

The Out-of-Body Travel Foundation Journal:
A Menage of Wonderful Writers and Artists!
Issue Four

By Marilyn Hughes

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



Dreamcatcher, By Myth

(To be Included in future editions, submit your Art to
magazine@outofbodytravel.org!)

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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, 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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CONTENTS:

The Out-of-Body Travel Foundation Journal:
A Menage of Wonderful Writers and Artists!
Issue Four

<i>A Menage of Wonderful Writers and Artists!</i>	6
<i>Question and Answer Forum!</i>	7
<i>Other Voices!</i>	10
' <i>Intimate Relationships,</i> ' <i>By Michael Lamas</i>	11
' <i>Blessings of Adversity</i> ' <i>By Dr. P.C. Simon</i>	20
' <i>Death</i> ' <i>By Dr. P.C. Simon</i>	24
' <i>My UFO Experience,</i> ' <i>By Douglas Taylor</i>	40
***** <i>BEAUTIFUL ARTWORK BY DOUGLAS TAYLOR</i> <i>FROM HIS UFO EXPERIENCE!</i>	46

The Out-of-Body Travel Foundation Journal:

A Menage of Wonderful Writers and Artists!

By Marilyn Hughes

Much has been happening here at the Out-of-Body Travel Foundation! And we have received such a flood of articles and art submissions, we are so very grateful. This issue focuses on this menage of wonderful writers and artists who have graced our doors with their experiences and their work. It seems proper that I remain silent for this issue and allow voice to these many others.

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

Please Send Your Questions to:

magazine@outofbodytravel.org

For Future Inclusion in this Section!

Question from Mark Crawford in Los Angeles, CA, USA:

Sometimes when I'm sleeping, I feel something shift in the atmosphere around me. I can't really explain it, but somehow I know that I'm 'almost there,' almost out-of-body? But I've never gotten passed this. Why?

Marilynn: This is a very common phenomenon. You are truly on the threshold, but yet, stuck there. Some people will feel this as a vibration, others as a warmth that fills every molecule of their body, and others will feel both.

What often distinguishes those who pass this stage and those who do not is perseverance, prayer and the willingness to prepare for the intensity of the upcoming event. We are most often held back at this juncture because our guardian angels don't feel we are ready to experience the voluminous power that is to come next. Another reason we may be held back at this juncture is that our guardian angels are uncertain that we can handle the 'nature' of the experience.

The level of intensity that you're experiencing at this threshold stage is probably less than 1/1,000th of that which is to come which explains why it often is cut short at this juncture. The nature of the experience to come is entirely non-physical. Many souls do freak out when they are first faced with this element of reality, even if they've been asking, praying and preparing for the absolute dissolution of their physical identity.

In order to prepare to pass this phase, I again

cannot stress prayer, meditation and silence enough.

Remember, that it is your state of mind which allows for the Lord to enter into your soul more deeply and begin to work within you. The Kingdom of heaven is within, you know.

A lot of people aren't satisfied with prayer, meditation and silence, but this is because they are wanting something which requires a great deal of discipline to just come of itself. And although this does happen randomly to some people in spontaneous out-of-body experiences, as well as, near death experiences; we are generally required to work a lot harder to experience this and to follow into deeper and deeper levels of understanding, wisdom and consciousness.

And that brings us to time. Most people don't realize that it can take a LOT of time in prayer, meditation and silence, before the Lord has a space to enter. Remember, the purpose of prayer is to talk to God, and the purpose of meditation is to sit back and listen to His reply.

In the beginning of my journey, I spent about three hours a day in prayer, three hours in meditation and most of my waking hours were in silence sans the sounds of young children. I spent a lot of time alone, did a lot of spiritual reading, and placed myself in a sphere of receptivity.

I've found over the years that I have to balance my activity with profound silence in order to maintain the channel of communication. And it remains prayer, meditation and silence - along with spiritual reading - that keeps me in the proper space to be receptive to the Lord.

Don't give up, but prepare. When you are leaving your body, you are leaving this vibration behind. The level of intensity will multiply by about 1,000 times just to enter into your astral body. When you enter into higher

and higher levels of consciousness, it will require multiplication in the millions.

Thanks for the question and blessings to you!

Marilynn Hughes

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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:

magazine@outofbodytravel.org

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!



Intimate Relationships

By Michael Lamas

The phrase "intimate relationships" can evoke warm and deep emotional feelings. Some kinds of these relationships though can be cold and decidedly distant. Those would fall into either the "co-dependent" or the "I'm-so-out-of-here" category.

In this article, we will examine a half-dozen relationships, which include *mundane* ones (those based on security, sex, or power) and *sublime* ones (those based on mutual respect and other spiritual characteristics). You will find that most relationships are a "mixture of elements" from various categories. Usually though, one prominent feature will define the union. As a rule, each successive category represents a higher energetic state than the previous one.

You can apply these categories to social relationships, but mostly I've used them to describe the intimate, one-on-one variety.

For convenience I've used the masculine pronouns throughout, although you can interchange them freely with the feminine.

MUNDANE RELATIONSHIPS - Security, Sex, and Power

Mundane Relationships operate within materialistic pictures of reality. People treat the other as objects rather than human beings, and this eventually creates suffering for them. Most of these relationships are co-dependent to some degree.

Security

People involved in security-base relationships are usually fearful. The relationship is marked by repression and manipulation, sometimes accented by strong religiosity (as opposed to spirituality). Survival issues lurk like reptilian predators in the background, waiting for the right moment to strike. Ironically, insecurity will weave itself throughout the term of the union, keeping the energy levels relatively low. Here, the parties commonly use passive-aggressive tactics to get what they want.

Sex

Unions built strictly on sex can be exciting, at least at first, but they often lack depth. This works fine for those who are content to live superficially. However, if either party starts to develop spiritually or psychologically, then he will likely find the relationship unsatisfying and will start looking for another. People here tend to think of themselves as "players," but a more accurate term for them would be "users."

Power

Some people use relationships to exercise their ego. Power and control are prominent features at this level. Those who need this kind of experience often seek partners who need security or who desire to be controlled economically,

sexually, or socially. A person can use his social status to control a relationship. For example, I know of a very attractive lady who was with a man running for office. She thought he wanted to showcase her. He lost the election and dropped her. She was right.

When two power-driven people form a relationship, their interactions will be animated, but they also will experience a good deal of anger and conflict. Here, what is important is being right and getting your way. And when one of them “wins,” which again is all-important, he gets an ego rush. Subtlety is not necessary when asserting this power.

SUBLIME RELATIONSHIPS

Two classes exist in the Sublime category: relationships based on (1) *True Love* and (2) *Transcendent Love*. These relationships are communally oriented — they share resources freely. They also are spiritually and socially evolutionary. At this level, love makes you crazy; you can lose your mind in the ecstasy of loving your partner. This love is irresistible and purifying, and it can burn truckloads of karma really fast. Perhaps most importantly, when you experience love, you are happy. Both of these categories are transcendent in the sense that they operate beyond the strictly biological imperatives of survival, mating, and social posturing.

True Love

True Love has several aspects: mutual respect, acceptance, caring, being determined to know your partner more fully, self-sacrifice, and the desire to improve yourself within the relationship. Let's consider the details of each.

Mutual respect means to honor the human dignity or, at a higher level, the spiritual identity of the other. Here we have transcended the need to manipulate and deride our partner – negative actions found in the Mundane attempts at love.

Acceptance means that we move beyond our habitual judgments and try to determine the Truth of the situation. This can be difficult because Truth comes from our Spirit rather than the relative opinions of our mind or the reactionary responses of our emotions. Once we know the Truth about someone or a situation, acceptance comes easily and we respond accordingly.

Some will argue that Truth (capital "T") does not exist. If God exists, though, surely God must be Truth, and who is to say that we cannot tap into a tiny bit of that?

Caring includes treating the other with tenderness and consideration. It means to support, be concerned, and to want the best for your partner. How is he – physically, emotionally, mentally, and spiritually? What can you do to uplift, and comfort, and please him?

Self-sacrifice is a terrible idea in an era where greed is touted as a good thing, at least in the corporate mentality. I've seen "Greed is Good" bumper stickers – a bad sign for society! When you love someone, self-sacrifice doesn't mean that you play the role of a martyr. Instead, you act considerate and forego your desires for a while. For instance, if your partner is sick, you don't ask for sex just because you are "in the mood."

Self-sacrifice also is a form of compromise. Say that you smoke cigarettes, but the smoke physically bothers your

partner. The right thing to do would be to smoke outside. This is part of caring as well.

Knowing each other better can draw you closer. By knowing someone, you can care for him more effectively. It enhances your appreciation of his positive aspects and makes you more compassionate about his faults. You recognize that your partner is a unique and miraculous expression of Creation.

By *improving yourself*, you add both a humanistic and spiritual dimension to the relationship, which makes it holy. As humans, we are destined to make mistakes. By recognizing our weaknesses and failures, we can change our attitudes and behavior. Like this, we evolve spiritually and, by association, so can our partner.

Soul Mates

Some say that all instances of True Love involve Soul Mates. A Soul Mate is a being with whom you travel through several incarnations.

You probably belong to a "soul group" – a collection of fellow spirits who are time

traveling together. Some may appear at different phases in



your life while others might skip this lifetime entirely and join you in the next one. Usually, you continue to cherish a Soul Mate even if circumstances separate you during a lifetime.

Soul Mates can be partners, lovers, spouses, relatives, or best friends. They are not necessarily true mates ("Twin Flames") though.

Enchantment

Enchantment is a condition that mimics True Love. I mention it here not because it is a form of True Love, but because it represents a situation that can pull you from your spiritual path.

Enchanted relationships are magical. In fact, magical (astral) influences are the basis of such relationships. They can be very exciting and wondrous, but dark elements, like subtle yet dissolute undercurrents, are at work.

The two main characteristics of Enchantment are (1) a loss of personal will, and (2) a feeling that all is not well, but you continue anyway, as if you were "magnetically" drawn down that dark path. You feel fated – that you must surrender to that destiny. Metaphysical events can occur, like transfigurations, previous-life dramas being played out, and astral-sexual phenomena. Although intriguing, this *spiritual test* determines if you are ready to take your next evolutionary step.

Transcendent Love

In this category, we find two possibilities: The *Guru/Student* relationship and the *Twin Flame*.

Guru/Student

Guru/Student associations have been around for thousands of years. In the purest sense, they are holy. They focus on the spiritual development of the student, which is how these unions are traditionally understood. The guru, however, grows too. Here you can experience astral phenomena and even higher-dimensional events (higher than the astral plane). Unlike Enchantment though, these experiences are uplifting, evolutionary, and illuminating.

Whether intimacy enters the picture depends on the spiritual discipline being practiced and other factors. The guru and the student are often Soul Mates.



Twin Flames

Twin Flames are perhaps the most sacred and, philosophically, the most controversial. I've read a dozen different opinions about what they are. In this model, they reflect the underlying oneness of the universe. Before I explain this relationship though, we should first explore its metaphysical framework.

Spiritually, at the highest level of Creation, everything is one: it's all one thing. Even science supports the "All One Thing" theory, which gives it real-life credibility. Although we are all one, the separation of forms is obvious to our senses: that you and I exist as

individuals is undeniable. Some call this separation an illusion, which it might be; yet, everyone experiences it, so we could just as well call it reality.

In any event, if "it" is really "all one thing," then at some point it must have divided itself into the zillion different forms we see — you, trees, the sun, and the seas. The process of dividing itself apparently happened in steps over billions of years. For instance, at first it split into two, and then went from two to fifty, then from fifty to a million — or however it works. Forms evolve and diversify. The universe becomes more complex as time passes.

At some point in the time line, a spiritual entity projects its consciousness into a physical body. Loosely, it's like a ventriloquist throwing his voice into a puppet. Most religions call this projection a "soul," which is a form of consciousness. We are spirits — higher-dimensional beings — experiencing third-dimensional reality in a human body. If all this were true, what would prevent a spirit from projecting its consciousness into more than one body during the same period?

When a spirit decides to project its consciousness into two bodies, they could meet and form a relationship. They would be Twin Flames. The partners could have totally different backgrounds and personalities; yet, something inside them would find the deepest resonance and irresistible longing for each other. Twin Flames represent the purest intimate relationship — organic and natural — and it gives them the opportunity to experience unconditional love.

Both the Guru/Student and Twin Flames unions have profound, evolutionary effects on those involved. They differ from other relationships in their depth, degree of surrender, and level of honesty and openness. This is lose-your-mind crazy love.

CONCLUSION

Every level of relationship has something to offer. We can learn from them all. It's doubtful that we can summons a Sublime relationship into existence by our personal will: These are inscribed in the Book of Destiny. Perhaps the best we can do is to behave as well as possible in whatever relationship we are in. If the relationship is satisfying, then who needs to change? If we are not satisfied, then we can remember that change is the one constant in the universe. If we are ready, the next step will appear.

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Blessings of Adversities

By Dr. P.C. Simon

When calamities come our way, we are resentful. We get annoyed even at petty things. If Jesus Christ had not been crucified, he would have died as an old prophet and would have been forgotten long ago.

Stephen Hawking, British theoretical physicist, would not have achieved such popular prominence for his work in the field of cosmology if it had not been for Amyotrophic Lateral Sclerosis, his affliction. In an autobiographical note on the internet Hawking wrote, "Before my condition had been diagnosed, I had been very bored with life. There had not seemed to be anything worth doing. But shortly after I came out of the hospital...I suddenly realized that there were a lot of worthwhile things I could do. I found to my surprise that I was enjoying life in the present more than before...it shows that one need not lose hope."

But consider how Othello, the black Moor, captivated the beautiful Desdemona. She sat at his feet and urged him to tell her his adventures and heroic deeds. What were these adventure stories and heroic deeds? They were nothing but adversities, tribulations, and catastrophes during which he cheated death many times. At the time of those adversities, Othello did not think that those events were of any use. But having gone through them, he was proud to tell his hair-raising stories.

There are two ways we can reduce the adverse influence of the catastrophes we face. One is to recognize them as challenges and opportunities to display our metal and the second is to build a conviction that we are always

challenged to the maximum of our capacity but never beyond. That means that we will be able to overcome the situation. Success is assured provided we play our part. This is not only true with human beings, it is true with plants and animals. Those who have seen paddy transplantation, as I have done, will know that the seedling is uprooted, taken off the water bed, and left on dry soil for two or three days. If the plant has any sensitivity, and it has, it will feel a sense of threat to life when the roots start to dry. When it is replanted into the soil, it sends roots deep down into the soil with double vigor. The plant grows and yields sometimes eight to ten times as much rice as a plant that was not transplanted.

As a bacteriologist, I had the opportunity to check similar capabilities of bacteria. I have found them respond to danger to their life with increased activity. Whenever I increased alkalinity of the medium in which they grew, they produced more acid to counteract the adverse effect of alkali. The more alkali I added, the more acid they produced.

Newton never would have become the scientist he became had it not been for the bully seated next to him in the last row in grammar school. It was the custom in the school to be seated according to the students' standing in the class, the bright ones in the first row and the dull ones in the last row. This bully was slightly brighter than Newton and much stronger physically. Unable to stand his persistent bullying, Newton, with a much smaller stature, but with greater courage and determination, accepted the physical challenge and one day banged the bully's head against the wall of the church. Having defeated him

physically, Newton decided to beat him intellectually which he did. In a few days, Newton was at the top of the class.

Had it not been for his imprisonment, St. Paul would not have written the fourteen epistles. Had it not been for the imprisonment of John Bunyan, he would not have authored "Pilgrim's Progress". Had it not been for his fall from a horse we would not have had Tolstoy's "War and Peace". Had it not been for the early blindness that seized Helen Keller, she would not have been able to contribute so much to improve the plight of the blind. Had it not been for the early blindness of Louise Braille, Braille would never have been invented. The life stories of all successful men are studded with challenges and adversities. Therefore, what matters is to have confidence that every problem has a solution, accepting the situation and finding ways to overcome it.

My own encounters with adversity are not many but the few were critical. One was my miraculous escape from being killed in the conflict between the Tamils and Singhalese in Sri Lanka. Not only did I escape with my life but it resulted in my migrating to Canada which was one of the greatest blessings of my life. Another incident was when my house burned down. I could not understand the reason but after three years, when I had to replace it with a new house, I realized what a blessing it was that the house burned down. If it was not for the fire I would still be living in the old house which was built in 1903. Instead, I had to construct a new house and during the process it so happened that I found out I could construct a three story apartment with a beautiful view of the ocean, the thousands of sea birds, the sailing vessels, the Alaska cruisers and an income to meet all my needs.

I find an easy way out of such situations. That is to build simple consciousness. It is the same as Jesus said, "I do, not what I will but that of my Father who sent me". Similarly, I take all my business as a partnership between God and me. I do my part and leave the rest for Him to do. If He does not do, I don't get worried because I know for certain that He has a very good reason though I do not understand the reason. So, I share my burden with Him. It makes it much easier. Our consciousness that we are an instrument of the creator gives us peace of mind.

Finally, the measure of our lives is not the amount of wealth we accumulate during our lifetime nor how long we live but how we live. When we contribute to the well-being of our fellow men we vicariously enjoy their joy and happiness. Seeing the joy of others because of our contribution is true joy. We do not live for ourselves, nor does any living thing, even the trees and the animals. Everything has been created for the benefit of other creations. The earlier we recognize this truth the better it is for then we can make a conscious and willing contribution. Paul Ehrlich, the pioneer in immunology and chemotherapy, said "Waste not one hour because there is never time enough to accomplish the things demanded of you by humanity."

Gaston Berger said, "I shall miss of earthly life neither power, which is displaceable, nor pleasures which are frail. Only shall I miss my fellow beings. Two things are precious, the first is love and the second, far behind, is intelligence. Furthermore, love and intelligence are very close to him who understands." He lives indeed a blessed life.

Death

By Dr. P.C. Simon

Everybody thinks that death is the greatest calamity. That is not true. This article will prove that death is a "blessing" if we have the proper knowledge. What is death? It is a complete and permanent separation of consciousness from the body.

The medical profession defines death as the cessation of heart beat, respiration, muscular movements, absence of reflexes, and a flat Electro Encephalogram as a result of brain death.

The time lapse between brain death and official recognition of death varies considerably in different countries. In France death is officially recognized only after 48 hours of brain death, 24 hours in the United States and Canada, and 5 minutes in Russia.

Though the brain dies in five minutes, other organs die at different rates; the heart in fifteen minutes, kidneys in 30 minutes. Skin can be used for graft after 24 hours, bones after 48 hours and arteries after 72 hours. The ability to recover and re-use organs, modern diagnostic systems, life support equipment, and procedures such as renal dialysis, and cancer radiation therapy, have extended considerably the Biblical life span of three score and ten.

Apart from the physical aspects of death, there is the psychological dimension, which affects both the dying person and those associated with him/her. Very few persons escape the fear of death and anxiety from the review of his/her past life.

It varies from person to person.

Except those suffering from agonizing pain, it is nearly always impossible to get prepared for death and for the unprepared, death can resemble a terrible calamity. It is like a fall into an abysmal hole.

It can be fear of hell or fear of separation from the dear ones, wife, children, father, mother or relatives. It can be the agony that he is leaving his wife and children without adequate provision. It can be regret for unfinished business and for wasted time. For this reason awareness of the oncoming death gives opportunity to get prepared for death.

Elizabeth Kubler-Ross, a Swiss psychiatrist recognized before death, five stages such as denial, anger, bargaining, depression, and acceptance. Anger gives rise to rage, envy, resentment and a feeling of "why me?" After a little while, he/she tries to change the mind of the Creator by bargaining, "If I change my mind and ways of living, will I get an extension?" Then again, the doubt comes. "I may not get an extension", and depression sets in with a feeling of, "No use of struggling" and finally, the fifth stage of acceptance is reached. Acceptance is associated with hope, anguish and fear.

A psychological dimension also affects those associated with the dying person. The wife and children question the dying person. "What is going to happen to us, who will take care of us? How can you leave us as orphans and go". It is the evaluation of their life without him/her. They may also begin to ponder about their own death.

For a doctor, the death of his patient can produce a feeling of personal failure. "I should have known better and tried other remedies." To the surgeon, it is a nagging question as to whether he did the right thing or not.

The nurse thinks, "Did I neglect to call for assistance in time, should I have called the doctor a few minutes earlier?"

The minister ponders, "Did I fail to pray for his recovery. Do I lack faith. How is it that God did not hear my prayer?" Death comes to us in many ways. Accidental death, prearranged death, suicide, genocide, abortion, capital punishment, sudden death, peaceful death, murder, euthanasia, war, pestilence, and natural calamities are some of the means of our departure.

Accidental death may sometimes be painless because of its suddenness. But it takes away the opportunity for us to think of our past life and forgive those that offended us and seek compromise with those whom we have offended. In that respect, even painless sudden deaths are undesirable for it is essential that we die peacefully after compromising with our errors and enemies.

Some people like Vivekananda and others died smiling while some others like Stalin and my aunt De Koning died displaying great fear, and anxiety. They were terror-stricken. Why were they terror stricken? Because their consciousness convicted them of their own deeds and the hatred they held for others. They did not know that the creator is infinite, unconditional love.

Very few of us know when we will die but there are exceptions. Emmanuel Swedenborg, founder of the

Swedenborgian Church used to live with the Shearsmiths in England. Elizabeth Reynolds was their maid who attended on Swedenborg during his stay there. Three weeks before his death, Swedenborg was pleased to tell her that he would die on March 29, 1772. When he told her about his death, he appeared to be so happy that she thought that he was talking of going on a picnic.

On March 29th Sunday, 1772 at 5 P.M. both Mrs. Shearsmith, his hostess, and Elizabeth, his nurse were at his bedside when the bell tolled at the church for vespers. He asked what time it was. Elizabeth said it was 5 P.M. He said, "thank you" and died.

Another example of someone who foretold his death is Arnold Schoenberg, Austrian-American composer, in Brentwood California who had a long fascination for numerology. He calculated that he would die on July 13, 1951 at age 76. That whole day he stayed in bed. A few minutes before midnight his wife Gertrude entered his bedroom to convince him that his prediction and numerology were wrong. He said harmony and died at 11.47 P.M.

Myrtle Filmore, co-founder of Unity Church, bid goodbye to her staff at Unity Office two weeks before her death. She was 86 and had worked for Unity for 45 years, ever since she had been healed of tuberculosis at an early age. She spread the concept of her affirmative prayer, "I am a child of God, therefore I do not inherit sickness." She wished to see her 50th wedding anniversary. A few days after the 50th anniversary, in 1931 in the pink of health, she went and bid goodbye to Earnest Wilson and other fellow workers. When they insisted that they need her to carry on the office administration, she told them that her husband

would be with them and that she would help from the other side and declared the matter closed.

On Sunday, her friends Tesla and Harold Landon were with her. Myrtle told Mrs Landon that she (Myrtle) would die in a day or two She died that Tuesday. Bernie Siegel, a surgeon at Yale University Medical Centre wrote that his grandfather, at the age of 91 asked his family, "Get all my friends together and get me a bottle of schnapps. I am going to die tonight. "To humour him, the family complied. That night, after the party, he went upstairs, laid down and died."

How did these people know the time of their death, sometimes days ahead of time? This is a puzzle to all of us. But I believe that the dying person determines the time of his/her death. It is a subconscious decision of the individual and not one made by someone other than the dying person.

Some dying people are held back from death by the well-wishes and prayers of their friends and relatives. Rev. Hayden Stewart, my good friend, mentor, founder of the Mirari group and Minister of the Ecumenical Church in Vancouver for forty years, was dying of hydrothorax.. His doctor told him that if the fluid was not extracted daily, he would die in two days. After about two weeks of daily extraction of accumulated fluid, Rev. Stewart sought permission from his relatives and friends to die. He asked his physician to stop the extraordinary effort to keep him alive. He died in two days. During the time of his death, a group of ravens frequented the apartment where he was and made a lot of raucous noise. They came down to the verandah and perched on the door, a strange behaviour they had not displayed before or afterwards. Again, on the

day his body was being removed to the cemetery, some ravens flew down, made a lot of noise and sat on top of the hearse for some distance. I have a vague feeling that it is his consciousness that attracted the ravens or was it due to some other extra ordinary circumstance? According to some belief systems ravens are messengers of death!

Another example of well-wishers delaying death is that of Sister Freda. Sister Freda, a Ceylon Pentecostal Missionary who was responsible for my conversion to Pentecostalism was sick in bed during the late 60's. She was ready for her transition but the believers in Mattakkuliya Faith Home in Colombo sat around her sick bed and prayed for her recovery. Therefore, she remained in this condition for about a week. Neither side was winning. Finally, she told the people who were praying for her recovery that it was wrong to do so because of her advanced age. She told them "Please let me go. Pray for my transition" and they did. Within a few hours she was gone.

The conscious mind will not give up its desire for physical existence until it has completed all desires. If we do not accept death, we will suffer pain, which will induce us to long for death. If the subconscious mind is not ready to give up life, death will be delayed.

Patricia Weenolsen, psychologist wrote in *"The Art Of Dying"*, "The evidence shows that we have more control over these final moments than we think. We may be able to postpone death until our daughter's wedding or our grandsons' graduation"

If we are too much attached to our material possessions, or to our children, we may not die easily. There are many instances where mothers cling to life until their children or

grand children arrive at their bedside. When their wish is accomplished, they transcend.

Conversely, death can be hastened. When one member of a loving couple dies, the one left behind dies within a short period even though they had been in good health until then. This must be action of their minds. Since they lost their companion they are willing to quit and that is what happens.

Some people prepare for death. An example is that of my wife's grandfather. He used to go to bed daily by midnight. One night at 2 A.M. his wife noticed light in his room. She peeped in and saw that he was still on his knees at his bedside praying. The next morning, at about 11 A.M. long past the hour of his breakfast, she went to wake him up. She found him lying on the bed with his face covered. It was not his habit to cover his face while sleeping. He was dead. She concluded that his extended prayer was in preparation.

Father Murray Trelease, a Catholic priest for the Alaskan villages, told of individuals who called him to come and give them Eucharist so that they can die. He wrote that most Indians in Alaskan villages would send word for him to come and conduct a service at which all friends and relatives will participate and, after the service, the person for whom the prayers were offered will die in a few hours. Sometimes his invitation will come from family members or a nurse. But most often it was the person who was going to die who made elaborate arrangements and sent the invitation. Trelease was at a loss to understand how they knew the time of their death. One such case was that of Sarah.

Old Sarah called Father Trelease two weeks ahead by radio and asked him to come on a particular day with three of her family in Fort Yukon. Then she asked him to go to another village and bring her son whom she had not seen for ten years.

During the morning she prayed for all the members of her family. At noon they had a great celebration of Eucharist in her cabin. She enjoyed the whole service and partook in the singing and prayers. Then all left. At six in the evening she died. For the next two days the entire village turned out for her funeral. They cooked food, which Sarah had bought for the occasion. He wrote, "Sarah's dying was a priceless gift to all of them"

How did Sarah know the time of her death? This is the wrong question because it implies that someone else is determining the time of her death. The right question is, are we able to determine the time of our death? I believe that Sarah decided when she wanted to die and did it according to her plan. The creator being infinite unconditional love has given us the freedom to select the time of our departure.

Many of those who died in accidents and battlefields were brought back to life by the Herculean efforts of the paramedics. If paramedics were not there they would not have survived. However, many who were revived, were angry with paramedics for having brought them back. They loved what they saw on the other side and wished that they never came back. Dr. Sherwin B. Nulland in his book *"How We Die"* says that psychologists interviewed 102 survivors of life-threatening injuries and illnesses. Forty-nine had near death experiences. They described peace and well-being leading to separation, entering the

darkness, seeing the light and entering the light. Some experienced a review of life events, meeting with a presence, spirits of departed loved ones, and for some reason making a decision to return.

Raymond Moody Jr. wrote that several people have told him that, during their encounters with death, they had brief glimpses of an entire separate realm of existence in which all knowledge of past, present and future seemed to co-exist in a timeless state. Alternately, this has been described as a moment of enlightenment in which the subject seemed to have complete knowledge...because they were in a place of knowledge, "it was like they knew all things"

Dr. Kubler-Ross and Dr. Raymond Moody have indicated that at the time of death all the events of life will come as an instantaneous panorama so that we recall what we did or missed doing. Some have visions of apparitions of near relatives coming to receive the sick. This is a sign of approaching death. Even when the medical prognosis is recovery, such patients die sooner than expected.

Osis and Haraldsson the famous pair who got the money from the will of the Arizona miner, who willed his estate to photograph the soul when it leaves the body, found a significant number of cases where patients died in accordance with the "call" of apparitions. They recorded about 1000 deaths some of whom were ardent atheists and some agnostics. Many of them showed a mood elevation and reported that spirits of loving relatives, angels or some sympathetic spirits were, welcoming and guiding them into the other world.

Russel Noyes Jr. in "*Frontiers of consciousness*" wrote about the death of one woman. He wrote that a few minutes before her death attendants noticed a glorified expression on her face. Her action was perfect and she conversed pleasantly and intelligently. After saying a few words she turned her head upon her pillow as if to sleep. Then unexpectedly turned back, with an exceedingly brilliant and beautiful glow in her features; her eyes sparkling with singular vivacity. At the same moment with a tone of emphatic surprise and delight, she pronounced the name of a person dear to her, dropped her head on the pillow and died.

On the night of January 12, 1924, Sir William Barrett's wife, a physician specializing in obstetrical surgery, rushed home from the hospital to tell her husband something very special that had happened to her that day. She told him, "I was called in to deliver the child of Doris and the baby was born safe but Doris herself was dying. Doris looked eagerly towards one part of the room, a radiant smile illuminating her whole countenance." "Oh, lovely, lovely" she said. "I asked, What is lovely?" "What I see" she replied in low, intense tones. "What do you see", I asked again. The reply was "lovely brightness, wonderful beings." Then she focused her attention more intently on one place for a moment and she exclaimed with a kind of joyous cry "Why, its father! He is so glad I am coming. He is so glad. It would be perfect if only W. would come too".

Her baby was brought for her. She looked at it with interest and then said, "Do you think that I ought to stay for baby's sake?" Then turning to the vision again she said, "I can't stay. If you could see what I do, you would know I can't stay."

Apparently the young woman saw something so real she was willing to give up her life and her own baby. By this time her husband had come in and she said to him "You won't let baby go to anyone who won't love him, will you?" Then she gently pushed him to one side saying, "Let me see the lovely brightness." How one dies, how long one is sick, how long under delirium or coma are all programmed by the dying. There is no accident. Nothing, but nothing, happens without a reason. We may not know the reason for a long while.

Each creation has a function to perform. The Creator wants his creation to continue to exist. For this reason all creations whether plants, animals, birds, insects, or microbes, have to procreate. When they have raised enough progeny, they have accomplished their function and can quit. In the case of human beings, in addition to creation of progeny, they have to help one another. The function of the Bodhisattvas is a good example. Revealing to others the truth one has received as Mohammed, Buddha, and Jesus, did is another function.

We can die when we have finished our assignment. We are given the freedom to select our own assignment. But very few do. The result is that when we are about to die, we have not finished our work. We see very few exceptions like St. Paul who said: "I have fought a good fight; I have finished my course, I have kept my faith. Henceforth, there is laid up for me a crown of righteousness. For now I am ready to be offered and the time of my departure is at hand." (2 Timo 4.6-8) The best allegory about when one has to die is illustrated by the film, "Lilies of the Field", acted out by Sydney Pottier. He believed he came to build a chapel for the nuns. When that was finished, he told them in spite of their protests and grief that he has to move on.

Our life on earth is very similar. When we have finished our function, we have to go. It has been my experience, when I was working in the garden to be called in by my mother for dinner. Sometimes she calls at 5 and sometimes at 6. Depending upon the work I am doing, I may tell mother that I have a little more to finish and that I will come in just a few minutes. Thus, when my work is finished I go for dinner. To me, death is like this call for dinner.

Death is preordained along with birth for population balance. Population balance is essential for existence of the universe. If there are too many herbivores, they will deplete the vegetation. If there is no vegetation the herbivores will perish and subsequently the carnivores will die without food. Therefore death is necessary to maintain the balance of population.

The creator has given life to all living beings. Once given it does not belong to the giver. Therefore it cannot be taken away without the permission of its owner. We think that the creator can do everything. Not true. He cannot tell a lie. He cannot do injustice and so on.

Death will not come until the subconscious mind is ready to give up life. The conscious mind may yearn for life except when there is severe bodily pain. But death does not come if subconscious mind is not ready to give up life because it is still harbouring either fear, anger or vengeance.

How should we Die? We should die with equanimity with knowledge that God is infinite, unconditional love, and that after having finished our assignment we are going to

join with him for eternal rest. Then we will not be afraid and on the other hand we will be happy to join Him.

If one wants to live for a longer period, he can, provided that the work he is doing is so important that he has to complete and no substitute is available. He should be diligently working at it. Under these conditions he does not even become unduly old. He usually appears to be much younger than most of his fellow men of his age.

An inherent function of life is to exist. Therefore, yearning to live is the nature of life. When death arrives, the being undergoes the agony of death or mortal agony. Mortal agony is only for those who are not willing to die. For those who long to die, death causes no agony.

For those human beings who have accomplished all their goals in life, when the call comes they do not go through the agony of death. The death of the saint is like sleep.

I believe that, in the case of men and women, joy and sorrow, pain and pleasure are more psychological than physiological. They are attitudes of mind. If you long for rain you will be happy when it rains. Likewise if you long for union with the universal Being, you will be ecstatic at the moment of transition and will not go through mortal agony.

We cannot avoid death but we can avoid fear of death. People are afraid to die because they do not know the infinite un-conditional love of God. If we knew, we would not be afraid to join him. Out of infinite love, God gave us an opportunity for a separate existence, a short period of independence from an endless eternity. We are created out of His substance. He is enjoying vicariously all what we

do. We should be only too glad to join Him. Sweet is death for those who have developed a close association with the Universal Being.

From a spiritual perspective, death is a transition of the soul from a physical body into a spiritual realm. This transition has advantages and limitations. It can be compared to travel by auto and by air. Auto can stop almost anywhere. Airplane needs an airport. When in the body we can use our hands, legs, tongue and eyes. Spirit can use only "thoughts". But by thought we can do more than by hands and feet.

Death for human beings is joining the spiritual group and eventually with the Creator of the universe. Reuniting with the Creator from whom we arose is like moisture vapour rising from the ocean as clouds and returning to the ocean as raindrops.

Death is not a punishment for sins; if it were, plants, animals and infants would not die for they commit no sin.

Eliza R. Snow wrote:

Then at length when I have completed
 All you sent me forth to do,
 With your mutual approbation,
 Let me come and dwell with you.

The song writer Austin Miles composed the lyric:

I come to the garden alone,
 While the dew is still on the roses,
 And the voice I hear
 Falling on my ear

The Son of God discloses
And He walks with me, And He talks with me,
And He tells me I'm His own.
And the joy we share as we tarry there,
None other has ever known..."

Some may argue that God is a vicious monster who revels in the misery of all his creation. Even the Bible says that God is a god of vengeance. If you disobey him, he will destroy you utterly. He will punish you for your sins for seven generations. You will find no mercy in him. He asked the Israelites not to spare any living being in Jericho. "And they utterly destroyed all that was in the city, both man and woman, young and old and ox and sheep and ass with the edge of the sword". The god of Israel is a partisan god, a god of Israel and not the God of the gentiles.

Some resist death. Some die suddenly, some after prolonged suffering. Some wish that they would die, but death evades them. Some die young and some grow old. Some remain in coma for a short period and some remain in coma for a very long period.

Within the great divine plan, our mind has all the powers of the creator. It can postpone death, die when we want, maintain our peace of mind, be happy and loving, and have a wonderful life and eventually join Him in eternity. Nothing in the universe will ever be destroyed. But there will be changes occurring constantly. There is nothing more permanent than change. When a gold chain is melted and made into bangles, it is only a change of shape that has taken place. Energy has taken the shape of different objects. The shapes of objects change but the energy is the same. Even when different atoms combine, they change their association and not the essential quality of each atom.

We know that death is a promotion from the physical to the spiritual, from the earthly to ethereal, from the paltry to the noble, from the limited to the unlimited. When we know that God is unconditional love, we will be glad to join Him instead of being afraid. Then transition of the soul from the physical into a spiritual is a blessing, a cause for joy.

Dr. P.C. Simon, Author

'The Missing Piece to Paradise'

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My UFO Experience

By Douglas Taylor

The first question that arises about the UFO phenomenon is subjective: Do you or do you not believe in the reality of extraterrestrial life? To my knowledge, there is no concrete, physical evidence to prove that we are being visited, yet national polls have indicated that half of all Americans- over 100 million people-believe that extraterrestrial intelligence does exist.

Personal experience is certainly the greatest validation of belief, yet is generally difficult, if not impossible, to prove to a skeptical, closed-minded individual. My own personal close encounter inside a starship falls into this category. I was given an incredible, illuminating, never-to-be-forgotten contact aboard a starship in 1978 when traveling in the Caribbean islands. I had no previous interest in UFOs, although I was open to the idea and at the time studying and reading about the many different concepts of metaphysics.

One night, after a good day surfing in the sparkling clear Caribbean waters, I lay down on my bed to go to sleep. Before falling unconscious, I began to feel a very unusual spinning sensation. It felt as if my entire body was gyrating in countless cyclic patterns - a very unusual and stimulating sensation. As my mind began to clear after this experience, I suddenly became aware of myself standing inside what I assumed was some type of spacecraft. Incredulous with my present situation I received a mental greeting. "Yes friend you are truly with us. Now allow your mind to relax, and we will be most happy to shed some light on your present predicament..." My mind was reeling in the most tremendous state of

mental excitement and anticipation I had ever experienced!

The surroundings in which I found myself were pulsating with a brilliant luminosity that was literally emanating from everywhere about me. And here, directly in front of me, was a group of seven beings, both male and female, standing around and manipulating what appeared to be some sort of control panel. One particular soul, human in appearance and dressed in a pure white space suit, was looking at me with the most intense, penetrating eyes I had ever seen. He seemed to be able to pierce directly into my mind - and I knew this was no "human being," in my normal frame of conception. There was a beautiful glow surrounding all of these beings and I noticed such a warmth and tremendous sense of peace that was in stark contrast to the absolute excitement I felt as I began to truly realize: I was standing inside a starship from some distant planet!

Again my lighted host directed his thoughts into my mind, and I calmed down a little. "Please feel comfortable, my friend, as we are your brothers and wish only to make you feel at ease, so that you may gain some benefit from this encounter. "You are one of many that we are contacting in this way, so as to let our presence be known upon your Earth-to prepare the people for the future plan that is beginning to unfold. I can see that your mind is bursting forth with questions, but please relax and I will attempt to answer your queries."

"Your people of planet Earth have yet to realize that intelligent life is teeming, virtually throughout the universe, in advanced civilizations and levels of development that would completely defy description. The countless billions of stars that appear in your

astronomers' telescopes are only a fraction of the overall magnitude of Infinite Creation - a Creation that had no beginning nor will there ever be an ending, as all worlds, stars, and even galaxies function in the orderly pattern of cyclic regeneration." "We come from a planet outside your solar system, the name of which would mean nothing to you. "

"As you can see, our craft is formed from a crystalline material that seems to sparkle and glow, emanating a soft but brilliant, phosphorescent-like illumination. This material is actually similar to your diamond, only in a highly refined form with certain electromagnetic properties that your most advanced scientists are unaware of. "In the central portion of our cylindrical craft, you will notice a tube like configuration that runs vertically through the entire diameter of our starship. In this tube, you see a brilliant, pulsating, golden substance that is fluctuating iridescently in the various colors of the prismatic spectrum; this is the heart of our propulsion system.

Through a process that would be difficult for you to understand, a sort of generating device begins an oscillation with this brilliant substance. It is actually light plasma that polarizes our craft in a positive to negative phase reversal pattern; in other words, the electromagnetic properties of this plasma regenerate into an intense, high frequency condition. This begins a chain reaction in which the entire atomic structure of the craft is now vibrating in harmonic resonance with this initial chain reaction.

Our starship is no longer subject to the physical laws of gravity and inertia, as we have passed beyond that particular frequency spectrum. "In a way you could say

that our ship is propelled by light radiation, although it is a much higher frequency than the visible light spectrum. So we travel on the electromagnetic radiation bands that crisscross throughout the cosmos, and only when we get to our particular destination or planet do we again change our craft back to its more gross, atomic form. Then, through a simple magnetic process of attraction and repulsion, do we land or depart from any particular point..."

My mind was staggering under the excitement of the mental discourse I was receiving; yet, in my heightened state of awareness. I seemed to understand the knowledge that was being imparted to me. With his eyes sparkling mischievously, my guide continued his elucidation's. "I can see in your thoughts that you feel you can comprehend the workings of our starship; but please realize, I am speaking directly into your mind, your mental self, so the more primitive elements of your nature are being set aside for the time being. And rest assured, friend that there is much, MUCH to learn and experience, and we should never feel that we know it all, as this will block the path for future knowledge.

"The workings of our starship function according to certain principles that could be likened to the very movement of Creation itself. As all energy moves in waveform patterns, so do the countless thoughts that course through your mind move and function in this same manner and way. What to you appears to be fantastic or unbelievable, to us is a reality that we have included in our own particular realizations and concepts. As you see us as fantastic beings, bordering on the limits of your imagination, in actuality we are humble participants - riding the life stream and helping our brothers in lesser states of awareness to awaken to their true nature. We are

truly brothers to humanity, and are looking forward to the near future, when your people can accept us and desire us to land our spacecraft on your planet's floor, so that you, to, can join with us as working members of this great Cosmic Mind.

As I had been listening intently for about fifteen minutes to this incredible mental discourse, I now found myself losing my grasp on the heightened and elevated state of mind I was so enjoying up until now. As I looked at these beautiful radiant beings standing in front of me, projecting such serenity and sense of peace and at the same time a truly advanced intelligence, I began to feel very primitive in comparison. I was like a savage in the jungle in relation to these benevolent beings, and my mind rapidly sank into the pits of self-pity and depression.

As I looked up at the Brother who had been communicating with me up until now, I saw him glance over at one of the female crewmembers that now looked directly into my eyes. I stood transfixed, looking into the eyes of the most beautiful angelic woman I had ever seen, I literally felt a beam of pure loving compassion surge into the depths of my being immediately lifting me up again into the positive elevated state of mind I had initially been experiencing! I knew then that these advanced extraterrestrial beings did not judge me according to my limited belief system of comparisons. But they were only interested in my own benefit and welfare.

Again I felt the mental prompting of my host, who I assumed to be the captain; "Now friend we must return you to your proper location and bid you adieu..." "Please wait! Can I go with you!" "No friend, our world would be impossible to you. But rest assured, with your dedicated

efforts to integrate yourself into this great plan, you may someday come with us... "

"May the Light of the Infinite Creative Intelligence always guide your footsteps; farewell until a future time." I once again felt the unusual, gyrating and spinning sensation described at the beginning of my encounter, and I found myself fully awake, lying on my bed, with a crystal clear memory of everything that had just transpired. I felt sure I had just experienced an actual encounter with extraterrestrial beings.

As I now reflect back on this experience, some sixteen years later, I feel very fortunate to have been contacted in this way. It was not long after this encounter on the Caribbean Island of Puerto Rico, that I began having many psychic experiences that shook me loose from many of the limited and rigid thought patterns that for the most part are all based on the fear of the unknown.

I began allowing myself to be guided more and more by my own intuition. At age thirty having never painted or been involved in creative expression of any kind, I awoke one morning with the desire to draw a starship. I began to feel a beautiful uplifting transcendence every time I sat down to paint and now consider artistic expression to be a large part of my life's work.

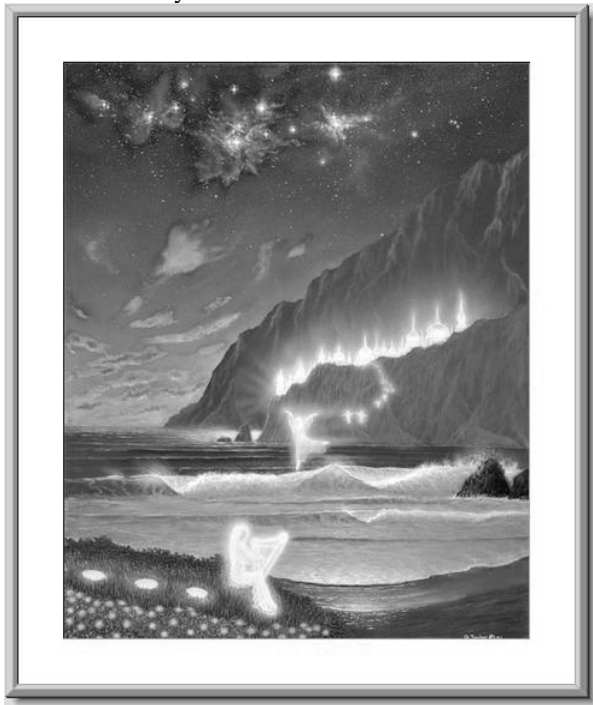
I have related my UFO experience to thousands of people in the past sixteen years on television and radio shows and encountered many skeptics, some very hostile. But every time I have an opportunity to relate about my experience, I again feel the beautiful transcending state of mind that has become so familiar to me in the many years since my original encounter, and I know the truth will someday be made known...

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Art by Douglas Taylor from his UFO Experience!

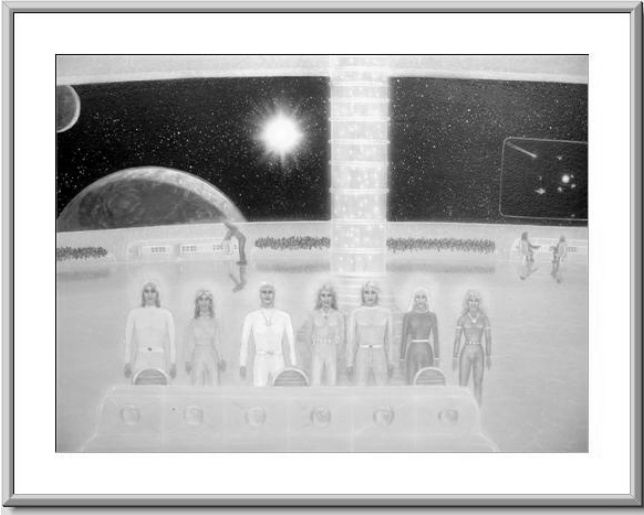
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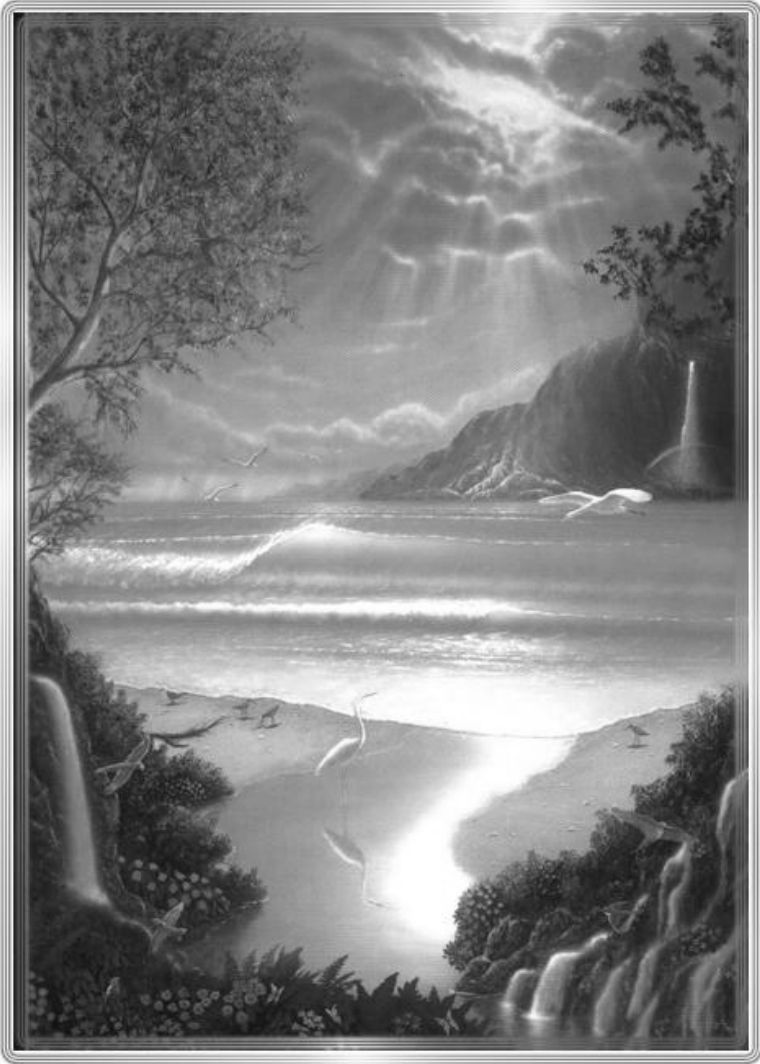
Primal Forces



PleiadianParadise



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The Out-of-Body Travel Foundation Journal:

A Menage of Wonderful Writers and Artists!

Issue Four

The Out-of-Body Travel Foundation!

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Author, Marilynn Hughes

Photo by Harvey Kushner

The fourth issue of the 'The Out-of-Body Travel Foundation Journal' is simply a menage of wonderful writers and artists!

We begin with an art piece by 'myth,' entitled 'Dreamcatcher.' Then, Author, Marilynn Hughes, introduces 'A Menage of Wonderful Writers.' In our Question and Answer Section, we delve into those on the threshold of out-of-body experience who are having trouble crossing the divide into full travel. In our 'Different Voices' section, we feature a variety of writers on different subjects; Michael Lamas takes us into the complex life of human relationships, a retired microbiologist who has set up thousands of scholarships for children who live amongst the poorest of the poor writes on the Blessings of Adversity and Death, Dr. P.C. Simon. And we feature an amazing UFO experience had by Douglas Taylor and follow it up with some of his astounding visionary artwork from the experience!

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