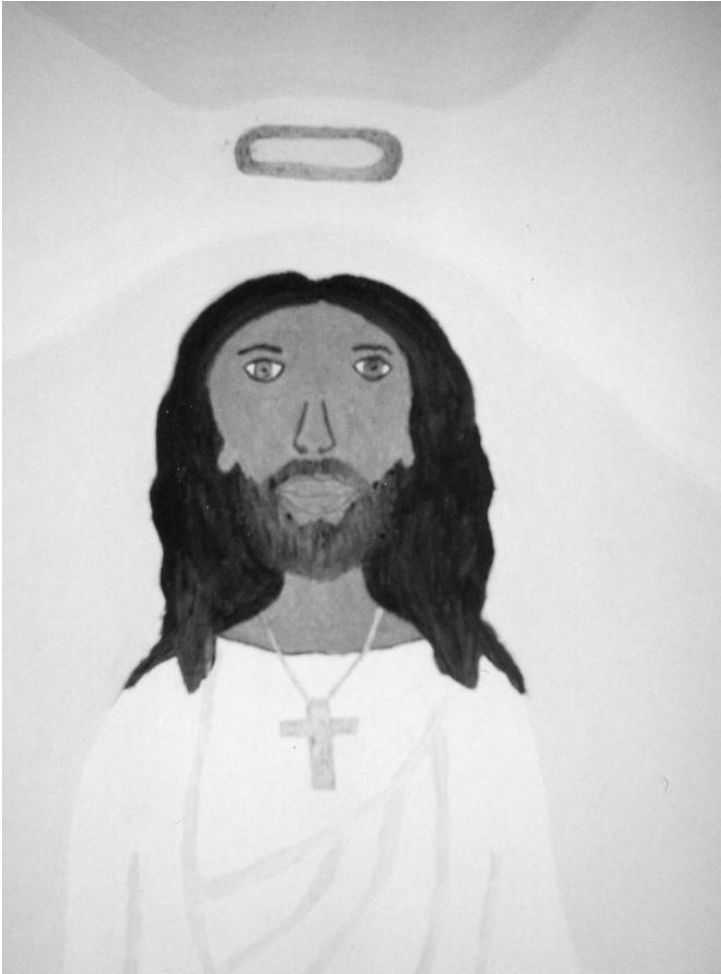


The Out-of-Body Travel Foundation Journal:
The History of 'The Out-of-Body Travel Foundation!'
Issue Three

By Marilyn Hughes

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



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For information, write to:

The Out-of-Body Travel Foundation!

www.outofbodytravel.org

MarilynnHughes@aol.com

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

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

Books by Marilynn Hughes:

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Foundation!'*

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For More Information!

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The Out-of-Body Travel Foundation Journal:

The History of 'The Out-of-Body Travel Foundation!'

By Marilyn Hughes

When Jesus Christ appeared to me in a vision about ten years ago telling me to take the books I'd written that were in print at that time (*Odysseys of Light, Crystal River Flowing*) out of print, I didn't hesitate. Although it took a few months to implement the command, I trusted His words from the profoundness of his demeanor.

My Out-of-Body journey had begun to take a turn in a direction I had not expected. The Lord was taking me deeper into the understanding of the words of the Prophets, Saints, Mystics and Sages found in the ancient sacred texts from all the World Religions and throughout time. As a crucial part of this journey, I had learned that some of the things I'd accepted as true (and had written about as true in those in those previous two books), were misinterpretations of what I had been shown.

All of us are capable of misinterpreting mystical experience, but the greatest and most common areas of error are the ones into which I had fallen. Because the Lord often takes the soul into the higher, finer vibrations of light before submerging them into the understanding of the lower vibrations of darkness; many souls conclude that there is only light and that evil does not really exist. This is false. And because in those astral or higher realms (astral realms, however, are really only mortal realms also), thoughts become things, the obvious mistaken conclusion is that we create our reality, every portion of it. This is also false. Although there are portions of our experience that we do create - either through thought, word or deed - we cannot forget that in mortal realms (of which the earth is one), we are also subject to the laws of

cause and effect and the free will choices of those around us.

With those two errors represented in my first two books, Jesus had come to insure that they were taken out of print. But that was all He revealed at that time because my journey was about to go into profound recluseship in order to form its true destiny.

As the process unfolded for those books to be removed from 'Books in Print,' the Lord continued taking me deeper into the knowledge of the ancient sacred texts. And as a result, I also entered into an ever finer journey of purification within my own soul of those things which remained incompatible to an All Holy God. About six months later, those books were out of print.

Years passed, as the Lord directed my every move in seclusion. I wrote only that which He commanded and removed everything that seemed to be my own interpretation.

In early 2003, the heart failure which had been diagnosed in 2001 appeared to be declining again. Certain test results indicated this, as well as, my own functional capacity. My doctors had scheduled a Cardiac Catheterization to determine whether or not I was at the point to require a heart transplant, but I had a week to wait before it would come to pass.

One night during that week, something happened within my sleep and I was immediately standing before the light. Within its confines was the tiny little dog I'd had during most of my childhood who had died about fifteen or twenty years prior. I explained much of this subsequent experience in 'Galactica: A Treatise on Death, Dying and the Afterlife,' but did leave one part out which is relevant in understanding the formation of 'The Out-of-Body Travel Foundation!'

During that Near Death Experience, I'd had a fairly lengthy conversation with Christ. He'd shown me that the

purpose of our life on earth was to go from selfishness to selflessness. He'd shown me that when I was gone, the rest of humanity would continue to fight amongst themselves.

He told me I could go (to the afterlife) now, that I'd completed all I needed to complete to move on from the earth, but it was still my decision. I could stay in this heavenly place or go back to earth . . . which would I choose>

Having shown me the fantastic Galactic heavens, He seemed surprised when I instinctively said, "As long as it remains my choice, Lord, I must go back to raise my kids." "Okay," he said, "then I want you to go back and pray for a heart transplant." But I immediately replied to Him by saying "No, I can't do that." Pausing, I noticed that He was looking at me very deeply when I replied, "But I will pray that you save the perfectly healthy person who would die needlessly in order to provide me with a new heart be spared instead. I'll take my chances."

A moment passed, and Jesus said, "I grant that." Then He took from behind His back a book and placed it in my hand. "Then I will make good use of you while you remain on the earth." Filling me with energy, I knew it was a seed to a larger mission, but I didn't yet have a clue as to where it was to take me.

When I returned from that experience, it was a day before my Cardiac Catheterization was to occur. When the procedure was done, my heart had improved enough to remove me for contention for transplant; although my condition was not to be healed for it served a purpose.

The Lord had always and continues to maintain that my illness serves a purpose. Complete healing has not yet been an option for me, but He offers partial healings at various junctures in my path. This does not negate, however, that this could change. Jesus could possibly feel at some future juncture that a healing would be purposeful and remove my infirmity. However, it remains His will for

me to continue to have heart failure at this writing and I am completely at peace with it. It is fair and just.

A few weeks after the Catheterization procedure, the Lord took me into a small room to show me several shelves filled with books of which He intended for me to write. At the time, I couldn't fathom writing all of them, but I nodded in agreement that I would do whatever He asked of me but had no idea where it would lead.

Since that time, my condition has continued to both improve and decline. It has improved as regards my ability to do more things that I couldn't do for several years after my initial diagnosis. It declines in that I'm taking much higher doses and a significantly higher number of medications to remain stable. God works in mysterious ways . . .

I waited for His command to move. At that point, I had three books ready for publication, and I focused on perfecting them to His satisfaction. (These were 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' 'Galactica: A Treatise on Death, Dying and the Afterlife,' 'The Former Angel - A Children's Tale.')

When the time came to publish the works, I had a publisher interested in taking them on, but the Lord showed me that this was not His will. He made it very clear to me that these words could not go through the hands of editors who might change a word or two given in divine revelation, for the sake of grammatical correctness. This would destroy the meaning of those words and the fullness of the Lord's work which had to remain pure and exact.

In the Fall of 2003, those first books were initially released through Trafford Publishing and remain available as the Full Color versions of the books.

It was also at this time that the Lord directed me to start what was at that time a five page web-site which marked the birth of 'The Out-of-Body Travel Foundation!'

In the early winter of that same year, I had a profound experience wherein the Prophets, Saints, Mystics and Sages (hundreds of them) from every World Religion and throughout the world, surrounded me and told me that their wish was that everything I was to offer on my site should also be available for FREE download. At the time, this seemed to be impossible with the technology available. But over the course of a few nights, they showed me how to make it happen and it did. They also wanted the books to have a 'read-aloud' option for the visually impaired. The technology was there, I just didn't know where to find it. So they showed me, and the books immediately were available in the 'Read-Aloud' format for the visually impaired. They have given me direction on everything from tech support issues to what margin of royalty should be allowed on the books; which remains very low to make them available to as many people around the world as possible.

Continuing to work with me, the next step was to find a way to make the music available on CD. At that time, the music was recorded onto 4 track cassettes, and had to be digitally transferred to CD and re-mastered to make them useable with the current technology. We found a recording studio to do this for us, and then the Lord directed me to Cafepress to make them available for sale. In order to make them available for FREE download, they had to be mastered into a lower quality sound recording with no CD Track Markings. But we did it . . .

Many months later, Lulu Press came into existence. Directing me to them, we began to republish the books in new formats that were less expensive and allowed for the Art and Sheet Music to be sold separately and to be offered as larger images. The CD's could be downloaded now at

full sound capacity for those with DSL, rather than only the lower sound quality version used on the site with no Track Markings for those with a dial-up connection. Things began moving quickly as soon as this new change became available to us.

It was at that time that we separated 'The Mysteries of the Redemption' into a five-volume version for easier reading and we were able to also make available Large-Print versions for the visually impaired.

The rest is history, as many would say. But it was a step by step process wherein the Lord (along with the Prophets, Saints, Mystics and Sages from every World Religion and throughout time) showed me every single change which subsequently occurred to the web-site and guided me in the writing of every single new book.

None of the books I've written have ever been MY idea, and none of the upgrades on the site have either. The Lord shows me everything I do, and energizes me to do it. When He is not there, I am unable to write a word.

'The Out-of-Body Travel Foundation' came about through sheer obedience and endurance to His every command. We now have two web-sites, a five page portal at www.outofbodyexperiences.org and a whopping twenty five page site at www.outofbodytravel.org. We currently maintain thirty nine books, two Sheet Music and two Art Book Compilations, five CD's, five T-Shirts, two Discussion Forums and this our new Magazine (also the idea of the Lord) 'The Out-of-Body Travel Foundation Journal!'

So now you know our story in nutshell. If I were to tell you each individual command received along the way, it would number in the hundreds. Everything down to the T-Shirts was guided and directed from heaven. And I give thanks for this miraculous gift. And I hope our little story can give all of you something for your journey through

life, as well. Trust in the Lord, because with Him all things are possible . . . and without Him, nothing can be done!

MarilynnHughes@aol.com
www.outofbodytravel.org

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

Please Send Your Questions to:

OutofBodyTravel@aol.com

For Future Inclusion in this Section!

Question from Sunita in India: How do you avoid astral attacks during OBE? Most of the OBE's I have where I am deliberately pulled out of body, I am attacked astrally by someone communicating intolerable and disgusting thoughts.

Marilynn: There are a variety of means to avoid such attacks. Firstly, it appears that the experiences you are having are very negative, and in such a case, I would advise praying that God deliver you from having them unless or until such a time as they would be beneficial for your soul and directed by God's will and Our Lord Jesus Christ alone.

Secondly, if you find yourself being pulled out of the body you can engage in prayer warfare. There are several prayers which I have been shown are warfare prayers in the spiritual realms. The first stanza of the 'Our Father' is an exorcism prayer: "Our Father, Who Art in Heaven, Hallowed be Thy Name, Thy Kingdom Come, Thy Will be Done, On Earth as it is in Heaven." The 'Jesus Prayer' seems to have similar effects: "Lord Jesus Christ, Son of God, Have Mercy on us Sinners." Similarly, 'The Apostles Creed,' the 'Hail Mary,' the 'Hail Holy Queen,' have all been shown and demonstrated to me as prayers holding great power against the dark side.

Oftentimes, however, if I'm being beset with disgusting thoughts from demonic sources, I will simply quietly say, 'Get Thee Behind Me, SATAN!' As many of you may know, these are the words that Jesus used when

the Apostle Peter tried to tell Jesus he would not allow him to suffer and die on the cross because to do so was the Will of the Father and He considered Peter's words to be the temptation of Satan himself.

Finally, I would say that you best avoid astral attacks by fervent and frequent prayer. But you must also understand that if you are to enter into the realms of the mystic, there is absolutely no way to avoid these experiences forever. For those who enter into the path of perfection will be assaulted and assailed on all sides by the enemy to prevent their pursuit. It is the battle of good and evil which exists in mortal realms.

May I also suggest reading 'The Alteration Pathway' and the 'The Absolution Pathway' in 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' which is downloadable for FREE at www.outofbodytravel.org as it goes into much greater detail.

But if the majority of your experiences are negative, it is my advice that you pray to the Lord to remove the experiences from you unless or until they would be of any benefit to your soul or directly willed by the Father. This is one way to assure that you do not become the plaything of demons.

*Many Thanks,
Marilynn Hughes
www.outofbodytravel.org*

Questions from Tom: Hello. I just finished reading "Come to Wisdom's Door" it is a really great book. I look forward to reading more.

I was wondering if you could comment on an experience I had about 6 years ago when I was 16 years old. I was going through a very rough time with anxiety attacks and feeling like I was literally losing my mind. I

found out that meditation is good for relaxation so I decided to meditate. From memory the first time I meditated with my eyes closed I saw a demon. It was like I was looking into a mirror. Then the image turned into a figure I identified as Jesus.

The second time I ever meditated was after constantly contemplating and conversing with God, but with no reply. Then when I sat in meditation I did a breathing technique and after about 10 - 15 minutes I instantaneously went into an Infinite Light/Void that shone throughout (quite literally) Eternity! The Light was infinitely bright and blissful and shone a white/snow-sky blue color. This is the most profound experience I have ever had. Since then I have been trying to find a True Path back into this Light. But to no avail.

What is the Initiation into the Eternal Flame, as I think you call it?

Have you heard of the "International Academy of Consciousness" or IAC? They teach Out-of-Body Travel. I look forward to you reply.

Thank you, Tom

Marilynn: My interpretation of the experience you had at sixteen is quite simple. You were going through a terrible time and felt like you were losing your mind. The Lord deigned to show you your dual nature, the evil and then the good. He also was showing you the darkness within yourself which was 'mirrored' to you as a demon, and then the potential good and the solution, Christ Himself.

Now realize when I say this that your experience could apply to any person alive on this planet. We all have darkness which requires purification. I believe the Lord was showing your dual nature and the solution to your troubles which was and remains the Lord.

As to the second experience, it is written of by

many of the mystics of almost every world religion and tradition; The Ineffable Light, to Hermes Trismegistus or a Jewish Kabbalist, 'Ecstasy' to a Catholic Mystic, 'Samadhi' to a Hindu Yogi, 'Nirvana' to a Buddhist Monk, 'Shari'atu ALLAH' to a devout Muslim.

In my books, you will read about many such experiences I've had myself and those of others which are not uncommon throughout the ages and the world to those who seek God. It is truly an inexplicable thing to experiences for yourself, and there are no words to convey the profundity of such an occasion when it is bestowed on a soul.

But such a state is not usually one that you can actively seek. You must seek GOD, not the experience. And it is in seeking God through fervent prayer, meditation and/or contemplation (a state also introduced within your soul by God alone) that such experiences may occur if God so deigns. But they do so only at the will of the Father.

My advice to you would be to be tremendously grateful for that experience and focus now on the path that it has hopefully inspired within you to seek God with ever more fervor, hope, joy and love in your quest to know Him and His will for you in this life.

Whatever else is to come will come of itself if you do this.

The Initiation into the 'Eternal Flame' as I refer to it in 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' is a lengthy process wherein a soul unites and takes within itself a proper balance of the masculine and feminine energies required to actually ignite within itself this 'flame.' It is a Tongue of Fire, as in the Holy Spirit coming down upon the soul who receives of it. But it requires a great deal of arduous purification before it can be lit. (For those interested in reading further, this section starts in 'The Ascension Pathway,' Part VII, Chapter Seventeen of the above-

mentioned book. It is best, however, if you were to begin in Part IV and work your way towards it as there is much that comes before and leads to this path.)

The International Association of Consciousness's "objective is organizational and financial support for disseminating knowledge about the evolution of the consciousness. Thus, it will use the technology generated by the productive entrepreneurial laboratories, which are set up in cooperatives based on theorice (theory + practice). This knowledge technology created under the consciential paradigm will be offered in specific courses. Consciential Administration will be one of the first ones offered, where it will be possible to comprehend the dynamics and mechanisms of a conscientiological enterprise." You can find them on the web at www.arace.com.br.

Other organizations involved in ventures of this kind involve the Center for Higher Studies of Conscientiology, the International Council of Neologistics, the International Institute of Projectiology and Conscientiology (no relation to Scientology).

The Institute of Noetic Sciences has a simple mission statement: Exploring the frontiers of consciousness to advance individual, social, and global transformation. (www.noetic.org) The Monroe Institute (Founded by Robert Monroe) has many programs to research and instigate Out-of-Body Experiences within people who are seeking them. Their Gateway program has been utilized to train thousands of people including governmental organizations involved in Psychic Research, Remote Viewing, and Out-of-Body Travel. We've included an article in this issue written by one of the Monroe Institute's Program Trainer's detailing an Out-of-Body Experience he had during one of their programs. (www.monroeinstitute.com)

'The Urantia Foundation' disseminates 'The

Urantia Book' all over the world in many different languages. (www.urantia.org) And the Association for Research and Enlightenment, also referred to as the A.R.E., supports the work and research of the late Edgar Cayce, a profoundly devout Christian who received revelations regarding the import and nature of reincarnation. (www.edgarcayce.org)

*Many Thanks,
Marilynn Hughes
www.outofbodytravel.org*

The Out-of-Body Travel Foundation Journal:

Different Voices!

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

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

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

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

Out-of-BodyTravel@aol.com

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

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

Excerpt from 'Eyes of an Angel'

By Paul Elder

(Took place during a session in a special program at the Monroe Institute in Virginia.)

On the second day, I awoke rested and eager to get into the program. Although I couldn't remember much, I knew that I had been dreaming about my spirit guides. I looked forward to reconnecting with them.

The morning session began and, in the quiet darkness of my CHEC unit, the relaxing Hemi-Sync tones carried me quickly into a deep, altered state. Within moments I began clicking in and out of consciousness, hovering tentatively at the edge of sleep. After three or four clicking-out episodes, I found myself in the grip of a strong vibration.

My body shook from head to toe. Fighting for control, I willed the slow choppy cycles into higher, smoother frequencies. In a short time, the pulsing tremor rose into a high-pitched whine. Soon, a series of small energy rushes coursed through my body. Although I couldn't seem to exert any control over them, I lay back and welcomed the experience. It wasn't long before I realized that someone else had taken charge. My body rose into the air as if being drawn by a huge magnet. A light briefly flashed before my eyes, and the next thing I knew I was speeding towards a familiar energy.

The iridescent beauty of what I now called the Park greeted me with the warmth of a long lost friend. Meldor's powerful presence was pervasive. I could feel his distinct vibration flowing through me. Within moments he was standing beside me, softly touching my shoulder.

"Hello again," he greeted me. "Welcome home."
"Thank you," I eagerly responded. "Meldor, this is so incredible. Why can't I come here everyday?" "Actually, you do, quite often. Most nights while your physical body sleeps, at some point you travel here in your spirit body to join with those who love you. You come to learn and to rejuvenate your energy within the vibration of The All."
"The All?" "Yes, the All That Is. Many refer to it by various names, but the energy you feel here permeates all things. It's the universal energy of Love. Nothing can avoid or escape its power. It is essentially the energy vibration of all souls. Considering the religious concepts that you've been taught, you may think of it as the energy of the Holy Spirit or the essence of God. It's all the same, and it's the source of All That Is."

Deep within, I felt the truth of Meldor's revelations, but I was still puzzled. "It's a wonderful feeling, but if I come here every night, why don't I remember it? In fact why doesn't everyone remember it? Wouldn't the world be a much better place if everyone knew and remembered that this is our real home? If everyone could experience this and remember it, there would be no wars, there would be no crime, and no one could hurt another being."

"That is true," Meldor acknowledged. "But if everyone knew and remembered, there would be little reason to incarnate. There would be little challenge to the human experience. The challenge and the quest to improve, to overcome and to remember, is what gives real value to the experience. The value and power of human existence is in the experience itself. We all benefit from the lessons and experiences of each soul. We are, in reality, all one."

His answer made sense to me, but I struggled with the idea of being all one. I needed more of an explanation. Meldor sensed my confusion.

“To truly experience something,” he continued, “is the best tool for understanding. Knowing is better than believing. The human mind experiences itself as distinct and separate, but this is an illusion. To fully understand the reality of ‘all as one,’ and the connection of all things to each other, it is helpful to experience the polarity of separation and connection.”

With that, Meldor placed his index and middle finger on my forehead. A surge shot through me and I felt as though I was about to lose consciousness. Where just moments before I felt clear and rational, now I couldn’t seem to hold a coherent thought in my mind. I was dizzy. Nothing made sense, and very quickly my entire existence seemed to be closing in on me. As I fought to maintain consciousness, the image of a television screen loomed before me. It was as if my entire view of the universe was from inside a television tube from where I looked out.

There was an electronic snap as if someone had shut off the power to the television. The screen to my perception of the world went blank. All that seemed to remain of me was a tiny dot of energy in the center of the screen. A virtual sea of blackness surrounded me. The feeling of isolation and darkness creeping into my spirit was almost too much to bear. I was alone in a universe of emptiness. A profound sadness overcame me. I wanted to cry out in desperation, but even my thoughts had begun to fade. My consciousness, my awareness of self was dying, and I knew that in another moment I would cease to exist. Then everything went black, and I was no more.

As if from an eternity of sleep, I slowly began to reemerge from the nothingness. Vestiges of dream images and fleeting thoughts tugged at me like the rescuing hands of a loving parent. In a few moments I was again awake, my consciousness fully restored. I was still me, but I felt somehow different—changed in some unfathomable way.

I'm not sure how to best describe this, but I was no longer aware of being in any particular form. I felt instead like I was a floating sphere of microscopic particles. I had no idea where I was, but it felt as if I was hovering in outer space.

With each passing moment I felt the power of spiritual energy growing within my form. Even though I was composed of hardly more than a mass of seemingly nonconnected particles, I felt more alive and together than I had ever been. My awareness of self was acute. Somehow, every individual particle of my being seemed to contain the totality of my consciousness.

As I floated in space, relishing the immensity of the experience, I became aware of a concentrated power approaching me. It was nothing that I could see, but the energy of this presence, whatever it was, was awesome. Every fragment of my awareness began to shake and then to resonate in harmony with the vibrations of this enormous force. Suddenly, I found myself exploding into the universe.

It felt as if the very essence of my spirit was being blown like dust into the far reaches of the cosmos. Expanding and growing in perception, it seemed that I had somehow joined with the energy of every living thing. I felt a baby's cry and the anguish of its mother. I experienced the joy of a puppy as it bounded happily after a child. I felt the power of a whale swimming in the ocean. From the mindless destruction of war to the purposefulness of a hummingbird in flight, I experienced and became a part of everything that I touched. It was at the same time an explosion of emotion and a mystical encounter with the love of God. I suddenly understood the perfection of creation. The entire experience was so overwhelming, so illuminating, that I became lost in the beauty and complexity of it all.

It began slowly at first—small shifts of consciousness tugging at me, reminding me that I was still attached to a physical body. Tears of gratitude and joy started welling up in my eyes until I could no longer resist the pull of the physical. In an instant the experience was over and I was back in my CHEC unit.

My heart pounding, I remained in the silence of my room, contemplating the emotions and images newly imbedded in my mind. The montage of revelations had been almost overpowering. So much had happened simultaneously that I couldn't even hope to remember, much less describe the totality of the experience. Sitting up, I tried to make notes of the session, but the effort seemed futile. After scratching out a few inadequate phrases, I summarized it with one word: "Wow."

E-mail: paul@paul-elder.com

Web: www.paul-elder.com (Author, Eyes of an Angel, Hampton Roads Publishing)

Paul Elder is now a program trainer at the Monroe Institute near Charlottesville, Virginia. Founded by pioneering out of body explorer and Author, Robert Monroe ('Journeys Out of the Body' and 'Far Journeys'), the Monroe Institute is a global leader in consciousness research. Having successfully developed a revolutionary technology enabling the safe and controlled alteration of human brain waves, the Institute has helped thousands of people around the world access profound states of relaxation and expanded awareness. This patented process known as Hemispheric Synchronization or Hemi-Sync® makes possible the coherent balancing of both hemispheres of the brain into a synchronized harmony of whole-brain thinking.

For most people, the development of inner awareness and expanded consciousness can take many years of disciplined effort, but with Hemi-Sync®, this

transcendent state can be achieved in minutes.

Through the use of stereo headphones or speakers, the gentle tones of the Monroe Institute's Hemi-Sync® technology will peacefully guide participants into deepening levels of relaxation and awareness. It is from this profound state of "mind awake and body asleep," that one becomes clearly aware that we are so much more than physical bodies.

The Monroe Institute offers a series of 5 day programs to the public. For contact information please visit their web site at: <http://www.monroeinstitute.com>

Out-of-Body Travel Research Project!

Tomas Pernecky
PhD Candidate
Wageningen University
The Netherlands
www.gooutofbody.com

(PHD Candidate Studying OBE for Thesis.)

Dear Marilyn,

I have finished my website to collect data for my PhD study. If you are still interested in filling out the survey, please go to www.gooutofbody.com. I have also attached the survey to this email.

If you know anyone who has had an Out-of-Body experience and think he/she would like to participate, I would appreciate you telling them about my website.

Thank you for your patience and help! Have a nice day,
Tomas

Marilyn: Friends, I've filled out this survey for Tomas and would ask any of you who have had OBE's and would like to assist him in his research to do the same. Copy and paste into an e-mail and return to Tomas at the below-mentioned e-mail address. Or e-mail Tomas to receive a copy of the form via e-mail!

We plan to publish portions of his research results in future issues!

*Thank You,
MarilynnHughes@aol.com
www.outofbodytravel.org*

GO OUT OF BODY.COM

Research form

This survey is designed for people who have had one or more Out-of-Body experiences. The information provided by participants will remain confidential.

If you prefer not to answer any of the questions please write "PNA" in the field.

Your NAME (*Surname is optional*): "[TYPE IN]"

Demographic Information

- 1) GENDER (*Delete inappropriate*): Male Female
 - 2) AGE: "[TYPE IN]"
 - 3) COUNTRY YOU LIVE IN: "[TYPE IN]"
-

YOUR OBE EXPERIENCE

- 4) Please describe your experience with the main *focus on the experience of being out of body- i.e.*

how it felt, what was it like, what happened?
Please provide as much details as you can:

"[TYPE YOUR EXPERIENCE HERE]"

ABOUT YOUR EXPERIENCE

5) Did you have more than one OBE? (*If more than one please state how many*):

"[TYPE YOUR ANSWER HERE]"

6) Approximate date of your experience:

Year: "[TYPE IN]"

Month: "[TYPE IN]"

Day time if known: "[TYPE IN]"

7) IF you were to provide a definition of Out-of-Body experience in your own words, what would it be?

"[TYPE YOUR ANSWER HERE]"

8) Did your experience feel more like a dream or as a real situation (i.e. you could see your room, body, recognized people etc.)

"[TYPE YOUR ANSWER HERE]"

9) Did the experience impact your perception of reality, your philosophical outlook on life and being?

"[TYPE YOUR ANSWER HERE]"

10) Do you have any comments or is there anything else you would like to share?

"[TYPE YOUR ANSWER HERE]"

Please delete inappropriate:

(a) I agree to have the story I provided published in places other than the PhD thesis

(i.e. online, magazine, publishing etc.)

(b) I disagree to have the story I provided published in places other than the thesis.

Please email this to tomaspernecky@gooutoffbody.com

Thank you!

Researcher: Tomas Pernecky

Email: tomaspernecky@gooutofbody.com

Supervisor: Dr. Irena Ateljevic

Email: Irena.Ateljevic@wur.nl

The Out-of-Body Travel Foundation Journal:
The History of the Out-of-Body Travel Foundation!
The Out-of-Body Travel Foundation!
www.outofbodytravel.org



Author, Marilynn Hughes

Photo by Harvey Kushner

The third issue of the 'The Out-of-Body Travel Foundation Journal' focuses on organizations devoted to the study and/or promotion of human consciousness through Out-of-Body Travel and other forms of soul projection.

We begin with an article detailing the history of 'The Out-of-Body Travel Foundation.' In our Question and Answer Section, we delve into 'astral demonic attacks.' We also address an inquiry about other organizations involved in the study of Out-of-Body Travel. In our 'Different Voices' section, we feature a 'Gateway Experience' had by reader and author, **Paul Elder** at the 'Monroe Institute' in the State of Virginia, USA, and a research study being done by PHD Candidate, **Tomas Pernecky** of the Netherlands on Out-of-Body Travel!

Go to our Website at:
www.outofbodytravel.org
For more information!