over the edge of your balloon, you can see that each bag is tied securely to your basket. With overflowing joy, you begin to untie bags of fear and watch each one plummet to earth. As each bag of fear is released, you can feel your balloon surge upward, going higher and higher. With childlike excitement, you can feel each fear drop away. You absolutely know that each fear is gone forever, that each limitation is a thing of the past. Some of the bags of fear are so tightly tied that you need to cut them free. Your guide hands you a pocketknife, and with delight you begin cutting the tough strands of rope securing the remaining bags. As each rope is cut, you experience your lightness and freedom expanding. You feel the thrill of total liberation flowing through you as you go higher and higher. As you rise to new heights, your fears and limits are gone forever.

Control Overview

- You possess the exact amount of control that you believe you do, the exact amount that you accept and implement.
- The key to prolonging your out-of-body experience is to maintain the focus of your attention away from your physical body. The best way to achieve this is to become completely involved and interested in the nonphysical environment you are exploring. As you will soon discover, any thought of your physical body will instantly snap you back into it.
- You are the controlling cause of your experience, either consciously or subconsciously. You are the writer, director, and actor in every experience, situation, and encounter. This applies to all levels of the universe.
- Your method of movement is completely your decision. You can walk, float, fly, or drift. You can change your selected method of movement at any time to suit the situation encountered.
- If your perception is unclear or fuzzy, you can increase the clarity of your vision by firmly demanding an immediate improvement of your perception: "Clarity now!"
- Your nonphysical energy form is extremely flexible in size, shape, structure, and capabilities. You will probably experience the form that is most comfortable for you. This is generally a duplicate of your physical body. However, beyond the second energy membrane, you have the ability to consciously adapt and change your form to practically any shape necessary. This is achieved by concentrating upon a change in your self-conception.
- Feelings of fear are self-generated and are generally the direct result of a lack of information or knowledge when encountering a new situation or environment. Always remember that you are a powerful, nonphysical being; at your essence you are pure consciousness. You have nothing to fear, for you are immortal.
- As much as possible, attempt to maintain an open, nonjudgmental state of mind. Strongly held opinions, beliefs, and conclusions can influence what you experience and perceive, just as they do in the physical world.
- Remember to remain calm and centered during any changes or movement of your awareness.

- Recognize your ability to control your movement and your experience. Your thoughts are your personal vehicle and creative force. You simply go where your thoughts lead.
- Firmly request what you wish to explore, achieve, or perceive and be as specific as possible.
- Be prepared for rapid changes and/or inner motion when making requests.
- Fully expect to receive your requests—be open to receive.
- Ask for clarification if what you observe or experience is unclear. For example, “What does this nonphysical energy form represent?”
- Exercise your control. Just do it—there is no need for hesitation or second thoughts. Your ability to navigate in a thought-responsive environment will largely depend on your thought control, knowledge, and personal ability to remain calm and focused when encountering rapid change. As in all things, the more prepared you are, the more productive the experience will be.
Always remember, you experience the degree of control you demand. Aim high.

CHAPTER 8

Advanced Explorations

Man's mind, stretched to a new idea, never goes back to its original dimension.
—Oliver Wendell Holmes

The potential of out-of-body exploration is absolutely unlimited. After we step from our physical limits, an exciting new frontier of human potential and exploration becomes clear. Old limits begin to melt away as our true potential is realized. Each of us possesses unseen, untapped abilities that modern science is only beginning to comprehend. Controlled out-of-body experiences open the door to a new era of human development and exploration; however, it's up to us to explore the reality of this for ourselves—or to remain prisoners of our physical limits. To give you a sense of the explorations that are possible, I have included a list of potential experiments later in this chapter. To achieve specific benefits or goals, you can also develop and pursue your own experiments. When conducting any form of exploration or experiments, always remember to record the results as soon as possible. A voice-activated recorder is recommended. To get started, you could try two experiments similar to those conducted at Stanford University's parapsychology facility.

The first experiment is quite easy to set up: before you begin your out-of-body technique, place a small item such as a paper clip, pencil, or coin at the edge of a table. During your out-of-body experience, consciously attempt to lower your personal density (frequency) and move the object. Record the results.

The second experiment is the viewing of a remote target when out-of-body. To set it up, have a friend select and draw a large (at least six inches in diameter) number, picture, or symbol and place it at a location you can't physically see. Ask him or her to display the target in a clearly visible location with which you are familiar, such as your friend's home. After you separate from your physical body, focus your complete attention on the target location and attempt to observe the target as accurately as possible.

Exploring the Universe

When exploring beyond your physical body, the first nonphysical dimension commonly observed is a parallel world consisting of energy many times less dense than matter. At first glance, it appears to be a duplicate of the physical world. After closer investigation, you will discover that this energy environment is similar to your physical surroundings but not identical. Objects such as chairs, doors, beds, and entire rooms will often look slightly different than they do in your physical surroundings. The reason for these differences is simple. The objects and environments observed within the first inner energy level of the universe are not physical in substance. They are similar to energy molds of your physical surroundings. Each nonphysical item you see exists completely independent of the physical universe.

Numerous people have been led to believe that they are observing their physical surroundings from a new vantage point. They expect their nonphysical surroundings to be identical to their physical world, and when their expectations are unfulfilled, they easily become confused or disoriented. As a result, some conclude that their entire out-of-body experience was a dream, just because the environment observed didn't match their physical expectations. This misconception often occurs because we are conditioned to accept only dense forms as valid. As a result, our minds have a tendency to focus on the single reality we know and accept—matter. Since we live in a physical environment and are immersed in a sea

of physical stimuli, this indoctrination is to be expected. Our physical conditioning is a natural part of our socialization process. The key to overcoming this extensive physical indoctrination is to recognize it. The physical world we focus upon is but a tiny fraction of the universe. In reality, the physical forms we see around us are only the thin outer crust of the universe—the epidermis layer of the entire multidimensional universe.

Always remember that reality is relative; the environment we perceive as real is determined by our personal density and frequency. For example, when we are out-of-body, it's quite common for physical objects to appear vaporous and ghostlike. This occurs because matter, as observed from a higher-frequency vantage point, is no longer a solid reality to us. From your new perspective, the only firm reality to you is the energy frequency (density) corresponding to your own. Your knowledge of this energy principle is critically important when you are exploring a different vibrational universe. This knowledge will assist you in controlling your experiences.

As you progress in your explorations, you will begin to recognize a startling truth. You possess the power to move within the different energy areas of the universe by the act of focused thought. You can consciously raise and lower your vibrational (density) rate; the observed result is a corresponding change in your surrounding environment. This discovery is significant because it practically eliminates the need for external (lateral) movement. You can essentially explore any frequency of the universe without moving. The physical concepts of distance, separation, and motion become irrelevant.

A second advantage of this advanced exploration method is greater self-control. It's easier to remain focused when you do not have to deal with simultaneous external and internal changes. It's also easier to retain your sense of stability and clarity. Third, the method allows you to explore more effectively the innumerable frequency levels of the universe. Lateral motion within a given energy dimension is often limited to a narrow frequency band within that dimension.

And finally, it expands your ability to explore, perceive, and comprehend beyond current human understanding. Consciously altering your density (vibrational frequency) provides almost unlimited access within the nonphysical interior of the universe.

Our current concepts of motion are directly related to our physical indoctrination. Eventually, each of us will evolve to the point where we can simply "be" in any portion of the universe we choose. This is not a theory but an observable fact that can be verified by personal experience.

CONTROLLED INTERDIMENSIONAL MOVEMENT

1. Immediately after separation, move away from your physical body and become calm and centered. If necessary, request that your complete awareness or clarity be present. "Awareness Now."
2. While out-of-body, firmly demand to experience the next inner energy dimension. "I experience the next inner level (dimension) now!" Or pinpoint whatever interdimensional area you would like to explore. The immediate result will be an intense inward motion that will last for several seconds. Remain as calm as possible; the sensation of inner motion can be intense and disorienting if you are unprepared. The experience is similar to being pulled inward, into the center of your consciousness.
3. After your inner motion has ceased, immediately center yourself by firmly requesting that your complete awareness be present. "Awareness now!" Be prepared; your new environment and viewpoint will be completely different.

Raising Our Internal Frequency

As you progress in your exploration within the higher-frequency energy levels of the universe, you may begin to notice changes in your state of awareness. Internal energy sensations, visions, experiences with light, and increased energy sensitivity are commonly reported. The environments you encounter in the higher-frequency energy levels will become progressively more radiant with light. The very substance of your surroundings consists of a higher form of energy. For example, when you observe a simple flower or blade of grass you will see that it radiates an intense spectrum of light and color. A single blade of grass appears to be made of a thousand points of light. Each blazing point of light is pure, living consciousness. As we explore deeper into the universe, there is a need for us to raise our internal vibratory rate—to increase our internal light. To effectively explore the higher levels of the universe, our vibratory rate must be adjusted to coincide with the energy frequency we are experiencing. If our internal frequency is not equal to the new environment we are visiting, we will experience a blinding light and a crushing sensation of intense energy pressing upon us. This feeling is so uncomfortable that most people immediately retreat to their physical bodies.

When exploring the higher realms of the universe, we can enhance our internal vibrational rate by making a firm, sincere request. In effect, we can request a fine-tuning of our inner energy for the enhancement of our spiritual development. This fine-tuning of our unseen energy systems is an ongoing developmental process, normally occurring when we're asleep or dreaming. Most people are not consciously aware of these inner changes as they occur. For those who are aware, these changes are often perceived as waves of inner energy surging through the body. This process can last for seconds or minutes, depending upon the amount of adjustment required. I have found that the raising of our individual vibrational rate has a major effect upon our nonphysical capabilities. It's essential to enhance our personal energy frequency if we are to explore the higher realms of the universe. It is our responsibility to increase our personal light if we ever hope to escape from the illusion of matter. Always remember that heaven will not adapt to us; we must adapt to it.

Negative thoughts, anger, hatred, attachments, and ignorance block the natural radiation of our internal light. Destructive thoughts and emotions are a form of low-frequency energy that attaches to our inner energy-body like a cloak. When out-of-body you can immediately spot these negative vibrations in the energy field (aura) of anyone you are observing. Negative emotions such as hate, fear, anger, and greed become a part of the person who creates them. This negative energy acts like an energy-dampening field, blocking the inner light of soul from shining through at its normal intensity.

During out-of-body exploration, the evolution of anyone you observe is clearly evident by the intensity of light radiating from that person. The brighter the internal light, the more evolved the individual. Raising our personal vibratory rate begins with the removal of our internal energy blocks. This is why advanced spiritual souls such as Jesus and Buddha spent so much time teaching the Golden Rule. "Love thy neighbor," "Do unto others . . ." They fully realized that the more energy blocks we remove, the brighter our light shines and the higher our natural frequency rate becomes in the multidimensional universe.

The recognition of this principle is important to your immediate evolution. When your physical body dies, you will automatically go to the energy level (frequency) of the universe that corresponds to your personal vibratory rate. As you will discover, this is a natural energy process—the shift of consciousness from one frequency to another. Those unique individuals who have recognized and eliminated their energy blocks and raised their personal frequency rate will experience the full magnificence and light of the kingdom of heaven.

Amplifying the Vibrational State

It is possible to amplify the vibrational state from a slight internal vibration to a complete separation from the physical body. This can be accomplished by mentally encouraging the slight vibrations to build, expand, and spread throughout the body. It's quite common for some of us to awaken during various stages of sleep and experience a slight internal vibration and/or numbness at the back of the neck or in the legs or arms. This is often experienced during REM sleep, during lucid dreams, or during the light stages of alpha, such as the hypnagogic state. Of course, the key to this technique is to recognize the initial vibrations and numbness when they occur. The best way to do this is to pay attention to the subtle energy fluctuations occurring during the initial stages of sleep, dreams, and relaxation. Awareness of our internal sensations, feelings, and perceptions is an important first step in noticing our internal vibrations.

From now on, immediately upon awakening or when drifting in and out of sleep, remain physically still and completely relaxed. Notice any internal energy changes, vibrations, numbness, tingling, or other unusual sensations. When these sensations occur, mentally encourage the vibrations and accompanying sensations to expand throughout your body. Flow with the sensations and allow them to spread through your body and mind. After the vibrational sensations and numbness have spread throughout your body, direct yourself away from your body. Maintain your complete attention and thought away from your physical body and direct yourself to another area of your home. As unusual as it may sound, this is a very natural thing to do. The key is simply to notice, and then encourage, the subtle nonphysical changes that occur within us.

Enhancing Memory Recall

Each time you end an out-of-body exploration or experiment, make a firm request for a complete memory transfer to your physical awareness. Your physical brain and memory function like a computer: the obtained nonphysical information must be accurately transferred and stored within your physical consciousness. The easiest way to accomplish this is simply to request it.

Many out-of-body explorers are unaware of this principle. The result can be a hazy, disjointed memory of their nonphysical experiences. As in the clarity technique, the emphasis you place upon your memory request will determine the effectiveness of the results. A firm, focused demand works best: "I remember all!" Ideally, the request for enhanced memory should be made when you're ready to return to your physical form. This request will often propel you immediately back to your physical body.

Group and Partner Explorations

An out-of-body exploration group or partnership can provide considerable benefits for all involved. Since out-of-body experiences are a new form of exploration in our society, a nonphysical exploration group can offer valuable insights gained from firsthand experiences and also provide an open forum for new perspectives and techniques. A group enables us to compare notes and learn from each other's experiences. As we fine-tune our natural abilities, the important areas of fear reduction, belief reappraisal, dream conversion, inner signals, and separation techniques can be explored and developed based on firsthand results. The group can also discuss and pinpoint any psychological limitations or blocks that appear. As an added benefit, some powerful verification experiments can be conducted. For example, a group can create a target destination: a physical time and place where group members will meet while traveling outside their physical bodies.

In addition to group exploration, I highly recommend a buddy or partner system for out-of-body adventures. It's important to select someone who is serious about inner discovery. Consciously meeting a friend or lover while out-of-body is an incredible experience.

THE PARTNER TECHNIQUE

The partner technique is a variation of the Christos technique developed by G. M. Glaskin, an Australian journalist. The Christos technique was originally designed as a past-life regression method, but it was soon discovered that it initiated out-of-body experiences for substantial numbers of people.

The following technique is ideal for couples, partners, and groups. As the guide, you will be leading the meditation and occasionally moving around your partner, so it's important for you to be as quiet as possible. Your partner lies on his (or her) back, eyes closed, head toward the north. To be as comfortable and relaxed as possible, he should remove his shoes and lie on a soft surface such as a bed, a floor mat, or pillows. Now begin to gently massage your partner's anklebones in a gentle circular motion. The idea is to relax your partner as much as possible. After about two minutes of the ankle massage, quietly move to your partner's head and place four fingers on his forehead, just above the bridge of the nose. Now slowly begin a gentle, circular rubbing to the lower portion of the forehead. With gradually increasing speed and pressure, continue to rub your partner's forehead until he reports a loud internal buzzing or humming sound. After the buzzing sound is heard, you can stop rubbing. Most people report hearing a sound within five minutes. Now you will begin a verbal, guided meditation. Throughout the guided visualization, speak in a slow, relaxing tone, assisting your partner to become as relaxed as possible. Take your time and focus on relaxation as you begin the following guided visualization.

Take several deep breaths and completely relax . . . completely relax . . . slow down and completely relax . . . begin to feel your inner energy flowing, . . . Feel your inner energy slowly moving from your head down your neck . . . feel it slowly move down through your shoulders. . . . You feel completely relaxed as your energy moves down through your chest, . . . The energy feels good as it continues moving down through your stomach . . . your hips . . . your thighs. . . . Now feel the energy moving down your calves . . . feel the energy moving past your ankles . . . you can see and feel the energy at the very bottoms of your feet, . . .

After the relaxation portion of this visualization, begin to lightly brush the bottoms of your partner's feet with your fingertips as you repeat the following.

Visualize the energy at your feet extending and growing four inches through the bottoms of your soles, . . . Now you can see and feel the extension of your feet by four inches, . . . Feel the stretch of your feet extending four inches beyond the bottoms of your feet. . . . Now, hold that extension for a few moments.

[After each extension is successfully visualized, your partner can let you know by nodding.] After your partner has visualized the four-inch stretch, have him imagine the sight and sensations of his feet returning to their normal position. Now, repeat this stretching at least three times until your partner can easily visualize a four-inch extension of his feet. Take your time and be patient. This initial stretching is essential to the success of this technique, so feel free to repeat it as many times as necessary. After your partner has indicated his ability to extend his visualized feet, quietly move to the head and repeat the same stretching exercise with the upper body and head. (The guided visualization proceeds uninterrupted as you lightly touch the top of your partner's hair and shoulders.)

Now, feel your energy flowing to the top of your head, . . . Feel the top of your head begin to extend and grow See and feel the top of your head and your upper body expand and grow four inches, . . . See and feel your head and shoulders growing a full four inches beyond their normal size, . . . Feel the stretch of your

entire upper body growing and expanding outward . . . a full four inches beyond its physical limits, . . .

As before, repeat this process at least three times until your partner can easily imagine the extension. Return your partner's attention to his feet and verbally guide him to extend his lower body by a full twelve inches. Repeat as many times as necessary. Move to your partner's head and guide him to a twelve-inch extension of his entire upper body and then a return to normal size. Now, return to the feet and guide your partner to a full twenty-four-inch extension. This time, however, instruct him to hold the visualization and not return to a normal position. After the foot extension is complete, have your partner simultaneously stretch his upper body a full twenty-four inches. Repeat this procedure until your partner can clearly see and feel this total stretch of his body. While the full twenty-four-inch stretch is being maintained, direct your partner to expand his complete body like a balloon being filled with air. For example:

Now your entire body is expanding in size, . . . You can feel your inner self expand all over, like a balloon filling with air. . . . Your entire body is expanding all over . . . your entire body is expanding by twenty-four inches, . . . As your body expands, you can feel yourself getting lighter and lighter, . . . Like a balloon, you can feel yourself rising, rising, . . .

Now your partner is in an ideal state to achieve a fully conscious, out-of-body experience. At this point you can immediately begin a favorite out-of-body technique. For example: As you float, you can feel yourself becoming lighter and floating higher and higher above your body. . . . As you do, you repeat to yourself, "I am floating. I am floating. I am aware I am floating. I am floating free."

If done correctly, this technique provides a powerful preparation for any out-of-body visualization or affirmation.

Take your time and allow your partner to enjoy all the sensations associated with this technique. Feel free to enhance or lengthen the guided meditation to accommodate your partner's visualization skills. Ideally, allow at least half an hour when doing the guided visualization. After the verbal, guided portion of this technique, allow your partner at least twenty minutes of silence to accomplish his or her personal affirmations and visualization. Although I've included only one technique designed specifically for partners, any of the visualization techniques can be easily adapted to a partner or group situation by designating someone to do the verbal guided visualization.

Accelerating Psychological Change and Self-Improvement

At some point in our lives we all seek a form of self-improvement or psychological change. In the past three decades, countless self-improvement techniques, books, tapes, and courses have become available: positive thinking, neurolinguistic programming, inner-child work, self-talk, rebirthing, Twelve Steps, biofeedback, and a host of others. In general, our concepts of self-improvement are still linked to the conclusions arrived at decades ago by the founding fathers of modern psychology. Freud, the creator of psychoanalysis, and Jung, the founder of analytical psychology, believed that psychological change was a slow, deliberate process. Today this conclusion is accepted by psychologists and psychiatrists worldwide. Many consider psychological improvement to be the slow process of peeling away the outer layers of ego so that patients can see and understand the underlying cause of their current problems or blocks.

Every year millions of people spend considerable time and money attempting to achieve some form of psychological change. Many have been conditioned to believe that positive psychological change is a long, arduous road. Most psychiatrists and psychologists expect noticeable improvements to take from several months to several years. A few years ago, during a conversation with a psychologist, I was told bluntly, "Psychological change is a grueling task that takes a lifetime." My first thought was, "I'm glad I'm not paying you by the hour". Studies have shown that the attitudes and expectations of the medical practitioner dramatically affect the results achieved; often the expectations, or lack of them, are transferred to the patient. If a psychologist expects positive psychological change to be a grueling lifelong task, it most certainly will.

Over the years I have found many of the basic conclusions of the billion-dollar self-improvement industry to be severely lacking. I believe that the time has come for us to ask some serious questions. How can we effectively improve ourselves when we don't know what we are, why we're here, and where we're going? How can we effectively improve something that we don't comprehend? Do self-improvement and positive psychological change require years of grueling introspection? I strongly believe that it is within our grasp to bypass the unending maze of self-analysis and cut to the heart of self-improvement. This observation is shared by a growing number of individuals and groups throughout the world.

For a moment just imagine what could be accomplished if there were a more direct and effective way to achieve positive psychological change and self-improvement. Consider, for example, the experience of Michael Crichton, the internationally known author of Jurassic Park, who describes one of his out-of-body experiences in his autobiography Travels. He initiated this out-of-body experience with the assistance of a personal guide and friend, Gary.

Anyway, the idea of the astral travel didn't seem too alarming, and I tried it with Gary. It is, after all, just another kind of guided meditation in an altered state. I visualized my chakras glowing brightly, spinning like white spirals. Then I visualized myself leaving through my third chakra, moving up to the astral plane—which to me appeared as a misty yellow place.

So far, so good. I began to see why people so often imagined heaven as misty or cloudy. This misty astral plane was agreeable. It was peaceful to be standing here, in all this yellow mist. I felt fine.

"Do you see anybody here?" Gary asked.

I looked around. I didn't see anybody.

"No."

"Stay there a minute and let's see if anybody comes."

Then I saw my grandmother, who died while I was in medical school. She waved to me, and I waved back.

I wasn't surprised to see her up here. I didn't feel any particular need to talk to her.

So I just waited around. This astral plane was rather featureless. There weren't any palm trees or chairs or places to sit down. It was just a place. A misty yellow place.

"Do you see anybody else?" Gary said.

I didn't. Then: "Yes. My father."

I felt worried. I hadn't had an easy time with my father. Now he was showing up while I was vulnerable, in an altered state of consciousness. I wondered what he would do, what would happen. He approached me. My father looked the same, only

translucent and misty, like everything else in this place. I didn't want to have a long conversation with him. I was quite nervous. Suddenly he embraced me. In the instant of that embrace, I saw and felt everything in my relationship with my father, all the feelings he had had and why he had found me difficult, all the feelings I had had and why I had misunderstood him, all the love that there was between us, and all the confusion and misunderstanding that had overpowered it. I saw all the things he had done for me and all the ways he had helped me. I saw every aspect of our relationship at once, the way you can rake in at a glance something small you hold in your hand. It was an instant of compassionate acceptance and love. I burst into tears.

"What is happening now?" "He's hugging me." "What are you feeling?" "It's ... all over," I said.

What I meant was that this incredibly powerful experience had already happened, complete and total, in a fraction of a second. By the time Gary had asked me, by the time I burst into tears, it was finished. My father had gone. We never said a word. There was no need to say anything. The thing was completed.

"I'm done," I said, and opened my eyes. I had bounced right out of the trance state. I couldn't really explain it to Gary—I couldn't really explain it to anybody—but part of my astonishment at the experience was at the speed with which it had occurred. Like most people who have had therapy, I had an expectation about the pace of psychological insights. You struggle. Things happen slowly. Years may go by without much change. You wonder if it is making any difference. You wonder if you should quit or hang in. You work and you struggle and you make your hard-won gains. But what of this experience?

In less time than I took to open my mouth to speak, something extraordinary and profound had happened to me. And I knew it would last. My relationship with my father had been resolved in a flash. There hadn't even been time to cry, and now that it was over, crying seemed after-the-fact. I had no desire to cry. The experience was already finished. This made me wonder if my ideas about the normal speed of psychological change might be incorrect.

Perhaps we could accomplish massive changes in seconds, if we only knew how. Perhaps change took so long only because we did it the wrong way. Or perhaps because we expected it to take so long. The following is a personal confrontation I experienced with my own fears.

Journal Entry, September 14, 1992

I verbally repeat an affirmation, "Now I'm out-of-body," thirty to forty times as my body drifts to sleep. I awaken floating just above my body. I am aware of a connection at the base of my spine and somehow visualize this attachment to be a large insect holding me to my body. I instantly fall back into my body and break this unusual connection. Immediately I again float upward out of my body. I feel people touching me, gently rocking me side-to-side. I hear my mother's voice as she calls my name. I know I'm out-of-body but my perceptions are semi-dreamlike. I say aloud, "Clarity now!" I feel a surge of energy and an intense sensation of lightness and enhanced perception.

Suddenly I'm in a new environment. I'm standing in a maze of rooms completely different from my physical home. Again I ask for clarity and receive an instant improvement of my vision. Directly in front of me are two stairways: one goes up into a golden-colored room; the other leads into a dark basement. As I state down into the darkness, I see a large, slowly moving form. It appears to be headed toward me. As it comes closer, I see the outline of a huge hairy creature, a giant sloth, standing nine feet high; it has a bear's head and the face of a dog. My entire

being is paralyzed with fear. I desperately want to run, but I hold my position. Slowly, the creature climbs the stairs and wraps its huge hairy arms around my neck and body. All I can think is, this thing can snap my neck in a heartbeat. Suddenly the creature gives me a warm hug and licks my face like a dog. All my fear dissipates as I realize that this ugly creature is powerless to harm me. An intense feeling of empowerment and joy explodes through me; I feel completely free from my fear and limits. The creature looks directly into my eyes, smiles, and disappears. A surge of energy flows through me as I recognize a new form of freedom—an absolute freedom from fear.

I return to my physical body with a new vision of myself. Somehow I know that I have confronted an inner representation of my deepest, darkest fears and have conquered them by holding firm. I feel completely empowered, absolutely knowing that I can achieve whatever I desire. Now I realize that I can overcome my greatest enemy—my own fears.

Controlled out-of-body experiences give us the unique opportunity to confront and resolve the underlying energy-cause of any psychological issues we may have. The mirror experience related in chapter 5 is another example of this process in action. It should be emphasized that this is an advanced method of self-improvement that can create a powerful experience of confrontation. It is not recommended for individuals who are psychologically unstable.

Advanced Healing

Science has proved that many of the medical problems so prevalent in our society are the direct result of our emotions and thoughts. We influence our physical bodies by the way we use, move, and hold energy within us. For example, stomach ulcers, skin ailments, physical addictions, and depression are often caused by our thought and emotional patterns. Controlled out-of-body exploration gives us the opportunity to consciously experience the unseen energy frequencies and patterns that affect our physical body. When out-of-body we are directly experiencing our personal energy substructure, our subtle nonphysical energy system. This gives us a tremendous opportunity to make energy adjustments at the very core of our being. Energy restructuring accomplished within the nonphysical energy-body must eventually manifest changes within the outer physical body.

The following is a highly advanced technique that goes directly to the underlying energy-cause of physical illness. Using this healing technique, it is possible to influence and balance the unseen energies flowing within yourself or another person. Begin by doing your favorite out-of-body technique. Immediately after separating from your physical body, request complete clarity of awareness: "Clarity now!" Repeat the clarity request until your consciousness is crystal clear. When your full awareness is centered in your nonphysical body, begin to mentally and verbally request the healing light and energy of God (the universe) to enter you. Ask for and dearly feel the positive healing energies of the universe flowing within you. Sincerely request the healing light of the universe to permeate every level of your energy-body. Allow yourself to be completely immersed within the intense healing light.

If you desire, verbally request the healing energy to be directed to a specific person, or within a specific part of your own physical body. "I request the pure energy of the universe to assist and heal name of person." Or, "The healing power of the universe flows throughout my body and mind." When you direct your thoughts toward your physical body, you will likely return to it. After returning to the physical, remain still and feel the energy and light flowing through every cell and system in your body. Take your time and welcome the energy flow into your entire body. Feel the vibrational adjustments necessary for you to obtain your

optimum health. Be open to receive. Be open to a complete adjustment of your body's vibrational rate. It's important that you are open to receive your request—so many times people ask for things without being open to receive them. "I am open to receive the healing energy within me." This is a powerful request at any level of the universe.

Be thankful for your experience. You have received a special gift of energy awareness, adjustment, and healing. Use your gift to assist others to recognize and awaken the inner healing energy that flows through all of us. During the initial phases of this technique, remain as detached as possible toward your physical body. Any focused thought directed toward your physical form will instantly snap you back to your body. Don't underestimate the power of this technique. This form of nonphysical energy adjustment is the true cause of all physical miracles throughout recorded history. The person doing this technique is acting as an open channel for the power of God; within this state of consciousness, all things are possible.

Accelerating Our Spiritual Growth

For hundreds of millions of people around the world, the ultimate goals of spiritual development are self-realization and God realization. These spiritual goals are known by various names in different cultures: Christ consciousness, enlightenment, spiritual union, oneness with God, and illumination. Since the dawn of time, spiritual seekers, monks, prophets, and saints have spent their lives attempting to experience these goals. Unfortunately, our modern religions have wandered from their rich heritage of spiritual experience. Tragically, many modern religions and churches have become a poor reflection of the original spiritual experiences and teachings upon which they were built. The concept of personal spiritual experience has become an unexplored and mysterious phenomenon unknown to many religious leaders and their churches. As a result, millions of people settle for manmade beliefs and interpretations of their scriptures.

Today, we no longer need to depend upon the interpretations and beliefs of others. Using out-of-body exploration, we can obtain and verify for ourselves the spiritual answers we seek. As you will soon discover, one of the fastest and most direct ways to experience your spiritual essence and obtain firsthand knowledge of heaven is to learn out-of-body exploration. Controlled out-of-body experiences give us the unique ability to achieve any spiritual goal upon which we focus. The spiritual power of this is absolutely verifiable, but it is up to you to take action; it is up to you to take the steps and move beyond the limits of your physical body. In the physical world it's easy to become lost in the dense illusions and ignorance around us. It's easy to become immersed in the sea of man-made beliefs, doctrines, and traditions; it's easy to be trapped in the physical labyrinth. Those who truly seek spiritual growth and wisdom soon discover that it is not found in the external world. Spiritual growth is an internal journey of awareness, a journey deep within ourselves to the essence of our being. Spiritual growth is the personal experience and knowledge of our true self, our very soul.

The following technique is highly recommended for anyone seeking accelerated spiritual development, knowledge, and answers.

ADVANCED SPIRITUAL TECHNIQUE

Begin by doing your favorite out-of-body technique. Immediately after separation from your physical body, firmly request clarity, "Clarity now!" When you are fully aware and centered within your nonphysical body, ask to experience your soul (higher self). Make this request a firm verbal demand for immediate action. "I experience my soul (higher self) now!"

Instantly, you will be propelled within yourself at tremendous speed. The sensation is one of extreme inner movement, like being drawn into a powerful vacuum deep within yourself. Endless layers of light and color flash by your awareness as you're pulled deeper and deeper within. (Some people report a sensation of shooting upward into space.) After several intense seconds, this motion will come to an abrupt halt. Be prepared. When first experienced, this rapid inner motion of our awareness can be startling; hold on, have faith, and remain as calm as possible. I believe the experience of inner or upward motion is the transfer of our awareness from our relatively dense nonphysical body to the higher-frequency existence of pure consciousness (soul).

The result of this technique is beyond all expectations. You will experience and know your true self, independent of all form and substance. Limits melt away as an incredible spiritual dimension of pure light and knowledge opens within you. Experiencing your higher self (soul) is the very heart of spiritual development; now you have a tremendous opportunity to discover the answers to the oldest mysteries of your existence. You can receive an answer or solution to any physical challenge or limitation you may currently experience. Within this state of awareness, miracles can be achieved. Your ability to comprehend and influence the denser levels of the universe is magnified beyond all human comprehension.

Don't underestimate the power of this technique; the conscious experience of being your true self is an awakening that will change your life. While in this state of consciousness, your ability to obtain answers is unlimited; you experience your spiritual essence beyond all physical concepts of time, space, and form. You finally know the greatest mystery of your existence—what you truly are.

Out-of-Body Experiments and Explorations

- Observe, investigate, and explore the unseen energy substructure of the universe.
- Investigate your new environment: its form, substance, solidity, and stability.
- Conduct experiments using thought-energy; closely observe changes in your environment.
- Travel to a friend's or relative's home and observe the environment and activities. Record the time and place for verification.
- Conduct experiments with your nonmolecular density. Attempt to increase or decrease your body's density. Apply pressure on your arm. Can you feel it?
- Touch an object in your new environment. Can you feel it? Does it have density, or does your hand pass through it?
- Ask to visit and communicate with a "passed on" loved one.
- Closely observe the energy structure of your "new body."
- Conduct experiments with nonmolecular energy. Observe cause and effect, inertia, gravity, and the unique energy forces that exist in the new environment.
- While out-of-body, observe your prevailing thoughts. Do they affect the environment around you in any way? Now, focus upon a single thought. How does your concentration affect the environment?
- Ask for a specific quality such as increased comprehension, vision, or understanding. Observe any changes in your perception ability.
- Scan the horizon. How far can you see? Are there changes to the environment as you look around?
- Request a specific form, such as a chair, to appear in front of you. Does it? If so, does this object possess three-dimensional density? Now, ask this object to disappear. Does it?
- Investigate the possibilities of space exploration without the limits of a conventional spacecraft.

- Travel to your favorite physical location and observe and record the environment and events.
- Explore the possibility of your past lives.
- Meet and communicate with a nonphysical guide or resident.
- Explore the existence of sex in a different vibrational state.
- Ask to experience your higher self, your soul (highly recommended).
- Observe your life—past, present, and probable future—from a more expansive viewpoint.
- Ask to understand and resolve a physical problem that is causing you difficulty.
- Observe and explore the primal source of matter as we know it.
- Ask for insight into or clarification of any difficult question.
- Ask to observe the source and purpose of your current reality.
- Ask to see and communicate with a biblical angel.
- Explore and experience “heaven”—the nonphysical vibrational levels of the universe.
- Experiment with the transmission of healing energy to a physically ill friend or associate. Observe and record the results.
- Closely observe the connection between your energy-body and your physical body. Is there any visible connection?
- Firmly ask to see the true essence of the energy forms around you. Observe any changes in your environment.
- Ask to observe a thought—its form, function, and characteristics.
- Ask any question and be prepared to “experience” the answer.
- Observe your physical body from a more expansive perspective.
- Experience, explore, and begin to chart the multidimensional universe.
- Manipulate energy (form) by the conscious focus of your thought.
- Explore with a partner or mate (a highly recommended verification experience).
- Ask to observe the birth of a child from a nonphysical perspective.
- Explore the possibilities of time travel and the possibilities of sequential time and sequential existence.

Questions About Our Existence

Throughout recorded history, every great exploration and discovery started with a simple question: What is on the other side of the ocean? What is on the other side of our solar system? Now, with increasing intensity, we are asking deeper questions. What is on the other side of matter? What kind of energy and life exists just beyond our current technological vision? Out-of-body exploration raises many questions—so many that the list could fill a book. Here, I present a small sampling of questions that I believe serious out-of-body explorers can answer if they are willing to devote the necessary time and energy. These questions make excellent research and exploration areas for out-of-body partners or research groups. The questions are endless, but so are our potential abilities to discover answers when we transcend our temporary physical vehicles.

What do the nonphysical environments look like?

What is their structure?

Why are only some of these environments thought-responsive?

Does a universal form of nonphysical government exist?

Are there laws or rules?

Are there penalties for breaking rules?

Does a universal nonphysical police force exist?

What are angels?

Is there a nonphysical or spiritual hierarchy?

Does God directly interact or communicate with nonphysical inhabitants?

How do nonphysical inhabitants live?

What is their normal day like?

Is it anything like physical existence?
Do cities, towns, communities, or nations exist?
Do cultures, ethnic groups, or races continue to exist?
How do the energy centers (chakras) of our body affect or influence our daily life?
How do our energy centers and nonphysical bodies function as a complete energy system?
What is the correlation between the energy centers and our ability to have out-of-body experiences?
Can our energy-body assume any shape or form?
Are physical disease and illness the molecular result of unseen nonphysical energy disturbances?
At what point during pregnancy does consciousness (soul) enter the fetus?
Does this vary from person to person or is it universal?
Can physical diseases or illnesses be healed or improved by making energy adjustments to the nonphysical substructure of an individual?
Can a future event or disaster be averted or altered by influencing and adjusting the unseen energy substructure of the universe?
Can future physical events be accurately analyzed, interpreted, and predicted by observing the energy interactions existing within the interior of the universe?
Can we travel in time when out-of-body?
Is it possible that events in time are simultaneous?
Is reincarnation a reality?
Is it an evolutionary system?
How does it function?
Do angels actually exist?
If so, what do they look like?
What is their function?
Are they a nonhuman species?
Do the biblical heavens exist?
What does heaven really look like?
How many heavens are there?
How do they differ from one another?
Is the biblical heaven the inner energy dimensions of the universe?
Does God interact with human evolution or is it an automatic system of development?
What is our true form or essence, if any?
Why are we using these temporary biological bodies?
What do we hope to learn or gain?
What does the interior of the universe look like?
What is it made of?
Is it a series of energy dimensions?
Is there a distinguishable border between the different energy dimensions?
If so, what is this border?
How does it function?
What is its purpose?
What are miracles?
Are they the alteration and restructuring of the nonphysical energy substructure of the universe?
What do people look like when they sleep or dream? Do they float slightly above their bodies?
Are dreams internal creations or our unconscious interpretations of nonphysical events?
Do dreamers normally separate from their physical body?
How does our species' evolution correlate with out-of-body experiences?
Are out-of-body experiences an evolutionary step for our species?

Is evolution actually the movement of consciousness from simply physical organisms to increasingly complex nonphysical states of being?
What actually occurs at physical death?
Where do we go?
Is death a natural part of our evolution?
Why are we here?
Do we have a specific (unconscious) goal or plan on which we are working?
Did we select our parents?
If so, why and how?
Does nonphysical food exist and is it necessary for survival?
Do physical-like families and relationships continue after death?
Does physical-like sex exist?
Are nonphysical babies conceived?

The questions are endless. The answers are simply waiting for us to expand our vision beyond the dense molecular crust of the universe. This is not a theory but an evolutionary fact of Our existence. For many of us, the time has come to take a step beyond the physical limits we see around us. This step is the logical transition and evolution each of us will experience in the near future.

Questions and Comments

* *Can out-of body experiences be proved?*

Out-of-body experiences can be proved only by the participant. The ivory-tower conclusions held by many researchers are completely archaic and meaningless in the light of a single Personal experience. Many people desperately attempt to fit this unique state of consciousness into their accepted model of reality. For example, several scholars have concluded that out-of-body experiences are actually lucid dreams; their conclusions conveniently fit their traditional concepts of the mind.

* *What does it feel like to separate from your physical body?*

Many people report a high-energy vibrational feeling and temporary physical numbness during separation; this is often accompanied by an intense buzzing, humming, or roaring sound. These sounds and sensations normally dissipate after separation is complete.

* *What does the out-of body environment look like?*

The environment perceived depends upon the vibrational frequency (density) of the participant. Many people report a physical-like environment. This environment does not necessarily correspond to their immediate physical environment.

* *How long does it take to have an out-of body experience?*

Each person is different; however, a large percentage of people who practice daily techniques report an experience in less than thirty days.

* *Why should I invest my time and effort in out-of body exploration?*

The only way to know something absolutely is to experience it for yourself; anything less is theory, speculation, and belief. Out-of-body exploration offers us the unique opportunity to experience and explore beyond the limits of our physical senses. It gives us the ability to obtain firsthand knowledge of our existence.

* *What will my "new" body look like?*

Most people report a higher-energy duplicate of their physical body. The form we experience is a direct result of our expectations and beliefs. In general, most people will see themselves as they appear in the physical world.

* *Will I be able to see, hear, and feel as I do now?*

In your early out-of-body explorations, you will most likely experience your surroundings with a physical-like perception. Our perception capabilities are linked to our expectations; the more open we are to expanded perceptions beyond our physical senses, the more available these enhanced capabilities become. For example, some people report 360-degree vision, enhanced hearing, and the ability to read thoughts. During my out-of-body experiences I sometimes feel out of sync and have difficulty seeing or moving.

* *How can I overcome this limitation?*

This is commonly reported. To increase your clarity and mobility, simply demand (verbally or mentally) that your complete awareness be present: "Complete awareness now!" or "Clarity now!" Whatever personal ability or perception you need to improve your out-of-body experience can be obtained by making a firm request. Repeat your request as often as needed, and remember to make each request a firm demand for immediate results.

* *Will an out-of-body experience change my religious beliefs?*

According to an in-depth study of 350 participants published in 1992 by Dr. Melvin Morse, "Out-of-body experiences do not seem to alter one's professed values." Many people even report that their religious beliefs have been confirmed and strengthened by their out-of-body experiences.

* *What is the radiant light so often reported during a near-death experience?*

This is the higher-frequency light of the inner dimensions being seen by someone not accustomed to its brilliance. The light is commonly seen emanating from the entrance to a tunnel.

* *What is the human aura?*

The aura is the energy field that emanates from all life-forms.

* *What is the tunnel effect commonly reported during near-death experiences?*

This is the opening of the first inner energy membrane. It occurs automatically when a person dies and moves to the interior of the multidimensional universe. The tunnel immediately closes after the individual passes through into the next dimension.

* *Does the biblical silver cord exist?*

The biblical concept of the silver cord is accurate. According to my observations, it is not actually a cord but a thin, fibrous substance similar in appearance to a spider's web. The silver cord appears to function as the connection between the physical body and the first inner energy-body of all life-forms. Though its complete function is unknown, it's logical that it may act as an inner energy conduit. One thing is certain, when the cord is severed, the biological life ends.

* *Do animals have souls?*

Absolutely. Without a soul (conscious energy) no living creature can exist. To be more accurate, the soul possesses and uses a biological vehicle, not vice versa.

* *What is the purpose of physical existence?*

Physical existence allows us to learn from experience. In a sense, the physical dimension is a slowed-down molecular environment ideally suited for the training of developing consciousness. The personal challenges we encounter in our biological life are the lessons we need for our personal development. We learn by being, by doing—by firsthand experience.

* *How can I determine the dimension or energy level I am exploring?*

In general, the more similar the immediate environment is to your physical surrounding, the closer you are to the physical dimension. As you raise your vibratory rate, you will automatically move inward within the nonphysical dimensions. The perceived environments become progressively less dense and increasingly thought-responsive as you move inward away from matter.

* *Can out-of body experiences be harmful?*

No. They are a natural experience reported in every culture and society of the world. In over twenty years of personal research, I have never heard of anyone being harmed or injured in any way.

* *Can drugs be used to induce an out-of body experience?*

The key to a valid, productive out-of-body experience is absolute mental focus and control. Without complete control, the interdimensional realities experienced during out-of-body explorations cannot be accurately distinguished from self-created internal hallucinations or imagery. Control is the key to a productive, meaningful experience, and control is the first thing lost when using any kind of mind-altering substance. I strongly believe that nonphysical explorers should not use drugs. Why contaminate your biological vehicle when effective results can be achieved naturally?

* *Is it possible that I won't be able to find my way back to my physical body?*

No. In thousands of reported experiences there is no documented evidence of such an occurrence. We instantly return at the slightest thought of our physical body.

* *Can my body or mind be possessed when I leave it?*

No. There is always an interactive energy connection between your physical body and your inner energybodies.

* *What is the church's official viewpoint on out-of body experiences?*

The Christian church does not have an official or unified viewpoint concerning out-of-body exploration. I have encountered a wide variety of opinions on this subject. Many theologians consider out-of-body experiences a unique spiritual blessing—a personal confirmation of their religious faith and beliefs. Others are perplexed and uncertain where such experiences may fit in their belief system. A few are inclined to fear any phenomenon they don't understand, and automatically classify out-of-body experiences as something to be avoided. Today, increasing numbers of theologians consider out-of-body explorations to be a profound spiritual experience and solid personal verification of immortality.

* *Every time I feel I'm about to separate from my body, a wave of intense fear overwhelms me. How can I overcome this?*

This wave of fear is a common, instinctual response to a new experience. One of the best ways to overcome it is to immediately begin repeating a safety affirmation such as "I'm safe and secure," "I'm protected," or "I'm safe and calm." Any brief, positive statement that helps you relax and feel secure will be effective. As you repeat your affirmation, begin to direct your attention away from your body. This can easily be achieved by thinking about another area in your home or by saying to yourself, "I float away from my body." After a couple of successful experiences, your fear will diminish and eventually disappear.

* *Is out-of body exploration safe for everyone?*

Yes, with one exception. Anyone who has acute psychological problems should avoid this form of exploration. In general, people having difficulty dealing with their

physical reality can only complicate the situation by introducing other realities into their lives.

* *What is the most important step in gaining full, conscious control of the out-of-body experience?*

The key is to repeat the clarity technique whenever your awareness is hazy or out of sync. "Clarity now!" or "Awareness now!"

* *What is the difference between dreams and out-of-body experiences?*

The difference is quite dramatic to the participant. During an out-of-body experience, the participant is often as conscious as you are now. Dreams, on the other hand, are experienced as a rapidly changing motion picture projected within your awareness. At least three factors not found in a dream are normally present in an out-of-body experience: your ego self-awareness is present; you consciously control your movement; and you can consciously verify your experience.

Conclusion

The enormous potential of controlled out-of-body exploration may well be the most important discovery of the twentieth century. Only by exploring beyond our physical limits can we ever hope to comprehend the essence of ourselves and our universe. Eventually, our species will evolve beyond dependence on physical vehicles and technology. Until then, the progressive explorers will be those courageous individuals who go beyond the limits of science, religion, and their physical perceptions.

An unquenchable desire for knowledge is propelling a select number of explorers beyond the security of their physical homelands. These resourceful adventurers are exploring and charting the universe beyond the dense, outer crust of matter. This exploration and charting of our unseen energy universe are of worldwide importance. Only nonphysical exploration can pierce the dense, outer layer of matter and expose the invisible, underlying structure of our universe.

It's time we recognize that the decaying molecular forms we see around us are not the only reality in the universe. It's time we know the truth that lies behind the molecular facade of life.

Just beyond our vision exist vast realms of energy and life waiting to be discovered. As the twenty-first century approaches, the time has come for us to explore and discover the truth of our existence—to break free from the conclusions and assumptions of others, to see and know for ourselves.

Each of us faces an important choice. We can remain complacent, hoping and praying that our beliefs are accurate, or we can make a decision to explore and discover for ourselves. Ask yourself, what can you possibly lose by expanding your vision and comprehension beyond the limits of matter?

Your decision to explore will mold your future, your evolution, and your life beyond all expectations. All of us possess the God-given ability to explore and discover the answers for ourselves. The answers are never hidden, but are patiently awaiting our recognition and discovery. The inner search for the answers to our existence is the very essence of human growth and evolution. No one can hand you this or quote it from a book. An exciting new frontier of exploration is before you—endless levels of energy just waiting to be discovered. Today you have the rare opportunity to be one of the pioneers, to explore beyond the dense outer crust of the universe and see the truth for yourself. The ultimate adventure is waiting, and you have nothing to lose but your limits.

GLOSSARY

Affirmations: Repeated positive statements spoken, thought, or written in the present tense. For example, "Now I'm out-of-body!"

Apparitions: Nonphysical inhabitants who have lowered the personal frequency of their energy-bodies and are temporarily visible within the physical world.

Aura: The energy field emanating from all life-forms.

Black holes: Interactive energy conduits between the physical and nonphysical dimensions.

Cataleptic: The experience of being unable to move the physical body. This sometimes occurs during separation from and return to the physical body. It is a temporary condition resulting from our energybody being out of phase with our physical body. Physical sensations generally return within a minute or less.

Cluster experiences: Multiple out-of-body experiences occurring in a series. This is a normal experience and is similar to slipping in and out of body. Cluster experiences are commonly reported during physical illness and when physical death is close.

Consciousness continuum: Consciousness extending its awareness from the nonphysical source through numerous energy frequencies until it eventually expresses itself within the outer physical dimension.

Consensus environments: Areas of the universe created and sustained by the group consciousness of a large number of nonphysical inhabitants. These environments are resistant to individual thought-energy.

Energy-body: A general term referring to the nonphysical or spiritual form we experience when out-of-body. Energy-bodies are necessary for consciousness (soul) to function within the various nonphysical frequencies of the universe.

Energy dimensions: Distinct and stable energy systems or frequencies of the universe; separate universes of energy existing at defined frequency rates. Energy dimensions are separated from one another by their individual and unique vibrational frequencies. For example, the physical universe is a single energy dimension.

Energy environment: A general term used to describe a specific nonphysical area within a dimension. Countless energy environments can exist within a single dimension.

Energy membrane: The convergence point of two different energy systems (frequencies of energy); the energy border or barrier separating two energy dimensions or systems.

First energy-body: The nonphysical form often experienced while out-of-body. This energy form, although invisible to current technology, exists closest in density and frequency to the physical body. Commonly referred to in traditional metaphysical literature as the astral or etheric body.

Human radiation: A distinct feeling of energy emanating from a nonphysical human being when out-of-body.

Hypnagogic state: The subtle state of consciousness experienced between waking awareness and sleep. We pass through this creative state, in which mental imagery is especially vivid, every time we go to sleep.

Lucid dream: A dream in which a degree or percentage of awareness is present.

Multidimensional universe: The entire universe, seen and unseen; a continuum of energy consisting of an unknown number of energy frequencies or levels. As we explore inwardly away from matter, the inner, nonphysical energy dimensions become progressively less dense and increasingly thought-responsive. The visible physical universe is the dense outer molecular crust of the entire universe.

Natural energy environments: Unformed energy areas currently unaffected by thought. They are easily manipulated by conscious and subconscious thought-energy.

Near-death experience: An experience reported by millions of people who are declared clinically dead and then resuscitated. They often experience a separation from their physical body, movement through a tunnel leading to a bright light, and a new environment. Nonconsensus environments: Nonphysical areas of the universe that appear formed and developed but are currently not sustained and supported by conscious energy. They readily respond to individual focused thought.

Nonhuman radiation: Unique and distinctive energy emanations originating from nonphysical beings who have never had a physical human experience.

Nonphysical inhabitants: Any living beings existing within the nonphysical dimensions without current physical bodies.

Out-of-body experience (O.O.B.E. or O.B.E.): The separation of consciousness from its temporary biological vehicle. Also commonly called astral, etheric, or mental projection.

Physical life-forms: Temporary cellular vehicles (biological life) used by consciousness (soul) for expression within the dense outer dimension of the universe. Physical vehicles are required to experience, explore, and interact within the physical dimension, just as nonphysical vehicles are required to experience and explore within the nonphysical dimensions.

Physical universe (dimension): The visible universe; the dense outer crust of the complete multidimensional universe. The physical dimension makes up but a small fraction of the entire universe (less than 1 percent).

Second energy-body: A second energy form, less dense than the first energy-body, existing at a higher (finer) frequency than the first nonphysical body. Its internal frequency corresponds to the second inner energy dimension.

Silver cord: The traditional biblical term for the nonphysical connection between the first inner energybody and the biological body. In many respects, it is similar to an energy umbilical cord capable of stretching for immense distances. In appearance, though, it is not cordlike but is observed as thin, fibrous filaments connecting the biological body to its densest nonphysical counterpart.

Soul: Pure consciousness existing independent of all energy-bodies or forms; the pure essence of all life-forms. Soul exists beyond all form and substance as we know it but uses forms of energy for its expression in the denser regions (dimensions) of the universe. Our current physical body is one of these temporary energy-bodies used by the soul to experience, explore, and perceive within this dense outer dimension of the universe.

Thought forms: Nonphysical energy formed by thought. These forms, which may appear as anything we can imagine, are often responsive to focused thought-energy. The density and longevity of thought forms vary dramatically; without continuing thought reinforcement, they slowly decay and revert to natural clouds of nonphysical energy.

Thought transference: The universal communication method used within the nonphysical dimensions. This communication is commonly experienced as an internal recognition of a progression of vivid images entering the mind. These images can convey emotions and thought simultaneously.

Tunnel experience: The temporary opening of an energy membrane. This energy opening is often reported during a near-death experience.

Vibrational state: Internal vibrations and sounds often reported during the preliminary stages of an out-of-body experience. Buzzing and humming sounds accompanied by electrical-like vibrations, numbness, and catalepsy are commonly reported.

Visualization: The process of creating mental imagery for a specific purpose.

OUT-OF-BODY SURVEY

An overwhelming need exists for greater insight into out-of-body experiences. The purpose of this survey is to obtain as much data as possible about nonphysical experiences and the environments observed. Your participation in this survey will help to expand our knowledge about the out-of-body phenomenon. Send your responses to William Buhiman, P.O. Box 515, Bel Air, MD 21014.

Name _____

Address (optional) _____

Sex: M F

Date of birth: _____

RACE OR ETHNIC GROUP

White
 Black
 Hispanic
 Native American
 Asian
 Other (please specify)

CURRENT MARITAL STATUS

Single
 Married
 Remarried
 Separated
 Divorced
 Widowed

CURRENT RELIGIOUS PREFERENCE/ AFFILIATION EDUCATIONAL LEVEL

Catholic
 Protestant
 Jewish
 Muslim
 Buddhist
 Other (please specify)
 None
 Earned advanced degree (please specify)

Grade school
 Some high school
 High school graduate
 Some college or presently attending college
 College graduate
 Some postgraduate work

Current occupation _____

1. Please describe your out-of-body experience in detail, including your feelings, thoughts, and actions.
2. At what time of day did the experience occur?
3. What physical position was your body in during your out-of-body experience? Lying down? Reclined in an easy chair? Were you lying on your back or side? Please describe.
4. How would you describe your emotional and mental state before and during the experience?
5. Was your physical body asleep when the experience occurred?
6. How did you leave your physical body? Rolling out, floating, spinning, sitting up? Please describe.
7. Did you experience any feelings of fear or anxiety?
8. Did you feel any internal sensations or hear any sounds before or during the experience? Please describe.
9. Has the experience changed your perception of life and death?
10. Do you feel that the experience has provided evidence or proof that you continue beyond your physical body?

11. Did your state of consciousness differ from your normal physical awareness? If so, how?
12. Did you see and touch your "new" body? Did your body possess density and form?
13. Could you touch or move through obstacles such as walls and doors? If so, what did it feel like? What did these structures look like when you were out-of-body?
14. How did your experience differ from a dream?
15. Did you enjoy the experience? Would you like to do it again?
16. Do you feel the experience has changed you? If so, how?
17. Have you received any physical or psychological benefits from your experience? If so, please describe.
18. Has the experience changed your understanding of your existence? How?
19. Did you see or experience a tunnel, door, or opening of any kind?
20. Did you have a dream before your out-of-body exploration?
21. Did you have any difficulty adapting to your new environment?
22. How long did your experience last? Did you notice any difference between the experienced time and the physical time?
23. How many days or attempts did it take for you to have an out-of-body experience?
24. Have you conducted any of the experiments or explorations introduced in chapter 8? Please describe.
25. Did you encounter any other life-forms during your experience?
26. Did you observe your sleeping physical body?
27. Describe in detail what the nonphysical environment looked like. What forms, colors, densities, and lighting did you experience? How did the environment compare with your physical surroundings?
28. How clear were your vision and awareness during your experience? Did you do the clarity technique? If so, what was the result?
29. How long was your physical body asleep before your out-of-body experience?
30. Which out-of-body technique is the most effective for you?
31. Did you experience an impenetrable barrier or wall?
32. Describe your nonphysical body—its form, substance, and capabilities.
33. Did your thought processes, personality, or ego differ from your physical state of consciousness? Please describe in detail.
34. Did you notice an increased sensitivity to electrical systems, equipment, watches, computers, TV's, lights, and so on, after your out-of-body experience?

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