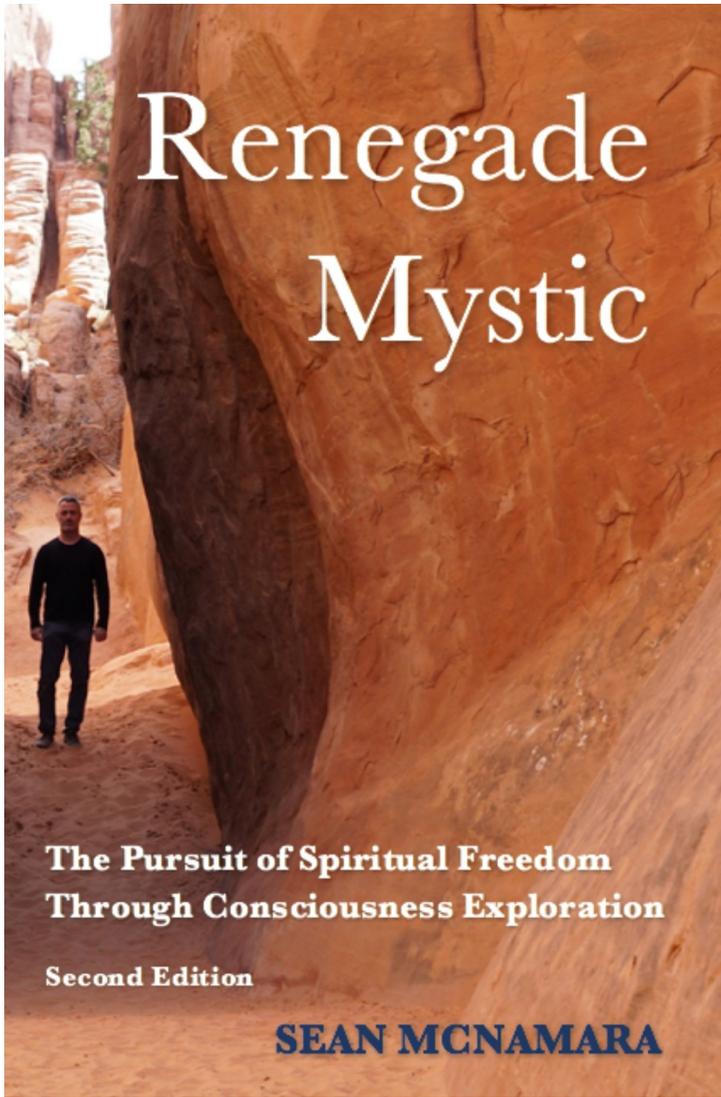


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Leaving My Body for the First Time



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- Chapter 15, *Leaving My Body for the First Time*

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Book Description (from the back cover)

Those interested in out-of-body experiences, lucid dreaming, remote viewing, psychokinesis, energy healing, mediumship, and contact with UFOs will gain tremendous insights and practice tips by reading this book. Paranormal researchers and parapsychologists will find ample anecdotes to enrich their fields of enquiry.

This is the spiritual memoir of Sean McNamara, meditation teacher and consciousness explorer. In this groundbreaking work, he reveals his core psychological drives and the events of his life which caused him to question everything and look into the deeper nature of reality. By the end, he shares experiences he's never revealed publicly. Though spiritually minded, McNamara keeps his feet firmly on the ground and abstains from succumbing to mere beliefs. His writing leaves it open for you to come to your own.

Even better, he introduces the reader to a variety of methods of exploring consciousness and reality for themselves. A series of essays follows the epilogue, delving even deeper into the complex topics and personal experiences shared by the author. His story begins with the realization that spiritual teachers are as human as the rest of us, and that we don't need to surrender our personal

authority to anybody else in order to find the answers we seek. Learn how he reclaimed his power, and how you can too.

Finally, this book will help the reader prepare for when it's time to cross over, as much as it will prepare them to engage a deeper part of life now, in this world. Intelligent, entertaining, inspiring, provocative, and educational. This work is sure to be controversial among those who've yet to have their own non-ordinary experience. Traditionalists beware.

If you are on a spiritual search, or seeking self-empowerment, you're not alone. This book is not only about the author's personal quest, it's about yours.

The book comes with a companion website which includes the original, color versions of the book's photos and artwork. It also hosts private videos and links to public ones, which will enrich the reader's experience of the book. The web addresses to these pages are found inside the book itself, in their appropriate chapters.

The Second Edition includes new chapters with **step-by-step instructions** for having Lucid Dreams and Out of Body Experiences.

[To order the whole book, click here.](#)

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CHAPTER 15 LEAVING MY BODY FOR THE FIRST TIME

On a deeper level, making such a commitment to Cierra signified that I wasn't afraid of putting down roots anymore. Dad wasn't going to come home for dinner one night and tell us it was time to move again. Also, neither my relationship with Cierra nor my work as a real estate agent had anything to do with Steve or his organization. Inside, I began to feel a sense of freedom I didn't know I'd missed.

It had been a few years since that strange afternoon when waves of electricity coursed up and down my spine as my body slept, leaving me in a profound state of peace afterward. But the memory of it had lingered in the back of my mind all this time, and for some reason, it was at this point in my life when I made an important connection.

I realized those electric waves could be what Robert Monroe wrote about in "Journeys Out of the Body." Was this what I'd attempted to produce as a teenager back in Rio, lying in bed, feeling the ocean air while listening to Pink Floyd?

Pages from Monroe's book rushed back into my memory. I recalled how excited I'd been at the thought of having Shirley MacLaine's Peruvian hot spring experience, flying high above her body, out into space.

I wondered if I should try again, after all I'd been through.

The simple act of asking myself that question was enough to make me realize something so painful that I could barely admit it to myself. That day, many years ago when I walked into that Buddhist center in Denver and adopted their path, I had unknowingly abandoned my own.

Before that day, all I wanted was an answer to the question, "What happens when we die?" But after that day, my attention was rerouted toward following "the dharma," which included learning a well-established philosophy and practicing a fixed set of meditations to one end. To achieve liberation from suffering and become a Buddha, and "awakened one."

But after years of studying and practicing Buddhism, first in Rinpoche's tradition then in Steve's version, *I was still afraid of dying*, and I still didn't know for sure what happens after death. Learning their philosophies of reincarnation and karma didn't satisfy me. Those were just words repeated generation after generation.

I wanted to see reality for myself. I wanted a *real experience*.

Meditation was presented as a great way to "sit with uncertainty" and to be present with all kinds of emotions and painful psychological states. Years of practice had certainly yielded results, and I had grown more open hearted, more patient, and better at being with "not knowing," to some degree. I think the dharma had made me a better person in some ways.

However, none of it helped me answer my original question, the one that had haunted me all my life, "Is death the end?"

So, I gave myself permission to start exploring on my own again. I decided once more to learn how to have an out of body experience. I wasn't willing to discontinue my Buddhist practice or leave my community quite yet, but I knew having an out of body experience was something I needed to do.

I knew from the way Steve reacted whenever a student asked about working with other teachers or trying other techniques that he wouldn't support me in this. I also knew that none of my peers in the community would be interested either. I'd be doing this on my own.

It was the end of 2013, and over twenty years had passed since my first, brief attempts to leave my body. I'd only had one book to refer to at the time. But now, thanks to the internet, every book in the world was available to me with just a few keystrokes.

I was overjoyed to find many books had been written in the years since Robert Monroe had published his. One book, "Adventures Beyond the Body" by William Buhlman, advertised "easy to use techniques," and looked particularly interesting to me, and so I ordered it. I knew this time in my life could be my second chance.

I tried not to kick myself when I saw that it had first been published in 1996. This was the year I graduated from college, and not too long before I began my journey with Buddhism. Why didn't I think about finding these kinds of books *then*? If only, if only! But it's useless to dwell on it now.

Buhlman's book was more than I could've hoped for. Not only did he offer a variety of techniques to choose from, but he shared his personal story too. He didn't belong to any esoteric lineage, and he definitely wasn't a "woo woo" kind of guy. From his writing, he seemed, (and still does, though

I've never met him) down to earth, curious, determined, and pragmatic.

His book is based on real experiences rather than theories and “ancient” techniques. In that same spirit, he invites his readers to transcend their limiting belief systems by having real experiences of their own. He offers a variety of techniques with the understanding that every person is different, and that some techniques work better for some than others.

Just like Monroe, Buhlman shares his techniques openly, with “no strings attached.” These techniques didn’t require a guru’s blessing, going through various “levels,” or any other kind of esoteric qualification. He doesn’t demand or require anybody’s commitment to him. He plainly shares his experiences, as profound as they are, in a way anybody can relate to.

After years of taking vows, going on retreats, going through initiations, and not finding answers to my fundamental questions about life and death, reading “Adventures Beyond the Body” was a breath of fresh air. Actually, it was more than that. It felt liberating.

I began my training as soon as the book arrived. I learned that keeping a journal was an important part of the training process. Today, I’m extra glad that I did because many of those journal entries comprise a large portion of this book, as you’ll see below. From the beginning, I had an inkling that I might someday share my experiences with you, the reader. This will be apparent from time to time, in the way I wrote things down.

I tried to record everything here just as I wrote it down originally, which sometimes meant in shortened, rough sentences. This is what it’s like to record one’s thoughts in

the middle of the night or first thing in the morning, just after waking up. In some cases, though, I found it necessary and easier to rewrite an entry for ease of understanding.

Many of the journal entries will be followed by a paragraph beginning with “Commentary.” I added these commentaries in the course of writing this book, not at the time of writing the journal entry. My aim is to help the reader understand my interpretation of what I experienced. In some cases, the meaning will be self-evident, or I may not know what to say about it at all, and so these will have no commentary attached to them.

Most importantly, if you analyze my journal entries one by one, they won’t make very much sense and you’ll find yourself asking “Why did he include *this* entry?” Think of it the following way. I’m taking you into deeper states of awareness with me, night after night. I never knew what would happen as I lay down to sleep. It only made sense afterward. You might feel the same way, so hopefully you don’t mind taking this journey with me.

If you happen to be training to have an OBE right now, reading these entries will support you and help you understand your own experience. Sometimes, the things we dream about and feel in our bodies are more important than they seem at first. Although I mention my use of various techniques here, there isn’t room to go into detail about them. For that, I recommend either my online Lucid Dream & OBE training course¹, William Buhlman’s books and audio programs², and of course any other widely available resources by other out-of-body experiencers.³

¹ See MindPossible.com

² See AstralInfo.org

³ See the “Recommended Resources” section of this book

December 10, 2013

Last night - made affirmations as I fell asleep, “I am now out of my body.” I drifted in and out of the dream state as I fell asleep. A couple times, I heard “mind” sounds, which I believe mark a shift in consciousness. Tossed and turned a lot through the night, tough to relax deeply, too excited now that I’m engaging the process.

Commentary: Making “affirmations” while one falls asleep is a technique a person can apply for inducing both lucid dreams and OBEs. It’s a way to send an intention to the subconscious mind, which I found out over time was key. None of the techniques you’ll read about here ever led to an instant result. Instead, I applied them regularly, night after night, until I got a result.

December 12, 2013

Again, remembered my dreams later in the morning. One was of being stuck on a snowy precipice, feeling scared of sliding off.

Commentary: This was only the first of many similar dreams I’d have in the future, in which I seemed to be moving in an out-of-control way, accompanied by a sense of fear and danger. It’s possible the movement was an indication that I was getting closer to separating myself from my body, and that the fear meant my conscious and subconscious minds needed to get more comfortable with the idea of having a voluntary OBE.

December 15, 2013

Last night, I woke up to a sense of shifting energy and the feeling of something about to happen. Lots of subtle waves through the body, not quite a full-on vibrational state. But it lasted for quite a while and I attempted separation by visualizing another location. But I couldn't separate. Still, I was very happy to feel something new!

Commentary: The significant sensations in my body were a sign that I was getting even closer to having my first OBE. I made an attempt to leave my body by doing something Buhlman and others call the "target technique," in which I imagine myself being at a completely different location, including picking up objects I'm familiar with and "feeling" them in my imagination.

This is about using visualization to *mobilize* one's intention to leave the body. Pretending to be somewhere else with this technique is like a special kind of language. This exercise is like telling the subconscious mind "I don't want to be here, let me go somewhere else now."

December 18, 2013

No wine last night, but I ate late. I did an OBE visualization before my regular meditation. Around 3-4 am I became aware of a dream that repeated itself, as if to get my attention. I don't remember the details, but I do recall feeling strongly that I had either just "been out" or that I was close to leaving. I waited for the vibrations - but none came. I went to the couch and did the OBE visualization. There was fear for some reason, I tried to let it be, but I know I need to relax a lot more.

Commentary: It's difficult to explain why I thought I'd been "out." It was an unusual feeling in my mind, as if I had amnesia after going for a walk but had the lingering sense that I'd just been somewhere else. This is one value to journaling whenever waking up at night, to record the many strange sensations and ideas we would most likely forget by the time the sun rose.

December 24, 2013, Christmas Eve

Did an OBE visualization in the afternoon before my normal meditation practice. Went to bed, realized the iPod was in the other room, so I did the visualization on my own. It felt like my skullcap was trying to lift off or open up, and I relaxed with it, trusting that my body is slowly adjusting over time in preparation for an OBE.

Had a couple of dreams. In one I was preparing to do a video feed of my meditation class. All my regular students were there, but we were in a different state, some place tropical or down south like Texas or Florida.

In the other dream, I had to spend time cleaning a public toilet before I could use it. Three guys showed up to use it before I had my chance, but I defended it for myself and told them to wait their turn. They left peacefully after I stood my ground.

Commentary: As I became more familiar with the various techniques, I began to increase my rate of practice. Since I was in real estate, much of my work was in the evening and on weekends, leaving me a lot of free time in the afternoons. That's usually when I did my regular meditation practices,

and now I was adding my OBE training to my schedule. So, I'd practice the technique of my choice while lying on the couch in the living room in the afternoon, and then apply the same technique while falling asleep at night. If you work at an office or somewhere away from home, you might consider going to your car during your lunch break, tilting the seat back, and spending 20-30 minutes practicing your chosen technique as a way of reinforcing your intention to have an OBE.

As for the dream about cleaning the toilet, the symbolism indicates I had some psychological cleanup work to do before I could progress, and also that I had to stake my private territory and not let anyone get in the way.

December 25, 2013, Christmas

Yesterday, I did three different OBE techniques while doing a footbath at Mayu Sanctuary. Last night, I had several dreams. In the first, I was in a subway-like place, and [the woman I dated before Cierra] was breaking up with me. I felt alone and abandoned, and had no recollection that in real life I am happily with Cierra.

At some point in the night, I had an energy movement - very brief - 1 or 2 seconds - rough electrical vibration.

Commentary: A "footbath" is a specialty at Cierra's meditation center. Basically, you soak your feet and calves in hot, herb-infused water while relaxing in a dark, private booth. Once in a while I'd go there to practice my techniques in what is an inviting and safe setting. The "energy

movement” was another odd sensation, which I took as another small sign that I was changing in a positive way, toward my intended goal of leaving my body. Recording these small, positive signs is important for keeping one’s motivation high. I had no idea how long it would take before I had my first OBE, so I know that maintaining a high level of motivation and a focused intention was crucial.

December 26, 2013

Dreamt that Cierra was having an OBE and melting through the floor, and freaking out a little. I reassured her and was happy for her. When I woke up, I told her the dream, and she said “Of course, that was you,” which was interesting - and she’s right. Is my mind slowly easing me into the OBE through using other people in my dreams?

Commentary: Cierra’s observation was astute. When we have a dream of other people, everyone in the dream is a projection of *us*, the dreamer. Perhaps my mind was using dreams like this one as baby steps, so that it became more of an *acceptable* idea that I could safely leave my body.

December 27, 2013

Dreamt of a girl on fire, bravely screaming at Death, saying “I’ll get you on the other side!” before throwing herself off a structure to her death. She was totally fearless; she really knew that something continues even after death.

Commentary: “Death” appeared as the classical figure, in black robes holding a scythe. I don’t know who the girl was,

or if she represented anyone else. But the theme of overcoming fear is important.

December 28, 2013

Can't remember the dream. But I think I heard someone say "hello" from the other side, a man's voice.

Commentary: Hearing voices as one is falling asleep (the hypnagogic stage) or as one is first waking up (the hypnopompic stage) is a well-known form of hallucination during those stages. To experience these strange kinds of phenomena near the borderline of sleep is a good sign that one is staying consciously aware during deeper levels of relaxation. Being able to stay mentally awake while the body is physically asleep is almost universally held to be a prerequisite to having an OBE.

January 1, 2014

Dreamt I was at a big party, not just with people but with animals, like a bear or camel or other large creatures. Everyone was eating a lot of meat, and I ended up throwing up massive amounts of meat. It felt almost like ground beef being squeezed out of its plastic wrapping as it exited my throat. Other people, about college age, had also puked and blocked up the sink.

The dream breaks into another dream, and I'm walking past a house that had been listed for sale by a rude woman with a bird or some pet. I walked past it with a knowing sense that I'd have a chance to own it. The backyard and side yard were very pretty, with

lots of decking for tables and chairs. It was a neighborhood similar to ours.

This afternoon I practiced the cloud technique. Felt a slight sideways jerk, as if I was trying to come out sideways. It was quick and soft, but noticeable. This was after visualizing the cloud swinging left and right. I think I also heard a voice, but the words were indecipherable.

Commentary: In the “cloud” technique, you visualize yourself lying on a cloud and feeling its movement as it rises higher and higher through the air. Like the target technique, it’s another way of telling your deeper mind that you’d like to have an OBE. I was wide awake but very relaxed that afternoon during the practice, and it was a new experience to feel like some part of me was trying to scoot out the side of my body.

January 2, 2014

Three dreams last night. In one, I was previewing a house for two clients and knew they’d love it. It was big, with a guest house featuring its own fireplace. In real life, my clients are under contract on a different house, hopefully they close on it!

Second dream - gathering with some folks who I don’t know in a different house for some sort of program, but don’t know what.

Third - very interesting - I was in a huge enclosure that had two or three staircases leading to a platform in the center. I was floating around (no sense of body shape) and discovering how sensitive to thought my movement was. I would “flicker” to other areas of the

house in an instant, or change direction when my attention wasn't 100% focused. It seemed like a training ground for moving around in the OBE state.

Did two different OBE techniques this afternoon, felt that same jerk from yesterday - twice this time, once was in the right leg, the other in the left abdomen. My lower body feels more relaxed and loose than my chest and face.

Commentary: It's important to notice that memories and concerns from the daytime can leak into one's dream state. The third dream was very important because it showed me that I was able to discern between a dream and an OBE, and know that they're not the same thing.

Also, a dream can be more than a random display of thoughts, feeling and images. In this case, my dream state served a very important purpose. Interestingly, I didn't know I'd have this kind of dream, which indicates that a deeper part of me is actively involved in my process.

January 4, 2014

Today I practiced two techniques. I realized that I need to let myself get lost more in the dreaming stage in order to relax better, and not try so hard to remain "mind awake, body asleep." Too much effort. Maybe I'll try doing the technique, then shutting it off and really letting myself fall asleep without rules and see how that goes.

Commentary: This was one of the most important realizations I would ever have, not only for OBEs but other psychic abilities I'll write about later in this book. Trying too hard, or staying too alert is a surefire way to prevent anything

from happening. Letting go and giving up control at certain stages of the process are crucial for success.

January 7, 2014

Last night, I had several dreams. One was again focused on finding properties for people. In another, I was at a big table having dinner with a bunch of people, Steve was there, and we were all in a good mood.

This afternoon, I did Buhlman's orb practice. This time, I visualized it from a perspective outside my body, above it, looking at the orb in front of me, floating over my physical head. It felt different and possibly more helpful. Also, when the instruction was done, I turned off the iPod and really tried to fall asleep and enter the dream state freely.

This produced more energy events than usual, and new ones I haven't felt before. My face is starting to "separate" more, and felt for a split second a sideways (to the left) separation of just an inch. But as soon as I noticed it, that part of me quickly returned to the body.

I think I'm starting to understand what Buhlman means by "letting go of the body." I need to relax my own judgement about dissociating from the body, and almost sort of push it away mentally so I'm not magnetized to subtle physical sensations. This includes letting go of the expectation of an astral body emerging right away. If I imagine departing, it must be without any conditioned ideas, like a particular form or shape. There's too much limitation in that thought for me.

Commentary: I made the last note realizing that whenever I paid too much attention to the odd sensations which occurred while using a technique, any progress would come to a stop. I realized I needed to basically ignore the sensations because all they did was steer my mind back toward a physical experience instead of remaining with whatever visualization I was using at the time.

January 10, 2014

First dream - Got attacked by a dark, smoky, unformed figure. I stayed present to it and it became a tall, pale man in dark clothes with pale skin. He seemed sad and depressed. When he transformed, he stopped attacking me and just seemed lonely.

Second dream - I was hanging out with the 16th Karmapa [the head of one of the main lineages of Tibetan Buddhism, Kagyu. He passed away in 1981.], getting ready to travel with him through the mountains. There were Tibetan lamas and Indian sadhus sitting on a platform nearby. The sadhus' skin was dyed red and they were holding tridents, which made them look like a red version of Shiva (a Hindu god).

Third dream - A guy at a bus stop tried to start a fight with me, I ended up giving him a hug and diffusing the situation with compassion.

This afternoon, I did one of Buhlman's techniques and also the "Estes Park slide." No energy events, I had a difficult time relaxing.

Commentary: Estes Park, a popular town in the Rocky Mountains, has a fun-park on one end of town featuring a "rainbow slide." People climb a metal staircase to get to the

top, climb into potato sacks, and slide down, feeling slightly lifted up, off the slide, whenever it dropped down at a steeper angle. I'd ridden it enough times that I decided to use the memory of it as my own kind of OBE visualization. The key was to remember the feeling of sliding down and lifting off.

You might have a similar kind of memory which you can use to create your own visualization. If you can easily remember the *sensation of movement*, then you have everything you need.

January 12, 2014

On a mysterious, beautiful island at night. One side is sloped, the other is made up of dramatic cliffs. One of my childhood friends from the Philippines was there, we met near the top of a cliff. He said something interesting, "You know, when you're given something like that, it should be shared." I knew he was referring to my unfinished book. Interesting that my book is finding itself in my dreams.

Commentary: The book you're reading now is something I started many years ago. Back then, it was a completely different story, since most of what I recorded here hadn't happened yet. I thought it would be nice to include this dream here since I've finally finished it, even though it's not at all what I expected it would be back then.

January 16, 2014

Me and two guys are taking a ski lift through a gorge or canyon at very high altitude - no snow. We can fly, but not well, as shown by the fear we expressed when the more experienced guy began adjusting the way

the chair was attached to the line so that it would be more secure for us.

This guy was making the adjustments while levitating in the air, and I could only levitate a little bit before starting to fall. The distance below was terrifying. As the dream deteriorates, the other less experienced guy tells me he's nervous about a real estate client I have in waking life, that she might want to cancel the contract on a house she's about to close on. I respond, saying that I'm also nervous about it.

This afternoon, I did a couple of practices while taking a foot bath at Mayu Sanctuary. I fell asleep, and could swear that I became conscious during re-entry. It felt like I was moving down a few inches to sit in my own lap.

Commentary: Levitating in my dreams is a sign that I'm getting closer to having an OBE. Another interpretation I've heard, and which I'm open to, is that I was actually having an OBE but my conscious mind was only able to perceive it through dream imagery. Something any OBE explorer needs to get used to is never being 100% sure what is actually happening during a dream. Besides, it's how you feel about it afterward, how it *changes* you, which matters the most.

January 17, 2014

First dream - Standing up to a female teacher who is being verbally abusive to me in a classroom. I felt empowered afterward.

Second dream - For some reason, I was trying to see if I could make out with another woman without it being a problem for Cierra. Well, it was a problem for her. I'd hurt her feelings and ended up feeling guilty.

Commentary: These dreams seem to indicate I'm exploring personal boundaries. There would be times later on, in the OBE state, when other beings would be present. Could it be that learning about boundaries on this level is an important preparation for future interactions?

January 18, 2014

Had a fuzzy dream that included conversations with two ex-girlfriends. Then I dreamt of living in a big house that was also like a store. Oddly, Cierra was there hosting a party and I saw her kissing a couple of guys. I found myself getting jealous.

Had the vibrational state tonight. It felt feminine and rich with a warmth or presence to it. This evening, Cierra did some energy work on me before we went to bed, is that why? At one point, my vision was of space before me being like golden chainmail, like what medieval knights wore for protection (without the gold). I thought it resembled descriptions of the "visionary state" taught in the Tibetan practice called Tegal, which includes descriptions of countless spheres of light filling space.

January 19, 2014 - PARTIAL SEPARATION

I took the advice of two women in the OBE online forum and tried the interrupted sleep method. I got up to pee in the middle of the night, and then went

to the couch. I read some Buhlman until I got sleepy again, then did some affirmations and fell asleep. Had a dream, then woke up in a vibrational state.

I didn't rush it, waiting until I felt a sense of separation away from my body. Then, I willed myself down onto the floor. It felt just like sliding down, but it seemed like my legs were still attached. I also couldn't see anything. After a few moments, I was back in my body, bobbing around like on a water bed, then totally reconnecting.

I reported this on the forum and the ladies suggested that I get really far from my body as soon as possible in order to separate fully, stay out longer, and help with being able to see. I'll try the next chance I get.

When I separated, I felt quite shapeless, kind of like an ovoid form, but definitely not human. Weightless and free. Words can't really describe it, but it seems very simple - awareness with soft borders moving through space.

Commentary: The "interrupted sleep" methods, referred to as the "wake, back to bed method" by lucid dreamers, entails waking up after the first four hours of sleep, then practicing a specific technique (visualization, writing down affirmations, meditating, etc.) for a period of time, then allowing oneself to fall back to sleep again while trying to stay conscious as long as possible. Looking back at my experiences over the years, I can say with confidence this is a highly effective "auxiliary" technique.

January 21, 2014 - FIRST FULL OBE

Woo hoo! This morning it finally happened. A couple of days ago, I had a partial separation and couldn't see anything when I got out. And yesterday I tried, filled with hope and anticipation, and nothing happened, not even in my dreams. I was bummed. But this morning, I had a chance to do the interrupted sleep method since I had to get up to pee. I went to my couch, listened to Buhlman's portal method recording, then mentally recited affirmations as I fell asleep.

Had a dream, then woke to the vibrational state. After some moments, I could tell I was separate-able, and remembered Claudia and Lynn's tips from the forum - particularly to get far away from the body as soon as possible to avoid getting sucked back in.

I thought "Kitchen now!" and suddenly felt like I was whooshing away, feet first, horizontally, but it felt like I went much further away than my own kitchen. At this point I was pivoting into a standing position and "landing" in a room. I said "Clarity now!" and then I could see.

I kept repeating "Clarity now!" while I looked around, and it definitely was not my kitchen. I'm not sure if it was the astral parallel to my kitchen, because it was way too different (cupboards and appliances in different locations) although it was about the same size, and the window was in the same place as it was in waking life. So, was I in someone else's kitchen? Or a future kitchen (my fiancé and I talk about someday buying a place in our neighborhood)?

I'd estimate that I was in that kitchen maybe five seconds, but oh boy, were those five seconds amazing! Then I was back in my body - no feeling of movement, no jerking, just peacefully opening my physical eyes and being back. And super happy. It's so true, just apply the techniques every day (journaling, doing the visualizations, and reading about OBEs in books) and it will happen in its own time. And encouragement from others too - I think that's what helped me the most these last two days.

Commentary: In this account, I used commands such as "Kitchen now!" and "Clarity now!" The use of commands is something William Buhlman teaches for taking control of one's experience during an OBE. Once I began to have OBEs more often, commands became an essential part of my process.

After I opened my eyes and realized I was back in my body, I had two important feelings. First, my lifelong fear of death was gone. Absolutely gone. The experience was such that I had no doubt I'd experienced existence apart from my physical being, and an automatic knowing that this aspect of "me" could continue after my body died.

Second, I felt a sense of "wholeness" I'd never experienced before. Perhaps for the first time in my life, I felt *complete*. I don't know much about shamanism, but I've heard the phrase "soul retrieval," and I wonder if this is something similar to that. It felt like I'd reconnected with the deepest part of my being, and reconnection remained even after I'd returned to my body.

Over time, I realized this feeling of wholeness could fade away as I focused on the day-to-day concerns of ordinary life. But with each OBE, came a renewed sense of wholeness. I

suppose the key is to lead a lifestyle which supports the wholeness rather instead of a lifestyle which quickly wears it away with stress.

From the dates in my journal entries, it looks like it took me 6 weeks before I had my first full separation. But that isn't true. I'd already spent 7 weeks before the first journal entry was made reading about and practicing the techniques. First, I focused on William Buhlman's books, and then kept reading more by other authors.

Reading about OBEs at bedtime is a technique in itself because it decreases fear by building confidence, conditions your deeper mind into accepting that you want to have this experience, and offers helpful knowledge. In fact, I even had an unplanned, unintended OBE during the several days I spent transcribing my journal into the first draft of this book.

In actuality then, it took me around 13 weeks of consistently applying the techniques, sometimes twice a day, often getting up in the middle of the night as part of the "interrupted sleep" method before I got what I'd been looking for. I share this so that you don't get discouraged if you don't have instantaneous results. Everybody is different. As I began telling people later on, after learning how to move objects with my mind, "All you have to do is *not* give up!"

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It's recommended to get the **paperback** version *instead* of the Kindle version for a better experience looking at the many photographs inserted throughout the text.

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