

Out-of-Body Travel and Mysticism

**A Primer on the Basics of Out-of-Body Experiences
and Energetic Law in Out-of-Body Travel and
Mysticism**

By Marilyn Hughes

Introduction by Marilyn Hughes and Dr. Rudy Schild

The Out-of-Body Travel Foundation!

<http://outofbodytravel.org>



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

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INTRODUCTION

The Science for Moral Law

This inquiry between Dr. Rudy Schild and myself began after a discussion we'd been having on new discoveries in science (on his end) and mysticism (on my own.) Dr. Schild had mentioned in one of these conversations that there was science to support a moral law which holds the fabric of the universe in place and is consistently significant within its workings and operations. My interest was piqued. I asked him to explain the science supporting moral law and this was his reply.

“As science ponders the apparent conclusion that the Universe seems to have been constructed with fine tuning for a uniform cloud of expanding gas, the Big Bang, to become galaxies, stars, planets and physical sentient beings, it is increasingly difficult for science to avoid noticing that the universe seems to have been

fine-tuned for this purpose. As scientists we notice that the Universe is fundamentally defined by a dozen arbitrary numbers, which seem to have no relationship to each other but which seem to have worked out perfectly, and if the numbers were to differ from the values observed, the amazing result of sentient life could not have occurred. The numbers I refer to are the speed of light, c , the Planck constant, h , the Newton gravitational constant, g , the mean ratio of protons to neutrons in our atoms, ϕ , the electron charge, e , etc. We find that if any of these numbers were off of their observed values by a tiny amount, like increased by 1%, then the complex sequence of events couldn't have worked. For example, if the gravitational constant g were a tiny bit larger, then black holes would not have originated soon enough for their amazing consciousness-supporting presence to carry our memory and embody our souls.

So we can easily find ourselves slipping into the conclusion that the purpose of the Universe is for physical structure to occur, so that sentient life can thrive. Some would say, getting farther away from precepts of physical science alone, that the purpose is for love to originate and encompass the creation, for the celebration of the Creator.

If so, then we have a foundational basis for the moral law that must guide us. Everything that we do must foster and support the development of life, and the protection of the natural environment given to it by

its Creator. We easily conclude that the ideal human life encourages all living beings, great and small, and recognize their places and needs. And how can we not appreciate and thank our Creator, and do we not glorify Him and his creation, by deeper inspection and study of it all?" Dr. Rudy Schild

So let me share my thought process with you when I first read Dr. Schild's response.

If this is true . . . what does that tell us, what does this *really* mean for all of us?

We know we are mortal beings. We know we will die. We know our existence *here* is temporary. Yet most of us would concur that the soul is immortal and lives eternally.

So if this is true and *all creation* has been designed for the sole purpose of physical embodiment . . . why? Why would something so important also be so temporary?

Further, if this is true, it throws everything materialists have believed about physical reality on its heels. But yet, *at the same time*, it throws much of what religion, mysticism and the spiritual beliefs of many peoples on its heels, as well. In essence, Dr. Schild has just rocked all of our worlds!

By demonstrating that the physical journey is more important - so relevant as to require the entire

universal system to be based on perfect mathematical accuracy to ensure this outcome - whichever camp you come from, material or spiritual, your world has been completely changed by this scientific revelation.

In Dr. Schild's discoveries we find an argument for a congruency to life; laws which could define forward, backward and steady action, and thus, motion, which could translate into mathematical formulas which can show expansion, retraction or consistent motion within the movement of universal creation.

Imagine this. Imagine how important this possibility has suddenly become in your world and mine. If actions have mathematical, and thus, energetic import; what does this mean about you and me?

More than anything, it would show us that everything that we do has meaning, purpose, substance and truth. It would demonstrate that the choices and decisions we make have universal implications which could affect our own world and worlds beyond our own that we cannot yet even imagine. It gives a substantive reality to everything we think, say, do or choose not to do.

Now, many of us have heard of ideas thrown around like the laws of abundance and the laws of attraction. But what if there is something inherently flawed in these concepts simply because of a misunderstanding on our part of what either of these actualities represent?

The laws of abundance as often stated are very often focused on financial outcomes. But what is true abundance really? Is it money, or is it a loving family? Is abundance having everything you want in this world we know is temporary, or having something more . . . perhaps something that would transcend this temporary world when it was your time to cross over into the other?

The laws of attraction are often again stated as bringing towards us what we believe that we want in this temporary world. But yet, do we really know what we want or what would give us a sense of satisfaction, well-being or goodwill? Do we know whether that which we are attracted to will bring us pain or a sense of peace? Again, would you wish to draw to yourself those things which are only of this world or those which could transcend this temporary world when it was your time to cross over into the other?

So, how do you know if the abundance you seek will actually fulfill your life, or the attractions that you currently pursue will be of any eternal consequence? These laws seem to contain within them a double-edged sword; that which could be deemed positive mixed with that which could be deemed negative in your life . . . and that very element annuls their worth. Allow me to introduce you to an old law, one which mystics have inquired of for thousands of years, but much of humanity has failed to pursue in a truly

tangible way and in a consistent manner. But the pursuit of this law contains within it everything . . . the law of contentment.

Going back to Dr. Schild's comments, in particular "the purpose is for love to originate and encompass the creation, for the celebration of the Creator."

How familiar is this to those of us who have kept up with studies on near death experiences? How familiar is this to those of us who have studied the ancient sacred texts of mystics throughout the ages? How familiar to those who have experienced out-of-body travel or other forms of mystical interchange with things divine?

Although there is more than one common denominator in all of these experiences, for the sake of our subject, let us focus on just the one - love.

Near death experiencers, mystics and others who have experienced other-worldly phenomena universally proclaim the unconditional love of the great Divine, the Universe, God - whatever they may choose to call it. They are encompassed within it. And it is considered one of the criteria of a valid near death experience to look upon the life of the individual who has experienced it and observe whether or not their life has drastically changed. And this is so because so many near death experiencers come back with an enhanced awareness of those things within the context of their lives which

promoted the universal good, and those things which did not. In my own near death experience, the Lord Jesus Christ revealed to me that the purpose of our earthly existence here was simple. It was to go from a state of selfishness towards selflessness . . .

How many of us have heard the bible saying which states very simply that we should do good and avoid evil?

“Seek good and not evil, that ye may live. Hate the evil and love the good.” Amos 5:14-15

Why? Is it because there is a choice between expansion and contraction involved within those choices? Perhaps we are to avoid evil because it causes a contraction.

And what about this?

“Woe unto them that call evil good and good evil; that put darkness for light.” Isaiah 5:20

Why ‘Woe?’ Could it be that if we call good evil or evil good we are promoting to those who hear us a contraction, while giving off the impression that we encouraging an expansion? And ‘Woe’ to us who mislead others into doing the opposite of that which they may sincerely intend?

Perhaps these warnings in biblical and other ancient texts are there because there is a universal and eternal law at stake which affects the expansion and

contraction of the universe? Perhaps, in being warned to do good and to take the time to form our consciences in a manner which supports our ability to discern that which is good from that which is evil, we are being directed to move within the universal law of love which naturally (again through eternal law) leads to contentment?

How does this lead to contentment?

Well, we have already ascertained that we live a temporal world which lasts but a short time. We will all die, our existence here is temporary. We have already ascertained from Dr. Schild's comments that it is quite possible that the entire universe was created with the purpose of physical creation at its summit. These almost seem to contradict one another, yet they do not.

Let us digress. What is the secret of the saints?

How much do we really control in our lives here in this temporary existence? And what does come with us when we leave this realm and return to the other side?

We control only how much we love . . . and we retain only the love we engender *and* our deeds, be they good, evil, indifferent . . . be they expansive, contractive or simply sustaining.

The secret of the saints is that they chose to do good and avoid evil. And as long as they were doing this; there was nothing that could be done to them which

could affect their contentment. In the fires of persecution, although it would be irresponsible to say they didn't experience pain, fear, hardship or hurt; we can say they experienced peace. Because they were at peace with God.

But who is God if not the center and creator of this universe? And isn't this universe demonstrating to us in all of these mathematical constants which Dr. Schild so skillfully merged and explained for us a Presence which requires our understanding? And do not these constants show a unity and plan which require absolute precision? And the saints demonstrated that precision in their actions by recognizing that their only power within this physical universe - the physical constraint of our mortal lives - was their conscious and continual choice to do good and avoid evil.

Do good, avoid evil, contentment arises. This is a thought which is contained within, yet transcends and unites all world religious and spiritual thought.

Despite all the relativism our world has provided to us can we not all agree that in our heart of hearts we all know the difference between that which is good and that which is evil? We know the difference between actions which cause expansion and those which cause retraction, do we not? And I would venture to say that we know that which provides sustenance and those things which might be called

'lukewarm' which cause diminution due to a lack of any action, would you agree?

And the great thing about such things, as well, is that our universe has provided many mystical and ascetical theologians who can help us to define such matters and continue to form our conscience in a manner which would support the universal law of love, rather than contradict it in the name of our own desires or pleasures.

Perhaps what we should also look more closely upon those desires and pleasures of which we remain so attached; because in the light of the unconditional love of an Almighty God and a universal sphere of intelligence which presses us to higher modes of operation and stimulus, is it conceivable that these very things we believe we want and need are concealing from us the true and great dignity of humanity as created by an intelligence infinitely above and beyond them?

One cannot help but wonder if the simple name God gives to Himself in the Old Testament, 'I Am,' conceals a secret regarding the eternal law of contentment. Perhaps it is our need to define ourselves and others, to define world and personal events within a context, and maybe even our need to contain within the fragments of an unimaginative intelligence a confined designation which may have absolutely no meaning and bear no truth in the

eternal sense; which keeps the soul in an eternal state of desiring and deprives it of peace.

A contented life results from an illumination of the soul that incorporates resonance with good, and hence with the purpose of the diadem of the universe. Good and evil vibrate with an *actual physical* quantum presence in our objective universe and in the soul. Bringing the two together in an act of consciousness generates creates a luminescence and compatible resonance with the actual *purpose* of the Universe. Because of this resonation within the context of the higher, finer vibrational spheres of will, motion and stringent access to that which is, the individual soul immediately experiences the arising of contentment. Other souls, other people, can touch into this resonation generated by an individual, and sometimes without even knowing why, find themselves swept up in a sudden onset of contentment, peace or well-being. This palpable resonance and alignment to the Eternal Soul of good and universal intention, design or schema is what brings us into the ecstatic experience.

For those of us who have been borne into mysticism throughout the ages, there is a desiring that emanates from desirelessness, a striving which is immersed in not striving, and a contentment which derives from simply moving within the universal initiation of expansion. By thus uniting with and merging the forces of a single soul with that of a greater and boundless reality, the soul melts into an endless sea of

cosmic delights and goodnesses. All things become one . . . contentment arises.

At almost all funeral's, you will hear read the 23rd Psalm of David. Why is this? Do you know? It is the secret that everybody is seeking; yet concealed within the tempered words of a mystical soul who kept it silent and unrearing in its mysteries to those who might not yet understand them. Perhaps you are ready to understand them. Perhaps you are ready now, too.

“The Lord is my shepherd, I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.” Psalm 23

Science and the moral law have always been united, But today, let us gather in their joining and announce to the world the excitement and adventure which lays beyond because of this revelation. Our former worlds have passed away, the worlds of those of us who were among the materialists and the worlds of those of us who were among the spiritually minded. And

today we have seen something new, something that has engaged us in a rapid encounter with the universal intelligence which created us for this moment.

And we may now choose that this moment will bear fruit in every single one of our lives because it really is that simple.

Love one another. Do good, avoid evil . . . allow contentment to arise.

Namaste (I Bow to the Divine in You) - Hindu
Greeting

Jai Jinendra (Victory over Sustainable Happiness) -
Jainist Greeting

Sat Sriakaal (The Eternal Truth) - Sikh Greeting

Shalom Alechum (Peace Be Upon You) - Jewish
Greeting

Hamazor Hama Ashobed (I am fine and hope you
are, too) - Zoroastrian Greeting

Buddha Namō (In the Name of the Buddha) -
Buddhist Greeting

My Peace I Give You, My Peace I Leave with you -
Words of Christ

Peace be With You - Christian Greeting

As- Salaam-o-Alaikum (As Peace be Upon You) -
Islamic Greeting

Allah Abho (Glorious God) - Baha'i Greeting

“The Highest Good, pleased in Itself alone, made man good, and for Good, and gave him this place as an

earnest of eternal peace. By his own fault, man did not dwell here long." Dante's Purgatorio, Words of Matelda regarding the Original Earthly Paradise

"My grace is sufficient for thee: for my strength is made perfect in weakness." 2 Corinthians 12:9

Marilynn Hughes

The Out-of-Body Travel Foundation

<http://outofbodytravel.org>

Marilynn Hughes founded 'The Out-of-Body Travel Foundation' in 2003 (Mission - Reduce Spiritual and Physical Hunger Worldwide). Marilynn has written 75+ books, 40 magazines and around 15 CD's on Out-of-Body Travel and Comparative Religious Mysticism. These books, along with accompanying music and art, are all available for free download. Marilynn has experienced, researched, written and taught about Out-of-Body Travel and Mysticism since 1987 and has appeared on innumerable radio and television programs to discuss her thousands of out-of-body experiences. She is featured in the documentary film 'The Road to Armageddon' which was released in the Fall of 2012 and has been included in 'The Encyclopedia of the Unseen World,' (By Constance Heidari, Red Wheel Weiser) in 2009 and 'Extra-Planetary Experiences: Alien Human Contact and the Expansion of Consciousness,' by Dr. Thomas Streicher in 2012.

Marilynn was invited to speak at the 2014 Conference for Consciousness and Human Evolution nine Global

Scientists, Humanitarians and Mystics are invited to London to speak about the evolution of human consciousness; Marilyn has been the object of a Scientific Study on Out-of-Body Experiences and a subject in a Scientific Study on XPE, Extra-Planetary Experiences.

<http://outofbodytravel.org/reviewsandbio.html>,

<http://outofbodytravel.org/appearances.html>,

<https://www.facebook.com/pages/The-Out-of-Body-Travel-Foundation-Traveling-at-the-Speed-of-Light/136172106452268>,

https://www.linkedin.com/profile/view?id=28563110&trk=nav_responsive_tab_profile

Dr. Rudy Schild

Dr. Rudy Schild is an Emeritus research astronomer at the Harvard/Smithsonian Center for Astrophysics, following an extensive career studying Dark Matter, Black Holes, and the fluid mechanical origins of Cosmic Structure. Because of his long association with Dr. John Mack, he has become interested in the formulation of a coherent understanding of a space-time in the universe, and is a champion of Dr. Edgar Mitchell's (Apollo 14 Astronaut, Founder of the Institute of Noetic Sciences) quantum hologram formulation of the nature of existence and reality. As Editor-in-Chief of the Journal of Cosmology he has attempted to broaden the scope of scientific inquiry to include the nature of consciousness and the Universe of Universes. His astronomy website is <https://www.cfa.harvard.edu/~rschild/>,

https://www.youtube.com/results?search_query=Dr.+Rudy+Schild

CHAPTER ONE

Beginning at the Beginning, Understanding Basic Concepts of Spirituality

In order to better understand the constructs, confines and unitive elements of all paranormal experiences, my goal in this introduction is to define and expand on some basic spiritual concepts and understandings which are necessary in order to bring all factors together into a cohesive set of understanding and then have Dr. Rudy Schild take these same concepts and explain them to us mathematically and from the realm of science.

So we will define concisely these as follows:

- 1.) Where does your information come from? How do you receive it? What is the process of a Mystic? What is the process of Scientist?
- 2.) What are souls? How does reincarnation play into this knowledge? What and where is heaven? What are the Galactic Heavens?
- 3.) How are all paranormal phenomena interrelated?
- 4.) Why are we here? What is the purpose of our existence here?
- 5.) What are the energetic Hierarchies in the Universe?

So let us begin in sequence.

**1.) Where does your information come from?
How do you receive it? What is the process of
a Mystic? What is the process of a Scientist?**

The information that I receive comes to me through mystical or out-of-body experiences. In essence, this means that when I enter into a very deep level of consciousness, the energy of my spirit's vibration will overtake that of the physical and I proceed into what is called the vibrational state. At that juncture, I can leave my body and travel not just to the overlapping realms around our world but to infinite realms of existence; both higher and lower existences.

In addition to my own experiences, for thirty years I have studied the ancient sacred texts from throughout the world and the ages in every world religion written by the prophets, saints, mystics and sages, many of whom have had experiences similar to my own.

By so doing, I have been able to put everything that I have seen through the scrutiny of that which others have also seen.

2.) What are souls? How does reincarnation play into this knowledge? What and where is heaven? What are the Galactic Heavens?

Marilynn Hughes: Soul is spirit. Spirit is a higher frequency of ethereal substance than our physical bodies. Our spirits contain within them not only the blueprint of our current physical body or structure,

but of every body or structure we may have had in the past.

So whereas our physical body may contain all the programming that we have been given to fulfill our earthly purpose in this particular sequence of time a.k.a. this lifetime; the soul has the capacity to contain the knowledge of all of our lifetimes in this or any other realm, in this or any other existences or between them. Thus, the phenomena of reincarnation and past lives.

Our soul contains within it the blueprint of the higher aspects of ourselves and has embedded within it the map outlining the journey it has and is taking to reach its evolutionary destination.

Soul is inherent in all matter, so a blade of grass or even a non-living object such as a table will have an etheric blueprint. In the mystical view, there is an all-pervading light which supersedes and overlaps the physical universe.

So, all things have soul. Animals have souls, plants have souls, extraterrestrials have souls. Even inanimate and apparently non-living objects like rocks have soul substance.

And because many people have experienced lifetimes not only on this planet, but on others; human beings can also contain within their soul substance the memory of lifetimes on other planets.

In taking this understanding further, it would seem obvious that heaven is not only a place but an actual frequency of existence. In mystical travel, the spirit ascends into the heavens above the earth and then is summoned towards a galactic phenomenon which appears quite similar to the black hole. If a soul is to progress through this gateway, the black hole will begin to spin and turn like a star tunnel. And as soon as the soul is swept into and through the gateway, entry to what many refer to as heaven is achieved.

It is a higher vibrational overlap of the universe as we know it, and it contains within it all life forms from all worlds. When you first enter, this internal soul knowledge is so familiar that you can easily miss the fact that there are spirits and souls in heaven from not only our own world but many. But when the traveler returns to their physical body later, it might occur to them that although this seemed quite natural at the time, there were indeed many Extraterrestrials residing in heaven, as well as, human beings.

So, indeed, heaven is the Galactic Heavens. And if you'd like to imagine how it might look, it is much like a floating city in the midst of the stars, galaxies and planets with space stations and many varied levels. There are infinite levels of heaven, just as there are infinite levels of the lower worlds. Many things simply hover, while others appear to be more attached to some type of physical object which would be common in our world or any place wherein gravity is an essential element.

And the Black Hole is the gateway to the Galactic Heavens.

3.) How are all paranormal phenomena interrelated?

With this understanding you can begin to discern how all paranormal phenomena are interrelated. Where many make their mistake is in thinking that somehow telepathy, out-of-body travel, shamanism, vibrational raisings, ecstatic experiences, downloads of various kinds of knowledge, orbs, channeling, (etc.,) even past lives and Extraterrestrial contact are entirely different fields of study.

In reality, they are all part and parcel of one another. God communicates with us in a myriad of different ways, but the purpose of these communications remains one.

We are an evolutionary species in an evolutionary world; and each and every one of these events is to serve that higher function. Everything that we bring of heaven to earth enlivens the planet and ourselves, making greater progress and spiritual evolution possible.

We bring these things from heaven to earth by remembering them and taking in the frequency and vibration that they have brought into our sphere.

There is a higher moral law which governs evolution in this realm; and many of these contacts are intended

to open us up to these higher laws and to become more aware and capable of attaining to higher stratospheres of human thought, frequency and vibration.

Many people who have any type of paranormal experience will return with heightened gifts of telepathy, intuition, receiving downloads of higher knowledge or seeing into the spiritual world. Many continue to having out-of-body experiences or other types of paranormal phenomena which expand and grow into pathways of mystical training.

We are all on a journey of purification. However, this purification of the soul is not singular to the earth, but to all mortal realms wherein the battles between good and evil rage outside ourselves - but even more so within.

The physical body cannot ascend into these spheres without the energetic constructs within his soul attaining to higher and finer frequencies.

And we have many souls on the planet that cannot stretch this far and no matter how much energy would be discharged in their direction, the effort would remain futile.

This is why it remains so important for those of us *able* to receive to accept the energies; because the balance of force within this world has to be contained within souls who can carry them.

4.) Why are we here? What is the purpose of our existence here?

Marilynn Hughes: So why *are* we here? What is our purpose? Let's use a little bit of common sense. We are all aware that our existence here is temporary, and in that very knowledge lies a mystery and a revelation. The revelation is very simple. So many human beings focus on worldly ends in their lives; seeking after things, money, worldly respect, etc.

But if you die tomorrow, what do you bring with you? Two things. a.) All the love that you have cultivated around you and within you, and b.) All that you have attained within your soul spiritually.

What does this tell us? It tells us that our purposes here have to do with the greater expansion of loving and the acquirement of spiritual wisdom properly inculcated within the spirit and soul during life.

In the mortal realms, dimensions three and four, no matter where they may be - the purpose of such worlds remain the battles between darkness and light. And this battle is going on around us, and within us.

So the purification of our souls is our purpose. And by so doing, we become able to truly feel, emanate and become more that is of love.

And remembering again that knowledge and wisdom are actually frequency and vibration; allowing those vibrational raisings and energetic/informational

downloads is actually very vital in allowing the evolution of the soul to take place and in becoming more and more capable of a higher love.

Higher love is quite different from a simple worldly love.

And mortal worlds are always going through a crossroads wherein they can vibrate to a heightened level of awareness, spiritual capacity and love; or not.

5.) What are the energetic Hierarchies in the Universe?

Marilynn Hughes: In order to understand this vast question, you must first understand that Hierarchies in the heavenly spheres (and the lower for that matter) have to do primarily with energy, status and function. And these three qualities are then further delineated by the differing purpose between heavenly beings.

Finally, the very *significance* of a *heavenly* (or human being for that matter) has to do primarily with the will of God being performed within a being; not on a scale who is higher or lower, or closer or further from God. If a hierarchical being performs the purpose for which he was created, his *significance* remains the same.

For instance, a lot of people will ask questions like 'Well is Christ higher or equal to the Prophets?' or 'What about the Masters?' These questions are

irrelevant. In my writing, I speak a great deal about the prophets, saints, mystics, saints, sages and ascetics.

These titles denote the energy, status and function of these souls who have incarnated on earth to contribute spiritual developments of great significance. And in so doing, their significance remains intact. If you met them, their energy would be quite similar to one another . . . *but* their status and functions would be quite different. Not better or worse, but rather, *different*.

So, the servants of God in the heavenly kingdoms all work together within the confines of their unique energy, status and function towards the redemption of this world and others.

Where does Christ fit in? Well, Christ *heads* these beings and His status and function is that of Messiah. So His status and function are *different*, but so is his energy.

Comparatively speaking, the Ascended Masters energy would be similar to the Christ, but their status and function are entirely different than that of the Christ.

One of the more difficult concepts to understand about Christ, as Messiah, is that Christ performs this function for many worlds. Other worlds know Christ as Messiah just as we do. He has incarnated into many worlds for the same function.

As the many realms above and below remain infinite, Hierarchy remains infinite. Creation continues to create, and therefore, the only finitude you will find in Universal Matters regard the specific function, status and energy of individual created beings or forms. God Himself, remains infinite, and does whatsoever He pleases.

But even such finitude carries within it the constant evolving principle which sustains, maintains and moves universal reality as a constant motion towards God, towards life, towards creation, towards higher and finer frequencies of light.

Each of us can simplify this process by fulfilling our particular purpose and function so that all *significances* can merge into the unified whole required to attain to the higher vibrational frequency spheres of existence and bring our world to the higher potential of which the entirety of Universal creation are actively involved.

CHAPTER TWO

Out-of-Body Travel and Mysticism Basics

The very substance and purpose of out-of-body travel and mystical experiences must be understood clearly before even embarking upon this pathway.

It states in 'The Catholic Encyclopedia' by A. Poulain, "Mystical theology is the science which treats of acts and experiences or states of the soul which cannot be produced by human effort or industry even with the ordinary aid of Divine graces. It comprises among its subjects all extraordinary forms of prayer, the higher forms of contemplation in all their varieties or gradations, private revelations, visions, and the union growing out of these between God and the soul, known as the mystical union. As the science of all that is extraordinary in the relations between the Divinity and the human spirit, mystical theology is the complement of ascetical, which treats of . . . perfection and of its acquisition by the practice of virtue, particularly by the observance of the counsels." *The Catholic Encyclopedia, A. Poulain, Robert Appleton Co., New York, 1912*

Out-of-Body Travel is a form of inter-dimensional travel which can involve travel to the infinite realms of higher, middle and lower vibration; the heavens, purgatories and hells. It can also include travels to places within the mortal realms, the realms wherein the battles between good and evil reside (dimensions three and four).

The experience is characterized often by a series of experiences which lead to a general awakening within the soul. These can include seeing lights, auras, becoming aware of energies, presences, ghosts and having an acute awareness of the feelings of other people, as well as, a general hunger which emerges for spiritual knowledge.

A totally conscious Out-of-Body Experience will generally follow a certain pattern of occurrences.

- 1.) Becoming conscious while sleeping.
- 2.) A strong vibrational impetus felt both physically and spiritually.
- 3.) Many voices speaking all at once.
- 4.) A huge noise, like the sound of a jet engine right next to your ear or a freight train.
- 5.) An awareness of the separate nature of the spirit from the body, sometimes a 'falling out' of the body either entirely, or in portions, i.e. a hand or a leg.
- 6.) Most people, but not all, will experience a sudden connection to the Divine which emanates into their soul as an overpowering and unconditional love, and a sudden understanding of all mysteries. But it is this unitive love which often overwhelms the soul, as it cannot imagine the Love of God without a gift from the Holy Spirit and it is all encompassing.
- 7.) The actual experience of separating from the

physical body and witnessing the two distinct identities of the spirit and body.

- 8.) Afterwards, Out-of-Body Travel can then commence into simple mortal realm travel, of the earth - or fourth dimensional travel, Astral Travel - or multi-dimensional travel, Out-of-Body Travel. It can progress into much higher spiritual understandings and visitations if the experiencer remains open to the promptings of the will of God in the process.

Generally, the person awakes while sleeping and the vibrational impetus is felt because the physical person is feeling now the vibrational field of the spirit which has been activated somehow by your own spiritual journey or by the general awakening which has been slowly or quickly coming to pass. The voices are the conglomeration of the thoughts of humanity, so they are literally random thoughts all converging in one continuum. The jet engine sounds are the sound of the astral plane which vibrates at a higher rate than that of physical matter, and thus, makes what you perceive as a lot of noise. It's pretty overwhelming in the beginning, but you get used to it fairly quickly. And then the experience proceeds as the person either takes portions of their body outside into the etheric, rolls out entirely, or consciously wills the spirit to exit the body.

Once the soul has exited, there are literally an infinite number of possibilities. But here are a few things to keep in mind that will dramatically change

immediately:

- 1.) All senses (hearing, sight, smell, sound) will come from a central consciousness, rather than from a particular location as it might occur in a physical body.
- 2.) Movement will be willed through the consciousness rather than performed as a physical feat.
- 3.) Although the spiritual body can penetrate physical matter, the particles in physical matter make that transition difficult in the beginning because they are denser and tighter.
- 4.) Discipline of the mind and consciousness will be vital to the progress of the traveler in the Out-of-Body Travel States.

Many people ask if certain experiences they have had were Out-of-Body Experiences. My answer to them is that if you have to ask, they were not. An Out-of-Body Experience is so vibrationally significant and overwhelmingly conscious, that when you have one, there is no question or doubt of what has just happened.

Although out-of-body travel and mysticism is usually experienced by those who are asleep or unconscious, some people, including some among the prophets, saints, mystics, sages and ascetics from every world religion and tradition throughout time - including the tribal religions in Shamanic practice, etc., - experience much of their mystical attainment while their physical

body remains conscious. These are sometimes termed waking visions.

In the lives of some of the Catholic mystics, the visions that they experienced would occur around their sickbed. Oftentimes, these would be in-depth journeys into the life of Christ. In many cases, the experiencer felt as though they were physically present at these events.

In such cases, there was often a transcriber who would write down everything the mystic saw and heard while they were experiencing such things and speaking of them. And this is where many of the great writings which remain have come down to us today. For instance, 'The Dialogues of St. Catherine of Siena.'

However, even the movie, 'The Passion of the Christ' was based on such waking visions as had by the Venerable Anne Catherine Emmerich who wrote of her fantastical insights into the life of Christ in several volumes. But it was 'The Dolorous Passion of Our Lord' which inspired the making of this film.

In other traditions, as well, waking visions have been reported. The Buddha was known to have conscious waking visions with 'Mara' the evil one, and such things are widely reported worldwide throughout the ages.

Lucid Dreaming is usually a *less conscious* Out-of-

Body Travel Experience. As God knows how much energy you can and cannot handle at any given time, many people experience lucid dreams – sans the process of leaving the body – in order to receive the spiritual import of the message within the experience. But you may not have any conscious recall of actual separation from their body.

Lucid Dreamers also often try to control aspects of their dreams. And this can be helpful when working to overcome psychological issues, but whence these dreams enter into spiritual territory, it is always wisest to surrender to the will of God in such matters.

This is because if you wish to control the experiences ourselves, you will limit them. You don't know what you don't know. God does. Surrendering to the will of God or that of 'the Eternal' will always help you to achieve a great deal more from these journeys.

Many people confuse Astral Travel with Out-of-Body Travel, but they are not the same thing. Astral Travel is limited to third and fourth realm travel, which involves the third and fourth dimension of reality, the astral realms. These realms are the third dimension – the physical waking world that we live in; and the fourth dimension – which is the overlapping astral realm which is not much different than that which we see on earth.

Many souls, when they cross over, if they have not done a great deal of spiritual work in their lifetime;

may have to spend some time in the astral realms overlapping physical reality before they will become *energetically* capable, and spiritually ready, to take in anything higher (which would be the fifth dimension and above.)

Mystical Dreams can be similar to Lucid Dreams in that the experiences are very powerfully conscious; however, mystical dreams are those experiences which have some great spiritual message contained within them that the experiencer cannot deny when they return to the physical. They usually contain instructions for the person's path in this physical universe wherein they are incarnate.

In order to encourage such Mystical Dreams to continue, the hearer of them must respond in a manner consistent with the guidance given or they can derail that path and that process.

Empathic Sensing is a gift that many souls receive at some point during their awakening in that you may become much more aware of the emotions of the people around them. But you also become much more aware of the emotions of other spirits that are around you, This is one manner in which God works in allowing our souls to experience the legitimate pain of others, and by so doing, makes us more capable of being of assistance to others when we are called into such service.

As an Out-of-Body Traveler, you will be called into

service on many occasions. In order to complete your task, you will eventually end up dealing with unconscious or subconscious travelers. These are souls who are not consciously aware of what they are experiencing, but are benefiting from experiences below consciousness which are actually occurring to assist them through spiritual attainments or difficult times in life. Those experiences may remain subconscious until they are ready to emerge

You may also experience memory of having had some mind-blowing revelation, but no matter what you do, you cannot bring it to conscious recall.

God is bringing your own frequency and vibration up to a level wherein you will be ready to handle the emergence of this new wisdom or knowledge to an energized and awakened level.

Be patient, spiritual development is filled with ebbs and flows of activity and inactivity - expansion, diminution - birth, death . . . trust God and allow the energies to flow through your surrender, so that it will reach a conscious level sooner.

Vibrational Raisings occur throughout the Out-of-Body Travel process. As you may recall, this vibration comes with the process of beginning to separate from the physical frequency of the body and connecting to the spiritual acceleration of the soul.

So, if you are to progress in your Out-of-Body Travel

adventures, and be taken to higher and higher fields of light, knowledge, wisdom and consciousness; you must expect that you must become compatible to them first.

Let me state very clearly that knowledge is vibration. It is not information. Knowledge descends into this realm through vibration, and thus, when you allow these vibrational raisings to occur, you are vetting your soul to travel to higher dimensions and seek to attain higher understanding.

Each time you leave your body and attend to a higher sphere, you return with only a small portion of that memory, of that vibration. But each time, you bring back a bit of the vibration of heaven to earth. When you multiply this by multiple journeys, you are multiplying the amount of light and flow that is coming through your spirit through these flights into heavenly spheres back towards the mortal realm of the earth.

When a soul attempts to reach a higher realm than that to which he is compatible, it feels as though it is being crushed. The vibration is just too high.

Knowledge is also this way. There are things you can understand through words, but knowledge can only be obtained through energy.

Vibrational raisings begin occurring almost as soon as you have that first Out-of-Body Travel Experience.

Your spirit will enter into the vibrational phase and rather than progress to exiting the body, your vibration will be fine-tuned like an engine. It is very similar to revving an engine on a car or airplane. The energy will go up to a level wherein you can truly feel like you will explode, it causes pressure, headaches, etc., and then it will be slowly descended. This can be done hundreds of times over a period of an hour or more.

But these vibrational raisings are absolutely crucial to further realm travel – not just to the higher realms, but also to the lower realms to assist. They are also essential to the true embodiment of knowledge within physical form.

While you are Out-of-Body, you will know things that you can't bring back in entirety. The unity of all life is exquisitely clear to you. All the mysteries of God are unveiled. But when you return, you will retain only a portion of it. Vibrational raisings are the manner in which knowledge is transmitted from God, the eternal, to us as human beings.

And oftentimes, this knowledge will require past-life recall which comes through various forms of etheric memory.

There are several manners in which cellular memory can avail itself of our conscious mind; fluid, energetic and consciously.

Fluid memory comes to the surface of our conscious minds in a very meandering fashion. You begin to feel emotions or love towards people or things that are not yet connected to a conscious event. Sometimes, this can result in the emergence of feelings drawn to a particular time in history, being drawn to another person for no known reason, or being drawn towards a calling which is not yet clear in your mind.

Fluid memory is etheric, and comes to the surface of our minds like a river flows to the sea. Therefore, when such memories emerge, you should consider that something of a wider magnitude is slowly emerging and place no obstacle to that river or flow. Because that which is of the ether is from the spiritual world and this denotes its importance.

Energetic memories are usually brought to the surface through a series of Out-of-Body Travel Experiences, Vibrational Raisings, etc. When they emerge, you begin to remember events of the past, past lifetimes, ancestral events, and knowledge which was previously foreign to you.

Energetic memory is knowledge, and comes to the surface of your mind through the effectual use of solitude and energetic thrust which comes from the eternal. And thus, you should hinder it not. For it brings with it understanding of the mechanisms of the fluid and ethereal nature from which has come before. It brings more clarity to the sea of emotion,

and thus, transacts these emotions to the mind of wisdom.

Energetic memory is vital to the life-force moving forward. And it is in your surrender to the forces which allow your energies to be transmuted to a higher state of being and mind which allow you to actually become capable of understanding 'knowledge.' And whence this becomes the case, the knowledge emerges into the next sphere of unencumbrance.

Conscious memory moves its way from the fluid, to the energetic and then to the conscious mind. Matters previously unknown to the soul are now above and beyond the soul's waking consciousness.

Conscious memory wipes out all delusion and pride as it erupts into the light of wisdom in the waking soul. Do not hinder it, because without this conscious understanding, you are pretty much bereft of the energetic thrust required to bring forth that knowledge into a manifestation of use to the earth sphere, the chronological evolution of every individual soul, mankind and the sciences.

Energetic memory comes through the quantum field, from the particulates of cellular memory which fuel it, and must come to a conscious thrust before those particulates can now address matter on a wider scale.

For instance, many do not realize that the mystics -

along with many of the profoundly energized meditators throughout the world - are actually processing the ethereal sea of energy through the energetic to the conscious particulate - and by so doing, they are actually funneling 'higher potential' into this realm through the atomic field of Zero Point Energy.

They may be unseen or unheard, but without them, higher potentials within science and the evolution of consciousness could not be possible in this realm. And yet you are also aware that these potentials are also being brought into this realm at varying conjunctures of time through the technologies of other worlds as they work to aid in the evolution and transformation of the human capacity and the world's scope of possibilities.

As you become more capable of bringing energetic thrusts into this realm, through your unity with it, you are bringing up the potentiality of this realm.

Throughout the experiences of an Out-of-Body Traveler, you will eventually come upon many gateways, corridors, multidimensional portals and vortexes of energy which if you choose to pass through, will become vital forces of additional energy and knowledge (which again is energy) that you will bring back to the earth.

Some examples of these would be the gateway wherein the clouds part to reveal a higher vibrational

world beyond earthly skies which contain a heightened vibrational understanding of every event, chain of events, and every human soul below. Information within this gateway is ascribed to understanding the energetic impetus from previous lifetimes, from this lifetime, and from the eternal as related to individual destiny and the means and methods required 'on the ground' in order to activate those potentials within the earthly realm.

Many corridors have to be traveled in accessing higher vibrational energies, many of which either look like plain tubes which a spirit must travel through in order to attain to a heightened scope. Some are like plain tubes with cords along the passageway, which lead to many different realms and potential spheres of reality. Some are very cloudeous, gaseous but highly energized pastel colored looking tunnels through the ethers. These take souls to higher vibrational spheres. The often heard about tunnel in Near Death Experiences, black with the great light at the end, is a time tunnel (a black hole), that takes you into the time continuum wherein they can experience past lifetimes, future lifetimes, lifetimes on other planets, different points during your current lifetime, and the time experienced between lives as well, all through this tunnel.

Multidimensional portals come in a variety of ways and make it possible to travel to a myriad of dimensions. These can absolutely and do include both spheres of infinity beyond the fifth dimensional

reality, third and fourth dimensional reality which is of the mortal realms, earth, and the astral field above us, the fourth; but to the infinite dimensions of purgation and purgatory and the hellish realms below.

Vortexes are almost always depicted as star tunnels, black holes, interstellar type tunnels, nebulae tunnels, planetary tunnels, corridors within the stars such as the Quasar, or corridors within our own sun. Many worlds lie beyond these vortexes, and in order to get through them, you must be prepared for a very frightening - although invigorating - journey through a spiritual energetic thrust you cannot possibly put into words fully. Imagine your spirit being whipped into a cyclone, and you may comprehend about a thousandth of the experience.

However, do know that when you pass through these vortexes, you will come out differently. You will have been profoundly altered and within this lies the necessity of the journey. Some of these will absolutely be new birth points in your spiritual structure, and you may even emerge from the other end as a baby does from a womb . . . quite literally.

But one of the reasons I always tell people who are experiencers of Out-of-Body Travel Phenomena to never try to control the experience, but rather, to allow the eternal or God to direct your experience; is because there is so much beyond our normal physical waking understanding, that we could not possibly

think these things up.

By surrendering to God, or the eternal, you are allowing an acceleration of this process because God knows what you need and where you need to go. Chances are, if you try to control the experience yourself, you will limit yourself to a few earthly constructs and not much beyond what is currently known to be true of the etherical spheres beyond our current time/space continuum. Thence, your experience will be limited and less fruitful for you and for the higher purpose outlined by God in His plan for you and the entire realm.

Surrender that is one of the keys to these worlds.

Earthly and physical realm life-forms are only one form of life form in this universe. I've often stated that scientists would have difficulty finding and understanding other forms of life within our universe if they limited their research to forms of life within our own spectrum of being; referring to those who have the same constructs and physical requirements as do we.

This is because life is multidimensional and there are many forms of life beyond what we know here in the mortal and third dimensional sphere of life.

In order to properly understand this, you must know that in the physical universe, physical matter is the primary element of our life form beyond the spirit.

But not all life-forms operate under these principles.

We are acutely physical, because we reside in a mortal realm - a purgatorial realm - a realm wherein the battles between good and evil (within ourselves and others) preside. Therefore, we are made of a denser matter, more physical, more solid . . . and in the final analysis, we are heavier.

And there is purpose to this denseness, there is meaning.

In the realms beyond the physical, a soul's level of advancement is determined entirely by its weight. This means that those who have released their fetters are lighter and will naturally ascend to the heavens and higher ethereal worlds; while those who have not done the work of this life are heavier and will naturally descend to the lower and less ethereal worlds, the worlds designed to embrace and work to loosen the vices which hold them there.

Those who reside in the multidimensional spheres above us reside in higher and finer frequencies of light, and they are beyond the battle of good and evil within themselves and on the ground. Those spheres expand in proportion to their ability to take on and become higher and finer frequencies of the pure and holy love of God, that which is eternal. And by the very nature of taking on this vibration of love, this vibration of knowledge, their actual structure is altered into various manifestations of light.

Energetic law confines you to the universe in which you remain compatible. All universes, then, require higher and finer explications and endurance of the light field which comes from the One and only Source, which is God, also known as that which is eternal; in essence, coming from and going towards that which is good, that which is God.

As to vibrational law, again, if you attempt to enter into a realm above your vibratory field, you will actually feel like you are being crushed to death. You cannot go where you are not compatible. So . . . if it is life you seek, you must seek to become more and more compatible with it. And therein lies the mechanism of our realm.

Your purpose here is to purify yourself and others of the good and evil which remains within you; remove the particulates of that which is dark, going against life, traveling towards death, traveling towards evil, traveling towards the lower realms. By so doing, you allow the spirit, the eternal, to work upon your soul in your conscious or subconscious dreaming to bring your vibration up to higher and finer vibrations and frequencies of light; thus inspiring higher and higher multidimensional travel and multitudinous encounters with an infinite variety of multidimensional beings from higher and finer frequencies of light.

But as above, so below is a very true statement

regarding the laws of mysticism and the laws of physics.

There remains then a multiplicity of mortal realms wherein purgation can take place; our planet is only one of them. There are other planets and species who remain in physical or astral bodies working on the very self-same issues that plague humanity. And they, too, reside in mortal realms.

Purgatorial souls often appear as they would in human form (unless they came from a different race or species of being from another world), but the sign of their primary sin for which they are being purged will show up in the energy around them. It can be present and manifest upon their spiritual form, or in the nature of the work or the correction they receive.

A lot of purgatorial spirits are in realms of chaos and insipid dullness; wasting time. In the realms of chaos, they literally roam around in circles engaging in pointless and noisy activities until it dawns on them there must be something more to life. Those who wasted time are taken to places where there is just an absence of any meaning; they are dark, dank, rainy and void . . . just like the spirits of those who are sent there.

Mystics travel these realities and offer energetic alteration and assistance to those so that they may attain to a heightened peace and understanding and move forward towards the goal, which is love.

But there are also realms one and two . . . and these realms contain within them those beings who have not moved forward, but rather backwards. They have not served life, but rather death. They have not served good, but rather evil. They have not moved towards God, but rather away from God. They don't move towards creation, thrust and forward flow; but they move towards destruction, deactivation and backwards movement.

These souls are in the first and second dimension, consisting of many multitudinous realms of experience, in other words, the hells. And there are an infinite number of these, as well.

Mystics travel these realities and offer energetic alteration and assistance to these, as well. Aiding those in the lowest of hells to take even the slightest of steps towards an understanding of their vice and bad will towards other men so that eventually in the circle of reincarnation they may rise again to a mortal world and seek to dispel those dark realities and actions which make them compatible such hideous and insidious realms of consciousness.

Many ghosts, lost souls and wandering spirits will appear the way they were during their lifetime, but can often carry within their energy a 'feel' of terror. This can be as a result of their nature, that of dominant darkness or evil; or the manner in which they died.

Ghosts are the souls who have died and have been unable or unwilling to go onto the next life after death. This can be related to attachments they have to people they love or hate, or to duties they feel that they have not yet finished, desires to fulfill relationships that were left unfinished before their death, sometimes profoundly traumatic events, a horrific memory can hold a soul to the earth as a ghost as can another horrific spirit who either passed before or after them who seems to wish to keep them captive.

Probably two of the most common causes for souls to become Ghosts are 1.) a form of death which either happened so quickly or unexpectedly that they do not realize that they have died, or 2.) those who don't have any spiritual beliefs before death - atheists, agnostics, sometimes are very confused when they die and they are not dead and have no idea where to go or what to do, and therefore, they just keep doing what they were doing where they were doing it. Because of this, their vibrational level does not increase significantly enough to recognize, acknowledge or simply 'see' these higher vibrational spiritual beings.

The primary issues as related to typical Ghosts/Lost Souls in what is required to help in crossing them over are 1.) helping them to accept their deceased status, 2.) listening to whatever it was that happened to them at the moment of death or during life 3.) making them feel safe with you in that you do really

empathize and understand their trauma, 4.) making them aware that God still loves them despite the mistakes of their past life, 5.) making them aware that they have Guardian Angels on stand-by who will escort them to the next world as soon as they raise their vibration enough to become aware of them, able to see them, and able to respond to them. 6.) Releasing them to the Celestial Hierarchy.

Now, some Ghosts are not going to be going to heaven. Some are going to be escorted to hell . . . and such as these will require an entirely different mechanism to assist their departure to worlds in which they remain compatible.

And this is why energetic discernment is required, not optional. You cannot tell the difference between a soul who may be sending out purely evil energy due to karmic ignorance versus a soul who is pure evil, unless you have been trained in the mystical realms to discern such; and that this gift of energetic discernment must have been given to you by God, or the eternal. It is the only way you can truly know the true nature of a thing. Mystics call this energetic truth . . .

So, multidimensional beings range to infinity, and their spectrum and range of expression are as vast as their spectrum and range of vibrational love. As the spectrum and range of the multidimensional beings from below range as vastly towards vice and descend into the dense and heavy matter of the underworlds.

But the key to all of these sightings is that knowledge is energy, energy is love . . . without the understanding of the mechanism of energy within this realm, we are helpless to move ourselves within the direction of the omnipotent and all holy supernatural God.

God is unity . . . we are aspects of that unity. Soul is one. Matter is null. Unitive awareness is an endpoint.

One of many, we presume.

Matter and form, space and time, time and timelessness, consciousness and delusion, personhood and soul, personalities and unities, good and evil . . . are all in their bare essence one thing. They are one, multiplicity is the illusion.

But their separate delineation serves a purpose for a time. In achieving the eternal consequent awakening, however, all becomes still. In their stillness, they unite.

And unitive consciousness has one mechanic . . . awareness. Quiet, solitary, whispering awareness resonating across and through the entire universal and atomic world as a speck of nothing, a speck of consciousness . . . but yet, it is.

CHAPTER THREE

The Mechanics of Existence as Revealed through Out-of-Body Travel and Mysticism



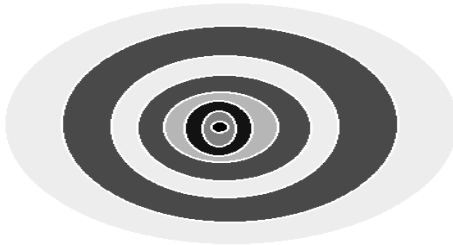
Artist Unkown

This painting depicts the Universal Sphere of Realms, which is what is contained within the his hand. It is an interstellar star map of the universe, of all worlds, upper, lower and inbetween. Mystics and out-of-body travelers are given entry into this mystery to travel to any place within the universe . . . but it is a hidden mystery; only revealed in full to initiates whose purpose is to travel among these realms to work within them seeding evolution and the forward pathway to God.

Let me to explain a simplified version of how we may understand the varying realms in which out-of-body travelers will be introduced.

UNIVERSAL SPHERE OF REALMS

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Realms:

Center, 1 and 2 = First and Second Dimension/Lower Worlds (Total Darkness) = Below Veil of Illusion

3 and 4 = Third and Fourth Dimension/Border Worlds (Light and Darkness) = Below Veil of Illusion

5 and above = Fifth Dimension and Above/Upperworlds (Light) = Above Veil of Illusion

Various realms of existence can be compared to a series of concentric circles which begin in the center and continue to expand outward into larger and larger spheres. The center point of those concentric rings would be the point of total and imminent darkness, as each of the successive rings outward

would represent a greater attainment of light . . .

Numbering the realms, you would begin in the center, starting with the number one and moving outward with each ring. Using this process 1) realms one and two represent the lower and hell realms, 2) realms three and four are mortal realms (third & fourth-dimensional reality, our world), and 3) realms five and above represent the heavenly realms, continuing to expand outwards into greater and greater attainments of light.

With this understanding, we continue towards the three major paths outlined in this book, which coincide with several monastic traditions.

The journey begins on the Ascension pathway (Purification) in realms five and above, the heavenly realms. It continues on the Alteration pathway (Discrimination) in realms three and four, the mortal realms (third & fourth-dimensional worlds, the Earth). Finally, it concludes on the Absolution pathway (Discipline) in realms one and two, the lower and hell realms.

Within most monastic/mystical traditions, you will find that there are three grand phases of soul development. In the Buddhist tradition they are referred to as Purification, Discrimination, and Discipline. In the writings of the Early Christian Church Fathers they are referred to as Purification, Enlightenment and Union. You will find these three

phases, using Buddhist terminology, within these pages, as well.

Purification deals with reincarnation, personal karma, and misunderstandings about the true nature of eternal love. Karmic misunderstandings resonate towards darkness, even if they originate from ignorance, thus, purification seeks to alter personal thrusts which resonate toward delusion, self-gratification and vice. In purifying these aspects of habitual sin, the Lord redirects the soul towards paths of virtue.

The path of Purification leads to the Ascension of the soul. (In the Ascension Pathway, you will encounter eight phases of the Purification process: Awakening, Co-creation, Surrender, Rites of Passage and Initiation into the Mysteries, Emergence of Karma, Mirroring of Karma, Ignition of the Eternal Flame, and Ascension.) The soul travels this path by beginning to explore the heavenly realms, realms five and above, the worlds of life and light, for the purpose of discovering the true nature of eternal love.

Discrimination deals with dark and light forces in the Universe, and becoming energetically capable of recognizing and altering them at God's command. Being able to identify the serpent from the lamb is the first goal, but then the seeker begins to take on the knowledge of energetic evolution in regards to mortal beings, and how to affect it in ways which lead souls, including their own, towards progress.

The path of Discrimination leads to the Alteration of reality, in energy and on the ground. (In Part II of this text, you will encounter three phases of the Discrimination process: Rites into the Medicine, Rites of Evolution, and Alteration of Reality.) The soul travels this path by beginning to explore the mortal realms, realms three and four (third & fourth-dimensional worlds, the Earth), for the purpose of attaining spiritual discretion and the ability to alter negative thrusts.

Discipline deals with sacred practices and teachings from the prophets, saints, mystics and sages of every world religion throughout time. Intensive self-scrutiny and disciplined techniques lead the soul ever deeper into the knowledge of darkness and evil, heaven, purgatory and hell, and the continual combat that rages in every soul between these forces.

The path of Discipline leads to the Absolution of the soul, an interior cleanliness which serves God (In Part III of this text, you will encounter five phases of the Discipline process: Ancient Sacred Paths, Entry into the Knowledge of the Lower Realms, Self-Scrutiny, Original Sin, and the Mysteries of the Redemption.) The soul travels this path by beginning to explore the lower purgatorial and hellish realms, realms one and two, the realms of dominant darkness and pure evil, for the purpose of intensive physical, spiritual and mental discipline, which is achieved through the deep examination of evil in the self and the world.

The 'program' is that unique destination or destiny in

which we have become incarnate to fulfill. Our program can involve the person whom we are meant to spend our lives with, our life calling, the children we are meant to rear, the parents to whom we are meant to incarnate and the life's work that we are meant to accomplish in this time.

When you are operating from within 'the program,' the aspect of what goes towards creation and/or destruction is much more clearcut. When you observe 'the program' from 'the eternal,' those variables can change because 'within the program' and 'within the eternal' contain two very contradictory objectives.

Within the program, however, good and evil are set boundaries which have to do with the propulsion of the positive and negative influences of energy. Creation vs. destruction, forward vs. backwards. Towards life vs. towards death, going towards that which is fruitful vs. going towards that which withers on the vine . . . within the program, everything is clearly about the nature and direction of energetic flow and impetus.

It is very important to understand, as well, that anything which interferes with the individual or group program of another . . . warrants intervention on the ground. The moment you violate another's life, you immediately rescind the right to your own.

Because of this, when a person begins to do things which are destructive to his or another person's

program, they will be de-energized. And this means that the person's efforts will become ineffectual. Eventually, if that person continues to work against the program and against life itself; they will be rendered impotent.

When this happens, the person goes backwards. Their minds become scattered and confused, and their lives begin to dismantle and fall apart. In order to be made impotent, your life will be taken apart piece by piece. This is necessary because when you consciously choose that backwards flow, you are affecting the energy and programming of everyone around you, and the eternal program in place by Our Creator to fulfill within this universal sphere.

Therefore, moving forwards, towards life, towards creation, towards bringing things back together, towards, virtue, towards good . . . enhances the energized nature of your own program. Because as soon as you become capable of affecting energies within yourself and then beyond your own program moving into the program of others and the universal good; that will be energized because it is moving towards God and all that He wishes to bring into this realm or sphere.

As a result, you have become a vessel of evolution, and by the very nature of having moved in this manner, the forces of the eternal will energize, guide and lead you forward. Things will begin working again, because what you are doing is good for the

program; your individual program, the individual programs of others, and the program that you were incarnated to impact on a positive level within the universal sphere you occupy. In this case, the earthly and mortal thrust.

Stay with the program, and you will be supported. Turn against the program, and everything you do will begin to fall apart.

This is the simple nature of energy that so many do not understand.

The Ten Commandments were not given to restrict people, but to generate an understanding of that which energizes and causes the program to move forward and that which de-energizes and causes the program to self-destruct.

Understanding virtue and the requirements of it, are vital to understanding the program.

There is absolute good and evil within the program. Within the program, good and evil have entirely different objectives - creation, destruction, and they cannot in any way work together.

In the eternal, things can be viewed from a distance, and this is where mystics and yogis throughout time have seen where good and evil unite into one.

This is not because good and evil *can* unite into one,

because they cannot. It's because as souls progress along the subatomic pathway towards goodness, light and love all such opposites become irrelevant.

Your soul, as it attains to that state, has followed the teachings of virtue and ascended your spirit vibrationally to a place of peace where the actual potential to commit evil no longer exists within your energetic imprinting. So as evil can be seen from far away as having little relevance as particles and souls bounce back and forth, onto one another, away from one another, and into oblivion . . . these concepts within 'the realm of the eternal' have little meaning or bearing on the outcome of worlds or destinies.

But *within* the program, even as the eternal soul moves closer to the world where programs and destinies collide, good has the capacity to create new worlds, create new destinies or new potentials which can descend from the greater reality into smaller realms and divides; whereas evil has the capacity to derail all of the above and to desecrate destinies which serve a purpose of higher nature and impetus.

This is the case because of the fact that those who attain to the elevation beyond virtue have become something different energetically. Particles which resided with them of past bad acts are transformed and utilized to help this soul to proceed even further.

Such is the way of repentance. But such also is the way towards evolution.

Because knowledge is energy and energy is love. And because love is creation, creation must move forward, and forward movement is toward God.

God is . . . everything that we are and have within our creation is of God. It was by disobedience that the mortal realms fell . . . disobedience and the desire to contain the knowledge of both good and evil.

However, although all creation comes from God and is from Him, only that which is good was originally created *of* Him.

So when we disobey the laws of energy, the laws of virtue, and the laws of God . . . we are moving backwards. You can only seek understanding in God who is the creator of all things, so you must be willing to seek Him as He is. He is goodness. He is love.

Remember, He also remains the Creator.

His opposite became who he is through disobedience, and evil was born into the world with his desire to be 'like God' and his falling away along with the angels who accompanied him into the lower spheres. Pride goeth before all sin . . .

Remember, he also remains a mere creation.

Free will did not include the power to destroy worlds. Neither did it include the option of destroying one's own soul out of laziness and raging passions for

transitory things.

It only became more inherently necessary *within* the program that we learn goodness, the laws of virtue . . . for without these laws, we cannot understand God who is goodness itself.

It is so, because God IS so . . .

God responds energetically to a humble heart which is silently seeking the truth as regards his own moral and energetic failures.

Grace is *also* energy. And we have to repent of our sins, and confess them to God (the eternal) in order to receive that grace.

You will find that grace is more like quantum energy which escalates any minor understanding of the spiritual path and the nature of the good we must seek and become into a torrential hailstorm of light.

Remember, that you must work *within the internals* of the program as long as you remain incarnate. It is your destiny, and your truth. There are things which energize it, and things which de-energize it. Let go of those things which de-energize it.

Noble wisdom and noble goals cannot be accomplished by those with ignoble intentions. If your intentions be noble, then seek to know more fully the intentions of your deepest resource - your

heart - purify and walk forward in the garment of grace and discard anything ignoble within you.

As you do so, you will find yourself lifted up into a celestial understanding within a higher world wherein infinite heights are projected from the program below to the intentions of God above. And suddenly you are moving . . . moving rapidly, at and beyond the speed of light, because that is the nature of energy. That is the nature of the program. Serve it, and it will serve you.

Vibrational Knowledge is that which is given to us through the transfer of wisdom from the Creator and His emissaries. Because people in this world can disguise or hide their true self behind a mask of material nature; it is only through vibrational knowledge that we can truly *know* that which something or someone may be.

Someone may appear to be of the good on the outside, but the internal can only be diagnosed through vibrational knowledge wherein the 'energetic truth' is discerned and given to the mystic in order to know that which they are engaging. (Again, this ability to discern the 'energetic truth' is given only by God to those who undergo mystical training in the spheres beyond this world to achieve it. It is not something that can be learned within the confines of an earthly program.)

The Management field is the realm wherein all

thoughts, actions, cause and effect and other energies converge and show what may be coming about in the physical realm within a short span of time, if no intervention is sought after or attained.

The management realm is the field that many psychics touch into; but they don't always understand the mechanics of it, and thereby this is where they can go wrong.

This is so because the realm of management is under the constant flux of further action, thought, reaction or even alterations of energy which are sought out by God and His emissaries to change the outcome of any given situation, if the person has energized something which would be so destructive to their program that it has to be altered in order to save it, the eternal will call in a 'construct' in order to bridge it.

Alterations of energy themselves can be as simple as moving the presence of a single soul beyond a particular location to alter the outcome; which is often life or death. But they can get very complex and involved with the intricate workings of good and evil within the program and how souls undergo the evolutionary process.

Any change in thinking, actions, reactions, etc., can affect the final outcome of something which resides in management and has not yet hit the ground.

That which is energized is energy going towards life,

towards creation, towards goodness, towards virtue, towards God, towards new potentials and inevitably towards the grace of God.

That which is de-energized is energy moving towards death, towards destruction and dismantling, towards evil, towards vice, towards darkness, towards old potentials and inevitably towards lies and destruction.

Who we are in God is expressed in oneness, as all life is contained in one absolute unity despite the illusion that earthly life gives us of being separate. In the mystical state, a soul is taken into this oneness with all particulate life, here and everywhere, and also into the mind of God which shares the knowledge of all things. For that moment in time, the Out-of-Body Traveler knows all things at all times in space without question. All mysteries are solved, and all apparent dualities merge into a unitive whole.

For that moment, all existence makes perfect sense. There are no questions, no dualities, no discrepancies and those things which appear to conflict, serve no conflict whatsoever . . . mystery is clarity, and duality is null and void.

But in our incarnate state, we are said to be in a state of multiplicity. This implies that we have taken on a program, a personality and an identity which is limited to a certain set of circumstances and ideals which does not represent our whole and true nature

in God which is unitive and One.

In multiplicity, we are identifying with and participating in a program which serves one aspect of our soul's evolution and discards the memory of others which may or may not have relevance to the particular focus which will be placed upon the program in the current multiplicity.

When you observe a triangle, you can demonstrate multiplicity well. The top point represents the point of One, and this is where all of our selves come back into place, into the center.

However, as the understanding moves down into the triangle, you can see how every moment in time becomes a different aspect of the multiplicity, the many past lifetimes, many selves and many programs engineered and experienced throughout time.

Most people remain within one point at the base of that triangle for an entire lifetime, but the Masters will begin traveling all points of that triangle in order to reach the top point of One, where then all those points come together.

When this is done, what was a merely fragmented being, becomes a whole being and is in touch with all the lessons learned throughout all those points within the triangle. In essence, at that top point of One, all knowledge of every lifetime, not just our own, comes into play . . . and this is how the Masters then are able

to make all things manifest according to that knowledge from the standpoint of 'the program' they may be riding through for this particular incarnation.

In so doing, they do then become capable of calling up knowledge for many situations and problems, because that fragmented understanding has been brought together with not only the cells of their own past, but the past of their ancestry, humankind and the entire evolution of the universal life to its very core.

That's why mystics have an innate understanding into things which appear not to concern them in the fragmented personality from which they may have been born. It is simply because they have gathered the knowledge from all forms of cellular knowledge and brought it back to the end point which is unity. In that unity, all knowledge is accessible with the proper mystical training.

But the primary purpose of gathering the fragments of cellular memory back to the point of one is to allow the self to become a full and whole spiritual principle, spiritual presence.

That type of emanation only occurs when all the fragments are gathered into one individual and the knowledge of many worlds can become manifest within that one sieve.

The multiplicity of ourselves in timelessness is very

simple but at the time same quite complex.

We begin with our oversoul, the higher self, the part of us closest to God. But beyond this, in timelessness, which is the nature of the realms beyond time – the spiritual worlds – we experience a multiplicity of our unique selves coming from a variety of different directions.

Past lifetimes and the personalities which configured those generations reside in timelessness, as do the ancestral memory and the cellular memory which also reside from the ancestries of each of those individual lifetimes.

Beyond this, we also have different aspects of ourselves which have performed different functions in the spirit world.

The multiplicity can go even further in that it embraces our ancestors, not just from one lifetime, but from *all life*.

That multiplicity absolutely integrates many worlds, as well, as most people actually do have some extraterrestrial origins. Many have more than one origin, and there are a many still who have multiple extraterrestrial links beyond time.

Most people could not integrate all that they truly are at the moment of death, so most of us only meet deceased relatives from the current lifetime.

But for those who have gone through out of body travel process and the full transformation of the spirit which comes with it; will experience at death the bringing together of the multiplicities, they will actually meet all of their loved ones waiting to greet them from many lifetimes and many multiplicities and timeless environments for the purpose of reintegration.

Those who do not reintegrate in this manner at death, eventually will reintegrate, as well, but it is not assured it will be after their current lifetime, later in their afterlife phases, or after more experience is inculcated through subsequent experiential events in the worlds within and outside of time.

One of the common misperceptions is that past lives must be retained in the 'past.' When in fact, the development of any human soul can utilize any time construct during their journey into ultimate unity which can include any time frame or period in any number of configurations, and in any order. Whichever order best pleases God, and which best serves the soul.

Many souls will be discerned to operate within their program with the impetus to act or behave according to karmic impulses.

Karmic impetus is generally discerned by the nature of the chaos which often surrounds it and the ill-natured and multiplicitous decisions which spring

from it. Conflict and disharmony are common.

But the desirous outcome of earthly life is to achieve an eternal impetus, or an impetus to act or behave according to eternal impulses.

Eternal impetus is generally discerned by the nature of the peace which surrounds it and the unitive and loving decisions which spring from it. Peace and harmony are common.

An eternal impetus must be cultivated through deep experience, prayer, contemplation, meditation and study . . . because we remain in a mortal realm and there are issues that we retain.

Eternal understanding denotes a knowledge of that which is good and true, which serves life, which goes towards creation, which goes towards God, which goes towards the evolution of soul matter towards the Godhead and the universal principles which guide all life, animate and inanimate.

In order to achieve an eternal understanding, a soul has to be open to receiving insight and influx of a higher nature and they have to be willing to do the work of spiritual practices and study which help to form our conscience in the manner which is so impeccably vital to our soul's advancement into higher particulate matter and higher spheres of residence.

Because we remain incarnate, we *must assume* that there are things we hold to be true which are false, and therefore, karmic viewpoints which are impeding our ability to let go of the ground view of matters pertaining to spirit and to actually uplift our spirit beyond the matter which contains us to an understanding which by its very nature elevates the human soul into higher spheres of knowledge and continuing elevation to greater wisdom.

There is nothing – in a mortal realm – that is more important than this. Because this is, in essence, the purpose of your life in this realm; it is to purify yourself of these false views which have not been integrated into a higher understanding of that which is . . . and that which is not.

And, ironically, many people look to religion as being something old or superstitious when it was the great writers on the moral law from every religion who understood this mechanism. Without understanding this mechanism, the soul can do nothing but continue to circle around the same misperceived views which have held them to the ground for centuries.

When it comes to eternal understanding, it is important to grasp that the keys to progress – lie in the teachings of moral, mystical and ascetical theology.

Elsewise a soul is likely to remain in karmic understanding which is any belief system, habitual

behavior or activity that is focused on the ground, in delusion, deception or falsehood.

As eternal understanding comes from all that is relative to God, karmic understanding is relative to the limited understanding of man.

If a person holds to karmic understanding, they cannot ascend to a higher thrust. They are caught up in certain beliefs or tightly held habits that prevent the emergence of higher wisdom or knowledge; and thus, liberation.

At the time of our death, afterlife particles are always shed.

The way that this works is that when a person crosses over through death, whatever gifts that they may have had during life will be disbursed onto a 'successor' or 'successors' so to speak. This is often why in the histories of the saints and the lineage of various transmitted teachings, there is always someone in line to receive that energy when the great master dies.

But this remains relevant whether it happens to a great spiritual master, a great violinist, a great scientist; or in essence, all of us, because we all have something that we then shed at death which we hope to disburse among the living. And it is something of the nature of the gifts we have come to perfect.

When someone dies young, there will be a combination of the energies of the lost potential; and the backwards energies which were with them at the time of their passing. They will actively seek out souls who can process those afterlife particles so they may move forward. Especially when someone dies in a violent, suicidal or unexpected early death; there will be afterlife particles relating to the trauma they experienced shortly before their death and at the time of their death.

Sometimes, they will try to hand those particles onto their loved ones who often will help them to disburse them through various prayers depending on their religious belief.

Thus, we see the true interdependency of life in all realms. There are souls in purgatorial realms who cannot help themselves without the prayers of those who remain behind in the mortal realms. And there are those of us in mortal realms who cannot get by without the energetic assistance which we receive from those in higher dimensional realities who come in to make alterations and assist us in actually attaining to higher states and achieving something while still encased to this dense and cold, hard flesh which is oftentimes very difficult to break through.

Beyond this, those who die in a state of mortal sin, who have lived a life of evil; well, they are a different story.

Whereas, we wish to help our brothers and sisters who have passed either too soon, or are shedding their gifts in energetic fashion; those who are leaving the world in a state of evil present a very dangerous proposition.

They will also try to shed afterlife particles, but the shedding of those particles is not something that can generally be processed out by your average person. This can be the cause of hauntings, obsessions, possessions and demonic spirits being set loose.

When dealing with the afterlife particles which are discernibly evil and from a dark source, the best way they can be handled is by casting them off into the outer darkness and asking God to return them to whomever they may originally belong.

Residual energy is similar to afterlife particles, but differ in the fact that energies can be left behind which have no further attachment to the spirit or soul who originally generated them. Residual energy is usually very highly charged energy which occurs around a place where highly charged events took place; a suicide, a murder, a battlefield . . . holographic memories of such events can remain in a location long after the last of the souls has gone.

Those who are taught mystically are often called into places such as these to disburse these afterlife and residual energies, and they are given the grace and the wisdom of the Holy Spirit to do so when called.

But let it be known that anytime anyone, even someone mystically trained, goes into a situation like this without the true call of God, they take great risks.

Past life particles are similar to afterlife particles, except in that these are particles which can be attached to us at birth from previous existences; they can also be attached to us or attracted to us as we attain to maturity in this life when those particles often become relevant in the soul's journey.

The purpose of understanding that these particles can be attached to us, is that our memories of past events - which can include both lifetimes of our own, and lifetimes of ancestors - are only there to be understood and then processed and shed.

Everything intersects, all energy is in contact with all other particles. Everything you do to raise your own vibrational knowledge and understanding changes the potential of this realm.

We all have to shed the program at the time our death, and there is a process that occurs after the soul has expired and passed through the portal of death into the new life.

Ironically, it is often in the life review phase wherein this process actually begins to take place. And it can be a very painful process, as we have heard through several Near Death Experiencers. However, we also understand through their experiences that this

shedding of the program can occur to them in this life by having gone through that life review and returning to their body after having experienced what turned out to be a temporary death and then addressing that which was pointed out to them in that life review. .

Also, as with all things spiritual, we have the capacity to instigate this process within ourselves. We don't have to die to do it. And it involves this willingness to look more closely, to investigate more thoroughly . . . the trail of the ancient writings which were left behind by masters in every faith of the secrets to their liberation before they took their final walk.

Shedding the program cannot be done entirely while we remain on earth, but we can work on those negative aspects of the program that remain karmic or under the shade of darkness or false views.

We are held to the program to a certain extent as it relates to our soul's destiny; but we can shed the aspects of the program which no longer serve the soul at any time. And this comes through the effort of a soul who seeks God with all of their heart. Because God does reach back to those who reach towards Him; but He will do so in mysterious ways.

So many people think they are entitled to a revelation, and that would be nice. Many people are given insights through mystical experiences into the areas in which their soul retains delusion.

But we have to remember that God, in his infinite brilliance, knew that it would never be possible to contain within any one mystical vessel the secrets of Creation. So . . . he shared different aspects of Who He Is with every single prophet, saint, mystic, sage and ascetic that he made contact with, and through instructing them to write down everything He had taught them, thereby making it possible for us to ascend the mystical staircase of knowledge through the writings they have left behind containing keys to the higher life.

We must pray, meditate and study . . .

Where we are, is just a blip in timelessness . . . where we are, we shall ever be . . . and where we have been, we are there still . . . until we fully shed structure.

CHAPTER FOUR

The Mechanics of Eternal Law and the Alteration of Reality in Out-of-Body Travel and Mysticism

Eternal Law is the universal Law under which energy is governed . . . Eternal Law deals with rational consequences to actions and non-actions of souls interacting within or outside of the program.

Eternal Law states clearly and explicitly 'The moment you violate another's life, you immediately rescind the right to your own.'

Beyond this directive are laws of how different forms of energy may or may not interact with one another without incurring consequences.

To kill for the sake of defense of oneself or others has an entirely different consequence than to kill for avarice, revenge or hatred.

Eternal Law is very consistent with the Moral Law that has been taught by all the world religions throughout the ages. And Eternal Law is not subject to reasoning or arguments; but to the final, just and swift retributive consequence from the hands of God, or through the universal stream of energy.

For those called to energetic alteration, Eternal Law is very clearly instructed to the soul.

Many people often operate through naiveté because

they don't understand the mechanism of true evil. Believing that everyone has right to their own view, they do not discern between good and evil thinking. Eternal law states an entirely different supposition, 'The moment you violate another's life, you immediately rescind the right to your own.' Because many souls violate life without intention or through ignorance, God sometimes sends angels to protect us from what we may truly deserve.

True evil violates life with intent because it carries within it absolutely no compassion or empathy, it has not yet cultivated these traits and it sees only its own survival and need. Evil is predatory and cannot be tolerated, it must be *stopped*. And thus it is so . . .

But even so, there are circumstances wherein violations of Eternal Law will be remanded due to ignorance or other lack of knowledge . . . but ignorance does not warrant an automatic merciful gesture. It is the eternal truth which determines the validity of any and all interaction, the eternal truth which lies within the energetic understanding of God. This eternal truth exposes our intentions; good or bad, and our knowledge; vast or disgruntled.

Mystics are expected and required to align completely to Eternal Law, and this is gradually effected into substantive being through years of mystical training wherein the understanding of the Law and all of its precepts are embedded within the soul to such an energetic extent that to act outside of its confines

would be a serious infraction of moral status.

Such a fall is much more serious for those mystics called to such things than it is for the ignorant or profane who may be unaware of the seriousness of their disregard.

But even so, God provides a means and a pathway for everyone to recover from their falls if they continue to seek the redemptive power and amnesty from the merciful and loving God.

It is desirable that all humanity would align with Eternal Law, if it could be so. And to do so would require little more than the effort and investment into the time required to study the tenets of all major and minor world religions; which contain within them the subsidy of the Law, and the beginning of all truth.

But the Law can be summed up in but a simple exhortation. Move thyself from selfishness to selflessness, and your echo will be wide and vast in the universe yet before thee.

Energetic outcome refers to that which has or will have been accomplished in energy in a particular soul due to either an alteration or an acceleration within their spirit; or on the opposite end of the spectrum, due to backwards flow which was instigated due to free will choice in matters which affected the eternal status of the soul.

The energetic outcome reflects the energetic truth, that which is true beyond all finite boundaries, and visible in energy to God alone.

That outcome can be life-serving, or life-defeating . . . it can be forward moving or serving the backwards flow . . . it can represent life or death to the spirit . . . and good or evil to the substance of the spirit.

The outcome on the ground will be what is expected to occur after an alteration, acceleration or deceleration on the ground.

What actually occurs on the ground is not always representative of what is happening in energy.

An infinite number of Angelic Hierarchies exist which train and teach those who are called to out-of-body travel or mysticism and the workings within the evolutionary spheres of mortal and other realms.

One of the primary misunderstandings people seem to have about the Angelic Hierarchy is that although every one of us does have a guardian angel appointed at birth; there is a series of witnesses to the entire spiritual universe which every soul will take in the journey of a lifetime.

This comes as a result of the fact that if a soul is approaching towards the interior light and moving forward in a progressive fashion, the natural outgrowth of this process will include the movement

from one body of knowledge to another and yet another.

With each of these movements from concepts of that which is eternal, will come new angelic hosts, guardians and teachers from the angelic hierarchy to teach of these specialized energetic attainments and concepts.

Throughout the life of the mystic or the sincere spiritual seeker, you can expect hundreds of spheres of knowledge – all specialized and taught by specific angelic hosts – which will come and go into the life of the seeker as needed to impart knowledge and wisdom of God.

But the question remains for every soul seeking the truth, “Will a higher destiny have the capacity to emerge within the confines of the actions and karma we have heaped upon our energetic formation?”

Some like to think that their significance will lie in great deeds accomplished during their lives, but completely neglect the only matter of substance in the formation of their unique ability to do so – the interior.

Without such, no great deeds can emerge of any eternal significance. However, if the soul is moving in a forward enhancement towards the will and destiny of God for all mankind and all life and embraces the goodness required of him to attain to energies of higher thrusts and magnitudes; such things come of

themselves simply by the nature of the energetic attainments and escalations which are encouraged and come to fruition through the wise actions of the good.

Fates and destinies are inextricably bound. Fate is determined by intention and action. Destiny is determined by God. You can blindly follow your fate as it is already written while never reaching your full potential or destiny. But you can also very conscientiously determine your fate by altering and transforming what has already been written by that which is yet to be and reach your full potential and destiny just by the nature of the energetic thrust which will ensue.

So many souls sit around and do nothing . . . and waste a lot of time. Don't sit around and do nothing, make every moment of your conscious and unconscious existence meaningful in the eyes of God . . . and it will thus retain purpose for yourself and all of existence by the very nature of its movement.

Within the mechanics of energy there is a process known as alteration.

As all human beings are given a certain level of free will within the confines of eternal law, there are moments with the time/energy continuum wherein a soul may be about to take a step or move into position with the particulate matter of other souls which could so drastically alter their program or that of another - sometimes their life, as well - wherein the eternal,

God, determines an energetic alteration is necessary and sends an emissary from God's mystical kingdom to perform that deed.

In such cases, this is when someone is about to do something, either with or without foreknowledge of the outcome, which will put their higher thrust at stake. It can also be something which would take their life or destroy their destiny.

Yet, alterations can also take infinite different forms. Sometimes an energetic alteration is a simple shifting of the energy of an individual in their subconscious sleeping, to make it possible for them to take the next spiritual step. You will see these forms of energetic alteration in the mystical realms, often performed at the hand of an angel.

Approaching the subconsciously sleeping soul, you will see the angels place their hands somewhere over the head of the subconscious spirit. Sometimes, this will occur over the heart or stomach – center of love and emotion.

A light shift will take place and the angel will move onto the next subconscious sleeper. But this is one manner in which the celestial realms work to aid in the spiritual evolution of individual souls.

Sometimes, the alteration is simply to change the location of a particular individual at a moment in time to prevent accidental death or grave injury.

Sometimes, the alteration is to offer excelled and heightened protection to a soul who is moving from a dark past into a higher potentiality; but may not be able to do so without the likelihood of losing their life.

Angels will come in and actually construct structures of energy around them which assist in making them 'invisible' so to speak. Memory loss of that person ensues with the soul's former partners in crime, and somehow he just becomes more transparent and able to move forward with haste and without interference.

Obviously, sometimes alteration and protection is not afforded to those in such situations and they do pay the price of their life. But the loss of that life, in order for that construct to take place does provide a higher value on that sacrifice.

These alterations can also occur for situations involving grave evil, wherein sometimes the task of the alteration itself is to annihilate a particular demon, dark force or evil person getting ready to commit an act which would irretrievably push back the cause of creation and the good in the programs of at least one individual, although they often involve many more.

It remains important, however, to realize that only God knows the energetic truth of a soul and the program; and because free will is in effect for mortal realms, good and evil *do* occur in great quantity.

Alterations are taken on for particular circumstances which only the Creator actually discerns warrant such intervention. When intervention does not come, it is not in any way an indication of God's denoted value upon the person to whom it was not given. There is a very detached energetic standard which quantifies the value of an alteration in relation to the effect it might have on all worlds, at all times, and in this present now.

Alterations are accomplished for an infinite number of needs within the light body and the realm of management for every living soul; assisting a soul to attain to a higher thrust, stopping a soul from committing a backwards thrust, aiding souls from a variety of states to cross over (lost souls, wandering spirits, purgatorial spirits, dark spirits), for the purpose of removing souls from homes that are haunted, relegating demons to their true domains (to that which they are compatible), and it can also be involved in the spiritual warfare between the principalities and powers of this world.

A soul educated in the alteration process will have only done so through mystical education, it cannot be taught on the ground. The further you go into this training, the more eternal power you will have to exert on the opposing forces of evil and the more you will be sought out as a soul by the dark forces which *will try* to take you down, over and over again.

That battle will not end in this lifetime, because those

who take on the energetic responsibility for this realm become a major threat to the backwards forces who seek to retain their own impassioned rule.

Eternal warriors will have vivid memories of these alterations which take place within the program and the eternal, however, it is often likely that the recipient of an alteration will not have conscious memory.

When this happens, they are said to have had a sub-conscious or unconscious alteration which occurred on another level of their awareness.

Energy moves from the deepest levels of the subconscious, unconscious and upwards to the conscious mind. All spiritual evolutionary processes proceed through a very well-ordered sequence.

Remember, the afterlife is about compatibility, not judgment. We go where we are compatible. Within these words, lies a great deal of wisdom.

God is unity . . . we are aspects of that unity. Soul is one. Matter is somehow delineated in fullness. Unitive awareness is an endpoint.

One of many, we presume.

Matter and form, space and time, time and timelessness, consciousness and delusion, personhood and soul, personalities and unities, good

and evil . . . are all in their bare essence one thing.
They are one, multiplicity is the illusion.

But their separate delineation serves a purpose for a time. In achieving the eternal consequent awakening, however, all becomes still. In their stillness, they unite.

And unitive consciousness has one mechanic . . . awareness.

Quiet, solitary, whispering awareness resonating across and through the entire universal and atomic world as a speck of nothing, a speck of consciousness.

But yet, it is.

Awareness arising, matter forming, consciousness expanding, God being, energy transforming . . . and suddenly all things are new.

Out-of-Body Travel and Mysticism

**A Primer on the Basics of Out-of-Body Experiences
and Energetic Law in Out-of-Body Travel and
Mysticism**

By Marilyn Hughes

Introduction by Marilyn Hughes and Dr. Rudy Schild

The Out-of-Body Travel Foundation!

<http://outofbodytravel.org>

OUT-OF-BODY TRAVEL AND MYSTICISM: A *Primer on the Basics of Out-of-Body Experiences and Energetic Law in Out-of-Body Travel and Mysticism* is an introduction to the subject of out-of-body travel and mysticism for those who are just beginning to learn about the experience. 'Out-of-Body Travel and Mysticism' provides a framework to begin your study of out-of-body experiences and to understand the components of energetic law which remain highly integrative and important for the out-of-body travel seeker to understand and know before embarking upon the mystical realms of out-of-body experiences. (For more info - <http://outofbodytravel.org>)