

Conscious spirituality  in search of truth...

Out-Of-Body Experience Selection 2020

*"There is no beginning. There is no end. There is only change."
—Robert Monroe*



WILLIAM BUHLMAN: OUT-OF-BODY- EXPERIENCE OOB

SPIRITUAL LIGHT: OUR SPIRIT MAKEUP—1313 ON “BILOCATION”

CHARLES T TART: OUT-OF- BODY-EXPERIENCES OOB

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WILLIAM BUHLMAN: OUT-OF-BODY EXPERIENCE OOBE

An 'Out-Of-Body-Experience' OOBE and similar multidimensional, astral travelling, or consciousness transformations are not confined to seekers of Truth or thrill-seekers. An OOBE phenomena has been recounted by patients in hospital beds undergoing surgery. Other people have recalled a spontaneous OOBE whilst being in their beds at home. In these situations experiences are the **beyond physical**.

For example, people in their own homes, or whilst under anaesthetic in a hospital bed listening to doctors and nurses have a conversation the same experience of floating above the their body's lying below are experienced. The Munroe Institute founded by Robert Munroe, author of the classic book "Far Journeys" had experienced four decades of OOBEs. The institute now offers OOBE training programs for people wanting to consciously experience an OOBE phenomena.

William Buhlman, a registered Munroe Institute OOBE trainer has developed a nine-step program for people wanting to consciously experience an OOBE. Buhlman calls this nine-step process his "Early Morning Method," more OOBE information can be found on his website. As an experience for exploring potential consciousness pathways OOBEs is interconnected to achieving an "awakened mind." The OOBE information below is in two parts, (1) Basics of Out-Of-Body Exploration, (2) William Buhlman Nine-Step Early Morning Method

—Philip Crouch, Tasmania, 2020

(1) WILLIAM BUHLMAN: 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.

(2) WILLIAM BUHLMAN: 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, Trainer, Literature ...

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

Robert Munroe Institute

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

Far Journeys - Robert A Munroe, e-Book,

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

[LINK TO OUT-OF-BODY-EXPERIENCE INDEX](#)





CHAPTER 13 - SPIRIT LIFE

13.2 OUR SPIRIT MAKEUP

+TOPIC: 1313 On “Bilocation”

In some circles there is frequent mention of *bilocation*: the [supposed] state of being, or the ability to be, in two places at the same time.

Most of the conclusions on the subject are obviously based on unawareness of either spirit [etheric] body or its capabilities.

It is not uncommon for individuals under anaesthesia to find themselves floating above their physical body, seeing and hearing what goes on.

There are too many thoroughly documented cases of this phenomenon to doubt that it happens.

Another phenomenon that has been abundantly demonstrated is what is called *travelling clairvoyance* [remote viewing]: describing what at the moment is taking place elsewhere, sometimes hundreds or thousands of miles [kilometres] away.

Still another is that of people on earth, musing or lost in reverie, finding themselves conversing with others on earth some distance away, and being recognized by them—with normal communication subsequently confirming details of the visits.

If we reflect in the light of what we know about the spirit body we will realize that there is *no* bilocation in such cases, and that bilocation is an *impossibility*.

We have pointed out that *the real self* always resides within our *spirit* body, which, when are in the wide-awake state, is as a rule confined within our physical frame. When we sleep, the spirit body usually goes non a journey, or it stays close by, outside our physical body.

—When anaesthetics, besides producing insensibility to pain or other sensation,

induce deep sleep, the spirit body usually retires from the physical body; but we rarely remember it on returning to normal consciousness.

—In one method of travelling clairvoyance, one or more of the medium’s spirit guides are away and back in a trice to describe or present a picture of what they have seen elsewhere. In another method, a guide temporarily controls the medium’s physical body, while the *medium’s real self* travels in his or her spirit body to a place, observes it and returns, to either relay a description through the controlling guide or to present it directly.

+ Denotes *Spiritual Light* book core topic numbers. These topic entries clarifies context subject matter further, and are identified in book chapter headings, along with a comprehensive index.

—As for people on earth who suddenly find themselves visiting *others* on earth, it is merely one form of what some term and OBE, OOB, or out-of-the-body⁸ experience. We of course recognize it as an out-of-the-*physical*-body experience.

In the various cases we have discussed, as in others of a similar nature, *neither* the physical body, *nor* the spirit body was in two places at once: They were in *different* places. With the spirit body usually out of the physical body during sleep(and also during some other states), there are literally hundreds of millions of instances each day of the two bodies being in *different* places connected of course by the incredibly elastic silver cord *[1310:6]. But *neither* body is ever in two places at the same time. Nothing is.

⁸ Some also call OBEs astral travel or projection of consciousness. There are people and organizations on earth that research OBEs and teach others how to develop the ability to experience them, for the purposes of travelling, learning, and giving service in the spirit realms (other dimensions; see also 1329), interacting with spirit people, and remembering their experiences after they return to consciousness in their physical bodies.

[LINK TO OUT-OF-BODY-EXPERIENCE INDEX](#)



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CHARLES T TART: OUT- OF- BODY- EXPERIENCES OOB

Professor Charles T Tart is a leading scientific pioneer in exploring consciousness, spirituality, parapsychology, and transpersonal developments. Tart has consistently experienced four decades of academic research, is author of countless articles, books and other publications in the above scientific fields.

In 2018, he published “End of Materialism” a highly inspirational, deeply meaningful work that attempts (successfully) to bring the areas of science and spirituality, with its impact on human development closer together. My first encounter with Tart’s work was during the late 1970s whilst exploring ‘extrasensory perception’ ESP and related parapsychological subjects. It was an inspiring experience. In connection with Out-Of-Body-Experiences Tart published “Six Studies of Out-Of-Body-Experience” half a century on provides a succinct approach to this phenomena. The articles is published on his website. An extract from this appears below.

—Philip Crouch, Tasmania, 2020

CHARLES T TART: OUT OF BODY EXPERIENCES — HALF A CENTURY ON

“About half a century ago - have I really been me, doing my stuff, that long? - I had an amazing stroke of luck.”[Charles T Tart.]

OUT- OF- BODY- EXPERIENCE DEPICTION

‘As part of trying to make sense of life, particularly reconciling the religion I was raised in and modern science, I had read extensively in books about psychic research while still in my teens. Psychic research was a very small, but I believed very important field of inquiry, launched in the 1880s by intelligent people who had also been having difficulty reconciling religion and science, and who had the brilliant idea that science was a method, much more than just its contemporary findings.

So why not apply the method of science (observe, theorize, test theories, share) to human experiences that had religious/spiritual implications and see what was real, as opposed to what was, as many fervent devotees of science proclaimed then (and now) that religion was all superstition and nonsense? This has been a major theme in my scientific career ever since reading about it.

One of the human experiences which struck me as very important in forming religions was the **out-of-the-body experience (OBE)**, where a person unexpectedly finds themselves located somewhere else than where they know their physical body is, but their mind is fully clear and conscious.



They can reason logically about how what is happening to them, floating up near the ceiling, e.g., while looking at their unconscious physical body below them in bed, is impossible – and yet there is no doubt it is happening! The typical aftereffect of having an OBE is the person saying something to the effect that “I no longer believe that I will survive death – I know I will, I’ve been alive and awake outside my body!” This is a conviction which usually lasts the rest of their life. **Clearly OBEs happening to some people are a major source of the idea of a soul.**

But aside from an occasional trustworthy person reporting OBEs, that was about all we knew about them, with one major factor added: in some cases, the person acquired by observation (seeing it) correct information about what was happening at a distant place they felt located at, when there was no reasonable way for them to otherwise know about it. Without that, OBEs could be thought about as merely an altered state of consciousness (ASC), something like a dream but with full and clear consciousness rather than the fuzzy state typical of dreams.

And indeed there is a relatively rare kind of dream, the lucid dream[1], in which the dreamer feels their mind is awake, but they classify their experience as a dream. In practice some apparent OBEs are probably misclassified lucid dreams and visa-versa, but that some OBEs involve clear ESP functioning intensifies the question: “Is it really possible for a person’s mind to be elsewhere than their physical body, sensing that distant place?” I would have liked to have studied OBEs, but aside from one experiment while I was still a college student, had little opportunity, and with unclear results. No one else was studying them. Indeed, OBEs were taboo.

Lucky!

My wife and I had become friends with a young woman who occasionally baby sat our children. When she knew us better, and it became clear that we were people who could be talked to about unusual experiences, she began telling us about the OBEs which she had been having since she was a child...

This was the beginning of my luck. Not long after receiving my PhD, I also met and became friends with Robert A. Monroe who had also experienced many OBEs by then. His three books have been of great help since then to many people who have had OBEs but didn’t know what to make of them. I was able to do three studies with him over several years.



And also I was lucky because I carried out several years of research on using hypnosis to influence both the content and the process of nighttime dreaming, and the grant supporting that allowed me to have a sleep laboratory that was also useful for investigating OBEs.

Overall I have published six studies of OBEs. They can be studied with the increased precision of laboratory work (although that's not the only way), not just be memories of spontaneous experiences, e.g., and I found out some things about the physiological state in which they may occur - you don't have to be near death, as in near-death experiences (NDEs), e.g. - and sometimes it does indeed look like the OBEr's mind really is perceiving physical reality from a different perspective than that of their physical body. '

You can read an overall summary of my research at:[Tart-see below]



Suggested resources:

Six Studies of Out Of Body Experiences

[http://vedicilluminations.com/downloads/Consciousness-Life-After-Death/Charles%20Tart%20-%20Six%20Studies%20of%20Out-of-the-Body%20Experiences%20\(OBE\).pdf](http://vedicilluminations.com/downloads/Consciousness-Life-After-Death/Charles%20Tart%20-%20Six%20Studies%20of%20Out-of-the-Body%20Experiences%20(OBE).pdf)

<http://blog.paradigm-sys.com/out-of-body-experiences-half-a-century-on/>

The End Of Materialism: How Evidence of the Paranormal Is Bringing Science and Spirit Together, Charles to Tart

<https://www.bookdepository.com/The-End-Of-Materialism-Charles-T-Tart/9781572246454>

[LINK TO OUT-OF-BODY-EPERIENCE INDEX](#)



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[LINK TO OUT-BODY-EXPERIENCE INDEX](#)