

PROPHECIES AND PREDICTIONS FOR THE END TIMES

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BODY MIND SPIRIT

JANUARY/FEBRUARY 1993

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ANCIENT PROPHECIES

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Discusses the
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How to Lose Those Extra Pounds
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Odysseys of Light: Adventures in Out-of-Body Travel by Marilyn Hughes (Hampton Roads Publishing Co, Inc., 891 Norfolk Square, Norfolk, VA 23502).

When you astrally hop out of your body, it can enlighten you about the transitory nature of the body/mind system, teaching you that indeed you aren't that lump of flesh, that sometimes uncontrollable mind; you are more. That's the value of out-of-body experiences; and learning how to use out-of-body travel to unite with your Higher Self, Marilyn Hughes points out, can serve you well, leading to what Hughes calls the Gateway to Ascension, where you become a fully-realized being.

"Beauty fills the life of one who has passed this threshold...freedom is yours!...Wonderful things will be available to create from higher places." Hughes continues, "At this stage, communication with spirits, guides, higher selves, and all those other realms, is commonplace..."

Hughes's first out-of-body experience arrived shortly after the birth of her first child, when, as she lay in bed, "Suddenly my body began to vibrate." Her hand "lifted ethereally" and glowed like a sparkler, while her physical arm stayed put. She rolled over and her etheric body rolled out onto the floor, bounced up toward the ceiling and then through it!

Hughes's book is far from mere entertainment; it contains many fascinating descriptions of astral travel. It is also sincere, loving, perceptive, instructive, and highly original.

-Katherine Diehl

BOOKS

Parapsychology: New sources of information, 1973-1989. Rhea A. White (1990). Metuchen, NJ: Scarecrow Press. 699 pages. ISBN 0-8108-2385-3. \$US 68.

This book continues White and Dale's major reference work *Parapsychology: Sources of Information* (Scarecrow, 1973). The new volume updates material in the previous publication and additionally provides systematic, largely nonjudgmental descriptions of books on parapsychological issues published in the period 1973 to 1989.

White cites full bibliographic details and data on indexes and illustrations for each book. The description of the content and the perspective of each entry is incisive yet typically uncontroversial; for more evaluative assessments the reader is directed to specific book reviews. Books are grouped in such categories as altered states of consciousness and psi; applications of psi; biographies; criticisms of parapsychology; experimental parapsychology; historical aspects; near-death experiences; out-of-body experiences; philosophy and parapsychology; psychokinesis; psychology, psychiatry, and parapsychology; reincarnation; religion and parapsychology; spontaneous psi; survival; and unorthodox forms of healing.

Other sections of the book are devoted to parapsychological periodicals (including the APR); parapsychological organizations (including the AIPR); American government interest in parapsychology; significant recent developments in parapsychological research; parapsychological theses; and a reprint of John Palmer's paper entitled "Have we established psi?".

Inevitably there are some books omitted from White's bibliography. Most of these are 1989 publications that presumably were received too late for inclusion. Others include Atwater's (1988) *Coming Back to Life: The After-Effects of the Near-Death Experience*, and Rogo's (1975) *Parapsychology: A Century of Inquiry*. But such omissions are rare.

Anyone with a serious interest in parapsychological research will find the book a rewarding gold mine of information. From personal experience I know I can rely upon White's various bibliographies to bring to my attention the occasional book for my professional library that otherwise would have slipped through my net. The second volume of White's work, already a classic in the field, would prove a valuable addition to your reference collection and should be an essential buy for any public library with substantial holdings on parapsychological research. Rhea White's continuing bibliographic contributions to parapsychology are unparalleled. - *Harvey Irwin*.

Odysseys of light: Adventures in out-of-body travel. Marilyn Hughes (1991). Norfolk, VA: Hampton Roads Publishing Co. 142 pages. \$US 9.

It is baffling to find that there are more books written on serial killers than on persons who have had out-of-body

experiences (OBEs). From the 1800s to the present, about 70 OBE books have been published, but only three are about women. The last autobiographical OBE book about a woman is Carol Larson's "My Travels in the Spirit World" (1927), though the first book on astral projection was an 1832 book entitled "History of a Female Somnambulist".

Many readers will be familiar with Robert Monroe's book, "Journeys Out of the Body" (1971), in which he chronicles his "astral projections" from their fateful inception, to where they became controllable and less stressful. The book by Hughes - broadcaster, singer and mother -parallels Monroe's, except she offers more of a running spiritual commentary on her experiences.

Hughes tells about her first OBE, then captivates the reader with many subsequent deliberate experiences. As with Monroe's, these astral adventures are nothing less than fascinating. She shows how to prepare, psychologically and physically, for an OBE and thankfully we are spared occult and religious ritual. Hughes explains how to establish control; relates some of the hazards of OBE-ing; and describes locales visited. In all 14 chapters, she stresses how to use the OBE for spiritual growth (although she also offers practical uses).

The simple metaphysics found in "Odysseys" is the product of her own experience; thus much of her interpretations are relatively sophomoric, though she does offer occasional profound post-hoc insight regarding the OBE. Other "truths" found in her book are nothing more than banal platitudes emanating from a garden variety of "guides". This is a pleasant book for the beginning spiritual questor, but it provides little understanding of the psychological processes of the OBE. It is nice to be told that the OBE is not gender-driven. - *Philip Paul*.

The psychic power of children. Cassandra Eason (1990). London: Rider. 236 pages. ISBN 0-7126-3619-6 (pb). \$17.

This book surveys the occurrence of parapsychological and related experiences in childhood. Eason's interest in the subject is said to have been evoked when her 2-year-old son had an apparent clairvoyant impression of his father's motorcycle accident some 65 km away. Among the experiences described here are clairvoyant, telepathic and precognitive impressions, as well as apparitions, poltergeists, reincarnation experiences, out-of-body experiences, and near-death experiences. Also addressed are fairies, guardian angels, invisible friends, and witches, as well as mothers' telepathic bond with their new-born infants and the issue of parents' repression of their children's parapsychological experiences.

The book is written by a believer in the "psychic world" and is targeted at readers with a similar conviction. Eason nevertheless does acknowledge some "normal" psychological factors that can operate in these experiences.

A number of the anecdotal accounts come not from children themselves but from adults recalling events of their childhood. To my mind the book would have had

Tipp City mother goes where few have traveled

By Dennis Fiely
Dispatch Accent Reporter

Sometimes when it happens, Marilyn Hughes gazes at the ground and shouts, "Whoa!"

No, she isn't a bungee jumper. Hughes gets her kicks as an out-of-body traveler. Her spirit frequently hangs out near the ceiling of her home in Tipp City, Ohio.

If Guinness tracked such new-age feats, Hughes might hold the record for astral projections. The 27-year-old California native says she has had "thousands" of out-of-body deliverances since her daughter, Melissa, was born four years ago.

She has tried to explain the inexplicable in her many books. She will talk about her adventures at 7:30 p.m. Tuesday in Borders Book Shop, 4545 Kenny Rd.

For a woman who purports to have talked to Jesus and Buddha and visited the Sphinx and the Great Pyramids during her flights from flesh, Hughes seems remarkably down-to-earth.

She has had a variety of broadcasting jobs in the Dayton area and is married to an assistant Montgomery County prosecutor, Andy Hughes, who has decided to go along with his wife's unreal rides.

"I had to become open to it and a part of it" to save the marriage, he said. "It's real; it's here; and it's awesome," he added with conviction.

To define her altered states, Marilyn Hughes relies on new-age catchwords such as "consciousness," "energy" and "dimensions."

How does she know she isn't dreaming?

The conditions "are no less real

than me talking to you right now," she said. "I'm very conscious of them. There's no dreamy quality about them."

When the moods strike, Hughes travels through other dimensions of reality and enters "a state of timelessness," in which she interacts with spiritual entities that acquire human forms and talk of "oneness."

"When you're out of body," she said, "all you have to do is think of something and it automatically appears."

She sometimes sees her body below as "gray matter," she said.

The experiences began shortly after her daughter's birth when Hughes was home changing diapers and contemplating the miracle and meaning of life.

The first, in 1987, "scared the heck out of me," Hughes said. "My body started to vibrate, and when I tried to raise my hand it remained motionless. Instead, I raised a sparkling light image of my hand."

For a long time, she said, "I was afraid to go to sleep, but the experiences quickly became more peaceful."

Hughes thinks many people are capable of these transcendental states if they follow a few steps:

- Set aside an hour each day to be quietly alone.
- Spend five to 10 minutes each morning, with eyes closed, trying to remember your dreams.
- Speak to your friendly spiritual guides; ask them to help you.
- Go to sleep meditating on love and "oneness."

If none of this works, you can always go bungee jumping.

The Mysteries of Out-of-Body Travel

By Marilyn Hughes

It began as a tiny twinkling years ago when I was but nine years old. In the midst of a dark night, the heavens began to open before my astonished eyes. Clouds parted and revealed a marble stairway which led to a podium containing two thrones. Upon them sat who I perceived as God and His son, Jesus Christ. Angels sang around them as I was summoned forth.

Much happened during this visit, but the most important message that would be given to me this eve was that God had a plan for my life and sometime in the future this would be revealed to me.

Thirteen years would pass before the message would begin to impart its purpose. Three months after the birth of my eldest daughter, I spontaneously had my first out-of-body experience. Over the years, my experiences grew into grand vistas of knowledge where my soul was taught the ways of the spiritual world, the mechanics of existence and purified of its many defects. Continuing to expand my horizons, I eventually began to paint what I had seen and to write down the music I would hear in these realms. Finally, the prophets, saints, mystics and sages who had been directing my experiences came to me with a message; gather the ancient sacred texts from every religion throughout time.

In my journeys, I began by traveling into my own past lives and learning about the karmic thrust which had held my soul to the Earth. But along the way, I would learn about Lost Souls, Reincarnation, Karma, Dreams, Rites of Passage, Initiations into the Mysteries, Ascension, the Nature of Good and Evil, Heaven, Hell, Purgatory, Angels, Demons, Original Sin, Redemption, Death, Dying

In essence, what I would like people to understand about Out-of-Body Travel, is that it is a doorway to mystical transformation, a window into your soul to discover the purpose of your existence in this realm and the karmic thrust which holds you to the Earth and other mortal realms. Many people think of Out-of-Body Travel as an earthbound experience where they leave their bodies and go see their friends in order to verify that they've actually left their body. But it is so much more than this, and it is my wish to take you there!

Marilynn Hughes

Founder of The Out-of-Body Travel Foundation
www.outofbodytravel.org

Author of:

The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism
Galactica: A Treatise on Death, Dying and the Afterlife

The Former Angel - A Children's Tale
(All Available at The Blue Ray or Through Trafford Publishing)

(Also Author of: *Odyssseys of Light - Adventures in Out-of-Body Travel* - Hampton Roads Publishing 1991, and *Crystal River Flowing - Adventures in Co-Creation*, Hampton Roads Publishing 1993, Now Out-of-Print)

Marilynn will be doing a book signing at The Blue Ray on Saturday, November 29 from 12:00 - 4:00 (the same day as our Psychic Fest.



Leading Edge Review

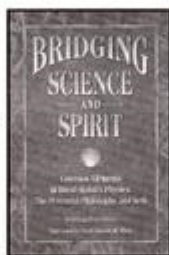
Spring '94

In This Issue...
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Previews of new age
books & cassettes
on the leading edge

Norman Friedman's new book: *Bridging Science and Spirit*

My purpose in this book is to present images of reality that are both illuminated spirit and grounded in science." Is it possible? Can science and spirit be bridged? In *Bridging Science and Spirit*, Norman Friedman's answer is a resounding yes. Carefully correlating quantum physics, mystical concepts, and observations from the spirit entity Seth, Friedman makes a powerful case for the wholeness of reality. Friedman presents each of these three areas in detail, and then proceeds to illuminate their commonalities. In the second part of the book, the author addresses selected issues in science and philosophy, applying his new insight to topics ranging from Bell's Theorem to Black Holes. "This book encourages us to look boldly, and with Mr. Friedman as our able guide, we need only to open our eyes to 'behold a new world.'" Fred Alan Wolf, Ph.D.



Living Lake Books
\$14.95 Paperback

Miracles, Mysteries and Prayer is guide to the Kabbalah

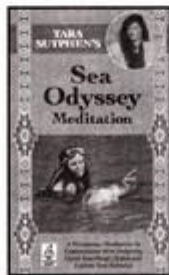
We are not the first travelers on the journey toward expanded awareness. Humans have been traveling this road for thousands of years, sometimes using Kabbalah as their guide. Kabbalah is mystical Judaism. Many who studied and practiced Kabbalah used it to reach high spiritual levels, seeking a spiritual connection with their Creator. In *Miracles, Mysteries and Prayer, Vol. I and Vol. II*, Rabbi Philip Berg takes us inside Kabbalah revealing the connection between the universe within and the universe without. The extraordinary two volume set is a comprehensible, lay person's guide to Kabbalah, rendering it accessible and useful. Thanks to Rabbi Berg, an ancient path that has been followed by sages throughout history has been opened up to seekers of the present.



The Kabbalah Centre
\$19.95 Each Vol.
Paperback

Tara Sutphen's latest: *Sea Odyssey Meditation*

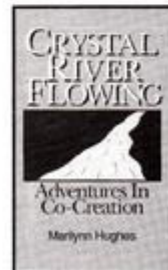
In this gentle meditation, Tara Sutphen induces a deep altered state of consciousness and directs you to a beach . . . a dock . . . a waiting sailboat. The Captain says, "I've been waiting for you," and asks if you'll come aboard and accompany him on a short sail. This is the beginning of a dreamy journey that takes you beneath the sea and through a series of human-potential processes about your fears, survival, commitment, friendships, and improving the quality of your life. You end this beautiful exploration by sending a telepathic message to humankind, and a personal message to any individual of your choice. Each time you use *Sea Odyssey Meditation*, you can explore different areas of your life.



Valley of the Sun
\$9.98 Cassette

Crystal River Flowing: *Adventures in Co-Creation*

Marilynn Hughes, author of *Odysseys of Light: Adventures In Out of Body Travel*, continues her exploration—in book two of an eight part series—of the other side of existence, and how we can bring the powers of creation into our own lives. *Crystal River Flowing* is a journey into the actual realms of creation, the places where insight and wisdom are achieved; the places where music, art, poetry and science are born. If you have ever wondered how you can bring a higher power into your own life, *Crystal River Flowing* uncovers that vital second step in the awakening of each of us towards our own ascension. Join Marilyn as she ventures to the other side and continues the quest toward the meaning of life. This book will fascinate and inspire you!



Hampton Roads
\$8.95 Paperback



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AFTER THE DARKNESS, DAWNS A NEW LIGHT

**IIIHS 34TH ANNUAL INTERNATIONAL CONFERENCES I & II / COLLEGE
PROGRAM JUNE 26TH- JULY 5TH, 2009**

A SPECIAL INVITATION TO DISTINGUISHED CONTRIBUTORS IN:

- **EXPLORING MODELS FOR A NEW HUMANITY, EMERGING IN A TRANSFORMED EARTH.**
- **CONTEMPLATING THE UNFOLDING DRAMA OF A CREATIVE AND EVOLUTIONARY CONSCIOUSNESS WITHIN THE HUMAN PSYCHE, AND ALL LIVING THINGS.**
- **FROM MOTHER EARTH TO PLANETS, THE STARS, AND BEYOND DEATH.**

January 7th, 2009

Dear Marilyn Hughes,

It gives me great pleasure to extend to you on behalf of the Board of Governors of the IIIHS an invitation to join us as a distinguished speaker (and/or workshop leader) in your field at some point during our IIIHS 34th Annual International Conference & College Seminars to be held in Montreal from June 26th-July 5th, 2009.

You have been selected by special invitation for your distinguished contribution to human knowledge in your own field related to the title & theme of this conference.

Our conference this year 2009 will study the *Dawning of a New Light in both Scientific and Human Spiritual Traditions*. We will bring together again some of the more creative and inspiring persons from the scientific, religious, and cultural traditions of the world. This should provide an opportunity to meet and exchange inspirational ideas with your peers. Our IIIHS international conferences in the past have often led to significant global networking in research and other global projects, as well as periodic invitations as speakers in other nations.

~ FOR OVER A QUARTER CENTURY ~

Promoting Educational Programs for the 21st Century • Working in Many Nations toward the Convergence of New Sciences with Spirituality and Universal Human Values • Creating Inter-Religious and Inter-Cultural Understanding for World Peace

THURSDAY
July 2

College Week
Session 10

9:00 a.m. to 12:00 p.m.

Moderators:

- a) Fadel Behman, PhD
- b) John English
- c) Mikel Lizarralde

PRELUDE: 8:30 a.m. to 8:50 a.m. • Meditation led by **Fadel Behman, MSc, PhD, Holistic Energy Medicine Specialist**



Grad

a*) Bernard Grad, PhD: "Energy Medicine & Healing: From Ancient Civilizations to Modern Lab Research, with Future Projections" — *slide presentation (3 hrs)*
Dr. Grad is a pioneer in "life-energies" healing research in the laboratory — an original disciple of Dr. Wilhelm Reich. He is the senior VP of the IIIHS, a researcher, and a retired faculty member in psychiatry at McGill University.



Bali

b*) Sri Madan Bali, PhD: "Activating the Divine Intelligence within the Body with Yoga and Vedanta" (3 hrs)

An 84-year-old Yogi, master teacher, scientific researcher in human consciousness studies, and expert in the therapeutic applications of yoga in healing, Dr. Bali has spent the past four decades introducing Yoga therapies into Montreal hospitals and civic institutions.



Hughes

c*) Marilynn Hughes: "Out of Body Travel: Tapping into Your Interior Paradise" (3 hrs)

Marilynn Hughes, founder of The Out-of-Body Travel Foundation and author of over 70 books and magazine articles, has been researching out-of-body travel and comparative religious mysticism since 1987. She takes us on an interior journey to purify the soul and understand existence in this realm.

THURSDAY
July 2

College Week
Session 11

2:00 p.m. to 5:00 p.m.

Moderators:

- a) Francis Han, PhD
- b) John English
- c) Rev. Lucille Rosen



Roche de Coppens

a*) Peter Roche de Coppens, PhD: "Developing the New Paradigm in Medicine" (3 hrs)

Dr. Roche de Coppens was born in Vevey, Switzerland. He studied with Pitirim Sorokin (Harvard University), and Roberto Assagioli (Florence). He is Professor Emeritus of Sociology & Anthropology at East Stroudsburg University, PA, and a prolific author on the role of spirituality in the healing process.



Lizarralde

b*) Mikel Lizarralde: "A Psychic and Spiritual Development Class" (3 hrs)

Mikel is a Spanish medium, clairvoyant, tarot reader, and lecturer who trained at IIIHS-SSF, Montreal, and British Spiritualists National Union, London. He is co-owner of K'an li, an esoterica shop in San Sebastian, Spain.



Liechenstein

c*) Rev. Joyce Liechenstein, PhD: "Meditation in the Work of Echart Tolle, Author of *The Power of Now*" (Workshop: 3 hrs)

Rev. Joyce Liechenstein is a psychotherapist with 25 years experience, an interfaith minister, and an associate director of the One Spirit Learning Alliance and One Spirit Interfaith Seminary, in NYC. Her workshop includes a one-hour DVD presentation followed by a satsang and discussion.

OPTION: 5:00 p.m. to 8:00 p.m. • Benefit Psychic & Spirit Tea — Mini-readings with gifted SSF & Visiting Intuitives (*extra registration*)



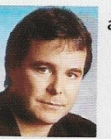
THURSDAY
July 2

College Week
Session 12

8:00 p.m. to 10:00 p.m.

Moderators:

- a) Cheryl Lam
- b) André Chevalier, LM
- c) Mikel Lizarralde



Morton

a*) Sean David Morton, PhD: "Quantum Enlightenment Dynamics: The Power of Healing and Creation Like You've Never Seen" (Workshop: 2 hrs)

"America's Prophet" says, "In this gleaming white space of the quantum construct ... we voice our intention to the universe and ... miracles happen! Be prepared to create fantastic & unbelievable shifts, changes, & events in your life by learning the techniques & laws of true magick & the attainment of unlimited power.



Webb

b*) Craig Webb: "How to Incubate, Develop, and Interpret Dreams" (2 hrs)

Better understand everyday events & encounters. Craig Webb, DREAMS Foundation Exec. Dir., author, and researcher in dream consciousness awareness, looks at a range of dream types & processes, including lucid & precognitive dreams.



Frankel

c*) Edna G. Frankel: "Channelling Techniques from Multi-Dimensional Universes" (Workshop: 2 hrs)

Edna G. Frankel was born in Egypt in 1954 to a French-speaking family of Romanian, Greek & Turkish descent. Evicted in the Suez crisis of 1956, the family immigrated to NYC in 1960. She is a metaphysical channel, author, teacher, and Reiki expert, and holds degrees in Psychology & French.

* Simultaneous presentations: select a or b or c

New look at religious stories: Explore different faiths with your child by journeying through Marilyn Hughes' new book, *Teaching Stories of the Prophets in World Religions for Young People* (Lulu Press). From the Jataka tales of Buddhism, the stories of the Jewish sages to the parables of Jesus Christ, hear the stories that have been passed down from generation to generation in each of the major world religions. Enter into a new world and walk in the footsteps of other young people of different faiths all over the world. Walk in their shoes, and take a journey into understanding. Visit www.outofbodytravel.org.

