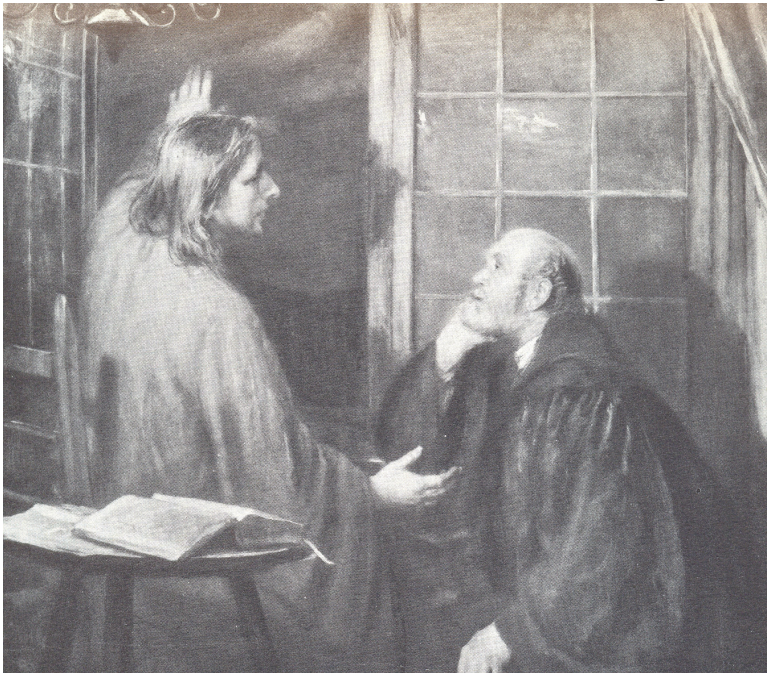


*The Out-of-Body Travel Foundation Journal:*  
*The Importance of the Seven Virtues and Vices in Understanding*  
*the Practice of Out-of-Body Travel!*  
Issue One

By Marilyn Hughes

*The Out-of-Body Travel Foundation!*  
[www.outofbodytravel.org](http://www.outofbodytravel.org)



*Christus and Nicodemus, By Fritz von Uhde*

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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](http://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:**

**Come to Wisdom's Door**

**How to Have an Out-of-Body Experience!**

*The Mysteries of the Redemption*

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For More Information!

**CONTENTS:**

*The Out-of-Body Travel Foundation Journal:*  
*The Importance of the Seven Virtues and Vices in Understanding*  
*the Practice of Out-of-Body Travel!*

<i>The Importance of the Seven Virtues and Vices in</i> <i>Understanding the Practice of Out-of-Body Travel!</i>	5
<i>Question and Answer Forum!</i>	10
<i>Other Voices!</i>	17
<i>Bibliography</i>	25

*The Out-of-Body Travel Foundation Journal:*  
*The Importance of the Seven Virtues and Vices in Understanding*  
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 By Marilyn Hughes

*Why would our first issue begin with a discussion of the seven virtues and vices in relation to understanding a mystical experience such as that found in Out-of-Body Travel?*

*It is because our goal in this exercise is not the experience of Out-of-Body Travel itself. Out-of-Body Travel and Mystical experience is NOT our end. Purification and sanctification of the soul, union with God . . . is our end. Out-of-Body Travel and Mystical Experience are just a couple of means in which the Lord sometimes so deigns to utilize in assisting those who love Him to reach Him in His Almighty Holiness which is so far removed from ourselves and our world as to be unattainable without the divine pleasure.*

*These words of Charles Sheedy sum it up best:*

*"Of course it is true that Religion is not mere knowledge, it is much more a matter of action. In fact, religious knowledge, without religious action, is no good at all. 'Be ye doers of the word, and not hearers only,' says St. James. Religion is a man's response to God, his worship of God. Religion is the service of neighbor when he is in need. Again St. James: 'This is religion true and undefiled before God; to aid the widows and orphans in their tribulations and to keep oneself unspotted from this world.' Above all, Religion is love, first the love of God, and then the love of neighbor for the sake of God. If anybody keeps the two great commandments of the love of God and of neighbor, with all that they imply, then he need not worry about his religion; it is all right.*

*Well then, if love is all important, why this emphasis on knowledge and on scientific knowledge at that? Because of two*

reasons. First, a reason based on human psychology: we cannot love what we do not know, and the more we know the more we ought to love. If we know a lot about God, we ought to love Him all the more . . .

We ought to know our faith as well as we can, be able to explain it, and to defend it in case of need. There is an idea around that religion is not worthy of serious intellectual attention. It is considered more as a matter of feeling, of sentimentality. A man will say, "It so happens that I am not religious," just as he might point out that he does not care very much for fishing or for chocolate ice cream. Thus he carelessly disregards the all-important truths which Christ has taught us, for which He died on the Cross.

Here is a good place to say that we must make every effort to keep distinct these three different ideas: 'Knowledge,' 'love,' and 'feeling.' Knowledge is man's highest power, the act of his intelligence, aimed at the possession of the truth. Love is an act of man's free-will: it always involves a choice on his part, and it is aimed at the possession of the good. Feeling is an act of man's emotions, his sense-drives, and it is aimed at sense-satisfaction, pleasure and the avoidance of pain. Only men are capable of knowledge and love; but animals as well as men have emotions and feelings.

Obviously, knowledge of God and love of God must enter into genuine Religion. Emotional feeling enters into Religion, too - it is helpful, useful, may at times be necessary. For example, the 'peace of mind' we sometimes feel at Mass, or after Confession. But emotional feeling is not essential to Religion, as knowledge and love are. Sometimes our love of God will urge us on to keep loving Him, and serving Him, and obeying Him, even when our feelings may be running in quite an opposite direction

...

Theology, then, as Cardinal Newman says, is the Science of God, or the truths we know about God put into system.' Thus theology differs from 'common knowledge,' the bits of unrelated information that the man in the street may have. It is a science.

*It is organized knowledge. Theology has its principles; from the principles it deduces certain conclusions, according to a scientific method; and its findings are brought together in one organized body of knowledge.*

*Theology is either natural or supernatural, depending on whether we can learn its subject matter through our own unaided reason, or whether we need God's help in the form of revelation."*

*The Christian Virtues, A Book on Moral Theology for College Students and Lay Readers, By Charles E. Sheedy, C.S.C., S.T.C.,  
Dean of the College of Arts and Letters, University of Notre Dame, University of Notre Dame Press, 1949*

*With this in mind, we must begin our preparation and search towards this elusive mystical experience we seek, with the content of fine character in which to begin. For the Lord our God is not impressed by mighty mystical works, but by humble acts of human virtue and morality.*

*And if we are to approach the throne of the almighty and holy God, we must begin to 'become ye perfect as your heavenly father is perfect.' (New Testament)*

*When beginning to enter into the spheres of the mystical kingdom, we will not be greeted only with grand vistas of knowledge and love, but with reproach. We will be given guidance as to how our paths must be turned, altered and relegated to a higher place of love before the Lord can take us ever further. If we are to wish for the experience of the Almighty, we must be prepared to do as He asks of us, which will be great. Because no man is without the stain of sin, and the purpose of our journeying is to change those things within our karmic configuration and our habits and vices which hold us down in this mire of confusion and false doctrine; by holding fast to those falsehoods, we make the experience of true mystical knowledge utterly impossible. For the only way to*

*approach such a holy throne, is by becoming that which we seek.*

*For those who seek the knowledge and experience of God, you must begin the process of letting go of all that you are as a separated identity personality, and begin to embrace that which has been required of all true mystic hearers from throughout the ages. And that is to change . . . the greatest obstacle for all humankind.*

*So to begin, I'd like to remind us all of the virtues and vices which we must begin to examine and ask all of you to then (if you have not already done so) download 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' and follow the way . . .*

*"Human Virtues are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. They make possible ease, self-mastery, and joy in leading a morally good life . . . the moral virtues are acquired by human effort. They are the fruit and seed of morally good acts; they dispose all the powers of the human being for communion with divine love.*

*Four virtues play a pivotal role and accordingly are called 'cardinal,' and all others are grouped around them . . .*

*Prudence is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it . . .*

*Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbor. Justice toward God is called the 'virtue of religion . . .'*

*Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good . . .*

*Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods . . .*



*The human virtues are rooted in the theological virtues which adapt man's faculties for participation in the divine nature, for the theological virtues relate directly to God . . .*

*Faith is the theological virtue by which we believe in God and believe all that he has said and revealed to us . . .*

*Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit . . .*

*Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God . . ."*

*The Catechism of the Catholic Church, Article 7, The  
Virtues, Libreria Editrice Vaticana, 1994*

*And as we may imagine, the seven cardinal and theological virtues have their enemy in the seven deadly sins: Gluttony, Lust, Greed, Pride, Sloth, Vanity and Avarice.*

*It is our duty and our call at this juncture in our journey to begin to identify that which remains within us that is not of God. In order to bring about the great cataclysmic profound moment in beatific vision before God, we must first take on ourselves and all that lies within the deep.*

*Marilynn Hughes  
www.outofbodytravel.org*

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

Please Send Your Questions to:

**[OutofBodyTravel@aol.com](mailto:OutofBodyTravel@aol.com)**

*For Future Inclusion in this Section!*

**Question from Charles Gardner:** Is astral projection real in so far as, can you say travel through the earthly realm. For example, I told my wife to throw something [without telling me what it is] on the roof of our house, and that I wish to astrally travel there and see what it is, so I can tell her, which would be proof that it was not just a dream. Any comments.

**Question from Larry Kennedy:** Is there a way that you have been able to verify that your senses, and perhaps intelligence, is traveling, rather than dreaming? Just wanted to know if you have obtained "external" verification of OB travel. For example, did you make "contacts" (with people or things) which you verified after being back in body?

*Marilynn: Absolutely, Yes. I have had innumerable experiences where I have been able to describe places, events, objects, etc. after returning from the out-of-body state. However, I always stress to those interested in this that there is a faulty assertion in this technique. Although it can and has been done on innumerable occasions by myself and many others, the astral world and various realms beyond, above and below, have different laws of existence. It is always possible that you can see different aspects of a reality when you in an out-of-body state.*

*For instance, you might see things that are present in the spiritual world in that sphere of space, but do not yet have a manifest point of identity in the physical realm. In other words, you may see a whole lot more in the spiritual dimension overlapping our own than is present in the physical. So, yes, you can do this. But remember that the laws of every realm of existence are not contingent upon the scientific laws of a three-dimensional reality. Once you enter multi-dimensionality, you enter a whole new world which operates from a multi-dimensional set of laws, rather than three.*

*Beyond this, however, I also wanted to mention that there is a much more important thing that has happened to me innumerable times that can verify these experiences.*

*I'm a mother of three, and as a mother, I'm always trying to make sure my kids are on the right road of life, so to speak. For eighteen years, I have had uncountable experiences where I have been shown things within the interior of my children's souls which required action on my part. I've been shown when they've lied to me, or done something that I had not yet heard about. The Lord has shown me interior virtues and/or vices and what He required of me to alter that pathway towards Him and de-energize that to which they were headed.*

*These experiences, in my view, are a much more valid way to attempt to legitimize these experiences because they involve the secrets of the heart.*

*This has happened also with innumerable people the Lord has led me to guide or instruct. And the bottom line is that they can't keep secrets from me for long, for the Lord will reveal the hidden truth below the surface.*

*It's gotten to the point with my children that when I return from such an experience, I merely have to say to them, "Okay, the Lord spoke to me about you tonight. What do you think He might have wanted me to know about?" They don't even try to lie anymore. I say to them, "I already know, but it would be better if you told me first, before I had to tell you."*

*I believe this experience that I've had and others have talked about of being shown the interior workings of the heart, the interior workings of virtue and vice as we discussed in this issue in particular is an even more important gauge and way to show the experience as valid.*

*But, yes, to your question. External verification is possible, has been done by myself and many others throughout time and history.*

*Thank you, Larry and Charles for your questions!*

**Question from Charles Gardner:** I had two out of body or astral travel experiences both on the same night then nothing, no matter how I try. I have astral traveled twice on the same night about three weeks ago, but since....nothing. I have tried the Monroe technique, roap, breathing etc and all I can get to is a great deal of relaxation but no vibrations and no astral travel. Can you suggest an easy but good technique to use. Any pointers on a simple, yet sure fire way would be appreciated.

**Question from Tammie Gorsuch:** I want to learn astral projection more than anything. I've tried so hard, but can not seem to achieve it. How can I learn? Is it possible that I will never have the ability or can anyone learn?

*Marilynn: The first thing I'd recommend in beginning to learn is to go to our website at [www.outofbodytravel.org](http://www.outofbodytravel.org) and download the book, 'Come to Wisdom's Door: How to Have an Out-of-Body Experience.' This book takes you through the stages and steps you need to follow to prepare your soul for such a journey. But I wish to warn you, it will not be filled with magical or physical world techniques, because the attainment of this state is not something to be manipulated, forced or pushed.*

*It will give you sound principles of ascetical and mystical theology taught by the saints and mystics from throughout history and from every religion and age.*

*As you begin to practice these things, it's very important to detach yourself from feeling that having the experience itself is the point or purpose of the exercise.*

*It is absolutely possible that you may never have the ability. It is my view that many people can learn, however, the experience is given according to the will of God in His time and under His conditions and only if He so chooses. And He doesn't choose this gift for everyone.*

*Remember the passage in the writings of St. Paul in the Christian Bible about the Body of Christ? The Lord spoke through Paul of the gifts of the spirit that we can receive, and how they are one and many, but that not each of us will possess each gift. We will possess the gifts that God intends for us to fulfill that which He chooses for us to attain.*

*So I'm going to recommend that you combine a Christian teaching with that of a Zen Buddhist one. Practice the way taught in 'Come to Wisdom's Door: How to Have an Out-of-Body Experience!' But then, completely detach from whether or not it will ever bear fruit.*

*In Zen, the goal is the way . . . not the destination, my friend.*

*Charles, I wanted to address your situation in particular. It is VERY common that when such experiences begin to occur that there can be great lags of time between experiences. Remember the Lord is your Master and Guide, and He will take you on this journey at the pace that He knows will work for you, not necessarily at the pace you'd prefer. Trust God, and continue your efforts, and then let go. For the goal is the way, not the destination.*

*Thank you, Charles and Tammy, for your questions!*

**Question from Lisa Johnson:** I currently have many OBE's and started a blog and currently writing a book about my experiences and where they are taking me and why. I would love to read about others and their ideas.

*Marilynn: Lisa, we would love to share your experiences and I would ask you to consider sending any part of your experiences and/or what you've written about where they are taking you and why to [OutofBodyTravel@aol.com](mailto:OutofBodyTravel@aol.com). These are exactly the kinds of things we'd love to be sharing in our section on 'Different Voices!'*

*May I also suggest that you go to our web-site at [www.outofbodytravel.org](http://www.outofbodytravel.org) and download 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism.' This book is the first in a series that relates my experiences along with a great deal of information from ancient sacred texts from every world religions throughout time.*

*Another thing you may wish to take a look at would be our twelve-volume series: 'The Voice of the Prophets: The Wisdom of the Ages,' and 'Near Death and Out-of-Body Experiences (Auspicious Births and Deaths): Of the Prophets, Saints, Mystics and Sages in World Religions.' These will introduce you to the teachings and experiences of our greatest mystics throughout the world*

*and throughout time. It can be VERY important for us to be open to gleaning from their words and experiences as travel our own path. For they have already walked this road we now tread, and their words are a guide for our hearts.*

*Thank you, Lisa, for your question and we hope to read more of your experiences in upcoming issues of our journal.*

**Question from Aubrey Bryant:** I lucid dream very frequently and have attained partial separation of the astral from the material. Any thoughts?

*Marilynn: Absolutely. Because of your question, I've chosen an article written by author John Stone on Lucid Dreaming for our 'Different Voices' section of the journal in this issue. And I'd like to reiterate the same thoughts to you that I shared with Charles and Tammy and ask you to download 'Come to Wisdom's Door: How to Have an Out-of-Body Experience!' at [www.outofbodytravel.org](http://www.outofbodytravel.org). And of course, to tell you to consider your daily practices of prayer, contemplation and meditation as the goal, which is the way. Be present now in your spiritual life and allow this spiritual seed which has been consummated within you to gestate and experience its birth in its own time.*

*Thank you, Aubrey, for your question!*

*To wrap up this section, I wished to share this which I felt very appropriate to the questions asked of us in this issue.*

*"Two points you must notice about natural hope. One is that there is a certain amount of selfishness mixed up with it. We hope to get something for ourselves, something we consider as good for us. Is this element of selfishness a bad thing? Well, you try sometime to desire something which you think bad for yourself, and in no way desirable at all. It's a psychological*

*impossibility. The other point to notice is that hope requires confidence, either in ourselves or in somebody else, and our hope will be all the stronger as we have greater confidence in the power which we expect to pull us through. No one would try to swim the English Channel if he had spent his whole life in the shallow end of the pool with the learners' class.*

*From this little analysis of hope as a natural human emotion, we can see that hope answers to one of humanity's most basic needs, the craving for the possession of what is good, the eager striving towards what is perfective of self. In the theological virtue of Hope, this craving is satisfied in the highest possible way; the Good for which we strive is the possession of God the Supreme Good, and the power upon which we base our confidence is not that of our own puny efforts, but that of the Divine Omnipotence itself, the Power of God, Who wills that all of us should be saved."*

***The Christian Virtues, A Book on Moral Theology for  
College Students and Lay Readers, By Charles E.  
Sheedy, C.S.C., S.T.C., Dean of the College of Arts and  
Letters, University of Notre Dame, University of  
Notre Dame Press, 1949***



*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](mailto: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!**

# Lucid dreaming

**By John Stone**

Often revered by sages and shaman as a deeply spiritual visionary experience, the elusive lucid dream is not so uncommon in this new age of light.

As we enter into the millennium, we find ourselves at the doorstep of a golden age of awareness, with our soul already having completed much of the internal work necessary to transcend the earth's heavy dimension. We are now knocking upon the door of communion with worlds beyond.

Awareness in a lucid dream, much greater than even an unusually vivid dream, rivals or exceeds the consciousness found in the daily awake state, and offers the dreamer a new dimension of experience. Inspirations for artistic creations, additional life choices, or a meeting with a deceased loved one, are a few of the many gifts we may find within the dream world.

Many of the gifts needed for experiencing lucidity and out of body travel often come quite natural to spiritual seekers, but refining these gifts remains the responsibility of the dreamer. Finding one's centermost core, touching the delicate center of trust and oneness within the soul brings many rewards—gifts of remembrance of nighttime travels that are too often forgotten by the conscious mind.

What might we do to facilitate lucidity?

Moments of solitude, contemplation and introspection can bring great healing to a soul, and it is through healing that this natural ability of visionary dreaming returns. Lucidity is often lost at a young age, taken from the child that must endure life in harsh surroundings, punished by the world for its uniqueness. Lucidity is a gift that returns—with the acceptance of ones individuality.

Techniques of journaling, dream analysis, vision questing, bodywork, drumming, fasting and many other forms of expression bring about the natural alignment of the etheric bodies, alignments of awareness that allow the memory of our nighttime activities to seep into the conscious mind—as having a lucid dream is not an activity that you must achieve. We don't have to worry about creating the experiences; it is merely about *remembering* them.

The intensity of the challenges in our lives often deplete spiritual light from our essence, leaving our souls thirsty for truth and longing for the forgotten memories of the other worlds. But by choosing a path of seeking, we may find that the necessary tools for healing always exist with any challenge. And of the many modalities for restoring hope to a soul, journaling can be one of the most powerful.

The energy created by writing about oneself, is that of digging beneath the surface, exposing wounds that allow a seeker to more clearly see internal injury and suffering. And it

is this vision that ultimately perpetuates healing, allowing light to naturally, unconsciously and automatically replace what was once darkness—as opposed to a conscious effort of trying to pull light into the body. This indirect method allows one to raise their vibration while grounding deeply in the earth in a very balanced way—with a person retaining more control over their choices.

When I first began to journal, at the insistence of my Shaman teacher, I spent the allotted time with my notepad recounting the events of the day. But as I progressed and the years passed by, I found a more direct approach for my efforts. Rather than spending my energy physically writing, I found more expression contemplating the day's events, while allowing my pen to focus more upon writing about my frustrations. In this way, I began to reach deeper into my core fears, resulting in more time to contemplate the self-imposed limitations in my life.

Of course this can be frightening initially, until one realizes that fear exposed to light soon dies. And it is perhaps not something that is moved toward swiftly. At first, I spent only a few moments a week journaling, but as I grew in confidence and the ability to actually expose and release unconscious fear, I soon found great enjoyment in these moments of solitude—the resulting freedom so liberating that journaling became one of the most important activities in my life. I found that in exposing my fear and suffering, I was opening a door for its release from my body. Although it took many months before I consciously found this healing, over

ten years later, I still find it an essential part of my life.

As our consciousness lifts and we begin to take our destined places in the world, mystical expressions begin to weave their magic through us and into the environments in which we live. As if being rewarded for our perseverance, our memory continues to open, eventually enabling us to receive more conscious support from dimensions beyond. What types of experiences might we expect?

Once after falling soundly asleep, my light body leaving my physical body in bed, I found myself quite conscious and drifting though the back wall of my home. Making my way into the backyard, I was now standing in front of a row of daffodils. Marveling at the intensity of the experience, I fully realized that I was *out* of my physical body.

In a state of consciousness that far exceeded my normal daily experience, my eyes widened in amazement—I was now focusing on a faerie hovering just above a daffodil. Her cute and petite figure, barely five inches in height, was held tightly in a sphere of yellow energy.

Also in their light bodies (astral), two neighbors stood nearby but were unable to perceive the faerie. As their eyes met my own, they unconsciously sensed the amazing event that I was experiencing and a slight tension wracked their bodies, pulling my own spiritual vibration downward. Turning back to the faerie still hovering in my garden, she now

appeared semi-transparent, but still remained within my perception.

Leaving me slightly disappointed that she had almost disappeared from my vision, her own excitement was not hindered, and she began to race upward in flight before turning to fly horizontally in a circle several feet above our heads. Whizzing around and around within the small opening in the trees, she expressed the purest joy at the excitement of being seen and acknowledged by a human.

This experience profoundly influenced my life. Even the air had consciousness in that moment, enabling me to perceive a dimension and truths that most often stay far beyond my awareness. Earth spirits often remain with us, yet it is our ability in a moment to transcend the earthly physical experience that allows this great magic to be revealed. I perceived her, because I could first feel her presence, and I could feel her presence, because of the wholeness returning to me—a gift of my seeking.

As we heal and find a deeper trust in ourselves, and oneness with our surroundings, we allow our memories to the surface—often along with many forgotten dreams and desires. It is the acceptance of our inner sense of direction that brings us closer to our innate powers, as we allow intuition to become master over our lives. It is then that our wisdom may more fully return, bringing with it the knowledge of our most passionate longings.

Learning to bask in moments of solitude is one of the most powerful tools in reclaiming this lost power of our nighttime travels and remembrance—is *only* a dream away.

**John Stone, a native and resident of Texas, teaches classes on vision questing, lucid dreaming and out of body travel, and has recently authored *The King of Camelot*, a metaphysical book about the life of King Arthur. ([www.thekingofcamelot.com](http://www.thekingofcamelot.com)) He can be reached at [dreamclasses@yahoo.com](mailto:dreamclasses@yahoo.com)**

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**www.outofbodytravel.org**



**Author, Marilyn Hughes**

*Photo by Harvey Kushner*

The first issue of the 'The Out-of-Body Travel Foundation Journal' discusses the importance of the Seven Virtues and Vices in understanding the practice of Out-of-Body Travel, as well as, answering some questions about who can have these types of experiences and whether they can be verifiable by exterior physical means! Excerpts from the 'Catechism of the Catholic Church' and 'The Christian Virtues: A Book on Moral Theology for College Students,' By Charles Sheedy are highlighted. Our special 'Different Voices' section in the issue contains an article on Lucid Dreaming, by author John Stone.

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'Lucid Dreaming'

*John Stone*