



“We are masters of ourselves, but not at the conscious level.”

-Robert Monroe



Fourteen



EXPLORING NON-PHYSICAL REALMS IN THE OUT OF BODY STATE

Continuing down the path of meta-normal states and the exploration of self, let us now look at a phenomenon known as the out of body experience or *OBE*. Considered together, we just may find that all of these events have the potential to transcend reality as we understand it and with it, the transformation of ourselves!



Sabreena was eighteen at the time, her sister a few years younger. Their parents were away for the weekend, so the two decided to pair up and sleep in their parent's bed while they were gone. As the younger sister lay fast asleep, Sabreena felt particularly agitated and restless. Resorting to counting sheep, she stared intently at the ceiling, hoping she would eventually dose off.

All of a sudden, Sabreena was looking at her sister from a different vantage point – from the very ceiling she only seconds ago found herself staring at while counting her way into the sleep state!

“Not only was I looking down, like I was on the ceiling, I actually felt like I was many feet higher than the existing ceiling. I could see my sister, sleeping on her side as she always did, and next to her *was me!* I had this strange detached feeling from the girl laying on the bed and yet I knew it was me – but this was the me looking at both of us from above. It scared the

absolute crap out of me! I was disoriented and absolutely terrified. It was so quick. The moment I thought I was realizing what was going on, I had the sensation of falling, then I felt a thump and before you know it, I was *back* in my body. I'll never forget it.”

The above was a real-life account told to me by a dear friend whom I've known for many years. In fact, she's repeated this story many times to me – still trying to search for some explanation as to what could have been going on. In the early years, when we were young and curious gals, we didn't know so much about something called the *out of body experience* or OBE as it is often referred. I of course, went on to study such anomalous events as part of my research into the *unknown*. Sabreena too has since become absolutely fascinated about the reality of such experiences.

OBE's were first introduced to modern culture by Robert Monroe, a former radio broadcasting executive who happened upon the curious phenomenon when he began having spontaneous out of the body journeys. Having no prior knowledge of such an occurrence, Monroe immediately began experimenting with techniques to control OBE's and later went on to develop various methods including his patented *HemiSync* technique to induce controlled OBE's. His 1971 book, *Journeys Out of the Body* brought the term “Out of Body Experience” to a wide audience and to those curious about the reality of their own similar experiences – the separation of consciousness from the physical body.

Like some of the other paranormal phenomena we've discussed in this section, OBE's rank among one of the most elusive aspects of the human experience, and yet the OBE is also believed to be among the most natural occurrences known to man.

CONSCIOUS MUSINGS

William Buhlman, OBE researcher and experiencer, has authored several books on the subject, including *Adventures Beyond the Body* and *The Secret of the Soul*. He is well known for his groundbreaking research of out of body experiences worldwide, having gathered pertinent data to help us better understand the mechanics and features of the out of body state.

According to estimates obtained by Buhlman based on *The Secret of the Soul* published in 2001, over thirty percent of the population will have at least one OBE in their lifetime. I suspect that estimate is much larger at the time of this writing, given the fact that many more people are starting to report their own “paranormal” experiences as Rosemary Ellen Guiley stated previously.

Conditions such as an illness, injury or an unexpected trauma or even something as common as insomnia, similar to Sabreena’s case, can trigger a spontaneous OBE.

Often, the experiencer will be caught off guard when the separation of consciousness from the physical body occurs. Many report feeling a full body vibration or hearing a buzzing sound or even voices, just prior to the separation. Invariably, the OBE will then occur and suddenly the person will see their own body from a different perspective in their immediate surroundings. Some have even reported traveling through walls or the ceiling of their home, and visiting friends or family located far from their current physical location.

I’ll never forget a story my mother told me shortly after I had recently married and moved to New Jersey with my husband, nearly eighteen years ago.

“I was in my bedroom putting on makeup at my vanity, when suddenly I heard your voice. ‘Hi Mommy,’ you said. I heard your voice as clear as day. It was coming from your old bedroom. You were there! And you know, I wasn’t frightened

by it – I was just caught off guard,” she said.

What made this incident particularly curious to me at the time, was the fact that I had been practicing my meditation quite regularly while living in New Jersey. I remember on several occasions feeling myself moving into a very deep altered state during my sessions. Once I recall feeling as though my consciousness was indeed separating from my physical form. This was the first time I can remember having had what I could roughly describe as an OBE, but because the incident startled me so much, I immediately ended the meditation and resumed my daily activities!

I always found that comment “I wasn’t frightened by it” very interesting coming from my mother, as she described this event. She was a very practical, grounded individual. When she would share stories with me that had a *mystical* or *unusual* quality to them, I knew she was absolutely serious, otherwise she wouldn’t have bothered bringing it to my attention. She was not necessarily a vivid story teller – not known for it in any case, so when she would occasionally share odd occurrences that happened to her, I knew they were real for her! In fact, to this day, I truly believe that not only did she hear me speak, she *saw* me! There was a tone in her voice that told me she wasn’t revealing the whole story! Unfortunately, I’ll never know for sure what actually happened on that day.

Spontaneous out of the body experiences are apparently quite common and in most cases, when these little out of sync episodes occur, the temptation is to simply brush them aside, given most people have nowhere to put the experiences based on their existing belief systems.

William Buhlman feels adamant that not only should we embrace these experiences, but even incorporate what he calls *self-initiated OBE’s* into our lives and spiritual practices.

CONSCIOUS MUSINGS

Buhlman says, “The most powerful benefit of OBE’s is that we have the ability to absolutely prove to ourselves that we continue [after death]. Number one - what are we? Where did we come from? Where are we going? What’s our purpose? These things I feel can be discovered through out of body exploration. These experiences take us closer inward to our true nature and that’s where the answers truly are.” In addition to calming the fears associated with the death of the physical body, understanding that we continue to exist beyond the physical plane, Buhlman advocates utilizing self-initiated OBE’s to reunite with loved ones who have passed over, and even meet those who’ve yet to incarnate into the physical form.

When I spoke with him during a phone conversation some time ago, he talked of having received letters from pregnant mothers who admitted having had communications with their unborn child in the OBE state! Repeatedly they reported meeting with who they described as “an adult soul,” and how the soul was simply preparing to enter the physical world through the mother. Many times, the “unborn child” would give insight to the expectant mother on their connection in previous lives. This example denotes yet another piece of evidence for the authenticity of reincarnation!

Buhlman agrees that even in the last decade or so, more and more people are having psychic experiences, including out of body experiences. “Our society is totally obsessed with the outer form of everything,” he says. Once we begin to initiate experiences that are outside of the physical framework, we will understand so much more about ourselves and yes, our magnificent potential!

It is not only possible to perceive other states of consciousness, but perhaps it would serve us quite well to

practice initiating entry into these dimensions, in order to meet the increasing frequency for which our planet is now immersed. One stipulation, however – to explore beyond the physical is not necessarily an option to *trade* our presence on this earth for one that is *outside* of it. Many in the new age or spiritual movement have believed that to “get out of my head” and blast into the cosmos is the path to spiritual enlightenment. I don’t agree. We are all here for a reason. By remaining anchored on this planet while in physical form, we have the opportunity to ground these amazing frequencies *into* the earth and throughout the planet while meeting the frequencies that mother earth is naturally achieving on her own.

As we begin to contemplate the clues these incredible experiences have to offer, let us not miss out on the enormous opportunity this new world has in store for us. The out of body experience serves as yet another brilliant access point to the evolution of mankind!

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