

Foundation for Mind-Being Research

SEGMENTS FROM A COURSE ON THE NATURE OF MIND-BEING

The Relationships and Evidence :
Consciousness, Science, Spirituality, and
Nature of the Universe

Out-of-Body Experience (OBE)
Notes - Jerry Gin

International Academy of Consciousness (IAC); Luis
Minero, Demystifying the Out-of-Body Experience,

OUT OF BODY EXPERIENCE (OBE)

- Well documented phenomenon
- Two organizations teach techniques for OBE
 - IAC (International Academy of Consciousness)- teaches 4 modules of techniques for OBE; excellent descriptions of the energetic bodies we possess and of the astral world
 - Monroe Institute - uses Gateway Voyage, a training course that uses binaural soundtracks to facilitate exploration and replication of specific altered states of consciousness (Farber, VA)
 - Jack Seccombe method - see pdf
- We are consciousness occupying a body - it is not a body having consciousness

TERMINOLOGY

- ◉ Most books describe phenomenon as astral traveling
- ◉ IAC has a different set of definitions - will be used in this presentation
- ◉ Pictures are in Luis Minero's book and are used by IAC

OUT OF BODY DURING SLEEP

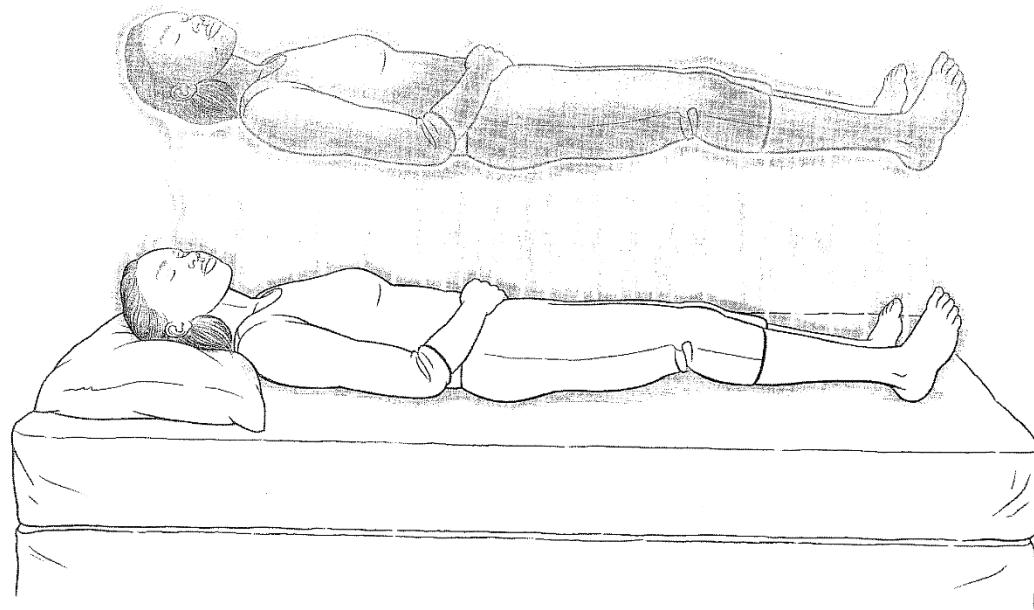


Figure 1.1: Disconnection during Normal Sleep

SELF BILOCATION

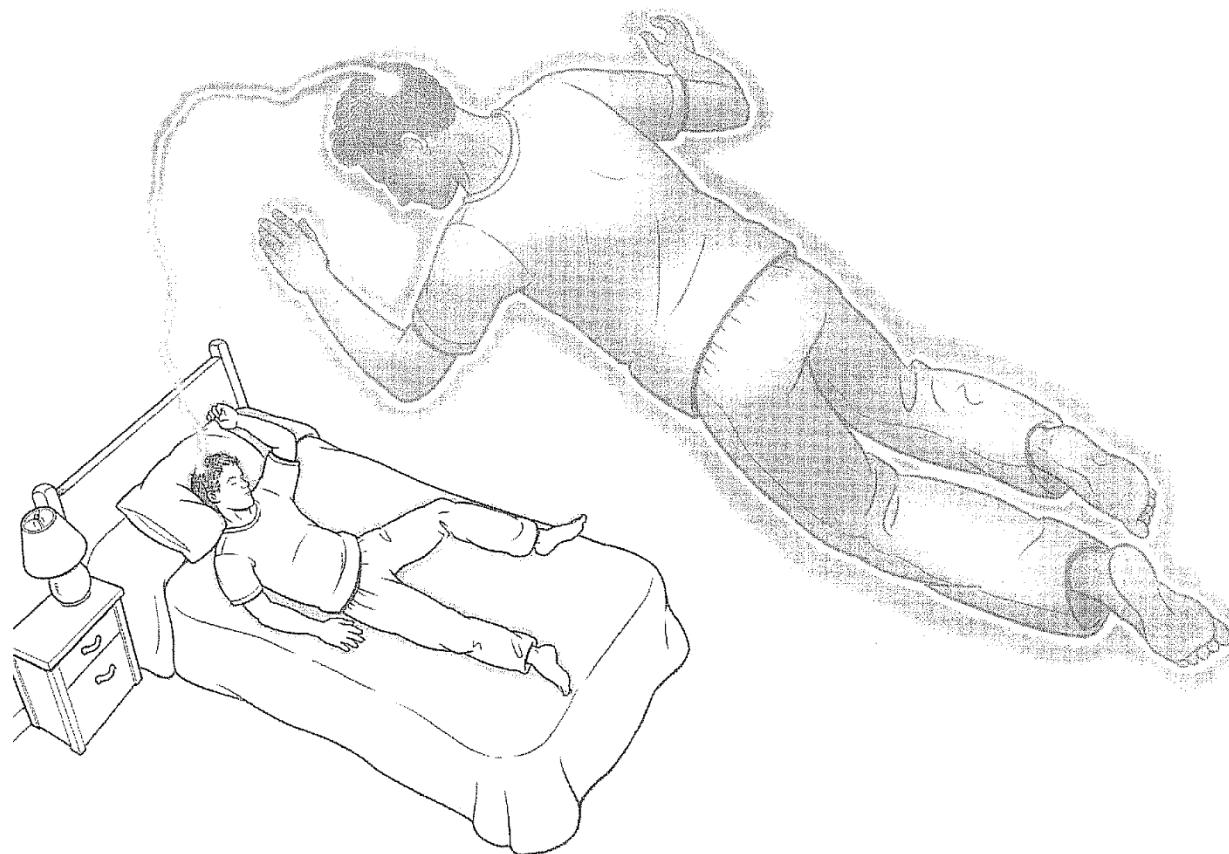


Figure 1.2: Self-Bilocation

SOMA, ENERGOSOMA, PSYCHOSOMA (ASTRAL BODY, EMOTIONAL BODY), MENTALSOMA

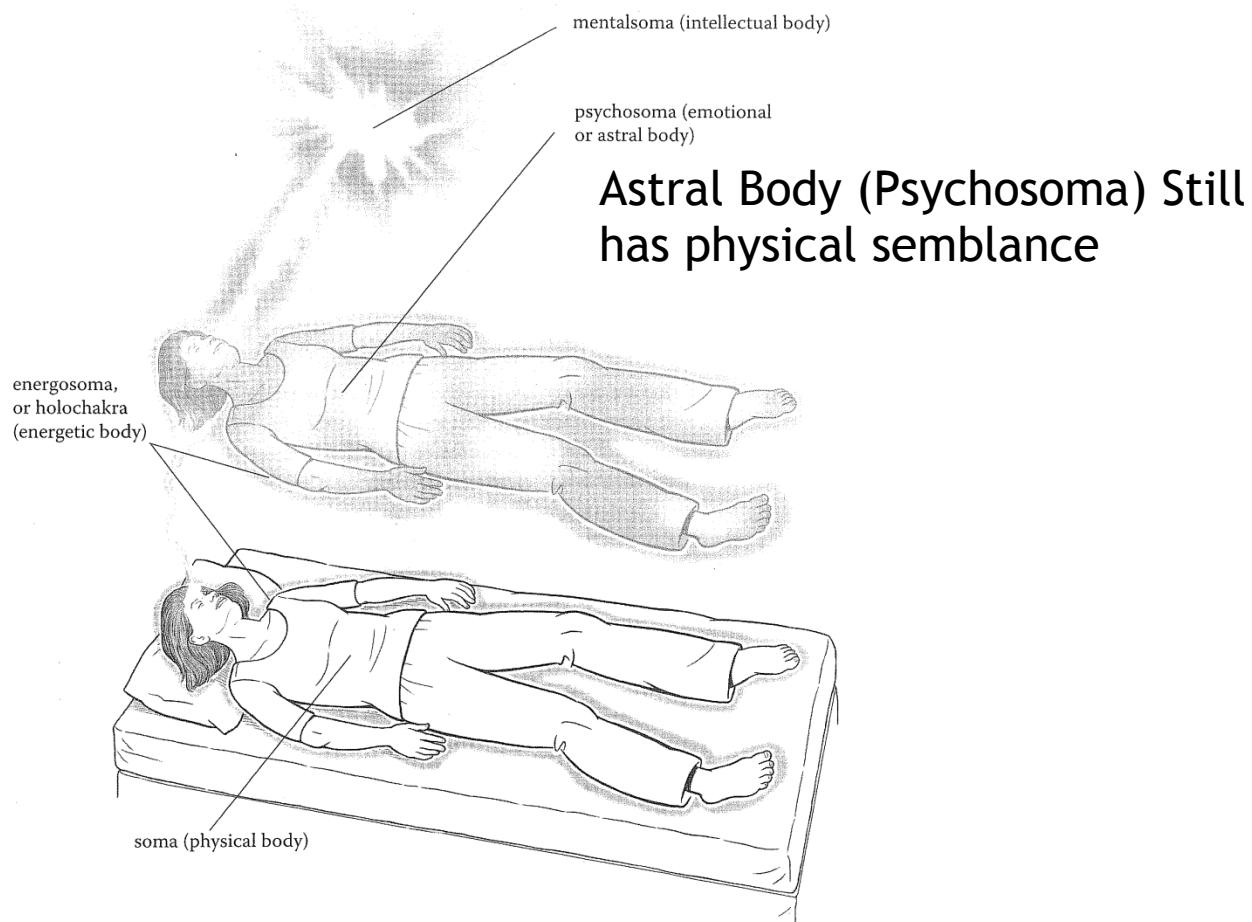


Figure 1.3: Holosoma: The Vehicles of Manifestation of the Consciousness

VELO (VOLUNTARY ENERGETIC LONGITUDINAL OSCILLATION)

Practice of moving energy from top of head to the feet and back up at increasing speeds - helps in developing energy levels to accomplish OBE

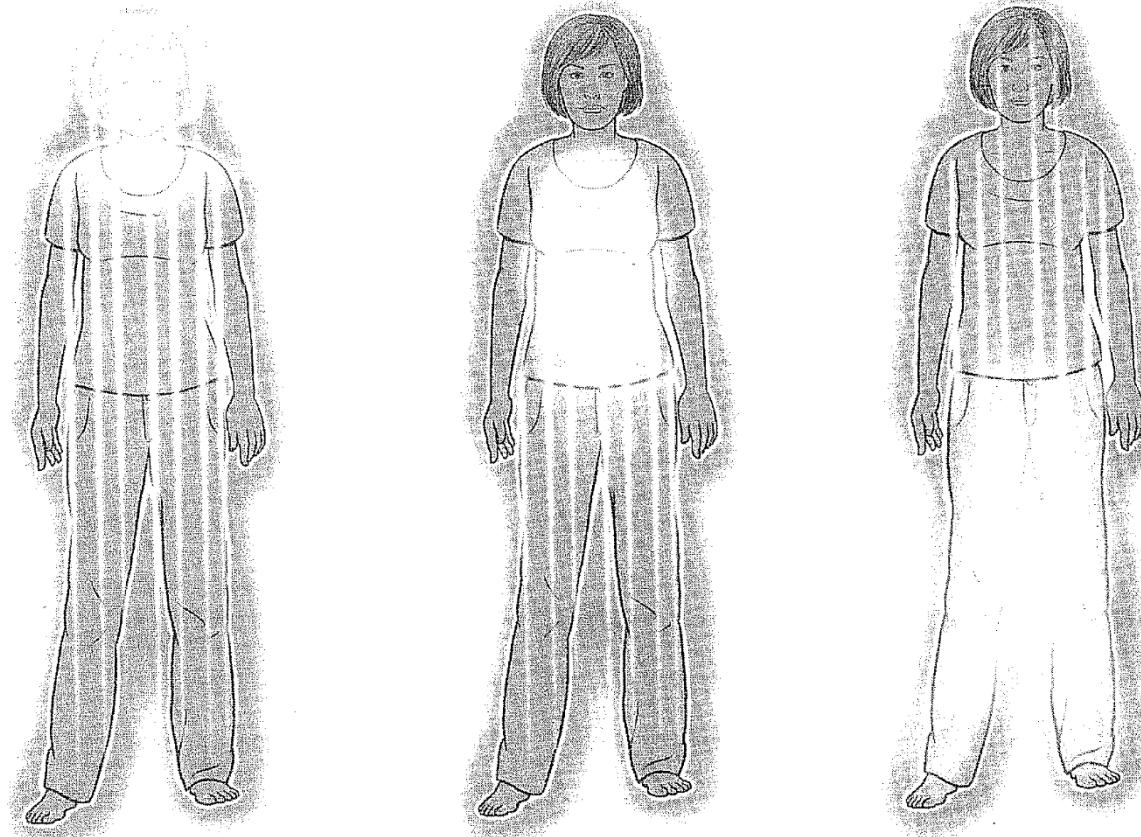


Figure 2.7: Voluntary Energetic Longitudinal Oscillation (VELO)

DIRECT AND INDIRECT PROJECTION OF MENTALSOMA

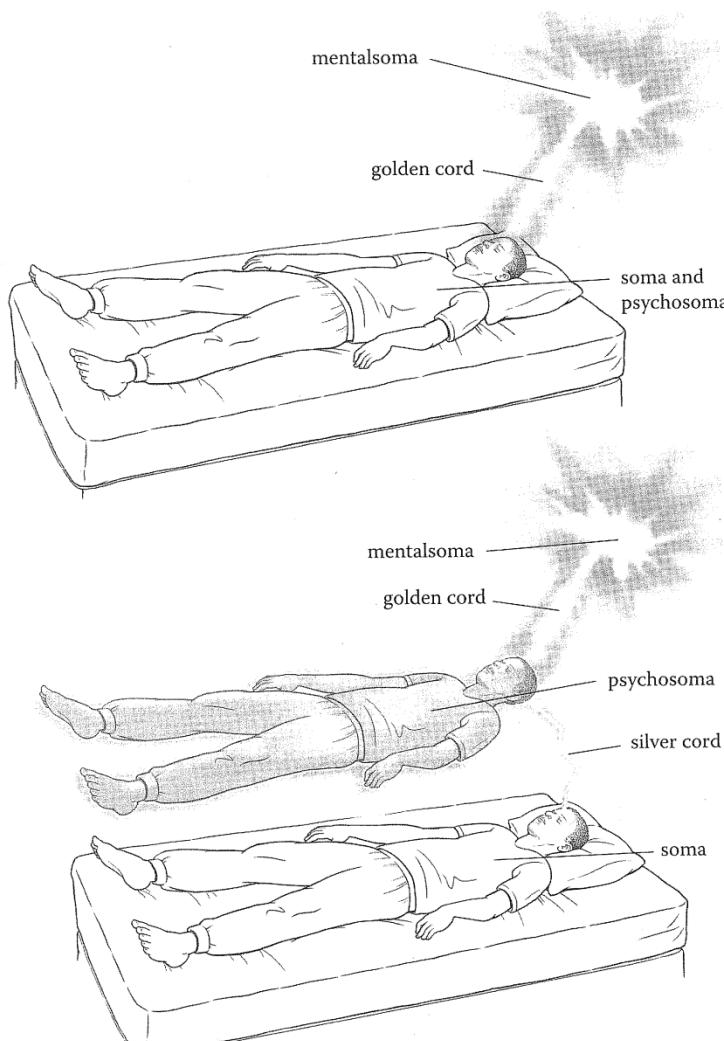


Figure 3.7: Direct and Indirect Projection of the Mentalsoma

DEATH - FIRST DESOMA

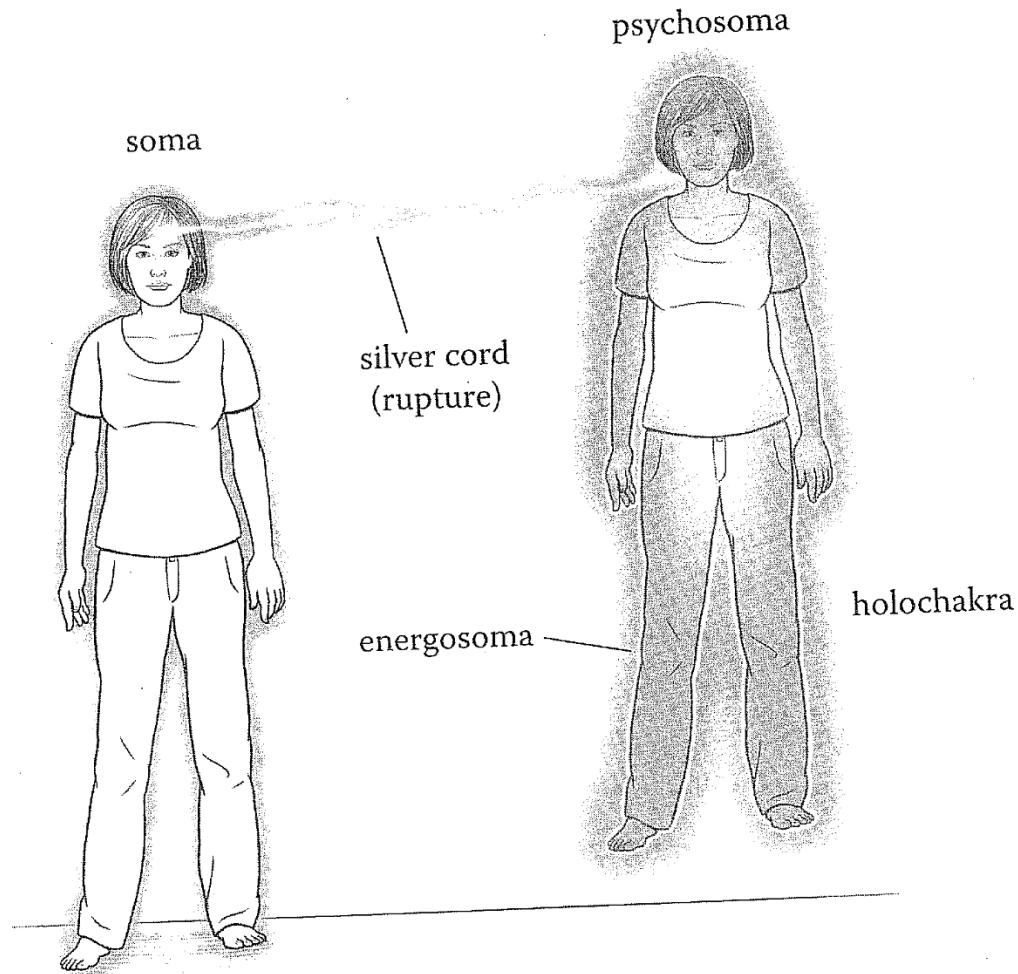


Figure 5.1: First Desoma (Deactivation of the Soma)

DEACTIVATION OF ENERGOSOMA

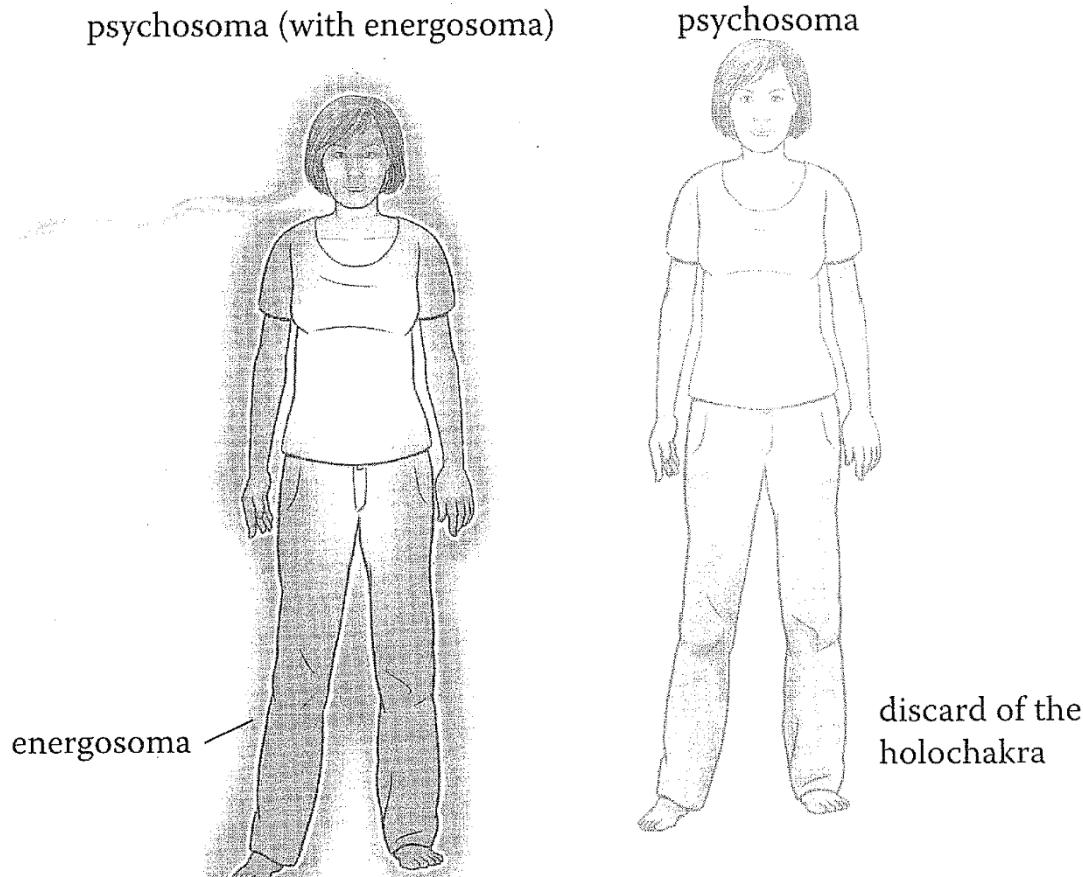


Figure 5.2: Second Desoma (Deactivation of the Energosoma)

DEACTIVATION OF PSYCHOSOMA

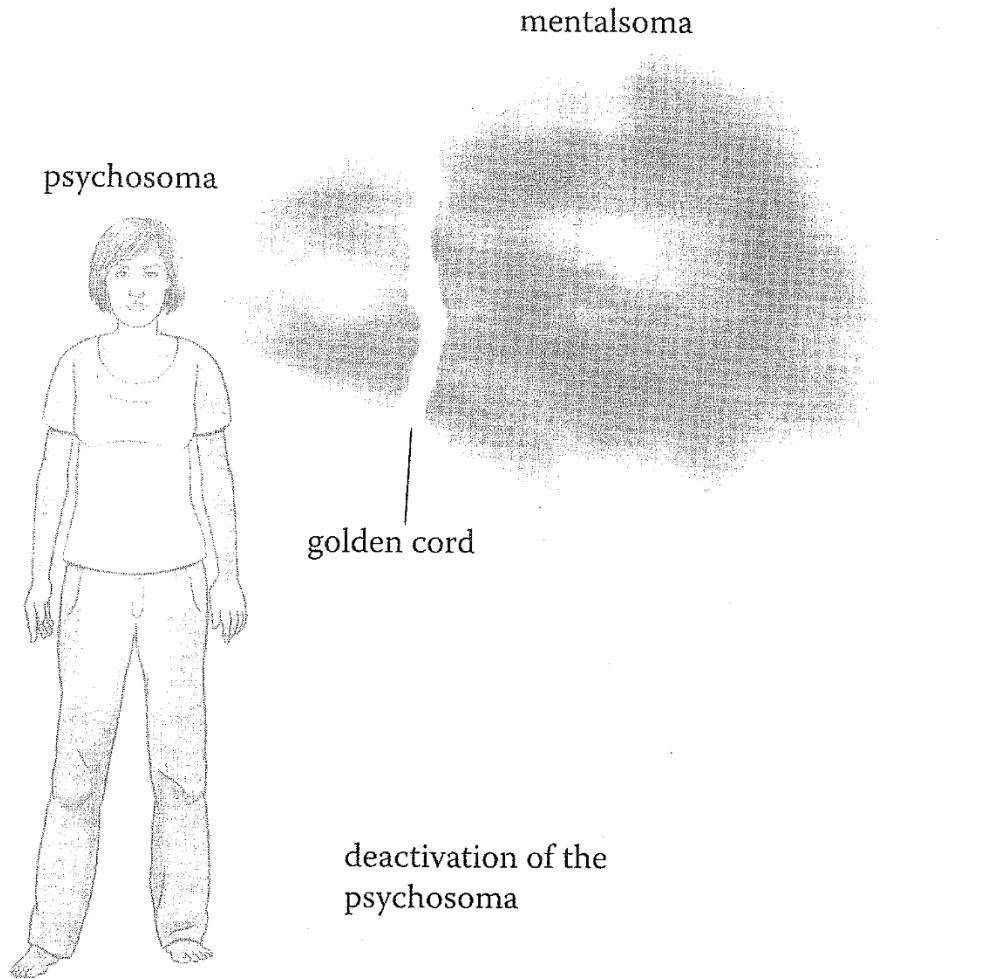


Figure 5.3: Third Desoma (Deactivation of the Psychosoma)

ASSISTANCE TO INTRAPHYSICAL CONSCIOUSNESS

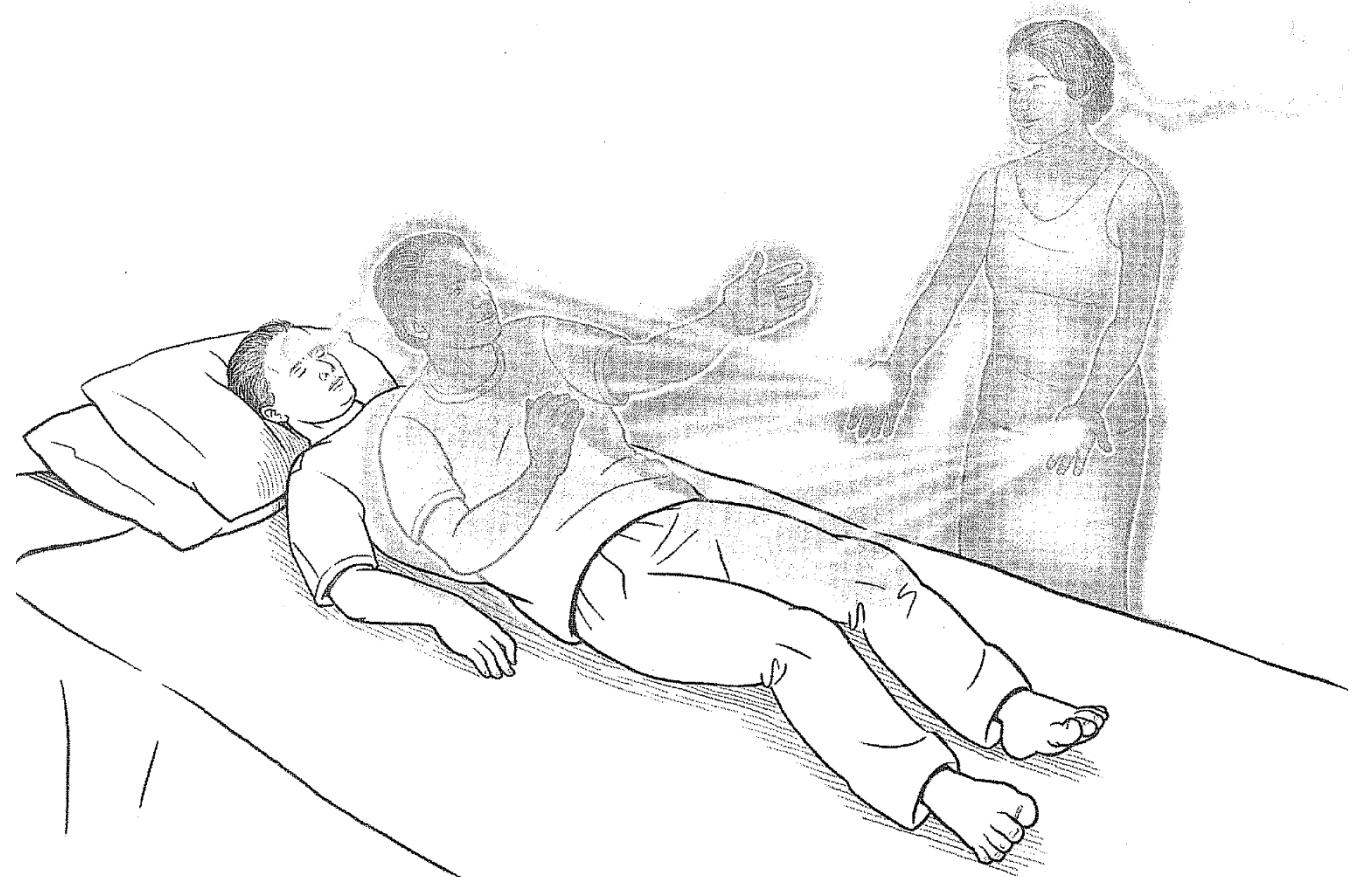


Figure 5.5: Assistance to an Intraphysical Consciousness

MANY EXCELLENT TECHNIQUES TO ACHIEVE OBE STATE

- IAC and Monroe Institute have excellent programs for learning OBE techniques
- Many excellent books on the subject, e.g.:
 - Waldo Vieira: Projections of the Consciousness-A Diary of Out-of-Body Experiences; an IAC (International Academy of Consciousness) book that gives good descriptions on OBE
 - Robert Monroe: Journeys Out of the Body - gives Bob Monroe's history of his OBE experiences
 - William Buhlman, How to Have an Out of Body Experience - an excellent audio book with many techniques for OBE
 - Luis Minero, Demystifying the Out-of-Body Experience, is an excellent book on OBE.
 - Robert Peterson, Out of Body Experiences -How to Have Them and What to Expect

SOME COMMONALITIES IN OBE TECHNIQUES

- Lie down, typically on back, for nap/sleep
- Relaxation technique -tighten muscles, one body part at a time, then relax muscle - do for whole body - until body completely relaxed
- Enter hypnagogic state (state between sleep and wake). OBE occurs when body sleeps and mind remains conscious.
 - Energetic practices (e.g., VELO) enables body to achieve an energetic vibratory state
 - Body paralysis typically occurs; ringing sound may occur
 - Various techniques allows movement of consciousness beyond body to psychosoma or astral body (typical) and sometimes to the mentalsoma
 - Example of one of many techniques: Imagine movement (swaying motion) which swings body beyond body. Visualize location where psychosoma/astral body will be upon leaving body; another alternative - float out of body