

The Out-of-Body Travel Foundation Journal:

'Ghosts and Lost Souls: Our Responsibility'

Issue Eleven

Compiled by Marilyn Hughes

The Out-of-Body Travel Foundation!

www.outofbodytravel.org



Bachelor's Grove Cemetery, Chicago, IL, USA 1991

No one was present when this photo was taken, but this woman sitting on a monument showed up in the picture after it was taken.

(To have your Questions, Articles, Poetry or Art included in future editions, submit to: MarilynHughes1@outofbodytravel.org!)

Copyright © 2007, Marilynn Hughes

All rights reserved, including the right to reproduce this work or portions thereof in any form whatsoever without permission in writing from the publisher and author, except for brief passages in connection with a review.

All credits for quotations are included in the Bibliography.

For information, write to:

The Out-of-Body Travel Foundation!

www.outofbodytravel.org

MarilynnHughes@aol.com

If this book is unavailable from your local bookseller, it may be obtained directly from the Out-of-Body Travel Foundation by going to www.outofbodytravel.org.

Having worked primarily in radio broadcasting, Marilynn Hughes spent several years as a news reporter, producer and anchor before deciding to stay at home with her three children. She's experienced, researched, written, and taught about out-of-body travel since 1987.

Books by Marilynn Hughes:

Come to Wisdom's Door

How to Have an Out-of-Body Experience!

The Mysteries of the Redemption

A Treatise on Out-of-Body Travel and Mysticism

The Mysteries of the Redemption Series in Five Volumes

(Same Book - Choose Your Format!)

Prelude to a Dream

Passage to the Ancient

Medicine Woman Within a Dream

Absolute Dissolution of Body and Mind

The Mystical Jesus

GALACTICA

A Treatise on Death, Dying and the Afterlife

THE PALACE OF ANCIENT KNOWLEDGE

A Treatise on Ancient Mysteries

Near Death and Out-of-Body Experiences

(Auspicious Births and Deaths)

Of the Prophets, Saints, Mystics and Sages in World Religions

The Voice of the Prophets
Wisdom of the Ages - Volumes 1 - 12

Miraculous Images:
Photographs Containing God's Fingerprints

Miraculous Images and Divine Inspirations!

Suffering:

The Fruits of Utter Desolation

Touched by the Nails

(Watch and Wait)

A Karmic Journey Revealed!

At the Feet of the Masters

CHILDREN'S BOOKS

**Teaching Stories of the Prophets in World
Religions for Young People!**
(Ages 10 to Adult)

**World Religions and their Prophets for Little
Children!**
(Ages 2 - 8)

The Former Angel! - A Children's Tale
(Ages 2 - 8)

**Our Series of Books for Little Children on the
Miraculous!**
(Ages 2 - 8)

Miraculous Images for Little Children!
Illuminated Manuscripts for Little Children!
The Tree of Life from Around the World for Little Children!
Apparitions of Jesus and Mary for Little Children!
Bleeding and Weeping Statues for Little Children!
Eucharistic Miracles for Little Children!
Stigmatists for Little Children!
Visions of the Soul Leaving the Body at Death from Around the World
for Little Children!
Visions of Heaven and the Afterlife from Around the World for Little
Children!
Incorruptibles for Little Children!

The Mystery of the Key to Heaven!
(Ages 2 - 10)

The Out-of-Body Travel Foundation Journals

*Journal One: The Importance of the Seven Virtues and Vices in
Understanding the Practice of Out-of-Body Travel!*

Journal Two: My Out-of-Body Journey with Sai Baba, Hindu Avatar!

Journal Three: The History of 'The Out-of-Body Travel Foundation!'

Journal Four: A Menage of Wonderful Writers and Artists!

Journal Five: The Stories of Cherokee Elder, Willy Whitefeather!

*Journal Six: Discerning your Vocation in Life by Learning the Difference
Between Knowledge and Knowing!*

Journal Seven: When Tragedy Strikes

*Journal Eight: Comparing the Buddhist Avalokiteswara's Descent into
Hell with that of Jesus Christ!*

Journal Nine: Huzur Maharaj Sawan Singh - Sant Mat (Sikh) Master

*Guru and Grandson Maharaj Charan Singh - Sant Mat (Sikh) Master
Guru*

Journal Ten: The Great Beyond

Journal Eleven: Ghosts and Lost Souls: Our Responsibility

Go to our Web-Site:

The Out-of-Body Travel Foundation!

www.outofbodytravel.org

CONTENTS:

*The Out-of-Body Travel Foundation Journal:**'Ghosts and Lost Souls: Our Responsibility'**Issue Eleven*

Compiled by Marilyn Hughes

<i>'Ghosts and Lost Souls: Our Responsibility'</i> Marilynn Hughes	7
<i>Question and Answer Forum!</i>	20
<i>Different Voices!</i>	32
Bill Skiles	
<i>'Infinite Divine Consciousness'</i>	33
Richard Walton	
<i>'My Journey into Out-of-Body Travel and the Understanding of the Spirits in the Next World'</i>	49
Tammie Bowden	
<i>'The Art of Entity Clearance'</i>	81
<i>'Basic Techniques in Soul Rescue'</i>	89
Sri Bimal Mohanty	
<i>'Dimensions of Our Existence (Gross and Subtle Bodies)</i>	96

The Out-of-Body Travel Foundation Journal:

'Ghosts and Lost Souls: Our Responsibility'

Issue Eleven

Compiled by Marilyn Hughes

It seems somewhat popular these days to investigate and talk about hauntings, haunted houses, haunted places and ghost hunting in general. In light of this popularity, it seems timely to discuss who ghosts are, why they are ghosts and what our responsibility to them is in the eyes of God.

I've seen many programs on television lately where investigations are done into 'paranormal' phenomena. Most instances, but not all, are focused primarily on either proving through some type of media the presence of otherworldly energies or finding out something about the person who may be haunting a place. There are a few programs where the focus does also go into the area of 'rescue.' And this is what I wish to discuss in this issue.

Who are ghosts? Who are lost souls? They are people who died who are stuck. The only difference between them and us is that they have already died, and we have not yet done so. The Lord expects us to take care of one another; whether living or dead. And one thing that concerns me about the programs which focus on phenomena and information alone, is that they ignore our humanitarian obligation to care about and help these ghosts and lost souls; who are no different from us except in that they've already died. We are also going to die, and so are our loved ones.

It is interesting how much fear is associated with ghosts and lost souls because of this simple fact. They are people - who happen to be dead. But they remain people. And because they are lost, we have a unique responsibility

to them to assist them in finding out what has cast them where they remain and what needs to happen in order for them to be released from this condition.

This is not a criticism of the programs that focus on phenomena or information. Each of us have spiritual gifts, and they are different. Those who have a gift of attaining information, may not always simultaneously have a gift of knowing how to liberate the souls. But I've heard, even from gifted people who do this whom I respect and admire a great deal, things that are concerning. For instance, if a spirit is friendly, sometimes it is given to the owner of a building as an option as to whether or not it is 'cleansed.' (We will take up 'cleansing' in a moment.) I've heard this even in cases where a suicide has occurred.

It is never optional as to whether or not we have a responsibility to pursue the liberation of that individual (spirit) because they are stuck. Just as if you found a young child lost in the city, you would feel an obligation to help them find their way home through the police or whatever means were given you. Ghosts and Lost Souls are people who need help, and we do have a responsibility to them.

Just a short note on 'cleansing.' Cleansing is something that can be done in a place wherein the energies of a particular event still remain, but not the ghosts or entities of that event. Although cleansing sometimes works in helping a lost soul to cross over, its purpose is primarily focused on energy, not people, not souls.

So cleansing has a purpose in dealing with energies. But people are not merely energies; they are souls, spirits and beings. Ghosts are not just energies, so cleansing will often NOT work for ghosts or lost souls. They require specific help from us to determine the

nature of why they have become stuck in the physical, mortal world, and what requirements remain in order for them to be freed.

Sometimes cleansing the energy, however, can create an opening wherein remaining lost souls may find their way to the light on their own later. But usually a ghost or lost soul has something particular that they need to deal with in order to move on, and these causes are as individual as every person can be.

For some, it is simply understanding that they are dead. For others, there is unfinished business to be attended to. And for even others, they may be actually doing purgatorial time on earth for something they did during their lives. In such cases, prayer is a great necessity on their behalf, but also determining the exact nature of what they must complete to amend for that action and be ready to move forward.

Finally, there can be evil spirits - which are the ones who can be much scarier - who can require a number of very different dynamics in order to help them cross over. And sometimes these spirits won't be crossing over to the light, and this makes them much more complicated.

But since such situations are as varied as people, I thought it might be helpful to try to give the groundwork of a general situation wherein you might need to assist a ghost or lost soul and what you might do. Remember, though, that oftentimes such things are spiritual gifts. Those of us who have such gifts will naturally 'fall into' this work, and are generally led and told exactly what to do along the way.

Usually, the first thing you might come across is the simple feeling that a spirit is there. That can come about by phenomena or just feeling the presence.

The next step can occur in either the physical waking environment or the mystical realms. Many of my liberations have been done in mystical realms and sometimes even at remote distances. But I've also done work while physically conscious in the location. It can happen either way depending on the situation.

Generally, it begins with you feeling the way that the person died. It is the last traumatic event in their lives, and they usually share it with you. Sometimes you will even feel the pain, but almost always you will feel the terror, fear or shock that they felt.

At this time, I usually acknowledge the pain they went through and I do this very sincerely. I stop and think about the tragedy of how their life ended. Oftentimes with a lost soul or ghost, it ended suddenly, abruptly, through violence or a horrible accident. But not always . . .

Usually, if the issue surrounding their status is about the way they died, they will convey it to me at that time. Sometimes they feel responsible for a horrible accident, sometimes they feel like justice has not been served if they were murdered, sometimes they remain in the fear of the moment of death and relive it over and over again, and sometimes they don't know they are dead. There are a myriad experiences.

But if the reason they are lost is caused by the mode of their death or them not realizing that they are dead, this will be the easiest liberation. In most cases, you will have a chat with them about how this horrible event that they have shared with you actually resulted in their death. If they feel responsible for something, they can often be spoken to about the circumstances of the accident which very often was not truly their fault. If it was their fault, you can very non-judgmentally express to them that you are aware they made a mistake, but it's not something that can as yet be undone. And then you ask

about things that they might need from you; perhaps to tell someone that they are sorry and you make sure you keep that promise because it's very important.

If they just didn't realize they were dead, as soon as they do, you'd be surprised how quickly sometimes the light becomes visible to them.

In most cases of ghosts and lost souls, there is a reason why they have been unable to receive the same help that most people get when they cross over to find their way. And it's usually unfinished business, sudden death or a disbelief in life after death or God. Believe it or not, those who don't believe in life after death - depending on how strong that belief was while living - can become terribly confused when they die and they find that they're still in existence. They often have no idea what to do.

As the person who's been asked and called into help them, there are a few things they will need to know. First, you tell them about the existence of the light and that if they raise their eyes to heaven or God that their vibration may raise just enough for them to be able to finally see it. This also affects the ability to then see the guardian angels who have always been there, but have been unable to get through because the subject cannot see or hear them. You talk to them about reorienting their awareness to a spiritual world now, rather than the physical. In such cases, that may be all they need because their guardian angels often take over from there.

For those with unfinished business or who are doing purgatorial time on earth, there will be more steps. Oftentimes, they need prayer. But they also need somebody who can convey messages to those left behind, if possible, and they need someone who can receive from the higher thrust - heavenly forces - information that may be vital to them completing their work here and shifting to the higher awareness. Once a soul has shifted to that

higher awareness, your job is almost always pretty close to finished.

Some souls may have to do some time here to make up for things that they might have done. An example: I ran into a group of souls who were inconsiderate about other people, they ignored them as if they didn't exist. When they had crossed over, they had been 'sentenced' so to speak to a period of time in wandering the earth unseen by humanity.

But here's an interesting point that a lot of people don't realize. As soon as somebody, anybody, is able to realize that they are there, it means that they are ripe for assistance in crossing over. So in buildings where we see hauntings that have been going on for hundreds of years, we've been negligent in recognizing that we have a responsibility - if God calls us to - to help them now to make that final crossing.

Some people have misperceptions or belief systems that can be religious in nature which can prevent their crossing, also. In such cases, we either help them to understand the true nature of eternal love and the mechanism by which we all return to God, or we provide them with illusions that support that belief system and help them to cross. And after that crossing, they are then taught of the Way. We ourselves can transform into police officers, teachers, nurses, etc. And in some rare instances, for perhaps Catholicism, a priest from the beyond might come to assist somebody who has a concern that they didn't receive absolution, or another religious figure may be able to come forward and provide the things the spirit believes he needs in order to get him to the light where he is then re-educated about the nature of things and the mechanism of eternal life.

Evil spirits are a whole different ball-game. You can have evil spirits who are ghosts of people who were

evil, but you can also have hauntings which include principalities and powers - actual demonic entities. Such situations are very dangerous and to be handled with great care, and generally only by someone who has been trained by the Lord. Any other training will not help you here . . .

In such cases, there can be a myriad of outcomes. An evil person who is doing evil things as a spirit may well go to the light, but they may just as easily be going to the lower realms. This is something that only God knows, and when you are in the 'mystic power' it is revealed to you the 'energetic truth' of that person and situation. It is only in this way that you can know.

There are also people who are not evil, but who do things that appear and also can be very evil as ghosts. Some of them might think it funny to scare children, I've met a few of those. But that is a violation of eternal law. In one particular case I dealt with, it was an old woman who had committed suicide but was reliving her one moment with the man she felt she was in love with when she was a young woman. He'd married another and she never married. When she died, she stayed in the house where the ball had been held, relived it nightly and played tricks on the two little girls who lived there now.

She was NOT an evil spirit, but what she was doing violated eternal law and it was a true showdown with her. She refused to leave for several nights, and it was very energy consuming. But when she left, she went to the light, because she was not evil, she was simply behaving in a way which is in concert with evil as a ghost. But because of what she was doing, I was called in and had to confront her about her violations of eternal law. Because of her own sadness regarding the losses in her life, she didn't get it. She didn't think it was a big deal, and thus, we had a showdown.

However, there are plenty of ghosts who were evil in life and remained evil in death. And they, too, must go to their appointed places. But this is not so clearly cut. Because, again, only God knows the heart of a man and it must be revealed to us before we can even act. Because when we work in this capacity, we can truly only do so under the will of God. If God does not will our participation, it won't happen.

*Those who are evil in life and are now evil ghosts are most often escorted to a lower realm in concert with their vices. And this could be a whole subject unto itself. But evil spirits are a whole other matter. They must be dismantled and sent back to the abyss, and this can **ONLY** be done if you have been taught to do it by the Lord. Because the power and ability given to make this happen does not come from you or me, it has to be funneled directly in from God. If you attempt to do this without proper eternal authority, you sincerely risk death.*

*Evil spirits and even evil ghosts can be **VERY** dangerous. They can cause physical harm, not just spiritual. And evil spirits are extremely energized beings of darkness, and they are just as strong in their evil as those of us who are trained to work for God are in the light. And anytime you take on a battle such as this, even when ordained and set up by God alone, there is **ALWAYS** the chance of defeat.*

*This humble knowledge and understanding is **ABSOLUTELY** essential. No one should pursue this unless specifically trained in the mystic heavens by the Lord to do it.*

A lot of people will do things that they have genuine gifts towards, like 'clearing,' or working with lost souls, ghosts, etc. etc. But no one should do this unless they've been trained. Training consists of years and years of mystical training every night in the realms beyond the

body wherein your spiritual guides and the specific angels, including St. Michael, engage in conscious participation in teaching you how to battle such forces. If you are trained in such a manner, you will fail miserably many times before you succeed, and that's why they set you up to learn this under illusory circumstances wherein you cannot be hurt, and neither can any other innocent living being be hurt by your training.

But when you go into real battle with the dark side, it is REAL. And you better be prepared and energized by God Himself.

Some of us will do this for a time, and then we will be asked to step aside for younger people to step in because this is a REAL physically demanding task and as we get older - and in my case, as we show some of the wounds in our bodies with disease from these battles and assaults of the dark side - we may not have the strength to continue to go in. So we go in ONLY when the Lord so deigns, because if we do otherwise, we not only risk major defeat and failure and all the consequences that this would bring to those who are dealing with the evil spirit or demonic force, but we do risk death.

When I was younger, I engaged in such battle on an almost nightly basis. I rescued lost souls probably 2-3 times a week. Now that I'm older, and I've sustained some injuries from those battles, I go into situations more like 2-3 times a month. And I'm able to sustain that.

But I don't choose where and when I go, the Lord calls me in. However, if somebody has a physical location that I'm able to go to - a haunted ranch, home, farmland, etc. - I go in of my own free will, but then the Lord reveals as He so chooses. Because of the natural gift that He has given me, I always feel things when I go. But sometimes it may take a few more days before the rest of the story is revealed to me in the mystical state. Oftentimes, the

clearing of the energies - especially in situations out West where a lot of battlefields still contain a lot of energy - and the liberating of the lost souls or ghosts, will happen in the mystical realms.

Oftentimes, however, alongside lost souls and ghosts - there can be evil spirits or demonic forces. Because it is their will to hold back the souls of others, just as much as it is to hold back their own. So oftentimes, you will be required to do things on a very multi-leveled capacity. And this is vital in order for the complex problem to be solved.

Because anything that is left behind can attract like to itself again. So if you release a lost soul, but leave behind a dark force, a haunting will recur. But it will be a different ghost. EVERYTHING must be cleared, liberated, removed and in the case of any darkness surrounding it, annihilated. Evil and darkness, as energies, are always approached with annihilation. This may sound harsh, but it's the only way to protect the third and fourth realm from being infiltrated by dark and evil spirits whose domain is the first and second.

They are violating eternal law by being here unlawfully. The third and fourth realm are the mortal realms where the battles between good and evil rage, so evil will exist here. But there are eternal laws which govern how they exist and to what degree they are allowed to operate here. If they violate it, they are dismantled and sent back to the first and second realms and sometimes just the abyss.

St. Michael can do this with a single thought.

It takes a little more effort for a weak mortal being such as myself to allow enough eternal energy to come in and take care of such a situation.

In most cases, however, a ghost or lost soul is just a person who died who is stuck. Most of the time,

although evil is obviously found in some very haunted places, ghosts are well-intentioned and just need help. Although they may be completely comfortable with remaining here, it is our duty not to allow them to do so. We don't do this in an uncaring way; we do this with absolute and total love because they are our brethren.

They may be perfectly content to remain because they don't realize what awaits them beyond the light. If they did, they'd beg us to help them cross. Remaining here as a ghost in spirit beyond the time allotted due to purgatorial duties or unfinished business does not serve their souls.

So for those of you reading this who may not have this gift or work with lost souls and ghosts, let me tell you the best thing you can do for them and for the rest of us who do. Pray, pray, pray for them. Ask God to bring somebody to them to assist them in their crossing. I personally welcome e-mails from people who have situations wherein they need help, and I'm happy to try to assist remotely. And if that can't be done, if I'm physically still able, I'd come to them.

When I see a haunted house, I don't feel fear. My heart aches at our brethren who are trapped because of their own delusions or something they have no control over which has caused them to be stuck in a pattern of time that is shortly or long past. We need to look at such phenomena in a different way.

Sometimes, when I do feel fear and I know we're dealing with something else, I feel justice. They don't have a right to cause harm to the living, and they must go where they are compatible and stop their stupid antics. They, too, are wasting time and avoiding and averting their own evolution because even evil spirits AND demonic spirits are supposed to be evolving towards God.

They won't say thank you or appreciate it when you banish them to the lower realms, but you are actually doing their soul a service because they will go to a realm which will teach them what they need to know to take the next step higher.

Ghosts and lost souls should not be seen as paranormal phenomena, because if they are, then the minute you or I die, we become phenomena, too. They are people. And they need our help.

We need to get rid of our carnivalesque mentality about such situations, and begin to embrace our responsibility as human beings to help our fellow human beings get to where they need to go to evolve more fully.

In the spirit of doing that, we have a very comprehensive issue for you beginning with Thomas Meehan 'Infinite Divine Consciousness,' an excellent internal dialogue which forces us to realize our impermanent and non-physical nature. Richard Walton follows with a tale of his journeys into Out-of-Body Experience and the many different training exercises he was taken through to reach certain heights in his spiritual life. He also speaks of communication with a loved one from beyond which is both healing and informative. Tammie Bowden of Australia shares with us her techniques in two articles about Entity Clearance and Soul Rescue, another view of how such things are handled which is welcome and informative. And we finish things off appropriately with Sri Bimal Mohanty who writes a fascinating exploration in his article entitled 'Dimensions of Our Existence.' He rounds off our discussion by teaching the Sanatan Philosophy of Hinduism and how it relates to our existence in this and many other realms. He presents us with a challenging look at the work we must do ourselves to prevent us from becoming lost souls, in this world and the next. Laying

out the path of enlightenment which can protect us all from becoming wandering bodies and spirits, we can then take this knowledge and impart it to our loved ones and those who remain with us in the spirit who need this knowledge in order to move forward.

MarilynnHughes1@outofbodytravel.org
www.outofbodytravel.org

The Out-of-Body Travel Foundation Journal:
Question and Answer Forum!

Please Send Your Questions to:

magazine@outofbodytravel.org

For Future Inclusion in this Section!

Question from Thomas Meehan, Newburgh, NY, USA:

Many years ago while I was in a state of deep meditation, I found myself in a place of complete white light and surrounded and filled with the total energy of Love. I was thinking that I never wanted to leave this place when a Voice asked me if I wanted to stay or did I wish to return to the body. I thought that if I stayed in this beautiful place then the soul would be gone from the body and the body would be found dead. This bothered me because I knew that my friends and relatives would feel great pain at my death, so I told the Voice that I wanted to return to the body. I then immediately found myself in my body, fully alert in my room.

I often wonder if I had made the right decision, Namaste,
 Thomas Meehan

Marilynn: Boy, Tom, can I relate to that. I've had a few NDE's where I had the choice to stay or go back, but I've always gone back for the sake of others. I know I made the right decision, because it was necessary and helpful for them. But I do long for that final liberation - Moksha - from the body sometimes.

Even beyond that, I have learned a lot myself since each of these experiences that have added to my own body of knowledge. And I don't doubt that making a self-sacrifice such as you did was right decision.

Thanks for the question,

With love,

MarilynnHughes@outofbodytravel.org

www.outofbodytravel.org

Response from Thomas Meehan, Newburgh, NY, USA:

It's good to hear that I'm not alone in these experiences. I have taught mysticism for the last thirty years and finally started my own blog at mysticson.blogspot.com, so drop by and read a little. Namaste, Thomas

Marilynn: Please find an article from Thomas's blogspot written by 'I Am Within,' an anonymous author from www.mysticalprinciples.com in the 'Other Voices' section of this month's magazine entitled 'Infinite Divine Consciousness.'

Question from Bill, Anonymous: Dear Marilyn, I had an operation at the age of nine yrs old. My first five or six years, I could step out with out even trying. But after the years of abuse I went through with my step father, I have not been able to step out and it has been very hard. I knew that I could do it, but not able to.

The other thing I wanted to know if you have met with your spirit guides or do you believe in them. Thanks, Bill

Marilynn: Yes, I have met many of them and I do believe in them. 😊 Spiritual Guides are really similar to the concept of Guardian Angels, except in that they all serve different purposes or phases of teaching. We may have different spiritual guides at different times in our lives to teach us different things.

I also suggest discernment in such matters, because as you may already know, sometimes other types of spirits come in disguise. But you can learn alot about that by downloading and reading 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysicism.'

It's interesting that the abuse seems to have affected your ability to have the experiences. Ironically, I had an extremely abusive father and I often felt it was the abuse that became the catalyst. I would suggest praying about this and asking the Lord to reveal to you what is blocking you (or what in regards to the abuse is blocking you), because there might be something specific. Perhaps, this abuse has damaged your perception of God the Father, which is common in abuse cases so it's harder to trust God 'the Father,' because your earthly father did not love. There could be something that has occurred in your energy field due to the abuse, which is also common.

I'm also interested in knowing your age? The younger you are and the less time you've had to put into healing, the more likely it is that you have a blockage from this abuse . . . which can be overcome with patience and time. If you are significantly older and have done the inner work regarding this abuse, it may be something else that is holding onto you. This can actually be the case either way.

Ironically, when something holds onto us, it does so with our permission and unconscious knowledge. It can be a belief system that you've taken on from the abuser and integrated into your own. Even if the belief system is a victim's morphed version of the belief of the abuser, it can allow things to hold you down, sometimes actual spirits, sometimes actual 'powers.' It can also be anger and resentments that remain from these times.

When I say powers, I mean the dark and demonic spirits which were probably involved in the initial abuse.

One of the things I've learned in my own life is that the most powerful force we as humans have to give is forgiveness. And it is politically and socially incorrect sometimes in our society to offer forgiveness for certain acts. However, when you do so, you'll be SHOCKED at the freedom this brings to you.

But don't attempt to do this all by yourself; you'll need the grace of God to truly do this properly. And if you pray for that help and support, it may not come immediately, but it will come.

And you'll be surprised how freeing forgiveness will be for you.

Please don't think I'm minimizing the abuse, I've experienced a lot of it in my life and I understand how difficult it is to truly let these things go. And forgiveness NEVER means allowing it to continue, it only means pardoning the acts. You still have to make decisions about who stays in your life based on their ability (AND DESIRE) to recognize the harm they cause. It took me years with my own father, many, many years. With others in my adult life, it didn't take as long, but it was very hard because I had to get over my own anger about it, my own feelings that they didn't deserve forgiveness, etc. But when I got right down to it, I realized that I myself need forgiveness and that if I wasn't going to give it, I wouldn't receive it either. This freed me.

And what I realized was that although there are those, like my father and perhaps your step-father, who despite

whatever forgiveness you may be able to offer, may never even acknowledge that they've caused you harm; there are also those who are truly seeking a new beginning and can only do so if their past acts are erased from the board. And by allowing them that, something totally new and beautiful can emerge, but only with those who truly do understand that what they did was harmful and who have true sorrow about it.

But this is a universal question because I would venture to say that almost all of us have experienced mild or extreme injustice or abuse at the hands of someone in our own lives. And then if we are honest, we can also say that we have perpetrated some level of mild or extreme injustice or abuse in our lives. Most of the time when we do these things it due to our own ignorance and this is often the case with those who do these things to us.

However, there is a portion of humanity which is truly evil. And they do enjoy inflicting harm. That's a different animal and one that you must do everything you can to stay away from. Even those involved in the perpetration of some of the darkest acts, although they may be inherently truly evil, sometimes wish for something higher. In such a case, I don't suggest that you attempt to make this happen. They are too dangerous. But the point of knowing this is that all humanity seeks higher love, except for a very small minority and few who are truly participating in the heart of darkness.

The rest of us, in varying degrees, do dumb things - not because we want to hurt others - but because we don't realize the harm we're doing. We're ignorant. We haven't done enough self-evaluation. We haven't placed ourselves in the shoes of others. And most of all, because of these things, we remain blind to the harm we cause.

And in the spirit of this recognition, this is also - in part - a great portion of the reason we have ghosts and lost souls in our world, haunted buildings, etc. Because when we leave this world, we want to leave in a manner which allows us the freedom to soar beyond all these earthly obstacles. But most of us hang onto things that in the higher scheme of things don't really matter anymore. This is not to say that abusive behavior doesn't matter, but it is to say that when we understand it and are able to forgive it in others we then are able to see it and forgive it in ourselves. By seeing it, we are able to hopefully be more sensitive and do less damage ourselves, and we open the doorway for us to be free. Freedom is forgiving everyone, everything. Easy to say, hard to do.

Ghosts and lost souls remain when they die because they have unfinished business. Finish this business. Sometimes, you can finish that business with the person who committed the abuse against you. This can be done by confrontation, conversation, etc. Sometimes this can't be done that way because of their nature, their personality. Many people who have experienced the murder of a loved one may not have a perpetrator that they will ever be able to confront or speak to. But this resolution and finishing of business can be done in prayer.

Prayer is so much more powerful than we realize. Praying for our enemies completely renders null and void their evil thoughts or intentions towards us. It may not stop those thoughts and intentions, but it does turn it back upon them and it frees YOU.

As a child, you have little choice in dealing with an abusive situation. So you usually end up retaining the scars into adulthood and have to deal with it in the best

way you can then. Many of those who grew up in abusive situations do not have families who openly wish to speak about it. If you do have that, I highly recommend that this conversation take place. But if you do not, you can have an internal dialogue with the Lord. And God is ever so loving and merciful to all of us, that no matter the circumstance, He will show you and give you the grace to deal with it with or without the support of those involved.

And probably the most important thing you need to hear, because I know that it is the thing I remind myself of EVERY TIME I fall into a pit of suffering or despair over abuses that occurred in my past, is this: It doesn't matter what anybody thinks about you, as long as God knows it's not true. And it doesn't matter what they said, did or believed, as long as God still loves you. And He always will . . . that is the wonder of Our Lord. He loves us even when others can't or won't.

And for those of you who may have been abusers, who may not be in a position to ever receive forgiveness from the person you've abused in this life - go to the Lord, for He is mercy. (That is not to say that you shouldn't do everything you can to express your sorrow and contrition to those who were harmed by your acts if it is possible, and if it is best for them. Sometimes it's NOT best for them, sometimes it is. You have to accept whatever is best for them at this point.) And He will change you from the inside or (if you allow Him) put you in a circumstance where you can no longer cause harm if you are unable to do this on your own.

I've always felt it odd that somebody who commits a great act of evil - such as murder - would think it best if he were to be found not guilty. It is far better to plead guilty to what you have done and spend whatever time society

gives you in prison or worse with the intention of offering every moment in reparation for that crime, than to wander around the world unpunished for such an act. People such as these often end up as lost souls and worse . . . but those who embrace true contrition can and do become members of the family of God. God IS mercy.

No matter how heinous an act has been committed against us, it is so important to remember that it NEVER affects the essence of who we are. We CAN and often do pick up and take on the dark spirits or energies from the perpetrators of the acts. But part of the purification process is to accept that which belongs to you and that which does not. Whatever abuse was committed upon you as a child does NOT belong to you. When we are adults, that line can be a little less clear, because we can participate in abusive situations and we have to also look at ourselves. It doesn't excuse abusive behavior of another, but it does put a responsibility upon us to look at our part if there is one. Sometimes there is, there was in my case as an adult. But there are also times when there is not, and you should not accept the energy of responsibility for that which is not yours.

So, Bill, the first thing I would ask you to do is accept that this abuse and ALL the energy, spirits, demonic forces, etc., that may have come with it - ARE NOT YOURS. They belong to your step-dad. You can return them to him by simply praying and asking the Lord to return to him what does not belong to you. You can visualize this, as well.

Secondly, you need to identify things such as shame and guilt, because these also do not belong to you. Again, ask the Lord to return them to their rightful owner.

You can also take both of these a step higher and ask the Lord to return all these things to the abyss and the dark forces for whom they truly belong. This is a very charitable act, and one that I found very freeing. By doing this, you're not placing the abuser under more demonic oppression than he already has and you make it more possible for him to break free from the chains that bind him, as well. But you are not neglecting to free yourself by doing so.

Thirdly, the things that DO belong to you - although they have come to you for natural, just and reasons beyond your control - anger, rage, resentment, etc. They do belong to you, but this is a normal response to something abusive, evil or wrong being perpetuated against yourself or another. This is not something to feel guilty about; this is something that you should expect to have feelings about anytime something horrible happens to you. A lot of people would call these negative feelings, I don't see it that way at all. They are JUST feelings.

If you've been abused as a child, you WILL HAVE anger, rage and resentment. If somebody does something negligent which results in the death of somebody I love, I will feel profound anger, rage and resentment. I feel profound anger, rage and resentment about the losses all over the world that are happening as a result of war. It is wrong and insensitive to tell people with legitimate pain that they have 'negative' emotions. They are simply emotions, the natural emotive result of these types of things that happen in our world.

Frankly, it is primarily these emotions that are considered negative that hold us back the most. Not because we have them. NO, NO, NO. Because we don't use them correctly. That is so important!

This can be transformed by a simple act of the will accepting those feelings for what they are, that they are the normal result of an action committed either against yourself or someone you love, and you allow yourself time to MOVE through them. Forgiveness does not denote that the person who committed the abuse or deeds did not commit them; the natural results of those deeds will always remain. So in order to take it higher, we have to accept them.

That sounds crazy, but it is actually how we do this. We accept these acts as things that simply ARE. There is no way to undo them, make them go away or pretend that they did not happen - at least not in a healthy way. So we must ACCEPT that they ARE.

If the person who committed these acts against you has true contrition, then it is time to think about whether or not any level of forgiveness is possible for you. Do it first for yourself, because it will free YOU. Then do it for them, because it will free them to choose (or not choose) to become a different person.

I've experienced both. I have an abuser who never changed in my life, and I'm able to totally accept what is, what was done, and love him as a soul - but he is not in my life to a great deal. But we do have some minor contact. I also have a person who was abusive who had total contrition, and by my act of forgiveness, was given the freedom to become a totally different person and is very much a part of my life now in a completely new way. (That does not mean that this person does not slip back and have to be reminded, because nobody changes without having relapses into former behavior).

Every situation is different. Some situations, especially those involving serious crime, are such that there's no place for much in that relationship. However, there can be a transformation that occurs - even if you're not ready for forgiveness which can be a long a difficult process if you're dealing with something really bad - you can transform your anger and rage into something else. You can work towards no longer being angry, and that energy can go to feeling sorry for the individual who perpetrated such an act. You can work towards indifference, which may be the best you can do. But you work towards transforming that anger and rage into something less destructive. This usually takes time. Don't expect it to always happen quickly. It's part of our journey in this life . . .

And it is really important in your case, Bill, to separate out in your mind the abusive behavior of your father from that of the rest of the world and the Lord Himself. When you feel uncomfortable feelings of anger or rage about it, remind yourself that it was not about you at all. It was all about him. And what he did does not reflect how the rest of the world will love and care for you, nor does it at all reflect how God loves you and sees you. God is not responsible for your step-father's misuse of his free will.

I've seen a lot of people get lost in a misplacement of anger towards God because of the actions of human beings. Human beings are fallible and they have free will, they make decisions that cause harm to others. We all do.

God does not. God just loves

Make a decision that the actions of this one human being will no longer hold you captive in your heart, your body and your soul. If you can, forgive him. If you cannot,

recognize his weakness as a human being and realize his harm had nothing to do with you.

Release all things that do not belong to you, and transform those things that became a part of you because of his actions into something less destructive; sympathy, love, forgiveness . . . even indifference is good enough for now.

And then remember that no one can take away the love that God has for you in particular, and that He wept for you as a child and he longs for your return.

Accept His embrace, and open your heart to that freedom that you once felt long ago, and then let's see what God chooses to do with you.

*Many Blessings,
Marilynn Hughes
MarilynnHughes@outofbodytravel.org
www.outofbodytravel.org*

The Out-of-Body Travel Foundation Journal:

Different Voices!

This is our section devoted to the writings and opinions of others, which may not reflect the views of author, Marilyn Hughes. Inclusion of any author's writings or work does not denote an endorsement or recommendation in regards to their writings.

Some of these will be individual writings of others on subjects of spiritual interest, other people's out-of-body experiences - some which may agree with and/or contradict the experiences of the author, poems, journals of spiritual transformation, and critiques - both positive and negative opinions and/or analysis, of the author's work.

We choose to include ALL of these because we feel that the ability to discuss our similarities and differences openly is 'ALL GOOD' as GANDHI used to say.

We welcome and encourage your submissions for possible future inclusion in this section, although we stress that we are a non-profit organization and payment is not available:

magazine@outofbodytravel.org

We have found that some of the best critiques, analysis, writings and experiences come from people all over the world in different walks of life who are pursuing their spiritual path with passion and are completely unknown.

THANK YOU ALL, whether you agree or disagree with our work, FOR YOUR COMMITMENT TO SEEK THE TRUTH IN WHATEVER WAY THAT TRUTH MAY COME TO SEEK YOU!

Infinite Divine Consciousness

By Bill Skiles, Author

Wednesday night, at 1:00 a.m., I lay down on my bed and said, "Speak Father, thy servant heareth." When I can remember to do that, the last thing at night, often something is revealed and no sooner had I rested in that statement, something came to me with such force that I couldn't fall asleep. I sat there pondering it and looking at it. Is this true? Could this be? My God! And yes, yes, this scripture, that scripture; everything seemed to verify and corroborate what had been revealed. And that simple revelation, just really one line, four words; was quite startling and this talk today is going to be that which was revealed in that split second of receptivity. I consider this talk to be one of the most important I have ever made. And I ask that Consciousness guide the words so that the Word may be revealed.

Let us begin here. There are two types of flesh. There is the flesh that is grass which today is and tomorrow is cast into the oven and perishes and that of course is our physical body. We come to the end of our days here on earth, the body is laid aside and it perishes. This is one type of flesh, physical flesh, matter it is called. And in this flesh, the scientists tell us, are whirling atoms. They tell us that atoms make up everything and so this physical form, this flesh is made up of atoms.

I tell you something quite interesting to me, way back in 1978-79, I hopped into a jet airline and I flew across the Pacific Ocean to Hawaii and then I took a smaller plane over to Kauai and then I drove up to Hanalei Bay and I

pulled into the driveway of Herb Fitch's house. I did this because when I heard one of his talks, I knew I had to spend some time with him. I knew that this was Spirit revealing itself through this individual, through this individual's consciousness or through Consciousness appearing as this individual. So I walked into his house and we went back to his study and we had a meditation. I did not tell him that I was thinking about atoms and their relationship to things. After the meditation he said, "I feel I must show you something." He pulled a book down off of his shelf and it was a book about atoms. He opened the book and showed me some pictures. In the first picture there was what is called a nucleus or a neutron and a proton, and in the next picture there was an electron whirling around the nucleus. And in the next picture it was shown how most of what makes up an atom is empty space. This electron whirling around at unmanageable speeds creates the illusion of substance. It creates an illusion of matter. I can't remember the exact conversation or what Herb said exactly, but I remember the feeling and it was: atoms are an illusion.

Since then I have taken that and looked at it every which way and pondered it and meditated, asked for guidance and I see clearly now, I understand. Mind appears as atoms. It is mind appearing as flesh; mind appearing as form. But there is no substance to that form. It is simply mind showing us an image. Even the scientists know that this is correct.

I have a book on my shelf called "The Zen of Quantum Physics" and I may get some of the terms wrong because I am not a quantum physicist but I have the general sense of what that book says and it states that when they sent some, I believe it was protons, part of an atom, down a

tunnel, when they did not watch, it turned to the left; it went down the tunnel and forked to the left, took the left channel. But when they observed the movement, it took the channel to the right. Scientists, quantum physicists, to their great amazement, discovered atoms and protons and electrons, they respond to the observer. Because they tried this experiment several times and every time it was the same result. The mind looking at them had an effect, they responded to the observer. This scientist that wrote this book put forth the hypothesis, 'that which we see in life responds to our awareness or our unawareness.' In other words, it responds to our state of consciousness.

From this I gathered that mind appears as atoms which are essentially space; very minute particles which are really mental images and respond to the mind. So mind appearing as flesh is the body that dies. In Texas, there is a huge machine, a huge building, and in it there is an atom smasher. This is how we know that atoms were not created by God. Because you could not smash one nor could you split one with an atomic bomb.

I knew a physicist when I was a young man and he was the man that gave me the first book I ever had of The Infinite Way called, 'The Art of Meditation.' Don was his name. Don was quite an interesting fellow. He was a physicist. He worked for the United States Government. He helped work on the project—the Manhattan project,— anyway, he helped work on the first atomic bomb and as a physicist, he told me—and I looked into his eyes, he was not lying—he told me that they were divided. Half of the physicists that worked on that project felt that if they split the atom there would be a limited effect, it would have a stopping point. It would have a chain reaction in other atoms in the universe but it would stop at a certain level.

However, the other half of the physicists—and Don was one of them—were convinced beyond the shadow of a doubt that if you split the atom, it would have a chain reaction throughout the universe until every atom was split. In other words, you would vaporize this entire world of matter. He was convinced. He suggested that they do not set off the nuclear explosion. But he was overruled by some government people, they set off the nuclear explosion and it was limited to whatever radius it was at that time; a mile radius or whatever. And he told me, he is still convinced, it should have vaporized the universe. And I said, “Well, why hasn’t it?” He said he did not know. He thought that maybe God limited it.

Well, be that as it may, the point is, atoms are not eternal. They come to an end. Why? Because they are mind-formed; mind appearing as form. There are two types of flesh and one type of flesh is mind appearing as atoms which is then appearing as a physical body or matter formed. And everyone knows that this material body comes to an end, it is grass, it is dissolved and it goes back into the elements. That is the first type of flesh.

But there is another type of flesh and it is called the Word. The Word is made flesh and dwells among us. This type of flesh is eternal. We read in the original Infinite Way book, “the Word becomes flesh but it is still the Word.” It does not change its substance. Out of infinite Consciousness comes the Word and the Word appears as flesh. But when the Word appears as flesh, that flesh is eternal. Consciousness formed, Consciousness appearing as form is eternal life. This is the form that can disappear from inside the temple and reappear outside. This is the form that can walk on the water. This is the form that can levitate; rise above the tree line. This is the form that can

disappear in India and appear in Africa. This is the form that Consciousness can lay down and pick up again at will. This is the form that Joel referred to in the Wisdoms when he said, "If you understood the real nature of life, you could lay down this form and pick it up again at will."

This week some new and strange and wonderful insights have come and I would like to share them with you today. So we'll do our best to get this across. Let's start with the 1959 Letters, a portion of it.

There are certain principles of The Infinite Way which an advanced student should know and which will aid in freeing him from the wheel of life.

Now because of our previous talks, we should understand that the wheel of life is being incarnated into the mind's mental image of a physical life. One of our recent talks called "The Impersonal Life" has to do with stepping out of that mental image and into an impersonal eternal life. So that is what he is referring to here: an advanced student should know these principles which will aid in freeing him from the wheel of life.

One of the most important of these principles is the principle that we are not in the body.

Do you remember that exercise that he gave us? He says it is the only exercise in The Infinite Way and that is the exercise where you look down at your toes and you say, "Am I in these toes? No. Am I in these feet? No. Am I in these ankles, these shins, these knees?" And you go up your body. "Am I in these thighs, am I in these organs and am I in the stomach? Am I in the waist, the chest?" Do you remember that exercise? He says to meditate on this until

you get the feel that you are not in this body. So he is assuming that you have done that when he says, one of the most important of these principles is the principle that we are not in the body.

At this moment, that may not seem to be of too much importance, but sooner or later it will be realized that this is the ultimate and the deepest secret of life, and I am going to show you why today, and the one which produces the highest demonstration of spiritual living.

We do not live in our bodies, nor are we the body. I do not inhabit this body.

When the first glimmer that you do not live in your body comes to you, it causes you to look yourself up and down, in and out, when you are in meditation, and ultimately it will bring you to the realization, "Of course! I am not in these knees, in this stomach, in this chest, nor am I up here in the brain. I know that I am somewhere else.

Eventually you will begin to realize the nature of that word I and you will see that you have been finitizing the word I: You have been using it in a purely limited personal sense as if there were an "I" separate and apart from the I which is you, as if the I which is you were something separate from the I which is my identity.

When you catch a tiny glimpse of this truth that life is not entombed in the body, you will understand the meaning of the Resurrection. It is true that Jesus was entombed, that is, confined in a tomb, just as today it appears that human beings are confined to their bodies. But when the tomb was opened, was Jesus there? No, he had risen. The Christ, the divine Self, could not be entombed: The Christ, your

divine Self, cannot be entombed in a body, and some day the realization must come to you, "I am not entombed in a body; I never was entombed in a body. I live and move and have my being in God—not in the tomb of a material concept. I abide in the word of God, and the word of God abides in me—not in the body."

I received a talk this week from someone on Mystical Principles that had been typed up and it fell in beautifully with all of this. It is a talk by Herb Fitch and he gave another little exercise which is similar to the one we just looked at. I would like to repeat that because I tried it and it was wonderful. So, I am assuming you have your eyes closed and you are resting back in and on a Sea of Consciousness.

Lift your hands up over your head just for a moment and leave them there. Get a feel of this body, from the end of your fingertips to the bottom of your feet, the end of your toes. You see this body? You feel this body? This body was not made by God. This body cannot receive the things of God, is not under the law of God, neither indeed can be. This body that you are feeling right now; this is the mind appearing as form. This is a mental image which today is and tomorrow is cast unto the oven. This is the body in which you do not dwell.

You can put your arms down and now you have a sense of this body, don't you; this mind appearing as a physical form? But this body, we have already agreed that I am not in this body. I—you can say this to yourself—I am not in this body. I am not in this form. I am not in this mental image. I am not in this mind picture.

Joel told us, "The single most important word in The

Infinite Way is Consciousness." In one of his books, 'The Realization of Oneness', he says this—and you need to listen as you have never listened before. He says:

I, myself am infinite divine consciousness. This is just as true of you as it is of me. So you can say it to yourself: I, myself am infinite divine consciousness.

There is a book out titled: "Consciousness Is What I Am."

I myself am infinite divine Consciousness. I am not in this mental image of a body. I have never been in that body. That is a mental image. I am infinite Consciousness. That mental image is being presented to my consciousness but I am not in that body; that body is in me, in my consciousness.

Infinite divine Consciousness; one with the Father; one with infinity. Consciousness, which is what I am, is Omnipresence Itself, I am Omnipresence.

This week it has been revealed to me, Omnipresence does not mean I am everywhere. There is another meaning. Omnipresence means everywhere is I. Everywhere is right here in I. Not that I am everywhere but everywhere is in I. Right here, everywhere is right here, right now in I.

So what do we have? We have: I, myself am infinite divine Consciousness. I am Omnipresence and everywhere is right here, right now in I. This little mental image, I am not in that; that's made up of nothingness. God did not create it; it was not made. I am not in that. I myself am infinite omnipresent divine Consciousness.

Several years ago when I had the first glimpse of this, I

was attending an Infinite Way class and we were on a break and I stepped outside. I looked and I saw the waves of the ocean, the Pacific Ocean and I felt the waves—all of them—inside of my consciousness and I felt my consciousness inside of the waves. Since there is only one consciousness, it is your consciousness also that is inside the waves and has the waves inside of it. You as consciousness, are inside of all that is and all that is, is inside of you. You as consciousness are right where that tiny leaf appears to be on the ground looking up at the clouds far above. You as consciousness are up over the clouds looking down at the patchwork quilt of our towns and cities.

Farther out, you are up above the earth looking down, as you have seen pictures from the space shuttle and the Hubble space telescope. Consciousness is Omnipresence and everywhere is present right now in the I that I am and I am looking down at planet earth and I see the seas and the land and I see the clouds floating past. I see almost an aura around the planet and I see the stars in the background and I see the moon off there on the side. I myself am infinite divine Consciousness.

Pulling back farther, I see the entire galaxy known as the Milky Way and I see Mercury and Venus and Earth and Mars and I see Jupiter and Saturn, Neptune, Uranus, Pluto and Planet X. I see the sun and I see the meteor belt. I myself am infinite divine Consciousness and all of this is within my Consciousness.

I pull back farther and I look and I behold galaxies; different shapes and sizes, millions, billions of suns and planets. I see Alpha Centauri, I see Pleiades, I see galaxies I'm not even aware of their names and yet I know their

name—I. All of this is in my Consciousness and I am seeing all that I am.

I pull back farther and I discover there are multiple universes, parallel universes and I am in each and each is in I. I myself am infinite divine Consciousness—infinite! There is no end to what I am. I look and behold there are dimensions and I am on this plane, this plane is contained in my Consciousness and so are the other planes; the astral plane, spiritual planes, heavens.

“I knew a man once,” says Paul, “whether in the body or out of the body I cannot tell but he was in the 7th heaven.” There are a multitude of states of heaven, states of consciousness. In my Father’s house are many mansions and all of these mansions are in my Father-Consciousness; the Consciousness that I am.

I discover that there is no space because all of this is contained in my Consciousness right here, right now. Omnipresence from one point of view means that I am everywhere but from this new point of view everywhere is here in the I that I am. Before I can even take this much of infinity in, I make the discovery that “Before Abraham was I am.” And I discover that this does not mean once upon a time I was. Oh, no! No, Omnipresence means everywhere is right now in my Consciousness, everywhere, right here, right now and it means every when is right here, right now in my Consciousness, before Abraham was, I am right now. Right now, before Abraham was, I am.

Right now in my Consciousness is the 17th century, the 15th, the 12th, 300 A.D., 200 B.C. Oh God, reveal to me the glory I had with Thee before the world was for I am there right now. Before the world was, before these mental

images, before this mind creation of an earth, of matter, before this was ever made, before this was ever thought of, the glory I had with God is right now in my Consciousness.

I, right now, in my Consciousness am before the world was and I shall be with you unto the end of the world and after the end of this world, I am; not I will be. Before the world was, right now is in my Consciousness and I am standing there, and after the world ends I am right now and I am standing there in my Consciousness. I myself am infinite divine Consciousness. I am infinite.

Everywhere is present right now within my Consciousness. Every when is present, right now within my Consciousness. Every one is present right now, within my Consciousness. The consciousness that appeared as Moses is right here in my Consciousness for we are one. The consciousness that appeared as Paul is right here now in my Consciousness for we are one. The consciousness that appeared as Yeshua, Jesus, is right here, right now in my Consciousness. The consciousness that appeared as Joel is right here, right now in my Consciousness. I am everywhere, I am every when and I am every one. My oneness with Consciousness constitutes my oneness with all that is, all that was, all that ever will be is right now in my Consciousness for these are one Consciousness. I myself am infinite divine Consciousness and Omnipresence is in my Consciousness, everywhere, every when, every one, I am.

Wednesday night, as a lay down to go to sleep, I asked, "Father speak for thy instrument heareth," and this came to me: I myself am infinite divine Consciousness. I am everywhere, I am every when, I am every one and these

are all one and that one is I am. And then so quietly I almost missed it, I heard this: I am not in a body, a mental image. I am every where, I am every when and I am every one. I am Omnipresent and I am infinite and I am not incarnated!

I sat up and I stared into the darkness. Oh my God! I am not incarnated. I am not incarnated. I am not incarnated. I have never incarnated, I cannot reincarnate. Everywhere, every when, every one, I, infinite I, cannot be confined in the tomb of mortality. I am not in that tomb. I am outside of that tomb. I have never been entombed. I cannot be entombed. I cannot be incarnated. I myself am infinite divine Consciousness. I cannot be entombed. Look, look again. I am outside of that.

I was never born, I cannot die. It's time to rise up into that which I am. I myself am infinite divine Consciousness. I am not in a tomb called mortality. That is a mental image; a nothingness. I am outside of it. I am everywhere, I am every when and I am all that is. I Am that I Am. I am the Word appearing as form and my form is eternal, made of My substance, of the substance that I am and I can lay it down and pick it up again. I can move it outside of this building. I can move it through walls. I can move it to other planets. I, yes even I, am God. There is no other.

Now, your job, my job, as the awakening ones, is to step out of mortality and into the immortality of our own Consciousness.

Let us look at something I saw for the first time this week. This is from a 1980 class given by Herb Fitch and he says:

Everything up to this moment has been all a part of your preparation to make a decision so earth-shattering, so unexpected that only the most dedicated student of Truth would even dare to accept the challenge that this decision requires—the supreme gift of all—the transition from a temporary creature to the full realization of the eternal Son of God while walking the earth.

This mortal illusion is a stone that must be rolled away. It is the paradox that prevents you from living now in your infinite kingdom, the Kingdom of God. You must realize your identity is Spirit, you are now Spirit and Spirit does not and cannot live in a human body. (Spirit we know is the ancient's way of saying consciousness.) Your identity is spiritual consciousness. You are now spiritual consciousness. Spiritual consciousness does not and cannot live in a human body. Spirit lives in a spiritual body and so until you are living consciously in your spiritual body (which is everywhere, every when, and every one) then you are rejecting your identity as spiritual consciousness and the result will be division, duality and separation, which is a violation of divine rule and from it flows the absence of the Power of God.

Finally, after problems that seemed endless, after mountains and valleys that will bring you the experience of death and reincarnation. Seems like a rather stupid end to life, doesn't it? You may wonder about it, about why we have persisted in living in this wheel of reincarnation and ask ourselves what can we do about it and why has the world not done it up until now?

We must admit to ourselves that there are very, very few teachings on this earth that dare to face the cause of human failure and human death. But to you it must become as

plain as the nose on your face. There's only one reason: Man does not live in the body that God gave him and you and I have the option to do something about that.

We are discovering why God is no respecter of persons. Why they that are in the flesh cannot please God. Why the flesh profiteth nothing. To live in a body of flesh that dies or to live in spiritual consciousness that is imperishable, this is your decision. It's either accept or reject your own spiritual consciousness and until you make that decision, you should know you are walking on a high trapeze with no netting below. Human beings who have not developed the capacity to live in their spiritual consciousness are called dead, dead branches which are cut off and withereth. For them the transition is impossible for they have no realized spiritual consciousness.

So you see the choice between transition or reincarnation is up to you. You have been given the power to decide whether you will be a dead corpse, which reincarnates or whether you will make your transition into the Kingdom of God.

Now, we are seeing, finally, at last, that Joel, that Herb, that Jesus, Paul and John have all told us: that we must make this transition. We must step out of the belief that we have ever been entombed in a mortal existence and we must come now, up higher into the conscious awareness of infinite divine Consciousness, everywhere, every when and all one. This is what I am—and you can say it to yourself—I myself am infinite divine Consciousness.

Now in your meditations, it is time to consciously step out of the mind appearing as form and come up into the Spirit, spiritual consciousness, the Word forming Itself. One is

mortal and comes to an end; one is eternal, right here, right now on earth as it is in heaven. Which one do you want to live in?

I tell you another secret that was revealed to me this week. I say it is a secret but I am sure there are many that have known it. It has been a secret to me because I didn't see it until this week, not consciously, and that secret revealed to me this week is this: We are making the transition, coming out of the mind and into spiritual consciousness. We are moving from the mind to Spirit.

If you recall in "Beyond Words and Thoughts," in the chapter, "Truth Unveiled", we were told plainly that the ascension is always the same; rising above the mind to the experience of Truth itself. So the transition, my friends, for all of us is moving out of the mind's mental images of mortality into Spirit's recognition of infinite divine Consciousness appearing as eternal forms. This is the transition. It is done within you. You must lay down this false life and pick up your immortal identity and you must do it consciously. So in your meditations, in my meditations, let us begin to do just this.

Let us start with the recognition that this body is a mental image not made by God. It is already nothingness. Let us move to the truth that I, myself am infinite divine Consciousness, everywhere, every when, all one I am.

Let us be still and watch I am reveal Itself. Let us be quiet and listen to the I am speaking the word. Let us enter the Silence. Let us take and really practice ceasing from this image of man whose breath is in his nostrils and enter the Silence, completely empty of that mortal existence. Let us stand still and see the I am reveal itself.

This is what came this week and I tell you it startled me to make the discovery that I myself am infinite divine Consciousness and I am not incarnated. That was an experience like John told us would come in Revelation where he said everything will be shaken out of its place. I'm telling you it was an earthquake. If you catch this, it will shatter some things. It will shatter the belief in mortality. I, myself am infinite divine Consciousness. I am Omnipresence, I cannot incarnate and I am not incarnated. Right now, right here, I am not incarnated.

Oh my God! Then what is this, if not I? I myself am infinite divine Consciousness. I am Omnipresence itself. I am Omniscience. I am Omnipotence. I am that I am. I am not incarnated. I have never incarnated. I never will incarnate. Now be done with that. Be done with that and accept who you are. I am Consciousness.

Those who have attained this level of consciousness have left us the records we have so that we may go and do likewise. It was said also in this letter from Herb that this is receiving the Purple Robe of Christ Consciousness and that Joel received this purple robe just before he disappeared from sight. All of us must receive the purple robe of Christ Consciousness. This is our only destiny. This is our one goal. This is our inheritance.

Thou art ever with me and all that I have is thine because all that I am, thou art, because now you know thou art I am.

Bill Skiles, Author

'Steps to Mystical Experience: The Inner Universal Experience of God' and 'Not by Might, Nor by Power'
(www.mysticalprinciples.com)

From Thomas Meehan's [blogspot mystic.blogspot.com](http://mystic.blogspot.com)

My Journey into Out-of-Body Travel and the Understanding of the Spirits in the Next World

By Richard Walton

From the age of five or so on, I remember having strange experiences I thought of as dreams. Sometimes it does not seem like these are dreams to me at all, but that I am totally awake during the occurrence. Maybe it is a state that is related to dreams on a certain level. The first strange thing I ever remember happening at a time I should have been sleeping, or dreaming about childhood things that everyone else probably dreamed about at the age of five, happened when I was not really asleep at all. At least I remember thinking I was awake at the time. I was lying there, trying to sleep. I could hear the television on in the next room. I was youngest, so I had to go to bed while everyone else was still up and watching TV. As I was trying to not hear the TV, I started to hear a very loud siren type sound in my head, similar to the "attention" alarm that phones used to make when they were left off the hook. This used to freak me out when it happened. I would turn over, and it would stop. Eventually, I would sleep for real, and dream. Sometimes I had standard scary dreams. Sometimes the dreams I had were terrifying, but more than the usual nightmares, because it seemed to me I was awake during them.

Sometimes my “dreams,” or what happened in them, seemed to be beneficial. Once, when I had had a very loud and obnoxious cough that would not go away, I had an experience that to me seemed like it happened while I was totally awake. I had been asleep at night, and woke up with a severe coughing spell. It would not stop. I became aware that someone had come to help me. I assumed, when thinking of it later, that it had been one of my parents. Whoever it was, helped me out of bed, and guided me down our long, dark hallway, to the bathroom. I had been having a tendency to cough so much that I would get spasms that made me choke, and cough up small amounts of liquid- or maybe it was the choking that made me cough. I had choked a few times in my sleep due to this earlier in my illness. I was now in the bathroom, coughing, and leaning over to the toilet bowl, just in case. Suddenly, the light went on, and one of my parents was there. I do not remember which at this point. I thought that they had been with me all along. How else would I have gotten there in a dark house? The spell gradually subsided, and I went back to bed. The next day, after talking to my parents about this, they informed me that they had not gotten up until they heard me in the bathroom. I remember being guided, with whoever it was holding me by my shoulders, from behind. Many years later, this experience came up in conversation with my brother. We had shared a bedroom at this point, but had not talked about this at the time it happened. He told me that from his perspective, he had been awakened by my coughing, which had been a frequent occurrence. This time, he said that I was talking (in between coughs) to someone. He could not tell for sure what I was saying, or at that point, it was long gone from his memory. Did I dream that someone came to help me to the bathroom, and actually end up there? I know I did not truly wake up until the

light came on, but I thought I was awake the entire time up to that point. I write that about being sure I was awake then, but you know, I am still not convinced I was not awake at that point. The thing that changed was that the light came on. It really exploded in my head when it came on, and that jolt I think made me more aware of where I was. But, I still feel I was awake the entire time. I have not ever been a sleep walker, but I guess this one instance could be close to that.

I remember one dream from around the age of five. How many my age remember a dream from when you were five? In this dream, I was in our back yard. Suddenly, I saw a ghost floating towards me. I realized I must be dreaming, and tried to wake up, but I could not. This thing kept coming closer and eventually got to me. It touched me, and immediately, the dream scene vanished, and I was enveloped by shrill sounds, and wind, and vibrations all over my body. I struggled to wake up, and even though I know this was only a dream, and should not be able to hurt me, I really was afraid I was going to die before I could wake up. I could not move. I tried my hardest to move, and finally I jerked my head to the side, and woke up. Even though I was awake, and looking around in the room, I could still hear that sound, and felt slightly like I was floating. Images blurred in the darkness, and floated around me. Gradually, the sound faded, and I could see a bit more clearly. I used to think that if I could think about a scary dream enough, it would lose its control of me. In the case of these dreams, that did not always work. I would think about it, and finally settle back into bed to try to sleep. Immediately I would hear that same shrill sound in my head, and realize that I could not move again. I would once again struggle to move until I could force myself to wake up. But how could I have gone to sleep and started

dreaming again in just a relative few seconds that this all took? Again, I was only five or maybe going on six at this time. Maybe, I thought, just maybe everyone goes through this, and it does not mean there is something wrong with me. Thinking back on my childhood, this is probably among the top issues that impacted me at that time, aside from school, or dealing with parents. And it was a major impact.

The night would start off like any other night. I would be in a dream as stated above, and suddenly, I would just know that something out there in the dream was different. After a while, I knew that the noises and vibrations would start soon, if I could not wake up first. I had a dream once that I was in a large house, and suddenly I knew it was about to start. I was terrified. Then I had a dream that I was walking across a bridge where we vacationed, and a large truck went by. The wind from the truck passing started it. The dream may vary, but the end result was always the same. I would struggle to get out of the sensations. I would wake up, and the sensations would sometimes still be going on as I struggled to fully wake up. Once it all stopped, I would lay there for hours, afraid to sleep again. I would allow myself to sleep, and it would happen again. I would again struggle to get out of it, and the cycle would repeat. Sometimes it would happen three or four times in a night. It definitely impacted my sleep for a number of years. But, it was not an every night thing. I would go for a few months with nothing happening, and then one night- boom. It was back. Maybe it would happen for a few nights consecutively, and then it would be gone again for a few months.

Sure, I had typical nightmares too, but they were common, dull dreams, and I knew they were not the same thing.

But, I still used to think of these experiences I would struggle with at night as nightmares, if it happened to me in a dream. Sometimes things happened to me when I thought I was still awake too. It is hard to think of an experience as a dream if you are convinced you are awake when it happens.

In these instances, I would be awake. I might have just gotten into bed. Maybe a minute has passed, and suddenly I would have that “knowing” feeling I described having had in a dream. I just would know that something was going to happen. And the same sensations, the same noises, and the same struggle to get it to stop would follow. And all through this, I would hear the same sounds in the room that I had been aware of before laying down. It is this continuity of full consciousness that started to really make me wonder what was happening to me in this experience. Since then, I have seen that experiences like this are generically referred to as being caused by sleep paralysis, or SP. SP, I later learned, is a process that everyone goes through in the natural course of falling asleep. It is the mind’s way of protecting you from physically acting out any dream that you may experience. Of course, the majority of people usually are asleep before the process happens, or are usually unaware of it when it is happening. One common occurrence in SP episodes, for those of us who are aware of them, is for the person to experience auditory or visual hallucinations. Of course, I did not know any of this when I was younger, and if I had, it still would not have helped to stop the experience. If I had mentioned this to any doctors at the time, I am sure if they knew anything at all about it at all, or thought that they did, they would have prescribed some sort of pill to attempt to get me to sleep better. What I know now from others who have the same experience, and have had

doctors try to fix it in this manner, is that it does not work. The pills dull you out and you may sleep better for a while, but the experiences still happen.

Back then, I did not feel I could talk to anyone about any of this. Either it was common for it to happen or people would think I was weak because I was having a problem with what to them would be trivial, or no one would know what I was talking about, and I would be labeled as "crazy." Neither one seemed to be a good choice. It was clear to me when talking very carefully to friends about the things they experienced in dreams, that they either did not have similar things happen to them, or if they did have them, they did not feel comfortable talking about it with me. I did eventually bring it up to a good friend, just after high school. But I still had a number of years to go before anyone else knew what happened to me at night.

The SP experience has some constants, and other things that can vary. One constant, is a very loud grating noise in the center of your head. People have described it as being similar to what you might have heard if the amplifier speaker for Jimi Hendrix's guitar was inside your head, or what it might feel and sound like if someone started a gas powered chainsaw while you had your head against it. I am not sure I would say my experiences were exactly like what these, but it will give you an idea of what it can be like. I remember thinking that I was afraid my hearing would be damaged by this and wondering why no one else could hear it and come help me. My own experiences were closer to the guitar in general, but with the overtones of the chainsaw in the mix. Imagine hearing a sound that you could not identify, that was loud enough for you to be sure you were going to go deaf from being exposed to it, and then realizing you can not move and no one else was

going to help you. This is how some of my nights went when I was between five, and around fifteen years old. Then one night, all of this changed.

Confrontation

People also describe sensations of feeling wind blow over them, or various kinds of vibration sensations. I had both at times depending on how deep I was into the experience. When I was around fifteen, as far as I can remember, the experience started to change a bit. I seem to remember there was a long time that it did not happen at all, and then it returned. It returned and was just like before. One time, I decided that I had had enough of it. When I felt that all too familiar “knowing” that I was about to be assaulted again, I decided to sit up and confront whatever it was that had been tormenting me. Of course, I should not have been able to sit up, since every other time; I have been physically unable to move. This time, I did not think of the impossibility of movement, I just knew I had to sit up and be ready for whatever was coming to me. I sat there in bed, waiting. Before much time passed, I saw a bluish pulsating sphere of energy floating down towards me. You may wonder about my sanity at just saying this much. But, there is a lot more to it. I had a feeling that this thing was aware of me, and I could hear it trying to speak to me. I had to concentrate to make sense of it. The words had a sharp super clarity that is not a part of everyday experience, and however they were being communicated to me, I was hearing them in the center of my head.

What I remember of the experience is that this entity was a bit surprised and even more than happy (almost proud) that I had been sitting there waiting for it when it arrived. It was as if I had passed some sort of a test, or more aptly, an initiation of some kind. It communicated to me, that it

had been attempting to get through to me for a very long time, and that it had been with me from my beginnings. It expressed this alliance in terms that made sense to me then, but I do not remember the actual phrasing. It seemed to be relieved that I had finally acknowledged it. I remember attempting to ask it questions- Oh, like, "who in the hell are you, and why are you doing this to me?" That sort of thing. I was not very good at communicating. It took more concentration than I had control of at that point to talk back to it. I felt lucky to be able to hear and understand what it was saying. And then, if you do not think I am crazy enough yet, it escalated a step further. It approached me, and I was OK with that. It almost seemed familiar to me at that point, as if I could trust it to not kill me, or make me lose my hearing. The next thing I remember was that we were flying off to some place. I know- it is only a dream of some kind. I can not fly in real life. But you have to remember, I was still convinced at this point that I was fully awake. It is hard to think in dream terms when you experience it at a level of consciousness closer to full waking. We went off to some "where" and some "time," and had a long talk, sort of a talk and get to know you sort of thing. I know that in the experience, it told me things about who I was, and why I was here, and why it was also here with me. I had questions, and it had answers. It was easier to communicate "where" we had gone. Then, I remember that we were returning to my physical location, and it was warning me that I would of course not be able to remember anything of substance that it had just related to me, but also that some time in the future, there would be a time that I would remember. And, even as it told me that, I could feel the memories of the middle part of the experience beginning to drain out of me. I was back. It was gone. And then the experience ended. The sensations faded, and I opened my eyes. I

remembered the beginning, and the end, but nothing in the middle, just as it had suggested. The blankets were tucked in tight. There was no physical way I could have been sitting up earlier.

So, you might tell me that of course, it was just a dream. And, it may have been. The thing again, is that to me, I was fully awake when it happened. Maybe it was one of those auditory and visual hallucinations. Could be. But, it could also be that in that state of consciousness between full awareness, and sleep, you can access levels of the mind that are not accessed usually. Maybe on those levels, this sort of thing happens every day. It will always be labeled as a hallucination or dream by science, until they figure out a way to measure it physically. I am sitting here listening to musical sounds that are being grabbed out of the air by a tiny plastic box of circuits and flowing electrons. At one time in our history, if anyone had made a statement like that, people would have locked them up. Some still may think that I am too far off the deep end in this, and that it is only getting worse the more they read. But actually, this was the beginning of this experience getting better. I no longer lived in absolute fear of that sensation. I no longer feared I would never live through each instance of it. In fact, the instances of the so-called SP went away for the most part.

New Stage - Fear no More

It was like; by my action of confronting this that somehow I had learned to bypass that part of the experiences. People I have met from UseNet groups who have bad SP experiences would ask me how they can overcome the fear of the experience. I would tell them that they will have to confront it in some way, similar to how I did. This is such a real experience that the few I have known over the years

who had asked me, could not do it. They understood on a certain level that I was right, and that they should be able to do what I suggested. But, in the experience as it happens, they could not get to that point of knowledge, or acceptance. And, confrontation does not make the experience stop, and that had seemed to be a goal for them, as it once had been for me.

The experiences did not go away however. But the paralysis and loud sounds were mostly gone. And, the more I experienced this new lack of total fear, the easier the experiences were to deal with. I even began to look forward to it after a while.

I got curious about it.

I had noticed a sensation on occasion that was like part of me seemed to be floating. One time during the experience, I noticed that I was feeling a bit dizzy, and it felt like my arms were moving. I concentrated on actually reaching my arm out away from me. It felt like I had done it, even though, at the same time I was doing this, I was aware that my arm was not actually moving at all. I could feel it against me, under the covers, and I could feel it reaching out. In fact, I could almost see it out there where I sensed it was. I was just getting used to this dual sensation, when I felt something grab at the arm that was reaching out. It was like a hand shake, but it felt like it was holding more than my hand, like it would be if you gripped someone at the wrist. As this started to take hold of my awareness, I heard a voice calling to others someplace, "Hey, Come over here and look at this. . ."

Think I am crazy yet?

I was suddenly aware that there was a small group around me, and that whoever they were; they were interested in what I had been attempting to do. I was then aware that the vibrations had changed a bit. They were smoother than normal, and a bit easier on me. I heard one of them say "Try more yellow," and I instantly saw yellow light. The vibrations were really easy now, and quite strong. I heard a sharp POP in my head, and then saw a grouping of geometric shapes, all just slowly rotating in the yellow light, and then it was over. When I opened my eyes, I still felt a bit dizzy, as I usually did in these times after these experiences.

These two experiences, the one with the glowing energy sphere, and this one with the yellow light, turned me around in how I thought of the experiences, and what they might mean to me. Sure, I still wondered if I was going crazy, but at least it was not so scary anymore, and it had actually gotten to the point that it felt quite normal when it happened. How could this have ever been scary? It felt like it was a very natural state to be in.

I still had a lot to do to explore this, if that was my intent. What was it good for anyway? Part of the SP experiences earlier, had included a sensation of flying, or floating above the bed. It occurred to me that I might someday be able to have an experience like that which I completely controlled, instead of having the fear generated in the SP actually paralyze me. This had its own new element of fear to overcome though. In short, it is the ultimate in separation anxiety. I know the majority of you would think I am overstating the fear part of this, because to you, this all seems just like a dream. And, I am not saying it is not ultimately a dream, or at least a relation to a dream. But, when it is happening to you, it is the most real thing

you can imagine. It almost seems like it is the essence of reality. Senses seem sharper. The mind seems to be working very well, for the most part, and you feel totally awake and in the experience. It actually feels like you are there in the same sense you are sitting there reading this right now. If it feels so real, you could be doing it, but how can you do what it feels like you are doing? You can not really be reaching out your arms to beings that no one else can see or hear, but there they are. You feel them, and you hear them. Maybe if you were better tuned in to them, you could see them too. It is hard to separate something that seems so real, which you experience when you feel you are totally awake, from what you know is possible in the real physical world. This sets up a struggle with what you experience, and how the conscious mind reacts to it. It does not want to give up its control over your life, and one way to fight to maintain that control, is for it to try to scare you to death so you will stop this nonsense. You can not be doing this. It is not real. You are going to die. Stop this at once, I am in control.

Because I had gone through extensive experiences dealing with my SP episodes already, I was more open to making a leap that it would be possible to leave my body during one of these experiences. Whether that is what is going on or not does not really make a difference here. That is what it feels like, and that is the mind set you have to be in to explore the experience. It feels that way, and you have to accept that could be happening, or it will just be a bad dream you want to wake up from.

First attempts at OOBE's

I started slow. I waved my arms and legs around. You do not just jump into a swimming pool if you do not know how to swim, and this is no different. You get used to the

vibrations, and the effort it takes to feel movement that is not physical. I always seemed to have a problem with my head being stuck in the early days of attempting to separate. But, in the early days, I thought of the process of getting out each time I wanted to try to get out. Now, I just do it. There is no thought. Just like the advice that Yoda gave to Luke in Star Wars. There is no thinking, there is just doing. Thinking of being "in" traps you into having to feel as if you are "out," or getting out. For me, even with my experience so far, and the extra help of having lived through a few experiences that I had not initiated, it still took me a long time to get to the point that I could initiate an experience that to me, felt like I was leaving my body, in control and awake.

By now I was in college. Once, prior to me telling my girlfriend JM about any of my experiences, I woke up to the familiar sensations. I had been working at this point to move the vibrations around over my body, just to be aware of them everywhere, and make them stronger than they were. I worked them up to my head, and down to my toes, and back to my head. Soon, they were oscillating back and forth pretty much on their own, with me just adding to the power of it. At some point, I started thinking about JM, and then the entire mass of power that had been building, exploded out of the top of my head. I actually thought I saw a ball of energy leaving me. The sensations quickly faded, and I opened my eyes. I could see JM's window from my room. I glanced up towards her room, and the light came on. JM appeared at her window, and I could tell she was looking down towards me. When I asked her the next morning how she had slept, she told me that she slept OK up to a point. She said she suddenly woke up out of a sound sleep, thinking about me. I mentioned I had seen her light come on, and after this, I

told her about my funny experiences I had. I also promised not to wake her up that way anymore.

She was intrigued by my story, but her science training would not let her think of it as anything more than dreams, even though she related an experience to me that made me wonder. When she was younger, she had wanted to stay up with the grown-ups instead of going to bed, but had been told she could not do that. She “dreamed” she got up, and went to her kitchen and spent time in there listening to what the grown-ups were talking about. She had thought it odd that they did not see her, or tell her to go back to bed. I am not sure at this point if she had verified that she had actually heard anything they had discussed after she had gone to bed. I think she was a bit nervous at even remembering as much as she had remembered.

During a phone call, my mother told me that she had heard a guy on a radio talk show on KGO, San Francisco who was talking about experiences he had, that reminded her about those I had talked about one night at home. She did not remember his name. She just wanted me to know that there was someone else who was just as crazy as I was. No, she did not really think I was crazy. Not because of this anyway. I think she must have heard an interview with Robert A. Monroe publicizing his new book about what he had termed “out of body experiences” or OOBES. But, I did not know about him or that book then.

Some time later, JM and I were passing one of the many book stores near campus. I glanced at a display of books in a window as we passed. The cover photo on a display of books made me stop in my tracks. What had stopped me was a copy of Monroe’s “Journeys Out of the Body.” I

went in, and found the sales area for this book. I opened to a page at random, and read a description of my own experience, happening to someone else. The description of the experience was so much the same as mine; I thought I could have written it. Reading this really hit me hard. I started to shake right there in the store. I can not emphasize enough how this felt to know that I was not alone in having had this experience. I bought the book, and suddenly, other reading assignments I might have had were forgotten for a while. I can not possibly recreate all of the experiences I have had over the years since then. But, I will touch on a few that are memorable, just to describe their range.

Around the time of reading Monroe's first book, I had a typical start to an experience. I was aware of hearing my room mate talking out in the hall. In this experience, instead of my trying to get out, "someone" was there to get me out. It seemed I did not have a choice this time. I remember being grabbed and the sudden rush from increasing acceleration out of the top of the dorm complex, seeing the city recede quickly under me, then the earth. The acceleration was so great; I actually felt heat from going so fast. And then I (we) were out in the far reaches of the solar system. We stopped. I was turned to my left, and there was a huge screen showing a representation of where we were, and where the earth was in relation to us. An object appeared on the screen, and moved a short distance towards the sun. A brief notation was displayed above the object, and it moved a short distance in towards the sun. Another description appeared above the object-as if they were showing me the trajectory change of an object approaching earth or the sun. This was repeated, as if to reinforce it as being important. I was suddenly back in my room, opening my eyes.

I am not sure what any of that meant. In my notes I took at the time, I entered that some time later, they announced the discovery of a new comet that was supposed to put on quite a show around Christmas. It was a dud though. Either the course they had was not accurate, or something changed they had not been aware of. Sure, I did it. No, I do not think that. Maybe I just somehow picked up on the fact that the trajectory they thought was true actually was not. Or maybe it is just a coincidence-. After all, I did not know the name of the comet from my experience.

With my friend JB's OK, I was attempting to visit her in this odd dream state. One trip, I remember being first out on the street, and then going towards a building, and into it. It was obvious to me it was a restaurant. It had brick walls, and separate walled booths with tables. I got to one booth finally, and there JB was with a couple of other people. I do not remember recognizing them. JB looked at me, and asked me what I was doing there? It quickly ended after that. She had no memory of seeing me in any place like that, but there was a restaurant where she lived at the time which she did go to regularly. When I eventually visited her, I saw this place, and it did seem a bit familiar to me. Maybe she had been dreaming she was there that night? Ah, this brings up the possibility of shared dreams. Would that actually be possible?

Once I had a feeling as the sensations started that I was supposed to meet someone, but I was not to go to them. If I was to meet them, they had to attempt to get to me at the same time. I have no clear memory of this being anyone I knew at the time. I do remember finally meeting with a woman who had long reddish hair. I remember being taken out, with her- almost like we were on a shuttle bus or commuting to a job or school. At present, my

“significant other” JG has red hair, I am not sure if this was actually JG. Although she knows I have these experiences, I am not aware that she has ever had memory of anything like it ever happening to her. That does not mean it could not have been her. Who knows? Maybe I was just registering a subconscious thought that I liked women with red hair, or with names that start with J.

One time when I was trying to get to JB, I found myself in a yard outside a small bedroom window. Of course, thinking it must be JB in there, I went in. It was not her though. I might have thought it was initially. I remember a multi-colored cover on the bed. I told whoever it was there, that I was out of my body, and in order to prove it, I floated up to the ceiling and back down again. The person laughed, like that was the neatest trick they had ever seen. I did it again. I talked to her for a short time, and it ended. I only mention this on the odd chance that it may have been JG I had seen that time. When I met her, she had a multi colored quilt on a bed that may have been what I had seen. She also had a very small bedroom with a narrow window. When I later was outside that window for real, it did have a feel to it that seemed similar to what I had seen that night. Actually, the first time I was visited the town; quite a bit of it seemed familiar to me in an odd way.

Earlier, Still in College - Past lives?

I laid down about a half hour before dinner was scheduled for the dorm one time. The second my head hit the pillow, it started. This was very uneven and rough compared to how the vibrations had mellowed out recently. Something different was going on here. There was a brief pause, and then I found myself looking down at the side of railroad tracks, and there was a lone yellow flower. I remember

thinking that it was good to be home, even under the circumstances. There was an epidemic. It was still going on. I was a doctor. I had been away helping in a larger city near us. Certain members of my family and friends there had already died, and I was feeling a bit sick myself. I did what I could to comfort my family, and then I was too sick to do anything for them, or myself. When this one ended, I felt physically exhausted, and my stomach was in knots. I went down to dinner only because I had paid for it. My appetite slowly returned. I have not had another experience quite like that one.

Exploring with Others

When I was in Summer Camp for my major, I had a tent-mate named RH. I learned fairly early on that he had an interest in meditation, so I brought up the possibility of using meditation to get to the state that preceded the so called out of body sensations I was interested in. He asked me about what he might need to know, and then he said he was going to try it. His initial try, he told me was a success, or so he thought. It depended on what I had to say about it. He found himself consciously traveling while he was meditating. He figured that he should attempt to go to a place that I would easily recognize by his description, and that would be significant to me, and previously unknown to him. What he described sounded exactly like a newly built church right across the street from the triplex that JM and I were in at that point. I thought it was an odd looking church and it reminded me of a Sizzler Steak restaurant. It had floor to ceiling windows on three sides, really overly exaggerated roof lines, and the interior carpeting color clashed badly with the exterior brick walkways, which was a prominent characteristic, due to the windows meeting at ground level. He described the windows, and the fact the building did not look like what

it really was, and the fact that the interior floors did not match the exterior. Did he really go there, or did I allow him to probe my memory for a place like that for him to describe to me? It is hard to really know.

One result of RH's success at describing this building to me was that he got very interested in the possibilities. We discussed whether it would be possible to both "project" at the same time and then meet at a certain spot and have a shared experience. The thing is, that for me, doing this had always been a hit or miss sort of thing. I could not just decide to do it at will. But, I attempted to set up a scenario, such that if I was successful in having an experience, I would attempt to visit him. Over time, some of it when we should actually have been doing school work, we talked of this for many hours, and actually had a few things happen that were interesting.

Once, I was able to have an experience at a similar time that we had agreed to. Actually, I think we had a standing time set for every night. This time, I was able to generate the typical sensations of an OOBE, and I traveled across town, plunking down to a stop finally. I could not see much, but I thought I heard snoring. He later reported that at that time, he had planned to be there and awake to try to see me if I was able to get there. He fell asleep. I do not count this as a "hit" though. The snoring could have been my own. But, as I said earlier, I knew I was awake.

One time, I remember having had a dream about him in which we were up in a park near his house. I was showing him how to generate light from my hands, and was shining my own hand light up into the trees. He also had a dream that night, in which we were up in a park, shining flashlights into the trees. This may be interesting, but

would probably be considered by most to be just a coincidence. I accept that. Even if I still knew where he lived, he would probably deny that this ever happened at this point. He had moved on last time I saw him.

Before I lost touch with RH, I had one more encounter during an OOB. I was trying to get to him, but for some reason, I could not find him, and returned. In my second attempt, I decided to go to see his wife, and find out from her where he was. I flew down in front of a huge building, and went in the entrance. There, standing behind a counter, was RH's wife, and another woman I did not know. She seemed surprised to see me. I was just starting to ask about where RH was, and then I heard a dog start to bark. I knew I had to leave. As I started back, I asked for proof that I had really been there. I heard a voice say a woman's name, Nancy. I returned to my room, and opened my eyes.

I should mention that RH's wife was a nurse, and I knew that much at the time and that she sometimes worked nights. But I had only seen her a few times, and did not know much about her. The next day, I mentioned this experience to RH, thinking it could have been a good hit, but he said that his wife had not been at work the previous night, but he would mention it to her anyway. The next day, he told me her reaction to what I had said. She basically, had turned white as a ghost, and refused to talk about it, other than to say that she had had a dream that night that she had been at work, talking to her supervisor, Nancy. I drew a picture of the layout of the spot I had seen her, and asked RH to see if any of it matched where she had been. She glanced at it, but refused to tell him anything else. She was a bit freaked out. This totally went

against what she believed to be possible, and she would not even discuss it with him, let alone me.

Levitating a Table?

Some time later, RH became a Christian. In one of my last letters to him, I described how I had been taking a class at a spiritual church here with JB, my roommate PM, and an old roommate B. In part of this class, we were asked to spiritually levitate a table. We stood around a standard card table that we witnessed being brought to the room, and being set up. We all had our finger tips on the table. We concentrated on it lifting. After a time of this, it started rocking. Eventually, it tilted up so only one leg was on the ground, and it started to rotate. In rotating with it, some of the contact with the table top was momentarily lost, but it kept on spinning. Then it seemed it was totally off the ground, and still spinning us around with it. For this to have been faked, we all would have had to have been in on it. There is no way any one of us alone could have lifted that thing, and made it do what it did. We finally lost contact enough, that it fell over. I told RH about that experience, and even though he had seemed very open to this sort of thing before, he could not deal with this now. He sent one letter saying I had been tricked. I sent one back telling him how it had been and how hard it would have been for any one of us to do on our own, or that it would have taken us all to be in on the trick. He never responded to that, and I lost track of him after that. I mention this just to illustrate how things can change. I think at this point, he would have denied any of our other experiments had ever happened, or if they had happened, we were being deceived somehow about what we thought had happened during them. Things happen.

Denial- You Can't Really be Doing This

Speaking of denial, my old co-worker, and Oakland “roommate” PL comes to mind. He was a central figure in another OOB type experience. This one could be one of my best overall. I was probably close to halfway into my summer job. I did not know PL well enough to have told him anything about my night time hobby prior to this.

I went away for the weekend, to visit my sister and her husband. I left on Saturday, and planned to stay overnight- returning late Sunday afternoon. Saturday night, I talked to my sister and brother-in-law, and we watched a bit of television. I needed to sleep, so just after the opening of Saturday Night Live, I turned in. I went down the stairs to their guest room/basement. The living room with the TV is right above the bedroom in this downstairs area, so I could still hear the television in the background as I closed my eyes. Almost instantly, the vibrations started, and I was out. At this time, I had just met a woman. We had gone out once, and I thought we had potential for a future of some kind. Naturally, she was the first person I thought of, and I thought it might be a good experiment to see if I could go to a place I had not attempted to travel to before. I know, this could actually all be in my head, but whatever the experience is really about, it does help to have an emotional tie to the person you are attempting to contact. She qualified at that point.

I moved out, thinking of LA. I stopped, and could not tell where I was. It was dark. I did not sense that LA was there, so I started thinking that I must have failed. At this point, I heard a voice calling out, “Who is there?” followed by “Richard, is that you?” followed by “Who is that?” At this point, I saw a flash of light, and almost immediately, I found myself back in my sister’s guest room, still hearing Saturday Night Live from the upstairs television. I had no

idea where I had been, if I had been anywhere at all. I thought the attempt was a complete failure at that point.

I returned the next afternoon around 4 o'clock just as I had planned. Before I even turned off the key to my truck, PL was out at my driver side window. Usually, he did not care all that much when I got home, so I wondered what had happened. He greeted me pretty much by saying, "There was a ghost here last night." I went in, not mentioning anything. I was not sure of anything at this point anyway. I just asked him to tell me what he meant by that. Whatever it had been, he was pretty well wiped out. He mentioned that he and his girlfriend had been up most of the night talking about it. Talking about what? He told me that just before midnight or so, he had gotten up to get a drink of water in the kitchen. The kitchen of this house had a sliding door that we usually used as a main entry. He said that as he came into the kitchen, he saw something coming into the kitchen near the sliding door. He was so sure that someone was there that he called out, "Who is there?" There was no response, but it kept coming towards him. Then he said that it occurred to him that it might be me, coming home early, and that it almost looked like me, so he called out "Richard, is that you?" He still got no response, he said, "Who is that?" Then, he said that he turned on the light, and whatever had been there, disappeared.

He had been up all night talking about it with his girl friend because he was freaked out by what he had seen. You can imagine what it did to him when I explained my side of it to him. At first, he was really excited to think that it could have really been me. Then, he accepted it, and calmed down. We talked a bit about the possibilities of life in general, related to what it would mean if I really had

been there when he turned on the light. Then one day, totally out of the blue, he denied that it had never happened, and wondered how I could believe all that stuff anyway. For him, it was too much, all at once. He could not process it into his belief system, so he rejected it.

An Old Friend

You might remember that this experience can be invasive at times. Usually, now, I like that. I may not be successful in doing anything my first try, and then, I can return briefly. I will recharge myself, and go out again. One time this happened, I found myself flying down into a crowded square. I remember this as a large central area with some sort of buildings surrounding it. At the time, I was not really sure why I was wherever this was. I swooped down lower and back out a time or two, and then quite unexpectedly, someone from the crowd grabbed onto my "feet" as I flew close to them. Initially, I was surprised to find I was no longer alone. After the initial shock subsided, I realized that I knew who it was. You have to think I am nuts by now.

When I say I know who it was, it understates what I felt at the time. You know how there are certain friends that you have that you may not see for years at a time. When you have a chance meeting with them, it is like you only saw them yesterday. Nothing has changed. You have not missed a beat in your friendship. You are there with a person you feel totally at ease with. It has been years, but it does not matter. It was like that with this "person." When I realized who this was to me, I just flew on- like I really knew what I was doing. I did at the time. That is the odd thing. I knew a place we could go together to get caught up with each other. I will describe this as a "he," but I do not remember sensing that there was any word for him

that would relate to this difference in sexes that we have here.

We went on, ending up at what reminded me of a college campus. I think it may have actually been some sort of place of learning. I found an out of the way path, and we went into a sort of gazebo-like structure, with vines of some type of plant growing up around and over it. We sat facing each other. I asked a somewhat typical question, "What have you been up to"? He began to explain to me what he had been doing, since forever ago. It really had been a long time since we had seen each other. He asked about what I was doing, and I told him briefly of my current life, and how I was able to be there. "You mean you are a physical being? It has been a long time since I was in a physical world. How can you be here?" So, I told him about being in the process of learning how to be myself without needing to cart my body around all of the time. This really seemed to fascinate him. He wanted proof. I remember sitting there talking to him, and glancing to the left. It was like I opened a channel of awareness to my body. I told him what I was attempting to do, and when I had the channel open, I became aware of, and then monitored my breathing and heart beat. I must have thought at the time that he had some way to experience this part of my awareness, and would be able to experience my physical body through me. Why not? It would seem to follow that I could show it to him if I could sense it. He was impressed. I told him that I probably should get back, since it had been away a fairly long time. We left. He led the way back. I kept close to him, flying along in tandem. At a certain point, I knew he was no longer there. Then I was back and laying there wondering how strange this would be to explain to someone. Who would believe it?

The Truth is Out There

Not all of my experiences involve communication with another being. Sometimes, I ask for such communication if I do not feel as if anyone is there, and nothing happens. Other times, I know right away there is something with me, and that it is not going to “tell” me anything. And then there are times that the being with me seems to talk unendingly, and I wish they would just keep quiet for a minute once in a while. In one trip that had no communication at all, I traveled out the furthest I have ever been. I am not sure where this would have been. It did not seem like any place I have seen, or dreamed of before.

When this experience started, I first flew out attempting to go to what ever target I had had in mind. It would not work. I just returned. I then re-initiated the vibrations, pushing them a bit- raising them in frequency, and strength. I changed my target to go to someplace that I could learn the truth about existence. Immediately, I was traveling faster than I had ever remembered going previously. I traveled on, wondering what I was doing, and where I was going to end up. But, thoughts like this normally can disrupt the experience, so I kept my growing anxiety under control, and returned to concentrating on the truth. I hit a pause.

I am not sure how to describe this. It was a pause in the sensation of motion, almost like I hit an eddy in a flowing stream, but as the pause happened, I sensed an increase in energy into me, and that energy was then instantaneously transferred to more movement, this time at an even greater speed. This second “jump” then hit a pause, and more energy flowed into me, and I was off again, and even a new greater speed. The third jump in energy and

acceleration finally stopped, and I was adrift momentarily in darkness. As I got accustomed to having stopped, I gradually began to see details in the darkness. There was energy all around me, pulsating, and moving in whatever unknown purpose it might have had. I had no clue what any of this was, but it also seemed vaguely familiar on a certain level.

Suddenly, whoever I was in whatever this place was, reached out and grabbed some sort of hand sized disc-like structure, and placed it in front of my forehead. This thing must have been some sort of energy focus device, because I sensed a flow into me that seemed to start when it was in front of my head. Then, it was over, and I was instantly back. I am still not sure about this one. It was pretty intense, but I am not sure what about it had anything to do with truth that would help me currently.

Whose Life is it Anyway?

I had the experience mentioned above in which I was a doctor during some sort of epidemic. I have also had an experience that I was, at least briefly, in the mind of an American Indian. In the "doctor" experience, I knew I had been the doctor. In this one, I seemed to be only a visitor.

Preparations were underway for a ceremony. This involved a certain Indian in a small village. It was like I entered the ceremonial area, and at a particular time, I then entered the mind of that Indian. I remember a peculiar sense of duality. I was still me. I had memories of my current life. And at the same time, I was getting a sense of what my Indian host had been going through. He was nervous about the ceremony. There had been a lot of training and preparation leading up to this point, and he

did not want to fail. I was really not sure why I was there. He walked over to the designated place for the ceremony.

Suddenly, I sensed another presence in there with us. While I generally had a sense of what my host had on his mind, this other presence seemed totally foreign. I was pushed to the side a bit to make room. The new presence then used my host to speak. I had the feeling that this was what was desired by my host. It was expected, and I did nothing to interfere.

After this had gone on a while, I knew the ceremony was near an end. Suddenly, I felt as if we were being picked up, and carried away from the ceremonial area. The next thing I knew, we were in very cold water. My host was not conscious, or at least not enough to respond to this. I “yelled” at him to come out of it. I tried to make him kick himself to the surface. Eventually, he overcame his lack of awareness, and gained control enough to swim over to the bank of the stream we had been thrown into. He got out, and looked back at a relatively still section of the stream. I could make out the reflection. He looked down at his tightly secured leggings, and was glad they were still there, since he had a bit of a hike to go on before returning to his people. He turned to leave, walking upstream. I remember that just before I left him, I thought to myself that just over the ridge from this spot was the city in which I currently live, or would be at some time.

Many years after this, I read a bit about Indians of our area. This makes a bit more sense to me now. The Indians of the area did have settlements in our local canyons, as well as near town. There were a few settlements in the area that is currently a ridge away from us. These Indians did wear leggings like those I saw on my host. And, they

did have shamans who did ceremonies using, what we might refer to as mind altering substances. This was just an interesting experience before, but the part about knowing in it that my future home was over the ridge from that spot seemed kind of strange. Maybe it bothered me because I thought of that as a detail that lessened the possible validity of the rest of the experience. I had known there had been Indians around here, but not specifically where. I had not known any of the local Indians would have ever had shamans, or used them in ceremonies for the benefit of the group in some way. Maybe I was more than a visitor to this Indian. Maybe I had been him at some point somewhere.

Do we go on After Death?

CH was already with TH when I met her, and they had plans to get married. I had not really known her long when she invited me to their wedding. The night before the wedding, I had a dream in which I had arrived at the wedding a bit early, and had gone into a café near the church to kill some time. Suddenly, CH came in, and sat across from me. We had coffee, and talked about the wedding. Then she said she had to go, and started crying. I asked what was wrong, and she said was crying because she did not have much time left.

The next day when I actually drove to the wedding, there were a couple of restaurants in sight of the church. I am not sure I found the one that might have matched the dream, but I thought about that dream as I sipped a cup of coffee waiting for it to be time to go across to the wedding. CH did not come by this time.

In the receiving line after the ceremony, she introduced me to her friends as her soul mate, or the one she would have

had one last fling with before getting married, or the one she would have married if she had not met TH. This is getting way too sad to write about now. Even after almost twenty years.

TH and CH were building a life together. Part of it included me, for a while. I helped them put in their orchard, and they invited me to dinners on many special occasions, and sometimes just because I was a friend. CH was teaching horse riding, and trying to finish school so she could become a veterinarian, plus her part time job downtown. JG and I ran into her downtown one afternoon. CH told us she planned to get together with us soon, just in case something happened and we never saw each other again. As it turned out, we never did see her again.

CH was killed by a drunk driver a short time later. Thinking about the dream, and her feeling that something might happen before we saw each other again, well, what can I say? Sometimes life is very sad. And sometimes it almost seems that we know in advance that certain things might happen.

After CH died, I had dreams at times that involved her. Mostly, I would dream I was visiting at her house. Her husband was there in the dreams, but not CH. It was not like I knew she was dead in those dreams. She just was not at home.

Then, one time she interrupted a dream I had been having of my days back in college. I was about to leave the main building for my major, and there she was walking towards me, coming up the stairs, opening the main doors as I was headed out. I sort of did a double take, in the dream. Suddenly I was very aware of things, where I was, who

she was. None of it jived in my head, since I knew two things. If I was really in college, she should not be there because I did not know her back then. And the big kicker; I knew that she had died. Sometimes things in dreams do not jive, and you just go on knowing that it is only a dream, and then it all changes. This time, it occurred to me that this must be a dream, but when I realized that, the only thing that changed was the outward setting. The building, the outside- it all faded into nothingness. But, CH was still there and still walking towards me. There I was, stammering, 'why are you here, how are you here, are you really here?' She came up face to face with me, grabbed my arms just below my shoulders, and said firmly, 'I want you to know that am OK. There is something I have wanted to do for you.' And then, without saying anything else that I remember anyway, she pulled me towards her. We were already about as close as we could be, but she pulled me closer, and then we merged together. What followed was warmth, tingling, swirling flashes of light, a feeling of floating, of being- me, her, us together as one. Then it was over.

Whether there is anything to the belief some have in an afterlife, who knows? If there is no afterlife, then this was just a very beautiful dream. If there is an afterlife, maybe she really came to me to tell me things were OK with her. One thing though, I had been having trouble dealing with her loss before that time, and it was easier after that experience. I have had no further dreams. Assuming there is no afterlife, maybe the way this works is that at some point, your subconscious mind literally merges the known memories and feelings for the deceased person into your own mind. Maybe this dream was a representation of that merger. I can accept that from a scientific viewpoint. But

part of me still wants to believe that it was really CH who visited me that night, and that she is really OK.

Now you know for sure. Past life awareness, Out-of-body experiences, clairvoyant dreams, spirits, and raising tables and life after death. Now you know I am nuts. But, this is just another aspect of what has shaped me and my life. If it means I am nuts, at this point I really do not have anything to say in my defense. It is part of me.

Richard Walton

The Art of Entity Clearance

By Tammie Bowden

The best argument in favor of entity existence can be found in the fact that almost all traditional societies believed in the existence of entities and had developed methods for dealing with them, beginning in ancient times and continuing forth until today.

Almost all shamanistic teachings have methods for the clearing of spirits. Ayurveda (traditional Indian medicine) was divided into eight branches, one of which (bhuta-vidya) was devoted to the science of spiritual entities. This places spirit entity clearance in this particular culture at the same level of importance as surgery or pediatrics!

In Chinese medicine in the practice of acupuncture, among the 361 acupuncture points, we see the word KUEI (meaning discarnate spirit) making up part of the main or secondary name of 17 points, thus supporting the Chinese belief in the importance of the spirit in maintaining the health and well being of the body generally.

From the Vedas to the New Testament, there can be found many unambiguous references to the clearance of spirits and entities and many religions have technical rituals dating from ancient times for taking care of the energetic "pollution" arising from someone's passing and work to protect the living from that circumstance.

With this in mind, we can be sure that spirit entities are not simply some kind of odd theory made up to frighten people. If anything it is our modern Western Culture that is at odds with history and all other cultures as it disregards the existence of spirits and entities to the detriment of those people who suffer mentally, emotionally and physically due to attachment.

The basic definition of an entity of spirit is a non-physical energy parasite with some consciousness of its own which attaches to your subtle energy body just as physical parasites (intestinal worms etc) do. The level of consciousness held by these beings varies with the individual as does their effect on the human (or animal) host and so the signs of spirit entity attachment are many and varied, ranging from physical aches and pains to paranoid delusion and complete spirit possession.

The origins of spirits and ghosts vary depending upon our belief system. For example, if we look at the beliefs of both the ancient Chinese and the ancient Indians, the consciousness is shattered at the time of death and this facilitates some of our energetic bodies ascend to the Spiritual realms, whilst others reincarnate into new physical vehicles.

Sometimes, particularly in cases whereby death has been violent, the spirit is traumatized and disoriented and can miss it's "window" opening in which it can be drawn to "the light" and as such becomes trapped in the astral layer, leaving it unable to return to the Source without assistance, though they are often unaware of their trapped state and continue searching for the light which will take them to the other realms and people with a clear, bright light, (often those involved in Spiritual work or those with

high abilities) commonly encounter spirit entities who have mistakenly been drawn to their light and at times become trapped in the magnetic aura or the live host before they are aware of their mistake.

Others commonly preyed upon are those suffering with addictions of any type or obsessive compulsive behaviors. These people will be sought out by spirits and entities that had similar weaknesses in their physical lives so that they may continue their addiction "by proxy". Entities are similar to physical people in that they will tend to seek out others of like mind or interest to spend their time with and this can lead to difficulties for the unsuspecting individual.

Spirit beings can attach to both human beings and animals and at times they are not fussy as to which of these they attach to! Cases have been documented of both human hosts housing animal entities and vice versa! Such beings may also attach to a home or possession to which they were particularly attached in life and this can cause issues when the being still tries to exert their control here.

The Chinese call these fragments or entities KUEI, whilst Sanskrit calls them BHUTA (a word that translates to entity). I call them Soul Fragments. Other kinds of Soul Fragmentation can occur when a person undergoes significant trauma (such as abuse or extreme emotional pressure) which can cause the soul of that individual to actually split or fracture.

Human and animal Soul Fragments occupy a large proportion of the spirit entity attachments that clearers come across (up to 70%), however, there are all sorts of other non-physical beings that can and do, for whatever reason, attach to the human energetic body. Some of these

are referred to as elementals, undines, devas, fairies, demons etc. Many of these beings are very tiny and as a result to not make much impact on the energies of their hosts, however, others have greater magnitude and can affect their host spectacularly.

Entities exist on a level of consciousness where shapes aren't fixed as they are in the physical. As such, they have a chameleon like nature whereby they may appear differently to different people or even to the same person from day to day as they use their ability to shape shift and morph.

As an energy clearer, I often initially perceive a spirit entity as a darker patch or symbolic shape (sometimes geometric, other times not) in the clients energy or chakra system. Further investigation will usually uncover a more detailed perception of the spirit entities appearance as spirit entities usually try to conceal their presence for obvious reasons and also the person hosting this being may have a particular perception of it which will be revealed to the clearer as the process moves forward. Spirit entities can also manifest as a pain or an illness if the entity had that kind of affliction prior to its passing or if the emotions harbored by such a being are left to manifest physically.

On non-physical levels, there are often mix-ups with senses, which means that the distinctions between non-physical light, sound and smell isn't always clear. Entities can also sometimes be perceived as a particular non-physical smell superimposed on the clients energy. This is also the case with houses. And with training, you can learn to perceive non-physical smells or feelings that reveal the presence of an entity as soon as you enter a house.

When someone dies, fragments of consciousness are released during this process. This belief is found within multiple cultural and religious systems and is accompanied by rituals to counteract any negative connotations associated with this. For example, in India people burn corpses with the intention of minimizing the time between the release of the spiritual energy and the spirit's passing over to the spiritual realm and thereby lessening the possibility of negativity escaping the corpse to cause havoc. Indian tradition also has a number of customs related to the mourning period including dietary recommendations which are aimed specifically at protecting mourners from "catching" soul fragments after the death of a loved one. The code of Jewish Law also has similar rules to these following the death of a relative.

In writings by Homer, the only method mentioned for the disposing of corpses was burning and in many other religions (in particular the Catholic religion), ritual plays a big part following death. Among other things, these rituals are aimed at taking care of the energetic side of death and mourning and protecting the living as much as honoring the dead.

Much of the knowledge which lay in traditional lore and ancient perceptions is lost these days resulting in energetic mayhem and large numbers of people suffering as a result of entity attachment. It has been suggested that as much as 70% of the population will have been attached to spirit entities at some point during their lives and this number could even be higher.

Entities can and do facilitate personality fragmentation and they do tend to give people a dual nature as the compulsions and desires of the entity are superimposed

onto the person's own desires. Sometimes these desires reinforce one another as in the case of addictions whereby a beer drinker who has a spirit entity attach at the pub thereafter becomes even more fixated on getting their next drink, or a heroine or ice junkie seems all that much more intent on scoring their next hit and seems all the more unable to let go of this addiction, even though their conscious mind may truly desire being clean.

Spirit entities take a tendency in a person and exacerbate it, making it more intense and more difficult to deal with. A spirit entity by itself is unlikely to cause fully-fledged mental disorder; however, for someone who already has this tendency, a spirit entity is highly likely to make things much worse. Entities cause sudden, abrupt impulses that the person believes to be their own and in this way can cause behavior similar to those experienced by someone with a mental disorder.

Entities are experts in the field of camouflage. Their influence is insidious and sends impulses such as thoughts or desires from unseen depths in the hosts psyche. These are not usually spoken messages, but rather compulsive uncontrollable desires, addictions and/or inner confusion, along with a host of aches and pains and sometimes even serious physical illness and disease symptoms.

Spirit entities interfere with the client's consciousness, choices and decisions and poison free will. As long as hosts haven't undergone some kind of scanning process, they will usually have no idea that they have been attached to though they will be all too aware of the difficulties that the attachment is causing them.

There are of course extreme cases wherein a spirit entity will push someone to commit violent crime, however, these are thankfully relatively few and far between.

Under normal circumstances, the human system has a natural layer of protection which efficiently shields it from attachment by foreign energies and entities. It is when these natural defense mechanisms are overridden that entities have the opportunity to come in.

Collapse of the natural defense system may occur in a number of situations such as:

** During shocks and traumas. In a car accident, during a war where there is bombing and gunfire or during earth-quakes or other natural disasters where fear is at a premium.*

** The collapse of a defense mechanism can also take place in the case of very sick people whose energy is highly depleted i.e. in a major chronic disease, after losing blood or consciousness in an accident or during an illness.*

** General anesthetics are one of the most frequent situations where modern people go through a complete or near-complete collapse of all energetic defense systems. Surgeons pay a lot of attention to physical factors of contamination but, sadly, totally disregard the energetic side resulting in spirit entity attachment during surgery. Hospitals are a haven for spirit entity attachments due to the number of people who die within them and do not pass over correctly for whatever reason.*

** Drugs and alcohol intoxication can also result in a temporary collapse of the energy body's natural defense mechanisms. Alcoholics and drug users are therefore part of the high-risk categories for spirit entity attachment.*

Natural shielding is also lessened as one enters into Spiritual Realms. As we seek to explore these realms more fully Spirit allows us to then begin learning how to protect ourselves much as parents step back from their children as they grow so that they can more fully experience every aspect of life and thus it is important for anyone working with Spirit to develop and use spiritual and energetic protection.

Tammie Bowden
Dark Moon Psychics
Bathurst, Sydney, Australia
<http://soul-light-journeys.heim.at/>

Basic Techniques in Soul Rescue

By Tammie Bowden

During the course of my work in soul rescue, there are a few methods that I use to clear an entity attachment and it depends mostly on the type of entity (benevolent or malevolent) and the person involved. In order for someone to undergo an entity clearance process, they need to come to the realization that they have an entity and be willing to release it before any real help can be given. In the case of someone in denial, mentally ill or otherwise unable to make an informed decision, the clearer must communicate with this person's higher self and seek permission from it in order for the process to go ahead...Or the entity must want to go. If the person does not accept that they have an entity, but a connection is able to be made with the being itself and it communicates that it wishes to leave, clearance can also be done without the "hosts" cooperation. Often times, once the entity becomes trapped in the person's auric field, they need help to get free of it and this is what we as clearers and soul rescuers are there for. The clearance process is facilitated for the highest good of all involved (both the host and the attached entity) as removal of the attachment will allow the host to continue with their life, able to fulfill their life's purpose free from encumbrance and at the same time the entity is freed to enter into healing in preparation for its next incarnation.

Initially, in assessing a person for entity clearance, we must try to find out the history of the attachment...when any issues began, when any pain or illness

manifested...basically a good outline of how the subject is being affected by any possible attachment and how long this has been an issue.

* People who seek sessions often describe the following symptoms:

Feelings of being blocked in life, regardless of what you do to try to change things (just when things are going right, it always seems to fall apart)

Hearing intrusive thoughts and voices

Recognition that some behavior is not consistent with your personality. The realization that "That wasn't me!" following something you've thought, said or done

Repetitious dreams or nightmares

Problems following the use of pendulums or Ouija board

Addictions

Sexual dysfunction

Feelings of abandonment, unnatural clinginess or separation anxiety

Feelings of not being alone in your body

Feelings of being followed or stalked with no evidence of this happening

Relationship problems

Phobias and irrational fear, anger, sadness, guilt or any other negative emotion

Feelings of confusion, disconnection from life and others around you

Feeling "spacey" or "not with it"

* Treatment options available include:

Negative energy and entity clearance (Remote or in person) for the clearance of non-physical intruders and energetic attachments

Guided recall of present life, birth and prenatal memories and past life incidents

Soul Fragment Recovery Recovery of those fragments of your soul essence which have separated from you during periods of trauma (past or present incarnation)

Intensive Healing (Remote or in person) of soul fragmentation, removal of cellular memory, healing of energetic/auric damage

During the course of a clearance, I generally work in conjunction with a dreamwalker and Spirit in a triangular formation, which seems to intensify our energies and levels of protection so that we are less likely to come under attack. Within the clearance process, each of us has a different task to perform and though I can also perform the tasks of the dreamwalker, I generally prefer to work in formation purely for the sake of safety and concentration.

Within the trinity, my job is to lead the clearance by way of guided meditation. I am the Path finder and clear the path for the dreamwalker to journey down with the participant/entity host safely and unencumbered. By using crystals on and around the body, I am able to induce a meditative state in the subject and facilitate an OBE relatively easily, even with a participant who is not generally accustomed to or overly comfortable with visualization. Once "out of body", I ask the subject to rise above themselves and scan their body looking for anything unusual or uncomfortable, which may appear as pain, dark spots, nausea etc.

As I do this, the dreamwalker also enters the meditation and uses her clairvoyant abilities to "accompany" the subject on their journey also scanning to "double check" for attachments. Generally, entities appear as dark spots of negative energy, which move away as the subject focuses while light energy upon them. The fact that they move indicates that the energy form is self aware or intelligent, as opposed to basic negative energy which is stagnant; and as such it will resist the process by avoiding light and cause the client to feel pain or nausea as it moves around the body.

The dreamwalker ascertains where the entity is attached to the subject and how large the attachments are. These attachments are usually found in the chakra system and once we know where they are, we can go about releasing them by bringing in white light energy through the subjects crown chakra and visualizing thousands of tiny pinpricks of light breaking down the darkness and/or pushing it towards the base so that we can isolate it.

These entities can appear as people, beings, or energy that has form and intelligence. Oftentimes, we can ascertain the appearance, nationality and intent of the being, all of which helps in it's removal as they may attempt to create fear in the subject and so the more information we have about them, the easier removal becomes as we are able to reassure both entity and host that removal is in the best interests of both of them.

Firstly, we ask the subject to affirm out loud that they no longer require the services of the being in question, that their services are now complete and so they are free to leave and go on home to the light. Sometimes this is enough, as some beings only need this reassurance not to fear the light and in that case, the subject is instructed to create a column of light next to or over the being and then encourage the being to return home to the light.

Other times, though, we encounter resistance, anger or threats and must then go about painstakingly "burning through" their attachments with white light energy as we push the entity down towards the base chakra. As we push the entity downwards, we make use of affirmations, prayers, white light energy, smudge, essential oils and reassurance. Fear must be kept to a minimum as entities feed on this and will make every attempt to scare both the client and us into letting them stay.

Spirit acts as the Gatekeeper and allows and assists us to make contact with the entity(ies) and communicate with it. Once we have made contact, I call on its guides, teachers and friends to be with us and lead the being home to the light, welcoming it with love.

The level of resistance from the entity determines how difficult it is to release as does the clients will to release it. Often the subject will become emotional as the entity leaves and they need to be reassured that it is their choice to dissolve the agreement and that both parties are now being held back by the agreement that they may have made between them. Oftentimes this being has been with the host for much or even all of their lives and it can be daunting to be faced with the future alone essentially for the first time. At this time the subject may become aware of how this being has affected their behavior and perhaps also remember the circumstances which led to them making the subconscious agreement that allowed the entity to attach and remain and may be afraid that they won't cope without it. The subject may also be experiencing quite serious pain, depending upon the extent and time frame of the attachment and they need to be reassured that this is normal and encouraged to breathe through it. Pushing the pain into a crystal whilst directing positive energies into the area may also help.

The psychic influence of entities can affect the way we feel, influence physical and mental balance and affect our environment. Sometimes, an entity will attach to an object if they have had a strong emotional connection to it in life and ridding a space of the entity may be as simple as cleansing or removing the object. Guiding spirit into the light totally depends on that being and its beliefs. When we die and before we enter the light, we retain our personality traits and beliefs and attitudes. If they believe in the light source then they will relate to that kind of symbology, if not then clearance must be approached from a different angle. Prayers from their own religion also help as do references to their "God", because they create a familiar environment that the being is comfortable with.

Also, try to make yourself aware of the entities expectations to gain their trust. The clearance area should be clean, no perfume, clean clothes, darkened room with faint/candle lighting, music (many spirits respond to wartime music for some reason). Begin the clearance with prayer and ritual and make sure that as the "clearer" your own etheric body is free from negativity (both physical and mental). Listen to your instincts relating to protection and trust your guides to help with this if you ask them to.

At the end of the clearance, be sure to thank your guides, teachers and friends and those of the subject. Absent clearings can also be done if you have the cooperation of the client and their permission to proceed and if you are able to focus your energies to achieve connection. All the same rules apply.

Quartz crystals and black tourmaline provide a strong energy boundary within which to trap entities and Iron Pyrite helps to focus the psychic energies. Jasper shaped as an arrow head keeps spirits away from the treated location which can be "smudged" with sage. Protection will only work if the entity is daunted by the power and faith of the soul rescuer. You must take a serious approach to the situation and use amulets, talismans, candles, stones, crystals, garlic, smudge, salt, bells, drums, the sign of the cross, repetitive prayer or incantation where appropriate. Each clearance is different, so each approach will be different. Use your instincts to decide what approach is required and be flexible enough to "go with it."

Tammie Bowden
Dark Moon Psychics
<http://soul-light-journeys.heim.at/>



DIMENSIONS OF OUR EXISTENCE

(Gross and Subtle bodies)

Based on the lectures by Sri Bimal Mohanty

We are all familiar with that story in Mahabharat when Yudhisthira was asked 'what is that you find most intriguing?' - *kimAscaryam?*

His answer was: *Ahani ahani bhutAni gachanti yamamandiram, Apare jivitum icchanti kimascryam atahparah.*

Day in and day out all eventually enter the portals of death. Yet others keep clinging and striving for eternal life. What could be more intriguing?

In saying that, was Yudhisthira trying merely to expose the foolishness of the individuals - the *jivas*?

It does sound to be utter foolishness on the face of it when men continue to aspire to ward off death. But is it really so? If trying to prolong life is such a foolish exercise, why

would God build this desire into the very nature of every living being, from a lowly insect to the highly developed man? On further thinking, why are we given a 'life to live' in the first place?

Surely, the gift of life is not given to us to be thrown away. And if it is not to be thrown away, then what is so intriguing about our trying to preserve it?

That is the moot point. Every 'life' happens to be the only opportunity whereby any development; any spiritual evolution can take place. No other means exists for any of us.

That is why, by nature inherent within us, we are all programmed to resist any decay or snuffing out of life within us.

We cling on to these opportunities and by the grace of *Brahman* these opportunities come in abundance to us.

While discussing about the theory of rebirth or *punarjanma*, (refer 'Understanding our own position' and 'Concept of many births' in July, October/November 2000 issues of AHWAN) we have understood 'life's essentiality, purpose of higher development and essentiality of change of state etc.

In the background of this concept a number of questions come naturally to all of us:

Can life be made to prolong indefinitely?
Is there a need to have so many life forms, plants, animals and all that?

Is 'life' confined to the 'bodies' that you, I and the '*jivas*' in general possess?

Is there a final curtain in this drama of cycle of birth and death? And most importantly, who controls this whole process?

Philosophies that do not subscribe to the view of rebirths or the concept of evolution as a continuous progression, do not give much importance to human individual effort and potential to be capable of reaching the highest perfection and absolute freedom and atonement from his shortcomings and mistakes – or 'sins' as they like to put it. For them, man always remains short of perfection, always underdeveloped or partially evolved and is always condemned or condoned by the lord when the time comes.

But the *sanAtan* philosophy takes a very positive view of the 'life' (or lives) itself and the divine nature of the individual soul and its potential to conquer the process supplementing by its own effort – the effort that is known as *yoga* – and raise himself to the level of absolute perfection and purity and make himself deserving to be one with that entity *Brahman*, beyond which nothing else exists to aspire for.

Sanatan philosophy, let it be fully understood, does not accept despondency and despair, but always thrives with hope and confidence that finally the prize of knowledge, freedom and bliss will be for everyone.

To this end, God is his benefactor and guide, providing opportunities after opportunities. That is 'life' that we have, the meaning and purpose of it.

Once the very purpose of life is understood, the urge to prolong it is not difficult to appreciate. But that is only the beginning of our understanding. The larger question is: when we say 'life', which life are we talking about?

In common concept, our understanding of life is limited to the physical body that we have in our possession now. We are confused and tremble in fear when we see that in spite of all our efforts, this body is eventually nearing its end. The so called 'death' is staring at us.

That is the result of our ignorance. We simply think in the single dimension of the physical body and forget that our existence is an integral existence in more than one dimension. Therefore we indeed live in many levels of our existence simultaneously and not only in our physical level.

We in fact are constituted of many bodies or '*sariras*' through which we simultaneously live and 'life' exists embracing all these *sariras* at the same time.

We have to first understand the concept of these different bodies or *sariras*. There are various explanations and one has to take in all the view points to get a mental and intellectual perception, before we can answer their possible span of existence and their behavioral pattern.

The gross physical body made up of bones, flesh and blood is the one we are familiar with. We ascribe the name of body or *sarira* conveniently to that. But because of that, one should not start imagining that other *sariras* are similar to that in physical terms.

Each *sarira* is synonymous with the specific level of consciousness (the *brahma cetana*) that holds it or associated with it. *Sthula* or gross and *sikshma* or subtle are the two most simple nomenclatures. There are other nomenclatures carrying deeper meanings and describe with more precision the characteristics of each.

You must have heard of the five sheaths or *panca koshas* comprising of the food sheath (*annamay sarira*), vital sheath (*prAnamay sarira*), mental sheath (*manomay sarira*), knowledge sheath (*jnanamay sarira*), and the bliss sheath (*Anandamay sarira*). They all stand for different levels of consciousness spanning between the most gross (*sthula*) to the most subtle (*sukshma*) as differentiated by progressively higher levels of consciousness. (For more details about *koshas* articles 'On Meditation' parts 2 & 3 in AHWAN August and September 2001 issues may be referred)

Further probing deeper we also understand that between these five broad categorizations there are indeed layers and layers of consciousness levels as the *jiva* (individual soul) makes its progress towards absolute consciousness (*purna caitanya*) or *satchidananda*.

It is important to know, what these so called *sariras* are composed of before we probe their span of existence. They are all constituted of different forms of energy, as the consciousness or *cetana* is also energy. The physical body, which is so material is also another form of same energy. In earlier discussions in AHWAN we have stated that energy and matter are interchangeable entities, all being of same substance.

When we say *sthula sarira* or *sukshma sarira*, gross and subtle bodies we only apply a simpler and easily understood categorization. Another often-used categorization is physical, mental and psychic. The concept is all the same. In any case man is a combination of all these levels at any given time.

Our only objective in life being to raise ourselves to the level of *satchidananda*, the *sariras* or bodies embodying different levels of consciousness are the supports which we use in our journey to that final destination. They are not progressive supports in the sense that perfection achieved in one stage is not subservient to the progress in other stages, but the qualitative consciousness at various stages work in coordinated complementarity, one supporting the other. A set back or slowness in one affects our total consciousness level. As a weak and sense indulgent body will slow down our mental or higher mental progress, a wayward mind or faulty knowledge will also retard our overall progress.

It is the combined effort at all the levels that determines the distance we have covered in this journey. Without any one of them our evolution loses all its meaning. We need to have these bodies and therefore the next all-important question is how long these bodies last?

Let us begin with the gross material body which is our physical body. Sri Aurobindo observed that “the body is the instrument provided for the fulfillment of the right law of our nature...It can be therefore, no integral Yoga which ignores the body or makes its annulment or its rejection indispensable to a perfect spirituality.” We need the body. The present physical body that all of us have, being only a support will last as long as it remains supportive to our

spiritual development. There is no fixed or predetermined life span as many believe. The life span is determined by how the body is being used for the only purpose it has been gifted to us. If by our ignorance and blatant misuse, it is rendered no more conducive to our purpose, it is time for a new body that will suit us better.

Evil conduct in life certainly reduces the life span of the body as misuse of a tool makes the tool soon damaged and useless hastening the need for going after a new tool. But interestingly even good and righteous conduct in life may also reduce the life span. Many known great souls have discarded their physical bodies comparatively early, and some other after a long period. But that aspect is neither here nor there. The reason is always the same. The present body has fulfilled its usefulness. The good man is ready for a higher stage of development and needs a more conducive body form under more conducive environment. How the body has been used by the person in that particular phase of his *yoga sadhana* remains as a lesson for others to follow.

The soul is never emotionally attached to any particular body. The embodied soul has one and only aim which is its spiritual ascent. Hence acquiring and discarding the body is only part of the process for the soul. The soul's movement from one physical form to another is always for the better.

But the importance of having a physical body is never to be underestimated. It is the first gift of nature to the soul. It is the very soil, which holds the seed of consciousness and allows it to germinate and grow. All the subtle bodies extend from this gross physical body.

Our seers put it quite plainly. *SariramAdyam khalu dharmasAdhanam*. A body is the first requirement, and then can only spiritual practice begin.

In *sanatan* philosophy this truth about the importance of the physical body was recognized thousands of years back. Development and sustenance of the body was made into an integral part of spiritual practice. 'Yoga' was born. It was *Sanatan Dharma's* invaluable gift for the mankind. Great refinements taking inputs from thousands of intellectuals and spiritual practitioners was brought about taking the science of *hathayoga* into perfection and providing base for the eightfold *astAngayoga*.

The entire world, which now recognizes the uniqueness of *Yoga* as the panacea for human problems should be grateful to those early thinkers and practitioners.

A question is often raised here: If the body is so important why can not there be a mechanism by which man can have a body form without change and mutation? Some explanation is needed here to understand the decay that sets in our physical forms and we have this thing called the 'death' of the body.

All matters are characterized by their need for continuous renewal and replacement. They are all *kshara* or subject to depletion, the only *akshara* or without depletion entity being *Brahman* himself. In other words, that aspect of *Brahman* which is manifested i.e. all the constituents of the creation, are differentiated from the substratum *Brahman* by being ever changing and ever mutating and ever evolving matter. The phenomenal creation (*vyakta sansAra*) is known as *Jagat*, meaning *jayate gacchati iti* - now comes to be and now vanishing.

But we need continued existence for the duration of our usefulness and need. The nature's answer for this as Sri Aurobindo has explained, "Life always seeks immortality; but since individual form is impermanent" - the material immortality is understood through the constant reproduction as a means for self preservation, self repetition and self multiplication. It also provides innumerable varieties of forms that will exactly serve as the best form commensurate with accumulated *sanchita* and *prarabdha* fruits of *karma* of every individual. The individual soul goes through as many body forms until the end of its journey.

But the gross body is only one constituent. In spiritual parlance life is not about activities or movements confined to a gross form but the movement of the essence of living, encompassing all the dimensions of our existence- the gross and subtle bodies (*sthula and sukshma sariras*). If this truth is understood, one can comprehend the entire dynamics of continuous change, progressive development and the upward movement of the soul towards its final destination.

QUESTION 1 FROM Sri Bivash Tripathy

Why do Jeevanmuktas have to continue leading human lives and stay in the world? In what way then he/she is mukta?

ANSWER: In simple language, the concept of Jeevan Mukta (literally meaning one who has attained freedom in this life) is one who has atoned all the effects of karma, thus eliminating further need for his own sake to go through the cycles of birth and death. It is a state when all the delusions of duality borne out ignorance has been

cleared, when total gnosis (purnacaitanya) envelops the jiva resulting in a state of pure bliss and the jiva is fit for his union with Brahman.

Jeevanmukta is the highest definition of sainthood and culmination of the sadhana process.

So why does a Jeevanmukta still continue to be associated with life and carry a physical existence?

As we have discussed in these pages of AHWAN, this divine enterprise or the creation, moves by the interconnecting actions. Every one of us descending from Brahman carries his power to be able to do this duty. But succumbing to maya and different levels of acquired ignorance that we have, we fail to uphold dharma or partially carry out dharmacaran. As a result, by every constituent, every jiva that forms the part of the creation. The principle of control of the creation is dharma which has to be protected and exercised at all costs. Logically under normal circumstances, every created being in the lord's creation including you, me and everyone is expected to continuously work for the upliftment and establishment of dharma. That is everyone's bounden duty, the undercurrent of our purushartha. duscritas (evil doers) acquire strength and dharma starts getting depleted.

The world then needs more efforts to set things right. The higher powers of The Lord are endowed with jeevanmuktas.

Thus we have the descent of saints as reformers. They with their higher levels of consciousness and again endowed with the grace from the Lord, are able to achieve so much

more. Dharma regains strength and gets reestablished in the minds of more people.

A jeevanmukta represents and acts out the Divine ordained task by continuing to remain in this world and living as a part of this world, not for his own sake but for the sake of strengthening the rule of Dharma. With the job completed he also departs.

But in every Yuga, there comes a time, the powers of evil gets uncontrollably strong and dharma gets almost wiped out from the minds of majority of 'beings'. The task is beyond the powers of normal human beings as well as the saints.

Then the world needs the intervention of the Divine Himself to descend and reestablish dharma conquering all the powers of evil. That is the descent of purna avatars. What is needed, that is done. And when that is done, they also discard their mortal bodies and leave. (Further suggested reading: Question answer sections of AHWAN May 2005, March 2006 and April 2006)

QUESTION 2 FROM Dr Ganapathy

It is suggested to surrender ourselves to God and our each work (karma) will be an offering to HIM (God). But these ideas (surrender) are not clearly coming to my mind. Kindly explain the term and how to surrender

ANSWER: Please be assured that the problem you have mentioned is even faced by great saints and wise men. It takes time. Please do not be upset with yourself as that will not help.

The pre-requisite for developing an attitude of constant surrendering to God is first to develop the simple attitude of constant awareness of God. Go on doing your daily worldly duties as usual but in the back of your mind try to keep telling yourself that God is beside you always and is your constant companion and guide. As often as you can, keep thinking that all your activities are being overseen by God and are being done in His presence. Keep also this in mind that you can not do anything that might offend Him. You need not have to recite constantly his name or do japa. Just go about your normal life but remain aware of His presence at the back of your mind.

Take the example of a family man. He is devoted to his family but does not have to keep remembering his wife children and others all the time. They are always present in the back of his mind.

Will the family man ever do anything that will harm his wife or children? His natural instinct is to control himself. The same attitude has to be developed towards God. You keep him in mind and control all your actions, which you think, will not be approved by Him.

The surrendering of all actions, then come very naturally and smoothly.

P.S. You may like to go through the articles "Preparations for Sadhana" especially Part 3 in AHWAN.

QUESTION 3 FROM SRI SATYABRATA MISHRA

How does one get into Spiritualism?

ANSWER: You must have had time to go through all the three articles in AHWAN on *Manah*, *mantra* and *maunatoam* where the real purpose and procedure of *mantra sAdhanA* has been explained. Without going into the truth about such acts, although great power is inherent in *mantras*, once the real purpose is understood the *sAdhaka* does not indulge in demonstration of trivial physical spectacles, and thus fritter away its power. There are many factors that decide the power and effectiveness of *mantras*. Apart from language, the text, the *chanda* and the delivery etc, even the environment, time, place also have their influence. But the important of all of them is the understanding and the *shraddhA* with which the *mantra* is chanted.

With *mantra's* power great changes are brought about both in the external environment as well the internal existence of the *sadhak* with the only purpose of attaining higher spiritual 'beingness' and nothing else. We hear of many stories and antecedents, like the one you have mentioned. These are invariably unverified facts and a serious aspirant has no inclination towards indulging in them. He is concerned only with the positive aspects of *mantra sAdhanA*.

QUESTION 4 FROM Ms Renuka

Respected Sir, Thank you for the series of enlightening articles in AHWAN. I am amazed at the depth and expanse of sanatan philosophy as we go on diving deeper. Thank you for whatever little knowledge I have gathered.

ANSWER: Yes, the depth of *sanatan* philosophy is unfathomable. The expanse is all pervading. This is the

result of the grace of The Lord and the collective wisdom of million minds since the very awakening of human intelligence.

Philosophies which sprouted later, all expound and reflect the same truth in various ways.

Let us hasten also to caution that this statement about the greatness of *sanatan* philosophy should never be addressed with even the slightest trace of vanity. It belongs to all humanity- nay to the entire creation.

Respect other philosophies too, which believe in the ultimate truth. It is like all hands joining together to reach out to that total consciousness from which flows peace and bliss. Call it by any name, all eventually zero in at the same truth.

As we have discussed, the process of Yoga was conceived in the minds of human beings with the main purpose of providing a road map for man's upliftment, his spiritual development till he reaches his ultimate achievement – the *satchidananda*. It is often amusing as to how this lofty concept has been brought down by man to the level of mere physical training and gross commercialization. But that is another point. When the *sanatan* philosophy gifted to the mankind the gift of yoga, its only purpose was to assist man in his total development in all aspects and dimensions of his existence. A mere prowess in any single dimension, whether physical, mental or even knowledge – often known as '*siddhi*'s, and getting satisfied with this limited gain, is absolute foolishness. *siddhis* are even harmful in the long run as they only boost one's ego.

We all know of the eight limbs of Patanjali's *astAnga yoga*.

It is foolish to think that one can pick up one or two of the eight limbs and that will suffice for his ultimate liberation. The eight limbs address to all the dimensions of our existence. Some predominantly address to the physical body and some to the mind and some are in the realm of our psychic level. Picking out one or two limbs out of the total yoga process and seeking liberation through that is naïve thinking. A true *sadhak* remains ever aware of this. The development has to be integrated and Yoga finds its fulfillment in total integrated liberation.

How does one look at it from the practical view point and what should be our course of action?

The scriptures tell us that at all levels of our existence, we should be tuned to that single purpose of connecting with *Brahman* . . . The physical body is the first step.

Sthiraih angaih tustvAn sah tanubhih vyasema devahitam yadAyuh.

It says; may we with healthy body devote the entire length of our life in the cause of the Divine. Any other usage, whatever that may be, is sheer frittering away of this hard earned and valuable gift. After tremendous good conduct spanning over many many births we attain this human form and life (*manusyatvam*). It is the most precious gift from the Lord. Sri Sankaracarya observed; *narajanma durlabhamatah*. Knowing the purpose of this form, it should be sacrosanctly used for that very purpose only.

The Isavasya Upanishad says;

Kurvan eva iha karmAni jijiviset satam samAh.

Only by remaining indulged in action (the right actions, or the divinely ordained actions) one should desire to live hundred years. The number hundred is not important here. It only denotes 'sufficiently long'. Nor this *sloka* is a recipe for warding off death for long years. The stress is on 'right actions', and the noble desire to be able to be in service of God for long many years, by using this precious gift of human life in its only worthwhile way and as long as possible, for who knows, whether one can get a human form in the next life or not?

So continuing to make the right use of our life, becomes our only justification for prolonging our physical existence. That is why we have this inbuilt mechanism to resist decay.

Here the nature comes to us as our great ally. We have seen that the material body eventually must disintegrate. So how shall we continue to exist? Here again lies another great truth taken from *sanatan* philosophy.

When we talk of 'long life', the meaning of life is not continuing with a particular form nor 'living' or immortality means remaining for ever as one Raghunath, or a Elizabeth or Ahmed as we are. It is the continuation of the 'being' even after changing the names and forms that is the essence of immortality. It is some what like your remaining the same 'you' whether you were wearing a yellow dress yesterday or put on a red tunic today. Like the dresses you change the 'being' changes bodies. But the 'being' within the body remains the same. To take again the idea from Sri Aurobindo - the material immortality is understood through the constant reproduction as a means for self preservation, self repetition and self multiplication through forms after forms. It is that unbroken thread that

runs through all my forms is my immortality. So who says 'I ever died?'

Why do we talk so much about the gross physical body - the *sthula sarira*- when the widely understood perception that one hears all around is that, the body is the soul's greatest obstacle? There is so much misunderstanding about this material body. It is so because, the material body and its contribution to the *sadhak's* spiritual progress is seen from the wrong angle by most.

It all depends upon how one understands the deep esoteric significance of everything that the Lord has provided for us, in this creation of his.

Everything around us has two aspects - the negative as well as positive, and the choice is left to our intellect. If we fail to understand the '*tattva*' or the essential meaning that all 'negatives' are there for our understanding and assisting us to reach out for the 'positive', then we shall always grope in the dark. But if we seize hold of this assistance, inherent in everything, then we have the benefit of adding up all the essential positive elements and then achieve an overall total transformation.

That is also advocated in the concept of integral yoga which is talked about by many and so much emphasized by Sri Aurobindo. He explains both these aspects so lucidly in his essay on "Matter' in The Life Divine. He says:

"It seems indeed that the body is from the beginning the soul's great difficulty, its continual stumbling block.....To get rid of it man has even gone so far as to deny its existence....."

And then he explains again “ The mind, life and body of man depend upon this physical principle, and if the outflowing of Life is the result of Consciousness emerging into Mind, expanding, elevating itself in search of its own truth in the largeness of the supramental existence.....it seems also to be conditioned by this matter.”

This should throw some favorable light on ‘ *Hatha*’ and ‘*Tantra*’ branches of Yoga which are so much part of *sanatan* philosophy. Most people look down upon ‘*Hatha*’ and ‘*Tantra*’ as something inferior compared to the better known paths of bhakti, karma and jnana etc. That is because wrong people with their ignorance and ulterior motives have reduced ‘*Hatha*’ and ‘*Tantra*’ to the level of sorcery and black magic. But the real purpose is to provide an efficient and strong physical support for our journey.

Now let us examine the subtler parts of our existence.

The gross body or *sthula sarira* changes continuously. It exists through the changes. So also do our subtler dimensions or our *sukshma sariras*. Our vital, mental, knowledge and bliss bodies are also continuously changing. Progressively through Yoga, we acquire higher purity, a higher mind. When the consciousness gets more focused (*ghanacaitanya*) this realization seeps deeper. It is no more the same *pranamay*, *manomay*, *jnanamay*, or *anandamay* bodies that the physical form housed a while earlier. From the last moment to this moment we have a better *prana*-enriched body, a better mental body, a more knowledgeable self and a happier being. All this if we are in Yoga.

We change into different personalities all the time. The previous one ceases to exist with the advent of the new one. That is the process of our integral evolution.

The real self within us remains but we are shedding these bodies- old inferior to a new better – all the time. Even the subtle bodies have no fixed permanency.

There is always a mind-shaking choice before all of us – permanency or progressive evolution. And again the Lord comes to our rescue all the time. Sitting within us his continuous voice – if we listen to Him – keeps on telling us to go for the change for the better and not opt for stagnation.

Knowing this, the wise are not affected by the worldly concepts of death or destruction. There is no death for any one – only a change of state.

The final conclusion is:
 I am never dead.
 You are never dead
 No one is ever dead.

The wise men see this stage-by-stage development as a divine continuous process, supervised and controlled by the omnipotent and omniscient controller – the *Brahman*.

There is no grief for what has gone past, knowing that what comes next is always better. There is no celebration for the present, no regrets for the past. Future is awaited with intelligent welcome.

Therefore life at any stage or dimension should not be looked from the point of view of longevity. That is juvenile thinking. A *sadhak* knows that the next stage in every dimension will take him still nearer to his goal and with that thought; he puts efforts to earn a superior next dimension – a higher level of conscious state. This he knows can only be achieved by dint of his action. That is the positive and spiritual approach to life that *sanatan* philosophy teaches.

A better frame of body and mind, well nourished by the vital force (*pranashakti*), will house and assist a more knowledgeable self. Only a knowledgeable self can relish and enjoy the spiritual bliss.

Everything in the divine system, works for that objective.

Now we can try to answer ‘How long my subtle existence will last?’

The simple answer is that the same principle as applies to the gross physical body also applies to the subtle bodies. If I continue to have physical existence as long as it is needed for my evolutionary purpose, there is no logical reason as to why I should ever lose my subtle existence as long as my purpose has not been achieved. I exist both physically as well as in my subtle forms.

When one physical form is destroyed, the *jiva* assumes another physical form. Even during one’s so-called lifetime we are also continuously changing forms. A baby form is different from a youth’s form, which is again different from an old age form.

DehinosminyathA dehe kaumaram yauvanam jarA, tathA dehAntaraprAptih.

So also my mind, my knowledge consciousness, my state of bliss, continue changing all the time as I continue to develop. No one can hold on to any fixed state all along.

Through all these changes the only thing that runs through is my principle of existence.

All these dimensions of existence will only end when their purpose have been served. When I am liberated and lose my self in *Brahman*, I lose both my gross and subtle existence, like the river becoming extinct on its consecration to the ocean.

As the Mundaka Upanishad tries to explain, the river keeps on rushing to the ocean. When it meets the ocean, it has lost all its existence. There remains no river, only the ocean. *YathA nadyah syandamAnAh samudre astam gacchanti nAmarupe vihAya*

Till such time we all continue to exist with all our dimensions in a qualified ever-lasting way. I was never dead, you were never dead, no one was ever dead and no one shall cease to exist until that moment of finality - the union with *satchidananda*.

Sri Bihal Mohanty

www.ahwan.com

The Out-of-Body Travel Foundation Journal:

'Ghosts and Lost Souls: Our Responsibility'

Issue Eleven

Compiled by Marilynn Hughes

The Out-of-Body Travel Foundation!

www.outofbodytravel.org



Author, Marilynn Hughes, *Photo by Harvey Kushner*

The eleventh issue of the 'The Out-of-Body Travel Foundation Journal' Marilynn writes an article on 'Ghosts and Lost Souls,' how do we help them and what is our responsibility to them.

In our 'Question and Answer' Section, we have a question from Thomas Meehan. He questions whether it was right to come back from a Near Death Experience or not. While Bill, an anonymous questioner asks about the effects of childhood abuse on Out-of-Body Travel. An in-depth answer is given which delves even deeper into how we can prevent ourselves from becoming lost souls later by resolving important issues like these now.

And In our 'Different Voices' section, Bill Skiles, author of two books on mysticism, writes 'Infinite Divine Consciousness,' an excellent internal dialogue which forces us to realize our impermanent and non-physical nature. Richard Walton follows with a tale of his journeys into Out-of-Body Experience, and the many different training exercises he was taken through to reach certain heights in his spiritual life. He also speaks of communication with a loved one from beyond which is both healing and informative. Tammie Bowden of Australia shares with us her techniques in two articles about Entity Clearance and Soul Rescue, another view of how such things are handled which is welcome and informative. And we finish things off appropriately with Sri Bimal Mohanty who writes a fascinating exploration in his article entitled 'Dimensions of Our Existence.' He rounds off our discussion by teaching the Sanatan Philosophy of Hinduism and how it relates to our existence in this and many other realms. He presents us with a challenging look at the work we must do ourselves to prevent us from becoming lost souls, in this world and the next. Laying out the path of enlightenment which can protect us all from becoming wandering bodies and spirits, we can then take this knowledge and impart it to our loved ones and those who remain with us in the spirit who need this knowledge in order to move forward.

Go to our Website at:

www.outofbodytravel.org

For more information!