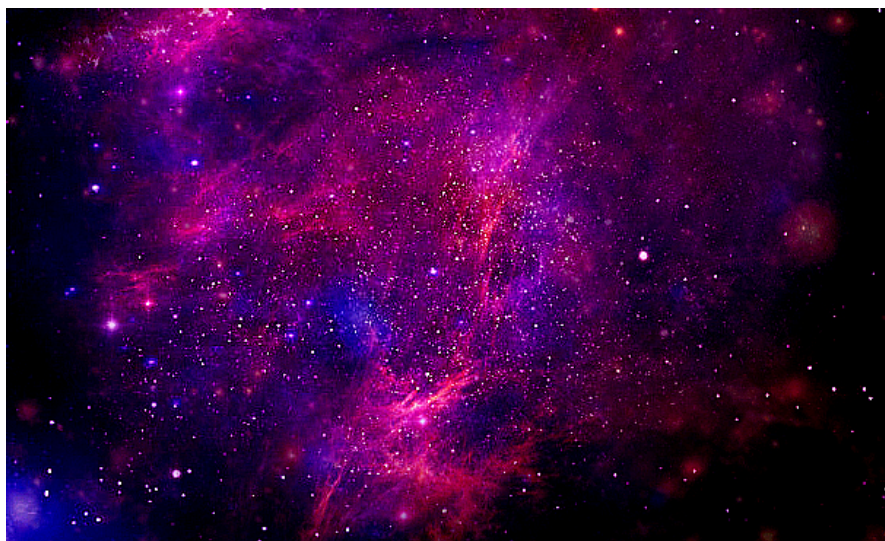


What is an Out of Body Experience

I will define what the Out of Body experience means to me as a long time practitioner. In its most simplest terms, it means ANY state of consciousness where your focus of attention is not through your physical body. By this very definition, you are out of your physical body when your focus of attention is in a dream, etheric, astral, mental or any other body then the physical. So if you are in a dream and you feel like you are consciously there, then you are out of body. Each of these areas that you may travel to are just different areas of The Greater Reality (TGR). None of these realities are any less real than any of the others, they are simply different locations of TGR. I will touch briefly here on some of these locations but will go into deeper details in another post.



Here are two scenarios where it is an out of body experience but too two different locations in TGR. The mental and relaxation pathways will be exactly the same.

Scenario one in the Dream World: I lay down and begin to relax. I sweep my body mentally for tension spots and focus on "Letting Go" any tensions I find. I then just place my attention in the spot of the third eye region. After some time with my attention on this spot, I begin to get spontaneous fleeting dream images. I keep my attention on The Spot until the dream images become dream sequences that last longer. I then move my attention from The Spot to the dream sequences. At this point the dreams become more vivid and my attention is now completely in the dream state. I do not feel my physical body at all just the perceptions inside the dream world. At this point I do whatever it is I want to do for this journey in my dream body.

Scenario two in the Etheric World: I lay down and begin to relax. I sweep my body mentally for tension spots and focus on "Letting Go" any tensions I find. I then just place my attention in the spot of the third eye region. After some time with my attention on this spot, I begin to get spontaneous fleeting dream images. I keep my attention on The Spot until the dream images

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become dream sequences that last longer. I continue to keep my attention on The Spot until I feel a numbness spread throughout my body. This numbness is sometimes followed by vibration but not always. I then roll off the bed as if tho I am physically rolling off the bed. I then stand up and look at the bed to confirm that my physical body is still laying there. If my physical is laying there, I then exit through a wall to the outside of my home. At this point I do whatever it is I want to do for this journey in my etheric body.

I will expand on this topic in other posts and in the comments.