

The Early Years Journal

This page will contain some of my Journal entries from my early years of doing OBE's. Every week I will add a new entry from my first OBE Journal. I will start with the earliest entries to the latest. Be sure to check back every week for newer entries :-)

Each journal entry, when studied can give valuable clues to this non-physical experience and the nature of its reality.



7/17/97 (Posted 11-4-2015)

Went to my mother's room around 9 o'clock to meditate and practice leaving the body. I was focusing on the chakras starting with the sex chakra when after about ten minutes I was pleasantly startled with the vibrations that are usually a signpost of leaving the body. I remained within the vibrations for about a minute, then they faded. I began to relax further and they rushed in again. This time I felt the vibrations but they were accompanied by a flashing light. Again they came and went. After another five minutes of relaxing and focusing on the chakras I was hit again with the vibrations and the strobe-like flashing of light. After about a minute in the vibrations they faded again and I sat up and went downstairs ending the experiment for now. Ending time around 10 o'clock.