

Conscious spirituality in search of truth...



WILLIAM BUHLMAN: OUT-OF-BODY EXPERIENCE, OOBE

Near-Death Experiences, NDE's, Out- Of- Body- Experiences, OOBE's, higher dimension connectedness, conscious spirituality, personal transformations, and similar experiences contribute to being a precursor for an awakened mind.

The Robert Munroe Institute, an American based organisation offers online tuition and related literature resources towards assisting people wanting to experience an OOBE. According to William Buhlman one of the institutes OOBE trainers, there are nine simple steps that people can follow when 'consciously' trying to achieve an OOBE. Buhlman calls this program "The Early Morning Method." (1)An explanation of what is an OOBE and (2)Buhlman's 9 step program for having an OOBE follow.

—Philip Crouch, Tasmania, 2020

WILLIAM BUHLMAN: PART (1) BASICS OF 'OUT-OF-BODY EXPLORATION

"We are a spiritual (nonphysical energy) being temporarily using a biological body (vehicle) for experience and expression. Since the physical body is a temporary vehicle, it is only natural for us to be able to separate from it and experience our nonphysical self.

Out-of-body experiences are the normal shift or transfer of awareness from our physical body to one of our higher frequency energy vehicles.

We are simultaneously using and controlling multiple energy (frequency) bodies. Each of these energy vehicles exist at a distinctly different density and vibrational frequency. Ideally, all of our energy vehicles work in harmony to assist in our personal development.

Each individual vehicle of consciousness is necessary to perceive within its unique frequency of the universe. To 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.

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.



SELECTING 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, then concentrate on the visualization techniques. Select the technique which is most comfortable for you and stick with it.

If you have difficulty visualizing, then concentrate on the affirmation techniques. Keep in mind, the target technique has proven effective for many people who have claimed poor visualization skills. I believe this is due 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 techniques, remember to be both flexible and patient.

WILLIAM BUHLMAN: PART (2) THE EARLY MORNING TECHNIQUE NINE-STEPS



One of the best times to induce an out-of-body experience is **early in the morning after two or three R.E.M. periods** (three to five hours) have passed.

During sleep every ninety to one hundred minutes we enter a dream period commonly called Rapid Eye Movement or **R.E.M.** Our eye movement during sleep is physical evidence that we are entering a dream or, in some cases, other forms of altered states of awareness. The scientific correlation between **R.E.M.** periods and out-of-body are yet to be confirmed, however, individual reports linking the two are commonplace.

The following technique is very effective, but it does require a degree of self-discipline. Many have found it worth the additional effort.

- (1) Set your alarm for approximately three to four hours of sleep.** After you awaken, move to another area of your home such as a recliner or sofa.



- (2) **As you become comfortable in your new location**, select your favorite out-of-body technique. Completely relax and begin to do your affirmations and/or visualization technique. Repeat your affirmations, first verbally, then silently to yourself.
- (3) As you become more relaxed, focus your complete attention upon your affirmation 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.

- (4) Remember to focus all of your thought and emotions into the affirmations. Your intensity and personal commitment are most important.
- (5) This technique is highly effective. 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 drift to sleep; however, with repeated practice, this technique can provide dramatic results.
- (6) If you are having difficulty developing your visualization ability, I would highly recommend this technique as your best alternative. It is one of the most powerful methods available and does not require visualization skills.
- (7) 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 to four hours of sleep, our body and mind are partially refreshed and also completely relaxed. This mind awake - body relaxed state of awareness is the ideal starting point for any technique used in out-of-body exploration.
- (8) The following experience is the result of this technique. After approximately four hours of sleep, 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.

- (9) 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, making every effort possible 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.



Suggested resources:

William Buhlman - Out-Of-Body Experiencer,OOBE Trainer, Literature ...

<http://www.astralinfo.org/astral-projection-methods/>

Robert Munroe Institute

<https://www.monroeinstitute.org/>

Robert A Munroe: “Far Journeys” OOBE e-Book,

http://blog.hasslberger.com/docs/Far_Journeys.pdf

