



“The Out-Of-Body Experience-How To Travel Without Luggage”

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An out-of-body experience is where you have experiences in which your soul leaves the physical body. Your soul being within your astral body form can travel anywhere. This experience is also known as astral projection; soul flight; exteriorization; OBE; astral travel.

This is a part of human experiences through all cultures and history. The out-of-body experience has been recorded for all to understand and work with if one chooses to do so. These occurrences have been reported in varied situations and places. Housewives, doctors, Egyptian scrolls, in Africa, China, Europe, to name a few.

This experience is not influenced by religious belief as observed by the different cultural backgrounds of the people involved.

Out-of-body travel can be spontaneous or preplanned. (Conscious or subconscious.)

There are some basic ways to spot an out-of-body experience:

First Your astral body is fully aware on all your sensory levels. You can perceive the environment you are in and fully remember upon going back to your physical body. There isn’t any doubt about having the experience. You can remember details and check on some of them if they are in your time period or in the past.

Second At the same time, the physical body looks as though asleep or in the death state. Your “real” self not being within the physical shell at the time.

Third The two bodies are connected by what is termed as the silver cord. The silver cord is an ethereal cord or cable of energy which has elastic properties. Energy is non-limited, thus enabling you to travel unlimited distances. This cord may be able to be perceived by psychics and by people who are “sensitive”.

Fourth During out-of-body travel the astral body can go anywhere on this planet or foreign planets or to any location

Fifth Also it is not limited to time. Thus you can go into the past, present or future.

Sixth The amount of time you are out-of-body can be either pre-programmed or automatic. You would feel more refreshed upon coming back to your awakened state. This experience has a long term effect on the individual. The reason being, that once you have experienced this state, you will no longer have any doubt the death experience as being final.

You will be aware, that your physical body is not “everything”. Thus, there are other states / planes available to your soul. That your physical body is not as limited as you imagined. You “know” there is an immortal soul that is you.

Most people have heard of out-of-body experiences in those who are very ill or in an accident. We do not always hear of those who did not have the experience due to something traumatic.

Psychically at times, the astral body can be perceived. So, if you are out-of-body at a destination where there is a person sensitive to you on this level, you may have a better way of dealing with the situation when it occurs or can prevent it if, for example, it is an accident.

You need to remember that if you choose to consciously astral travel, to utilize a psychic self-defense method. This is to make sure everything will stay on a positive, safe level.

Out-of-body experiences have been part of our heritage as men and women. We do so automatically in our dream states, even though most people do not remember. We need only to be aware of it and consciously utilize this ability for positive purposes if wishing to develop it.

Always remember you are one with Divine Power.

May God Bless You Abundantly.

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