

# Out of Body Experiences

## Part II

### States inside the Body

(States in “Doze”, Spiritual Immersion and Trance)



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# 1 Introduction

If we are interested in astral travel and want to learn it, we see ourselves confronted with a difficult task that requires a considerable amount of basic knowledge.

For a solid beginning we need know how to realize a spiritual immersion. It is not important which method is used to realize the spiritual immersion. May it be auto hypnosis, deep relaxation or autogenous training.

The state between sleep and awakeness is a state is similar to the deep relaxation. This means that we should inform ourselves about this state to find explanations for unexpected phenomena.

## **Term Explanations and Short Forms:**

IBE = Short for 'In Body Experience'.

OBE = Short for 'Out of Body Experience'.

Hypnagogic State = short, dreamlike states before falling asleep

Hypnopompic State = short, dreamlike states before waking up

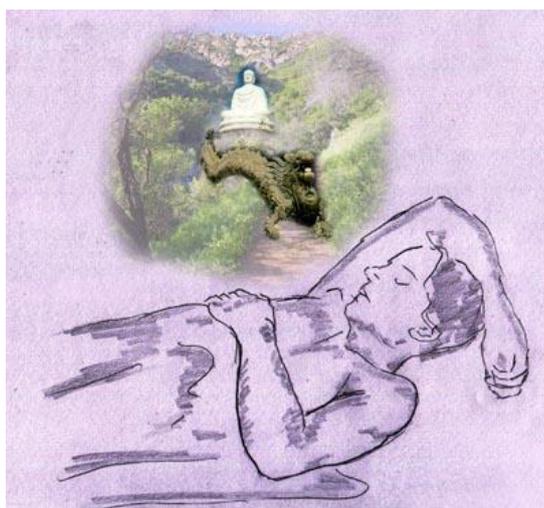
## 2 States in Doze (Hynagogic State)

In the drowsy state of doze, we observe first transitions to the dream sleep like inner pictures or scenes. Sometimes we also have acoustical perceptions or muscle twitches. Still, we are able to reflect about the experienced phenomena. This state should not be confused with clairvoyance or clairaudience.

### **Movies and Pictures:**

In doze we often experience the phenomenon of short dreamlike image sequences which are seen for one up to a few seconds only. If the body is not too exhausted (e.g. in the morning) we can watch these sequences with a bit more attention. This takes some effort because we tend to fall asleep again due to being 'just too tired'. If this small amount of concentration can be raised, we will be richly rewarded. The once misty-gray pictures become more colorful, brighter and easier to remember. Some use this state for visualization (image seeing) or astral travel ('projection').

A person with a vitalized energy system and a brightened aura will often see lights (e.g. lanterns or car headlights) in the hypnagogic state.



*Hypnagogic images are seen while falling asleep.*

**Voices and Sounds:**

Occasionally, someone becomes wide awake because of a realistic doze experience. The person may believe that such a phenomenon has been a perception during wakefulness and usher transcendence. This especially applies to voices. The bigger the ignorance and craving for recognition, the easier it is for someone to believe that god, an archangel, a ghost or something similar contacted him. Some might even think a higher power chose them as a bearer. If these voices are assigned to ghosts it might be scary for the affected person but harmless in its effects. I received countless letters from people who unfortunately confused these voice with the voices of ghosts. This confusion caused huge fears. Occasionally, there were cases where people felt talked to and chosen by angles or god. Often there has lain a need for recognition and attention underneath the shell.

**Touch Sensations:**

Every once in a while, people notice tactile impressions like them being touched by a hand or like an animal walking over their bodies. Such a doze perception is impressive due to its liveliness but also alarming because of the belief that the intimate sphere is being invaded. Frequently, these light sleep perceptions are an actual copy of the reality. Once I was in such a situation and felt a mouse running over my legs. I noticed every paw and even felt the little claws. Scared, I jumped out of the bed but there was no trace of a mouse.

### 3 Perception of Sleep Paralysis

What is sleep paralysis? Sleep paralysis is a natural function that takes place in every sleep but is usually not noticed. The paralysis has a purpose – it should prevent from converting dream activity to physical movements or acoustic sounds.

Conscious perception of the sleep paralysis is rare. It often happens shortly before waking up when we are already able to think on a regular daily basis but the brain centers which coordinate the movements are still in the sleep state.

At the end of out of body experiences (OBEs) it may happen that we get into the state of sleep paralysis. Then, we may need several seconds to get back the control of our movements. The more often a person has OBEs the shorter the time of the pre-OBE sleep paralysis gets, until it completely disappears. Additionally, one is even able to move the physical body while being in an OBE state. This might be helpful if the OBE has to be canceled.

Anxious people commonly ask how to cancel the sleep paralysis.

**While being in sleep paralysis it is helpful to breath in deeply a few times (the breath is still controllable in this state) and breath out a snoring sound. The vibration of the palate has a good waking effect.**

OBE-letter 6:

*“My spirit is awake. I can hear and smell, I have sense of time and perceive my wife that lies next to me but I cannot move. I cannot control any muscle of my body. With time I learned to breath heavily to draw attention to me. My wife knows this sign and pinches me or shakes me slightly. This is how I find back to normal wakefulness.”*

OBE-letter 171:

*“Ever since my childhood I have the same dream. I am chased by a black creature and cannot run away. When the creature reaches me it wants to*

*punch me. I wake up sweating and frightened. And I scream for help! My heart beats like crazy. What does this dream mean?"*

OBE-letter 42:

*"I am 22 years old and live in Cologne. Originally, I am from Poland. Ever since I was 12 years old something happens to me that I cannot explain. I try to describe it as good as I can.*

*It happens when I am relaxed and concentrated on nothing. Often it happens when I do not even expect it. It is not depending on the time of day. I am on the threshold of sleep but also conscious and awake. Within a few moments, my head fills with an increasingly loud noise. It sounds and feels awful. It roars in my head so that I even have to bite my teeth. I feel a big pressure in my thoughts and in my mind.*

*The weird but also interesting part is that I cannot release myself from this noise. I can feel my whole body even my heartbeat but I cannot move. Sometimes I try to say something or scream but it doesn't work. I can feel my body but it seems like my arms and legs are just switched off. I fight against it. With all my strength I try to move.*

*I realized that even if I feel like I have moved I 'wake up' and see that I didn't move at all. I see that I am still in the same position.*

*I call this state 'inebriation' because its a delirious state for me. Additionally, I have to say that I don't take any drugs or consume similar things.*

*On one hand side I think it's interesting and stunning but on the other hand side it also scares me due to the fact that I still do not know what it is. This condition lasts two minutes maximum. Afterwards I just wake up by myself. It happens that I fall into this state twice right after I have closed my eyes again. This means that there can be several delirious states within a half hour. Normally, I fall asleep after experiencing some of these states. Afterwards I usually sleep through the night without waking up."*

Dream with Sleep Paralysis (own experience):

*"In the dream I lay in bed. A stranger entered the room. Apparently, it was a burglar. Slowly he came through the door and sneaked into a part of the room which I could not observe because of a paravan. I wanted to get up and leave the bed so that I could defend myself. I was paralyzed and couldn't move*

*neither an arm nor another part of my body. With the help of some kind of 'space sensing' I could perceive that the dark and fuzzy person came closer. I still couldn't move. I tried some things to move my arms and my head but it didn't work. Then I tried to shout out but only some gurgling sounds left my mouth. (The next morning my wife told me I spoke some unintelligible sounds in my sleep.) Then I realized that I had my breath under my control. I tried to breath a snoring sound. It worked. I woke up with a snore."*

OBE-letter 78:

*"I lie in my bed. I already felt asleep and woke up again. I know that I am awake but cannot move. I feel a total paralysis. At the same time I have a constantly growing murmur in my head that makes me feel like my head is going to explode. I have the 100% feeling that an outside force is pulling on my main chakra and that my soul wants to leave my body there. It is like an undertow that I can barely resist. The only way to leave this state is an inner scream. I know that my partner next to me is not noticing anything. But I scream like crazy and with the help of that I can kind of break out of this paralysis. But only with maximum effort. This really scares me and I barely dare to fall asleep again."*

## 4 Nightmares



The word “nightmare” is derived from the old English term “mare” which is the name of a mythological demon that torments others with frightening dreams. The prefix “night-” was added to stress the dream aspect. It cognates with the old German term “Nachtmahr”.

The word “nightmare” is currently used for all kinds of dreams that broach negative experiences (persecution dreams, fear dreams etc.).

In our western society all kinds of nightmares are rated as psychic dreams and so it is tried to cure them with psychic methods.

### Medical Explanation

The incapability to control the body due to the sleep paralysis causes anxiety. Additionally, the breathing flattens (often in supine position) and the blood becomes deoxygenated. There is a brain center that hits the alarm under these conditions causing panic. In the present sleep-awake-state, dreamlike perceptions occur in which the subconscious generates the illusion of being attacked by other beings.

In the state of having a nightmare we have a normal body awareness (although paralyzed) and the ability to think in normal ways or we have just slightly limited logical thinking. At the same time we still (or already) are in a state that is close to dreaming. The subconscious tries to explain this state. This 'explanation' can be the strong feeling of an other being nearby. This happens if we are far enough from dreaming so that no pictures appear. Sometimes this 'explanation' is the perception of a person. Due to the overlay of the feeling of being awake and the sleep paralysis with dream

illusions, the experienced contents are being assigned to the wakefulness. That is why many people think they are being attacked by ghosts. This idea is being supported by the fact that we feel that we are lying in bed and perceive the 'familiar and normal' room around us.

OBE-letter 74:

*"Once the experience was different. Everything began like it always begins. At first my body got heavy, I heard a beep and I became incapable of moving. Suddenly, a dark human shape appeared to my left. I cannot tell whether it was a man or a woman. It looked like the person wore a black hooded coat and a hat. It grabbed me by the head and pushed it really hard. I was horribly scared. I concentrated on telling myself again and again: "You have to get up!"*

*Once I managed to jump out of my bed and turned on the lights. Everything was gone!*

*I don't know what that was but I know that it happened and that I am not insane."*

A letter:

*"I think I suffer from sleep paralysis! I am nearly 23 years old and I experienced that for about eight years now, maybe even longer. It was not until yesterday that I discovered that other people are also suffering from this condition. I didn't speak with anyone about it for a long time until I was really exhausted and just had to tell it to my mother. At first, she seemed not to take it as serious as I did. After I woke her up crying for a few times, she took the condition more serious. We always thought it must have something to do with my circulation because right before I fall asleep I hear a humming sound.*

*This sound was unbearable. It was so agonizing that I was scared to fall asleep for a long time. I thought maybe I should sleep without a pillow so that the blood in my head could circulate better. For a little while the dreams stopped but came back soon after. I was completely at a loss. The dreams come and go! My mother called me yesterday and told me that she heard someone talking about his dreams in a radio show with the topic 'extraordinary happenings'. His dreams were similar to mine. After that I searched the internet and*

*found this homepage.*

*I will describe these strange dreams: I lie in bed and start falling asleep. When I reach the state of doze, I hear unbearable humming and murmur.*

*After that the dream (or whatever it is) starts. It feels exactly like being awake lying in my bed. I perceive the environment as usual and everything looks normal. It doesn't matter in which room I am sleeping in. I always see the room that I am currently in. The murmur is still there. Then I realize that I cannot move and that I am paralyzed. Sometimes I hear strange sounds. I feel like someone that I can't see is in the room with me. I feel threatened. Suddenly, the person is grabbing me and tries to pull me out of my bed. Sometimes it is just pulling off my blanket. I always try to defend myself but can't. Rarely, it happens that my fear becomes so big that I want to defend myself and suddenly I can fly. I know it sounds unbelievable but it is the truth. I can fly to the ceiling. In these dreams I always know that I am dreaming and tell myself: 'You have to wake up now!'*

*I try to bring myself to open up my eyes. It also happened that I woke up several times but in reality I was still dreaming. It was like this dream had several layers."*

From a letter:

*"It happened two to three times that I had a frightening nightmare. I was in deep sleep and suddenly I had the feeling that I necessarily need to wake up. I was in danger and if I couldn't manage to wake up I would be lost. I fought with all my strength. I was lying on my back and felt something coming closer and closer. I felt a dull vibration and had the feeling that a mass which was heavier than air is covering my body. I heard this humming and felt these vibrations. I fought to wake up. I realized that waking up was a problem and that I can't even move my limbs. I had no control over my body. It was a horrible feeling of helplessness. I knew that I was in danger and fought with all my strength to wake up."*

## 5 Spiritual Immersion

The following poem describes the processes in spiritual immersion.

I immersed inside myself;  
Deeper and deeper I went to understand.  
Inner clarity was what I searched for,  
Discovering what was hidden in the depths of my soul.

Silence was what I found,  
Which filled me up with happiness and joy.  
There was no thought about the earthly life,  
nothing was calling me back into the narrowness of my body.

Then I heard a murmur,  
I felt a gentle breeze.  
Euphoria touched my heart as I finally realized:  
We are more than human flesh.

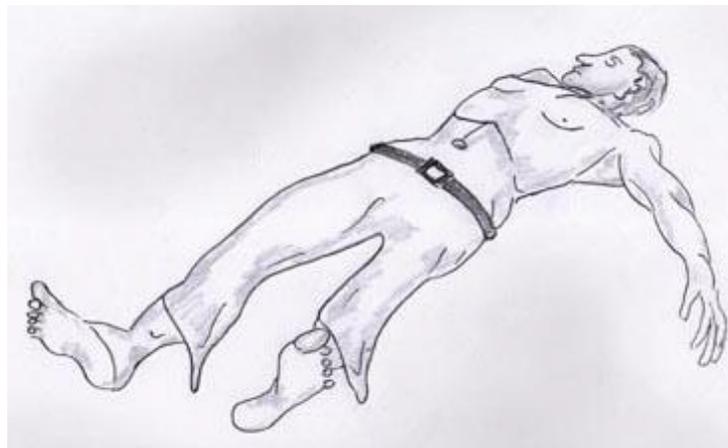
In my soul I floated up,  
Unbound. I was free.  
The weight of life vanished  
and I realized that I am more than just dust.

But this bliss did not last long.  
Earth clawed me back  
And tied and cramped me up.  
What is left is hope, that once I will be free again.

## Implementation of a Spiritual Immersion in Reclining Position

Description from the ebook 'Eine ungewöhnliche Partnerschaft' by A. Balabene (currently no English version available):

*After inquiring about the ways of realizing a spiritual immersion, Erwin chose an easy and proven method. Everyday in the early morning he lay down on the floor. The hard ground reminded him that he was not lying in bed to relax and the gentle pressure helped him to stay concentrated. He used a folded blanket as a pillow so that his head would not hurt. He turned his head to one side. Otherwise the palate could close due to the relaxation of the mouth muscles. This would impede respiration.*



Basic stance for Erwin's spiritual immersion which is called 'Savasana' in yoga.

*Laying in this position, Erwin imagined that his arms and legs and finally his whole body become heavy as lead. Simultaneously, he listened into his body and tried to feel it. He sensed the surface of his skin and tried to get it warm. Then he tried to feel this bodily warmth. He imagined how the energy flows through his body and tried to feel it.*

*Due to consistent practice, Erwin was able to perform this exercise better and better. His consciousness was parting from the outside world and he intensified his inner perception. After a while he stopped with the sensing of his body and the observation of the energy currents. Instead he focused on the empty space inside of him. From this point on he wasn't regulating anymore, he was just observing. The only thing he was controlling was his intent to immerse deeper and deeper inside of himself and to observe the occurrences. Aside from that, he was not interfering with the inner events.*

*Interest, observation and calmness of mind kept him from falling asleep. Erwin wasn't rushing the process of the deep relaxation out of impatience, like many others do. He was working slowly and diligently. From his work in the laboratory he knew that he had to work carefully and move forward with small steps if he wanted a process to take place the desired way. Superficiality and skipping of important intermediate steps out of impatience often lead to frustrating failures. In this respect his job had trained him well.*

### **Minor Help before Relaxation**

*Tense up and Relax:*

We tense up all muscles and slightly curve our backs (by tensing up). With a deep exhale we fall back and relax. We do that several times if necessary. This enhances our body awareness so that the relaxation becomes easier.

*Stretching of the Spine:*

We stretch the heels forward and hook them into the floor. Then we try to pull our body with our feet (like an earthworm or a caterpillar). The shoulders stay in contact with the floor so that the moving feet stretch the body below the shoulders (spine). As an additional help we stretch our arms above our head and try to have a good yawn.

### **Preliminary Exercise**

We close our eyes and start with the first stage of relaxation by using the 'tensing up and relaxing' technique as described previously. With our head inclined towards the side and a slightly opened mouth (otherwise the tongue slides back while relaxing and hinders respiration), we breathe deeply (abdominal breathing). We try to come into a deeper state of relaxation. While doing so, we can imagine how the relaxation becomes deeper with each breath. The breathing should flow naturally and must not be forced.

*Body Position (abbreviated version):*

lie flat

arms bend slightly

hands relaxed

fingers bend slightly

eyes closed

head inclined towards side

mouth open slightly  
tongue relaxed  
breath passive and rhythmic

*Checking:*

Mentally, we try to check the body beginning from the toes upwards and look for tensions. If our limbs are uptight we shake them out to relief the tension. Eventually, we use the muscle contraction technique as discussed previously.

*Listening Inwards:*

When we feel relaxed, we concentrate our attention on the inside of our body. Step by step we go deeper inside:

- We observe the inhalation and exhalation – 'Breathing in, breathing out'.
- We feel the blood pulsating through our veins. Like that, we perceive our whole body by taking small steps.
- Intensively, we sense the feel of warmth and how it pleasantly pervades our body.
- We try to think of nothing. Instead, we just are and perceive the body.

**End of the Relaxation Exercise**

After taking a deep breath we open up our eyes, tense up all muscles and the spine, clench our fists and fall back again (to vitalize the circulatory system). We can also stretch our arms above our head like we often do in the morning (yawn eventually). Once again we take a deep breath and slowly sit up (slowly because of the circulatory system).

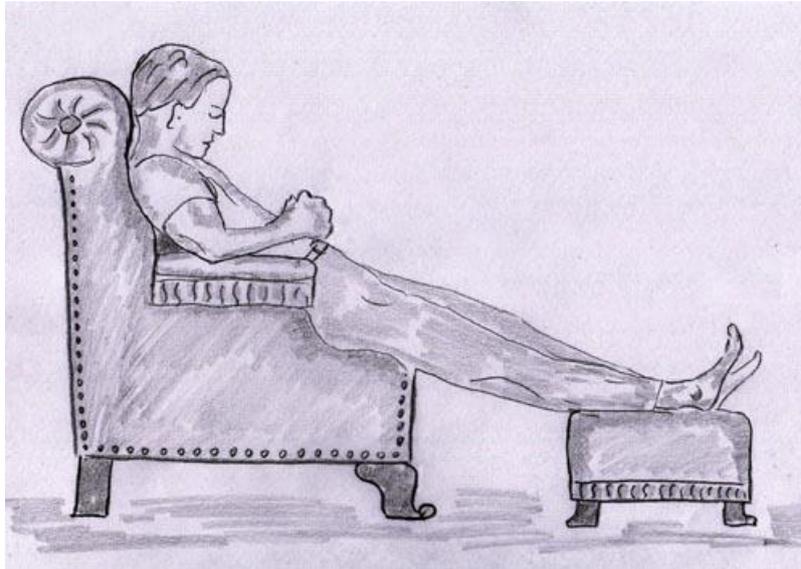
**Prevention of Falling Asleep**

The spiritual immersion is a state of silence that comes close to sleeping. That's why many people struggle with falling asleep while practicing the immersion.

There are several tricks to prevent that:

- Fresh, oxygen-rich air has a vitalizing effect.
- The chest should not be weighted so that the breathing is not being hindered.

- **Body position:** The more upright we sit the better we stay awake. For me an inclination of 45 degree had been ideal. Felicitas Goodman also recommends this position. It is one of the most important shamanic positions.



**Inclined Position:** This was my preferred position for the spiritual immersion. 30 to 45 degree are optimal.

### **Concentrating on a Specific Process to Prevent Falling Asleep (Gauri)**

Often I prevent falling asleep by using a prayer chain and mentally reciting mantras. Therefore I move a pearl of the chain after every mantra or prayer. Only a minimal movement of two fingers is needed for that. The rest of the body is deeply relaxed and slowly falls into doze. My spirit stays awake.

If I concentrate on one thought without the prayer chain, I can only keep up my concentration with a lot of effort. Combining the inner orientation with an outer process (moving the pearls of the prayer chain) prevents me from falling asleep. After a while I realize that I am floating over my physical body. Often I don't realize the separation process.

### **Relaxation in Seating Position – 'Cabmans Posture'**

This position requires a sitting posture (on a chair). Our back is straight and leans against the back of the chair (chest and stomach are clear and the breathing is unhindered). The feet are parallel and the hands rest on the lap. The head sinks down so

that we don't hinder breath by the root of the tongue falling back (results in snoring). The eyes are closed, the muscles relaxed.



Cabmans Posture

# 6 Threshold States in Spiritual Immersion

## Heavy Limbs, Feel of Weight

Heavy limbs and the feel of weight are good signs. These impressions result from a beginning sleep paralysis. These experiences are used in hypnosis as suggestive commands (cf. 'arms and legs become heavy').

OBE-letter 1:

*“Within seconds my whole body becomes heavy as lead. Sometimes I am able to free myself, if you can call it that. With extreme effort I sit up and reach for a glass of water that stands on my bedside table. But when I miss the appropriate timing – it doesn’t matter how hard I try – everything in me freezes.”*

## Feeling that the Body or Body Parts Deform

As we move in everyday life, our brain is constantly provided with information about our body posture and its limits. Even if we are not moving but have our eyes open and look around, our brain gets that kind of feedback. If we sit with closed eyes and meditate or practice the spiritual immersion, this is not the case. After a while, we become disoriented concerning the limits of our body or the posture we are in (e.g. impression that we sit crooked and may fall over).

OBE-letter 111:

*“The only thing I feel is that my hands seem to turn into clumps. It seems like they become numb. [...] While meditating, I often feel like I tip over to the side. When I open my eyes I see that I sit straight.”*

## Itching

OBE-letter 48:

*“In my case a disturbance manifests as follows: always before getting deeper into the state, the right edge of my chin starts itching like crazy. It is unbearable and only occurs in this one spot. Oftentimes, I couldn’t withstand it and had to scratch myself. Then the OBE attempt failed and I had no second chance.”*

From a letter:

*“And I have the feeling that my body wants to vex me by itching :-). At first, I feel an itch and bear it until it stops. Then I have to swallow and as a result I leave the state of relaxation a bit more (fortunately not much more). Immediately, the itching starts over in another spot.*

*So I tried to concentrate on not swallowing. I almost did it but then the reflex suddenly came over me. Fudge! Occasionally, I felt a strong tingling sensation.*

*Tonight something new happened: Suddenly, my right ear was itching so bad as if it wanted to rudely get me out of my relaxation (and so it did :-))) ). It was like someone was pulling my ear although it didn’t feel like pulling but like an extremely strong and sudden itching or tingling. It is hard to describe. I downright jumped out of relaxation and my whole body was itching and tingling. I had to brush it off with my flat hand.”*

## Salivation

OBE-letter 96:

*“My problem is that I can relax best in lying position. When my body starts to vibrate, I often get the impression that I have to swallow saliva. This might be the logical consequence of the lying position because it results in my tongue sliding backwards. If I lean my head to the side I am not able to relax anymore. So I try the same in seating position but like in sitting posture the swallowing problem occurs.”*

### Answer:

The problem is well known to me as I had this struggle for years – and found a satisfactory solution for myself:

I practiced in seating position like you. I let my head hang down and didn't bother myself with the salivation anymore. I had the impression that a huge amount of saliva must have flowed out of my mouth and thought that my pullover is probably soaking wet. However, after coming out of my immersion I found that my pullover was completely dry. No saliva flowed out at all. Coincidentally, I made the following experience later:

While practicing the spiritual immersion, I opened my inner eye and saw ectoplasm flowing from my mouth. I was able to examine it in detail – it was a light-gray, honey-like and slowly flowing mass with dark-gray 'granulate'. (Before this OBE attempt I also observed the strong salivation.)

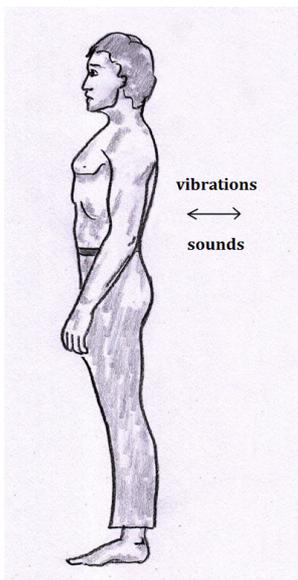
All of a sudden, I had the explanation for my problem.

### **Hyperventilating after a Panic Attack**

OBE-letter 93:

*“...unfortunately the shock was so overwhelming that I started hyperventilating. In that moment I didn't know why I was hyperventilating though. I thought I had to die and went to the hospital in distress. The doctors told me that I had an anxiety attack. Ever since, I always tried to stay on the ground and not to deal with anything spiritual.”*

### **Vibrations**



Vibrations are an oscillation of the etheric (fluidal) body. At least they should be. The body can also shiver due to nervous tension but that has a completely different feel to it (if one is familiar with both states and can compare them). Sounds, that are heard before OBE are fast vibrations (oscillation). Acoustic waves are oscillations that are perceived by our ears as sounds (approx. from 20 to 10000 Hz).

From a theosophical point of view the vibrations come from a loosening of the etheric body. As soon as the fluidal body is loose Kundalini phenomena, 'take-offs' and other paranormal events occur (see Loosening of the Etheric Body).

OBE-letter 103:

*„For nearly two years now, I have very intense dreams that lead to some sort of vibration. These vibrations are often really strong so that I so far always panicked and had to force myself to wake up. At the time I didn't know what these vibrations meant but since last summer I had several OBE and astral travels that were of positive and negative nature ... What is baffling me is, that the vibrations sometimes are somehow pleasant. The pleasant vibrations often lead to positive OBE. On other days they are so strong that I cannot get myself into them.”*

OBE-letter 88:

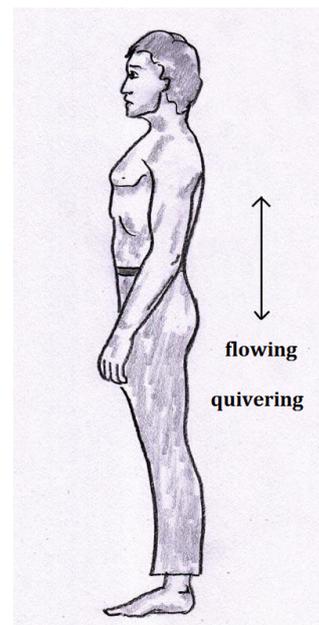
*“What is somehow irritating to me is, that this initial state, which here is described by many as some sort of pulling or swooshing, in my case manifests as a pleasant, warm tingling in the solar plexus region. This tingling radiates through my whole body and becomes so strong that I get the feeling that I am lying in the center of an earthquake. My body starts to vibrate like it is charged up. The vibration of my body is so strong that I woke up completely exhausted since recently. I was happy that it was just a dream. I never experienced a strong energy like that while being awake. I felt like a living high voltage system. This may sound funny but it is the truth. Thus, every time I woke up I was surprised that my pulse was normal and my body relaxed. After that I also often go on sleeping calmly.”*

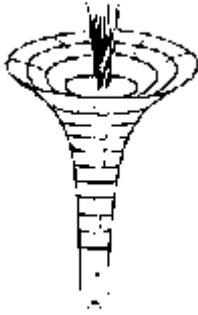
### **Flowing**

Here, the ether flows down the surface of the body. This may feel cold or warm or like 'electric current'.

### **Quivering**

- Inside the body – occurs when packages of ether substance move (shift)
- From the ground – slow vibrations along the main body axis that feel like an earthquake





## Waves

Waves occur when the ether flows and vibrates.

## Chakras as Funnels

They originate from an exchange of subtle material resp. energy between the inside and the surface of the body. They can be compared to the funnels that can be seen when water goes down the plughole of a sink.

Yoga session with Guru Ananda:

*“My whole chest felt vitalized and I was able to control my energies surprisingly well. The waves entered only the Anahata. In the last part of the session I even dared to enliven the forehead chakra. When I practiced Mauna (sitting in silence) I clearly saw the following image in the center of my eyebrows: A tube of the size of a pencil was emerging from the middle of my forehead. The further away from my forehead I observed the bigger was the tubes diameter. The shape can be compared with a totally symmetrical chanterelle. The tube was a bit larger though. In a distance of approx. 5 cm the opening was nearly as big as the forehead. For greater distances I could only perceive a fine mist that totally disappeared for even greater distances. The funnel was bright and nearly colorless. It shimmered slightly in an orange-yellow shade that was mixed with a light blue.” (S.)*

Remark: *“In a distance of approx. 5 cm the funnel ended.”* Here, I may point out that the etheric body over-towers the physical body about one palm. The funnel (chakra) therefore ends at the surface of the etheric body.



## Absolute Silence

OBE-letter 99:

*“... Another experience I had evolved around an absolute nothingness. I was laying in my bed in complete darkness on my back. I woke up but didn't see anything. I got the feeling that my memory is vanishing. Even the sound you hear when it is silent had vanished. At this point in time there was nothing: No sounds, no thoughts, nothing to see. After maybe one second 'I was back'.*

*All my physical and mental powers had recovered. I was able to do math and remembered the formulas I learned years ago back in my school day. I could get up normally and do my tasks. I compare this experience with a computer reset.”*

OBE-letter 79:

*“When I get into this state of solidification I sometimes have the impression that I see an ultimate blackness. This blackness I see is that absolute that no fraction of light comes through it. My bedroom is always somehow bright because I personally don’t like complete darkness. Nevertheless I always had the impression that this blackness I observe is more than just darkness. What could this mean or does this even have a meaning?”*

### **Mosaics, Streaks (unstructured color vision)**

The perception of colorful streaks and mosaics occurs when it can be managed to get into a deeper state of spiritual immersion. It is the precursor of astral travel (‘projection’ type). After seeing mosaics and streaks a tilting effect occurs. Suddenly, we find ourselves in an astral landscape.

OBE-letter 106:

*“Last august I went to bed in the afternoon. Before I could fall asleep I felt strong vibrations and my body became stiff and paralyzed. The next moment I was surrounded by very intense colors. Suddenly, I felt something pulling me into this colorful realm. I dived deeper and deeper into this world of colors. As I traveled through the colors I felt highest joy and ecstasy. Black and white dots formed in front of me. They were attracted to each other like magnets and merged.*

*Then I saw a bunch of very complex geometrical shapes that were changing continuously. I couldn’t identify them intellectually. As I went even deeper inside the scene I suddenly saw white patches that pulled me into them. I recognized the continents of our earth. I got pulled into the continents as if I was coming from outer space down to earth.*

*The next thing I remember is that I flew over a lake. On the shore was a small cabin with a jetty. At the end of the jetty was a woman moving about. Still floating in the air, I observed her from a distance. The next moments*

*I remember only fragmentarily. I flew over a forest and then stood in front of a medieval castle. Standing on the ground, I observed the castle from a distance. I felt very frightened – in the meantime it became evening. Then the vibrations decreased and the images before my eyes became more and more blurry until I was pulled back into my body.”*



*“Sometimes I become conscious while seeing images on the background of my eyes and start observing them closely. Colorful streaks move back and forth. Primarily, I see colors of blue and violet. These colors become rings that soon form tunnels which lead deeper inside the dark background of my eyes. Then the dynamics change and the blue or violet tunnel moves towards me and soon the entire background changes to a specific color. In this moment my state of mind changes instantly. I feel like I ‘shifted’ upwards. This is indeed the case because when I remain in this state and observe closely, I recognize the taking off of the etheric body.” (Gauri)*

## 7 Astral Perceptions in Trance States

In the trance-like state that is occasionally observed before OBE (so-called IBE state) different sensory perceptions can occur that sometimes are frightening. The most inquiries in OBE letters that had to do with fear concerned these preparatory stages. The IBE state is often almost indistinguishable from the waking state wherefore tactile or acoustic perceptions are especially alarming.

In this state, medial people can also come in contact with ghosts but most commonly these sensory perceptions in spiritual immersion are of a hypnagogic nature.

Although it is hard to tell whether a specific event is of hypnagogic or subtle nature, there are approximate guidelines.

Differences between IBE perceptions and hypnagogic impressions in the state of falling asleep:

- While we have a clouded awareness in the hypnagogic state (of falling asleep), we often are wide awake in an IBE state.
- While hypnagogic perceptions are often very short, IBE perceptions are persistent and we can check and test out the situation.
- The most common IBE perceptions are the hearing of voices, the feeling of being touched and the feeling of someone else's presence. Optical perceptions are rather rare. In hypnagogic states and false awakening, on the contrary, visual perception dominate.

### Perception of Spirits

Presences can be felt or seen in the room. Clairvoyants are specialized on this form of perception. The psychics get in a light trance for that.

Lady visitor (own experience):

*"I sat in the armchair and practiced the spiritual immersion. Everything*

around me was still dark but then I felt the presence of a female person. I could clearly feel her warmth and erotic aura. She even touched me on my shoulder. Then I heard the rustling of her clothes. Provocatively, she let the clothes slide off her body one by one and dropped them on the floor. At first I was curious for an erotic adventure but then scientific curiosity came over me. I wanted to know what happens to the clothes after they part from the ghost and no longer are part of its appearance. I wanted to know if the clothes would vanish as a result. I frisked the floor with my hands to find the woman's attire. Then I felt a wave of anger coming from the lady. The next moment the apparition was gone."

Visit from my deceased brother-in-law:

"I already was in spiritual immersion for a while and had my eyes closed. Then I saw my deceased brother-in-law entering the room. At the time I had no experience dealing with decedents. I felt very uncomfortable even though my brother-in-law looked exactly like he did in life. He entered and looked at me. Certainly he wanted me to help him because he always felt very bad during his lifetime. I think he could sense that I was capable of becoming 'double conscious' with the help of yoga. I was naive and inexperienced and so I became frightened. I radiated that his visit gives me the creeps and that I wanted him to leave.

He seemed to understand that I was frightened. He didn't want to scare me so he left out of consideration. He disappeared like he came – in a silent and noiseless manner. Later I regretted my stupid behavior." (Gauri)

A prankster spirit:

"I lay in bed and was in the state of deep relaxation. I began talking to my otherworldly soul partner. Like always I told him that I love him etc. Suddenly, I clearly heard someone saying: "blah blah blah". I immediately felt where the sarcastic commentary came from. There was a ghost standing right next to my bed and apparently he had been listening to my thoughts. Now he was expressing how he feels about these loving thoughts. I didn't know if I should laugh or be serious. The spirit wasn't evil. He just enjoyed to prank others." (Gauri)

Astral and worldly perception at once:

*“Last night my astral friend O. was present. I was happy and immersed over several hours in his vibration without being much distracted. In the morning I woke up to write an e-mail to Gauri and then went back to him.*

*Haro later came to join us. My consciousness was partly still in the world beyond. Haro thought I was sleeping tight because I lay deeply relaxed and with a smile on my face on my side. He was amused about my wry smile but at the moment I didn't know that. I just felt the loving look he gave me and how he continuously tried suppressing a laughter. This suppressed laughing felt unnatural and seemed to cost lots of energy. I noticed it as some strange stuttering. I could perceive his restless thoughts and read them. At the same time I felt O.*

*That was an odd split. Later Haro told me that he had a hard time suppressing his laughter and therefore only laughed in his mind. I perceived that as this strange stuttering. He also confirmed the thought-fragments I overheard.”*  
*(Michaela Fetovski)*

## 8 Energetic Phenomena

**Kundalini Phenomena:** waves, heat, vibrations, hearing of sounds (from rushing to howling) and voices, light flashes, skin tingling

**Poltergeist Phenomena:** crackling of wooden furniture, diverse para-physical phenomena from telekinesis to spontaneous teleportation

**Ectoplasm flowing out, Mediumistic Field:** A subtle smoky to gooey substance flows especially out of the mouth. Manifestations form and knocking contact is established in seances with the help of this substance. The relatively thick fluidal substance evaporates commonly and forms a foggy aura around the person. This aura appears as a bright field to earthbound spirits and attracts them. Earthbound spirits quickly realize that they are able to use this force field to manifest more densely (results in hearing of voices, Poltergeist phenomena, etc.). The predominant part of these spirits are malicious and try to impress or intimidate the mediumistic person with dense manifestation. Right from the start, this display behavior is a lie since the energy comes from the medium.

### *Final Conclusion:*

Loosening, 'taking off' and 'stepping out' occur with people with mediumistic disposition. These phenomena interact with the own energetic body. Detailed information about energetics can be found with the keywords: Kundalini, Chi, Ki, Prana, etc.

### **Ectoplasm (or Bioplasm)**

Ectoplasm is a very dense etheric liquid that is responsible for manifestations and diverse forms of Poltergeist phenomena.

Ectoplasm results from an inner alchemistic process that takes place in the abdominal region.

It can be released in different ways:

- A fine mist can be transpired by the entire surface of the body.
- In its densest manifestation ectoplasm is a honey-like, slowly flowing liquid that leaks from body openings (especially mouth). It evaporates on the edges of the orifices.

The color of ectoplasm is light-gray to dark-gray. It doesn't have to be homogeneous but can contain granules. In some rare cases ectoplasm had been photographed. There were also measurements (electrical conductivity) taken on ectoplasm that yielded very different result without informative value (Albert Freiherr v. Schrenk-Notzing, 1862-1929, Munich, physician and parapsychologist). When searching for photographs of ectoplasm the following keywords are suitable: ectoplasma, ectoplasm, teleplasma

### **Seeing with Closed Eyes**

This is an ability that is rarely mentioned in the literature. Hereby meant is a shadowy and plastic seeing with closed eyes. I myself had this ability for quiet some time. When I went to the toilette at night I had my eyes closed and could see anyways (even better than with open eyes in the dark). It was some kind of game to me. I could see the edges where walls and ceiling meet and also the doors with their structures. I could see so well that I stopped exercising caution. I just went to the door and grabbed the handle. One day I saw the door shifted. It was 40 cm closer than I perceived it. A bump of the head was the consequence. From this day on I started fumbling for the doors again and lost the ability due to lack of interest and practice.

In some cases I came in contact via email with astral travels that also experienced this rare form of seeing. From several thousand mails not more than three concerned this phenomenon. That's why I would call this ability a rare one.

From: Forum Post

*“A reoccurring phenomenon baffles me for quiet some time now: I wake up at night and can see the room around me through my closed eyelids as if I had my eyes open. (Every time my vision becomes sharper and I can perceive more and more details...) I would really like to talk about that with someone because I couldn't find anything about it on the internet so far!”*

### Another Forum Post

*“Hello, for 2-3 years now I am woken up by a nice phenomenon. It starts with me becoming conscious while I am still sleeping. I can see my room and also look around. When I open my eyes (unfortunately often very soon after I come in this state) I look in the same direction at the same spot where my vision ended. It is like I could see through a third eye but I definitely know that I’m asleep. After that I am always perplexed.*

*I occupy myself with lucid dreaming and dreams in general but I couldn’t find anything about my phenomenon anywhere.*

*I don’t think that I am dreaming because it happens nearly every morning and sometimes also when I am falling asleep. I enjoy staying in the state between sleep and waking and always try to keep it up as long as I can. I like to devote myself to the hypnagogic images and to float around in other worlds.*

*It would be nice if someone would put in his oar. This has been a burning question to me for a very long time now. I am especially interested in whether I can sustain this state and how.”*

## 9 Partial Disengagement of Subtle Body Parts

Hereby meant is the feeling of body parts (in most cases arms or legs) taking off. It feels like still being in the material body while arms and legs aren't bound anymore. The body parts can be moved willingly or perform spontaneous proper motion. They may also seem to float above the physical body. The latter is commonly observed with the legs that spontaneously drift upwards what feels like laying in a bathtub full of salt water. I often made that experience. I very often had a doubled consciousness in which I felt the material body as well as the subtle body parts.

### Examples

Own experiences in late-night meditations:

*In the first years of yoga I often experienced partial disengagements of body parts because I often tried meditating late in the evening when I was already exhausted. I did that to do my daily stint (which was rank nonsense). The process took place as follows:*

*I practiced despite fatigue and came in a state of doze. Whenever I doze off my body tipped over to the front what woke me up again and what made falling asleep impossible. The symptoms of fatigue came with interesting side effects:*

*I observed the hearing of voices and noticeable apparent movements of head and limbs (mostly my arms).*



I felt like my arm was performing spontaneous proper motion.

In extreme cases the subtle body can fall out of the material body.

Own experience:

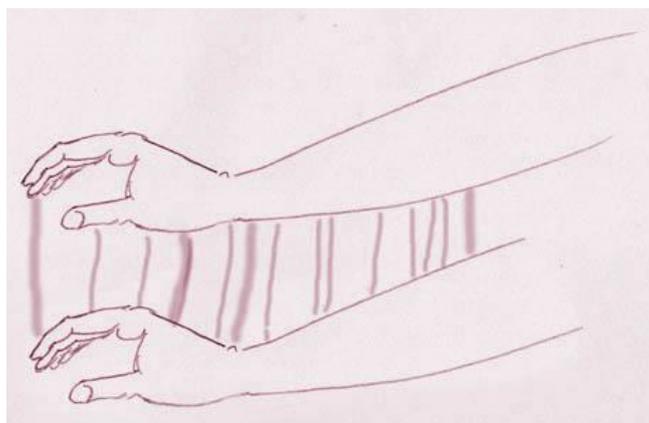
*“I think that the movements are resulting from a partial disengagement of the subtle body and are no hypnagogic deceptions. This theory is supported by two incidents in which I saw the room resp. the desk from another perspective.”*

OBE-letter 73:

*“Every now and then I take a midday nap on the couch at the weekend. When I do that I lie on my back. Often I ‘wake up’ and am aware about where I am, what day we have etc. but my body feels like I am still sleeping. Sometimes when I am in this state I try to lift my subtle arms. It feels like they are tied to my physical body with elastic band but when I slowly amplify the pulling force I can (apparently?) manage to release my subtle arms.*

*After that I do some experiments like touching my hand, pushing my palms together or touching my face and holding my nose. What I touch feels completely normal. I can feel my face, my nose etc. and also clearly feel that I hold my nose. Then I am ‘amused’ about the fact that I can still breath. I can clearly feel my hand holding my nose but it cannot be my physical nose because otherwise I couldn’t breath. I am able to think logical the whole time and I think I know that I am not sleeping.*

*I can also feel the touch of my hands in my face but I cannot see my hands though! Sometimes I manage to open one eye or even both and see my living room. But when that happens my eyes often shake or I have a clouded view. I cannot lift my head from my body – just my arms and legs.”*



*“I lie down, close my eyes and relax beginning from my feet. After breathing out I let every body part fall one by one. The physical body becomes heavy instantly. At the same time I imagine the corresponding part of my etheric body to ‘inflate’ and thereby separate from the physical part. It often happens that I don’t even reach the point where I let my head fall because I am already asleep. That’s because the relaxation not only effects the body but also the mind. When I stay conscious the physical body is then relaxed and the etheric body loosened.*

*Now I pay attention to latter. I start with the arms because they are the easiest body part to detach. They feel like balloons that are filled with hot air and are attached with a cord to my physical body so they don’t float away. Often I sense a liquid surrounding my arms which is ectoplasm. Regardless of that and without me doing anything, my etheric hands move back and forth. Sometimes they move sideward and then go back to their starting position. After that the forearms start moving left and right as if they want to make room. Soon the whole arm reacts.*

*The most difficult part is to avoid waking up. Often it happens that a part of my body – mostly the arms – perform jerky movements. This is a spontaneous partial disengagement. One might think it was the physical body that moved but that is not actually the case. Unfortunately, these spontaneous partial disengagements lead to waking up and the state is being interrupted. Even though it is possible to stay in the state if the nature of this spontaneous partial disengagement is known. Over time the state becomes more stable so that it is possible to leave the physical body.” (Gauri)*

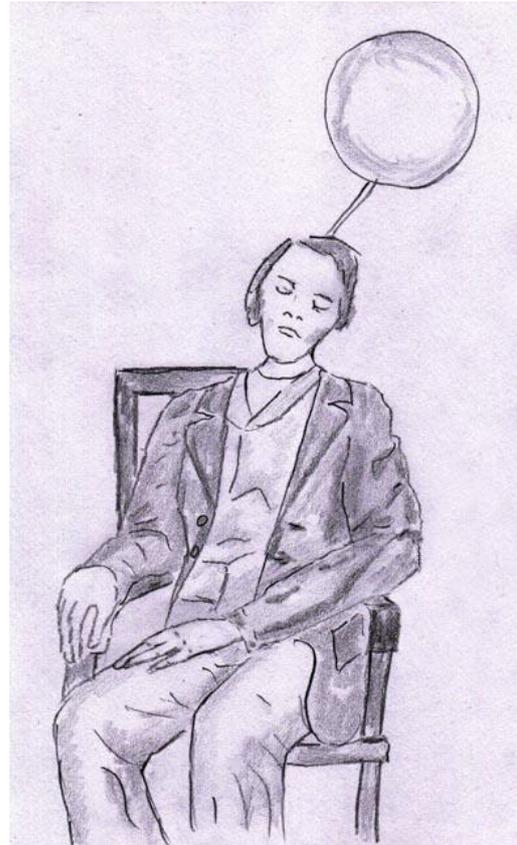
## **Loosening**

The loosening is a phenomenon where the etheric body parts only a few centimeters to a hand’s width from the physical body . This state facilitates Kundalini phenomena, clairvoyance and communication with spirits. Often the etheric body is loosened while perceiving sleep paralysis.

## 10 Perception of Orbs

Commonly the subtle body is an image of our current physical body. Otherworldly beings appear in their former worldly body. But there are also exceptions. When the apparition or emanation took place unconsciously, the guise of dynamic motions of subtle matter displaces the self-conception. That is the case with the occasionally seen orbs.

Sometimes clairvoyant people report that they saw subtle emanations in form of orbs or balls. These orbs vary greatly in size. Some are pea-sized others reach the total of approx. one meter diameter. The small orbs often consist of denser astral matter and therefore are very colorful or glowing, while larger orbs often seem fainter, cloudier and less compact. Theosophists consider the orbs as mental body. However I don't think this interpretation is correct.



*A light-gray orb floated over the head.*

An observation from my circle of acquaintances:

*“In the first few months of my affiliation in the ashram (yoga communion), I could observe the following occurrence in a yoga class:*

*The ashram (yoga room) lay in comforting twilight. Our two gurus sat in the same places as always. When I looked up I saw two bright orbs – one floating*

*over Guru Ananda's head and one floating over Swami Vayuananda's head. Silently, they floated over their heads in approx. 1 meter distance to the parting of the hair. The orbs measured approx. 1 meter diameter. I was able to clearly see the orbs for quiet a long time, at least 10 to 20 minutes. Although their density varied over time, they remained – aside from minimal changes in position – unchanged.” (So.)*

# 11 Apparitions

Apparitions are understood as the perception of otherworldly intelligence in the current surroundings.

Apparitions are commonly known since the Old and the New Testament report about these phenomena. Back then but also today, many people believe that these apparitions are materializations.

To perceive apparitions, a special state of mind is required that can be achieved through relaxation or arousal. Hypo arousal as well as hyper arousal similarly lead to this altered state of consciousness through a tipping process.

From: *'Anandas Erscheinungen und Jenseitsreisen'* by Elvira Ballabene

*It was my ninth birthday. After the birthday party my grandfather took my hand and said: 'After all the joy you received on your birthday, we don't want to forget that everything on earth is ephemeral. That's why we will visit the old graveyard.'*

*I took my diligently stored and carefully washed pebbles with me and we went to the graveyard. It is a custom of the desert to put stones on a grave instead of flowers. I often went to the cemetery with my grandfather that's why I always had these small stones prepared.*

*I was already familiar with many of the tombs there. Dearest to me, however, was the tomb of a 16 year old youngster (rabbinic student) because I knew his personal history that was very sad. I always prayed there reverently.*

*Silently, we stood at his final resting place. Even though many years have passed since then, the experience I made there is still very vivid inside me.*

*Nobody but me and my grandfather was at the cemetery. Suddenly, I heard a powerful murmuring and at first thought of a downpour, but then I saw directly in front of the round stone of the tomb the bright figure of a young man.*

*The figure looked at me and clearly said: 'Death is not the end!'*

*Solidified, I stood there and put out my hand to the gleaming man. My grandfather understood me even before I could tell him about the harrowing experience. I never knew if my grandfather had also seen the figure and heard its clear words.”*

In later years:

*“Often, the encounters with the apparitions were very short. Some were only a few seconds long. Rarely, an encounter lasted up to a few minutes.”*

Some examples:

*“At about three o’clock in the morning the room was illuminated by an orange light. I felt the murmur that is a common side effect of an apparition and so I went to my meditation chair and sat down. Suddenly, the angel-like Guru S. manifested in a golden robe. From his hands flowed bright beams that seemed warm and that I could almost feel physically. Then he unrolled a very long meadow-green scroll. The letters were large and I could clearly read them.....”*

Another note:

*“My beloved Guru Vayuananda manifested in a noble light-blue robe and with bright face. He met me warmly like he did years ago with the Indian greeting that was a folding of the hands and spoke to me ...”*

## 12 Visions

Visions are understood as the seeing of symbolic-religious images and scenes in an ecstatic state of consciousness. While apparitions are the perception of otherworldly intelligence in the current surroundings, vision show the characteristics of a cosmic view in which god, heaven or hell manifest as inner images. Often such a cosmic view is accompanied by the feel of being present at the location that is seen (as passive viewer without interfering with the situation). It is an ecstatic state and different from astral travel in its nature.

# 13 Ecstasy, Enlightenment, Samadhi

These three common terms refer to a trance-like state in which the outside world is no longer perceived. In deeper and more intense states of this category even the body feels paralyzed. In Yoga these states are subdivided in several categories.

## Reports concerning Enlightenment States by People of Western Society

R.M. Bucke, 'Kosmisches Bewusstsein', Celle (1925);

translated from Carl Albrecht, 'Das mystische Erkennen', Bremen (1958), page 102:

*"It is the experience of an inner light. Without any premonition you feel embraced by flames, surrounded by a rosy-burning cloud and somehow as if a fire flares up from within you. At the same time you feel ineffable joy, bliss, certainty, triumph. All the mind and feeling forces are being enlightened. The cosmos is no longer dead matter. In a flash, the sense and the goal of the creation of the world is revealed."*

*"... Suddenly and at no notice, I found myself embraced by a fiery cloud. For a second, I thought of a great fire nearby but then I realized that the fire was within me. A moment later a feeling of ineffable joy and bliss came over me. An immediate intellectual enlightenment followed that was beyond description. Anyhow I came to the conviction – not only through belief but through experiencing it myself – that the universe is not dead but full of life and motion. I became aware of the eternal life within myself. The vision lasted only a few seconds."*

Translated from: Heinrich Zimmer, 'Der Weg zum Selbst', page 76:

*"... In this experience I had the feeling as if a lot of ants were scuttle upwards my back and I felt embraced by gentle, bright flames. I felt disembodied and submerged in blaze of light. The shine of this light was like evening sunshine"*

*paired with a slight drizzle. I began to cry. Near the end of this experience I emitted a sound – some kind of call – and canceled the meditation. I started to say the rosary like I always do.”*

### **Different Kinds of Samadhi (Enlightenment) in Indian Yoga**

- *Bhava Samadhi*  
Ecstatic state of 'cosmic love'
- *Sa-Vikalpa Samadhi*  
Leaving of the physical body in a state of ecstasy
- *A-Vikalpa Samadhi*  
Fading of the ego
- *Nir-Vikalpa Samadhi*  
Dissolution of world and ego
- *Sahaja Samadhi*  
Perception of the world in state of Nir-Vikalpa Samadhi

### **Physical Symptoms in Ecstasy**

- The body is in a state of immobility and becomes cold in Samadhi. The memories of the event are lost when waking up.
- Also immobility but the memories are still there when waking up.
- No state of immobility but a state of rapture, often in shape of an ecstatic dance or ecstatic doxology.
- Body and mind are under control and the worldly actions are unaffected. The super conscious state manifests as bright eyes, bright face and very strong charisma.

A recommendable book with a collection of reports from canonizations and beatifications is August Ackermanns work 'Mystik und außerordentliche mystische Vorgänge' (Einsiedeln, 1952).

The east tended and tends to mythologize the experiences of mystics what makes these reports unsuitable for serious scientific research. In contrast to that, the catholic

church has maintained countless serious reports which pose a valuable cultural heritage. These reports describe the processes of canonizations and beatifications. These processes are similar to litigations where witnesses and objections of an 'advocatus diaboli' are heard to come to a reliable result. The accurate records of processes of canonization and beatification are a treasure trove that is unfortunately overlooked or flouted by parapsychologists and others who should be interested in such phenomena.

Excerpts translated from: August Ackermann, 'Mystik und außerordentliche mystische Vorgänge', Einsiedeln (1952) (no English version available):

*"The ecstasy comes all of a sudden. It surprises at any occasion and any place. 'As soon as the ecstasy breaks out like gunpowder from a rifle' . . .*

*After the ecstasy they carry on with the preaching (St. Thomas von Villanova, St. Nikolaus Factor) or with the reading (St. Aegidius von Santarem and Maria von Maille) where they stopped when the ecstasy started. The ecstasies seemed to have no sense of time. Occasionally, they claimed that they thought the ecstasy did last only a moment (Cherubin von Stroncone). The ecstasies are motionless like marble statues and stay in the position they are currently in.*

*The ecstasies convulsively hold on to objects that they got in their hands and take these objects with them when getting into deeper ecstasy (levitation) up into the air. Nobody can take the objects from them. Countless cases like that are reported. For example Passidea took the hands of a ladies and went into an ecstasy. The lady could pull back her hands not before the ecstasy was over. In this respect, the most delightful incidents are reported from the lives of ecstasies.*

*The facial expression transfigures. The face with closed eyes shows the expression of sweet sleep or of deep reflection. There are also cases where the face shows delight and joy. The person is awake with eyes wide open, looking towards the sky. The face is fierce and with the expression of enlightenment, shows different kinds of passion such as joy, love, pain, happiness depending on what contents are experienced during the ecstasy.*

*Numbness or insensitivity or absence of all senses had been observed at many occasions during ecstasies by stabbing, burning etc. No fly on the open eyes could get them to blink as observed in many cases. Examples for that are St. Joseph von Copertino, Maria von Moerl, Anna Katherina Emmerick and*

others.

*The cooling of the body and the apparent breathlessness are other symptoms of the ecstasy. The body becomes as cold as ice. 'The hands and the whole body becomes so cold that it seems like you are dead.'* (St. Theresia von Jesus O. Carm. Von Avila) *There is no actual dying in ecstasy and the death is only apparent. This was experienced four times by Agnes von Langeac: 'The time when the abilities of the soul vanish because everything is one with god, I call point of culmination. From my experience, nothing is seen and heard and felt at this point.'* (St. Theresia von Jesus, 'Leben', chapter 20)

*The ecstasies occur at every age.*

*The ecstasies occur with one person more or less frequent. In the case of Elisabeth Spalbeck seven times a day. In case of Mother Agnes von Jesus two to three times a day... In case of Franziska von den fünf Wunden for many years steady. In case of Franziska Passidea more than the half of her life ..."*

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Translation by Seth