

Methods of Paranormal Contact

By Marilyn Hughes

The Out-of-Body Travel Foundation

<https://outofbodytravel.org>



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Other Books by Marilyn Hughes:

The Mysteries of the Redemption

A Treatise on Out-of-Body Travel and Mysticism

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Methods of Paranormal Contact

Introduction

Included is a list of common non-physical contact modalities, ways in which people can engage in paranormal experience with the spiritual world. These are all connected with one another and can be interchangeable modalities within the spectrum of the paranormal contact experience. As a soul opens up to the spiritual world, any combination of contact can be present or interchangeable in the communication they may receive over the years to direct or guide them. Although they are all connected, and that similarity is absolutely present; do not

mistake that for the experiences being 'the same' or identical as they are not. For instance, there is a vast panorama between remote viewing and out of body experience. They are not the same thing by any means, they are worlds apart. This does not in any way diminish or aggrandize the value of either. Each holds their place in the world of paranormal contact. You can read more about this in the book 'Out-of-Body Travel, Astral Travel and Remote Viewing: Definition, Similarities, Differences, Spiritual Potential and Related Hierarchies,' by Marilyn Hughes.

This is a very cursory overview and look at these methods. To learn more about all of them, please read 'The Hammer of

Mysticism: Encyclopedic Journey into Out-of-Body Travel, Mystical Processes and Terms

NUMBER ONE

1. **Near Death Experiences** - As first defined by Dr. Raymond Moody in 1975 in his book, 'Life After Life', experiences which occur at the time of a person's clinical death which reveal aspects of the afterlife experience and a variety of sub-clinical findings including but not limited to: Ineffability, Hearing the News, Feelings of Peace and Quiet, the Noise, the Dark Tunnel, Out of the Body, Meeting Others, the Being of Light, the Review, the Border or Limit and Coming Back.

Thousands of People have reported having Near Death Experiences which completely change their lives when they return from them. Some of the characteristics of their new lives include less interest in the material world, a more charitable spirit, a sense of purpose for their lives and a desire to do good thing which will benefit others.

NUMBER TWO

2. **Past life recall** - From *'The Hammer of Mysticism, by Marilyn Hughes* "The Remembrance of past lives . . . which can be on this planet or any other. And . . . they can be from the past *or* the future. One of the common misperceptions is

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

From 'The Secret Doctrine of the Rosicrucians,' Magus Incognito, 1918

"The Rosicrucians teach that these seven planets of our planetary chain are closely linked and connected by subtle etheric forces, and that there is a constant etheric current passing from one to the others and flowing ever through the entire circuit. These connected planets constitute the chain of worlds which is

the series of homes of the individual soul, and the circuit of which is travelled by all individual souls. Not only does each individual soul now on earth reincarnate a number of times on this planet, but in the course of the ages it progresses to the next highest planet, just as in ages past it has progressed from the next lowest one. And this round of the chain of planets has been made several times by the human race in some form of existence, and will be made again several times.

The planets of this chain of worlds are not identical in composition and nature with the earth; on the contrary there is a wide difference between the several planets in this respect. The earth is not the highest in development in this chain, but on the contrary is far down on the

scale, although there are others still lower. The progress of the souls around this chain of worlds, however, is not merely like a circle in which the soul travels from the lowest to the highest, but is rather according to the plan of the spiral, in which the journey always returns to the starting point, but on a higher plane of activity." *From 'The Secret Doctrine of the Rosicrucians,' Magus Incognito, 1918*

NUMBER THREE

3. **Mysticism** - *From the Catholic Encyclopedia, A. Poulain, Robert Appleton Co, 1912* "Mystical theology is the science which treats of acts and experiences or states of the soul which cannot be produced by

human effort or industry even with the ordinary aid of Divine graces. It comprises among its subjects all extraordinary forms of prayer, the higher forms of contemplation in all their varieties or gradations, private revelations, visions, and the union growing out of these between God and the soul, known as the mystical union. As the science of all that is extraordinary in the relations between the Divinity and the human spirit, mystical theology is the complement of ascetical, which treats of . . . perfection and of its acquisition by the practice of virtue, particularly by the observance of the counsels . . .

What strictly comes within the province of mystical theology is the study of the processes of active and passive purification through which a soul must pass to reach the mystical union. Although the active processes are also treated to some extent in ascetical theology, they require special study inasmuch as they lead to contemplation. They comprise: purity of conscience, or aversion even to the slightest sin; purity of heart, the heart being taken as the symbol of the affections, which to be pure must be free of attachments to anything that does not lead to God; purity of the spirit, i.e. of the imagination and memory; and purity of action. It is to

these processes that the well-known term "night" is applied by St. John of the Cross, since they imply three things which are as night to the soul in so far as they are beyond or contrary to its own lights, viz., the privation of pleasure, faith as substituted for human knowledge, and God as incomprehensible, or darkness, to the unaided soul. Passive purifications are the trials encountered by souls in preparation for contemplation, known as desolation, or dryness, and weariness. As they proceed sometimes from God and sometimes may be produced by the Evil Spirit, rules for the discernment of spirits are set down to enable directors to

determine their source and to apply proper means of relief, especially should it happen that the action of the Evil One tends to possession or obsession." *From the Catholic Encyclopedia, A. Poulain, Robert Appleton Co, 1912*

NUMBER FOUR

4. Out of Body Experiences - *From 'The Hammer of Mysticism, by Marilyn Hughes* "Out-of-Body Travel is a form of inter-dimensional travel which can involve travel to the infinite realms of higher, middle and lower vibration; the heavens, purgatories and hells. It can also include travels to places within the mortal realms, the realms wherein the

battles between good and evil reside (dimensions three and four).

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

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

- 1.) Becoming conscious while sleeping.

- 2.) A strong vibrational impetus felt both physically and spiritually.
- 3.) Many voices speaking all at once.
- 4.) A huge noise, like the sound of a jet engine right next to your ear or a freight train.
- 5.) An awareness of the separate nature of the spirit from the body, sometimes a 'falling out' of the body either entirely, or in portions, i.e. a hand or a leg.
- 6.) Most people, but not all, will experience a sudden connection to the Divine which emanates into their soul as an overpowering and unconditional love, and a sudden understanding of all mysteries. But it is this unitive love which often overwhelms the soul, as it cannot imagine the Love of God

without a gift from the Holy Spirit and it is all encompassing.

- 7.) The actual experience of separating from the physical body and witnessing the two distinct identities of the spirit and body.

Afterwards, Out-of-Body Travel can then commence into simple mortal realm travel, of the earth - or fourth dimensional travel, Astral Travel - or multi-dimensional travel, Out-of-Body Travel. It can progress into much higher spiritual understandings and visitations if the experiencer remains open to the promptings of the will of God in the process." - *From 'The Hammer of Mysticism, by Marilyn Hughes.*

NUMBER FIVE

5. Remote Viewing - *From the Controlled Remote Viewing Manual, Attributed to Ingo Swann, Major Paul H. Smith and other Writers, Public Record of the DIA* "The name of a method of psychoenergetic perception. A term coined by SRI-International and defined as "the acquisition and description, by mental means, of information blocked from ordinary perception by distance, shielding or time . . . b. Coordinate Remote Viewing (CRV): The process of remote viewing using geographic coordinates for cueing or prompting.

Remote Viewer: Often referred to in the text simply as "viewer," the remote viewer is a person who employs his

mental faculties to perceive and obtain information to which he has no other access and of which he has no previous knowledge concerning persons, places, events, or objects separated from him by time, distance, or other intervening obstacles.

Monitor: The individual who assists the viewer in a remote viewing session. The monitor provides the coordinate, observes the viewer to help insure he stays in proper structure (discussed below), records relevant session information, provides appropriate feedback when required, and provides objective analytic support to the viewer as necessary. The monitor plays an especially important role in training beginning viewers.

Descriptions:

Remote Viewing Session: In a remote viewing session an individual or "viewer" attempts to acquire and describe by mental means alone information about a designated site. The viewer is not told what the site is that must be described but is provided a cue or prompt which designates the site.

Session Dynamics: In conducting a coordinate remote viewing session, a remote viewer and a monitor begin by seating themselves at the opposite ends of a table in a special remote viewing room equipped with paper and pens, a tape recorder, and a TV camera which allows either recording for documentation, or monitoring by

individuals outside the room. The room is homogeneously-colored, acoustic-tiled, and featureless, with light controlled by a dimmer, so that environmental distractions can be minimized. The session begins when the monitor provides cueing or prompting information (geographic coordinates in this case) to the remote viewer. The remote viewer is given no additional identifying information, and at this point has no conscious knowledge of the actual site. For training purposes, the monitor is allowed to know enough about the site to enable him to determine when accurate versus inaccurate information is being provided. The session then proceeds with the monitor repeating the prompting information at appropriate intervals and providing necessary

feedback. The remote viewer generates verbal responses and sketches, until a coherent response to the overall task requirement emerges.

Post Session Dynamics: After the session is over, the remote viewer and monitor obtain specific information about the site in picture/descriptive form. The remote viewer and monitor then discuss the session results.

Background: In early 1980, an SRI - International (SRI-I) subcontractor developed a training procedure known as Coordinate Remote Viewing to satisfy R&D demands on SRI-I to enhance the reliability (scientific replicability) of remote viewing (RV). The subcontractor's approach to improving the reliability of RV was to focus on the

control of those factor that in his view tend to introduce "noise" into the RV product (imaginative, environmental, and interviewer overlays). The basic components of this training procedure consist of:

(1) Repeated site-address (geographic coordinate) presentation, with quick-reaction response by the remote viewing; coupled with a restrictive format for reporting perceived information (to minimize imaginative overlays).

(2) The use of a specially-designed, acoustic-tiled, relatively featureless, homogeneously-colored "viewing chamber" (to minimize environmental overlays).

(3) The adoption of a strictly-prescribed, limited interviewer patter (to

minimize interviewer overlays). The training procedure requires that the trainee learn a progressive, multi-stage acquisition process postulated to correspond to increased contact with the site. At present there are six "stages" of training. In general, these stages progress as follows:

(1) "Stage I" sites (islands, mountains, deserts, etc.).

(2) "Stage II" sites (sites of quality sensory value--sites which are uniquely describable through touch, taste, sound, color, or odor—such as glaciers, volcanoes, industrial plants, etc.).

(3) "Stage III" sites (sites possessing significant dimensional characteristics such as buildings, bridges, airfields, etc.).

(4) "Stage IV" sites for which the trainee begins to form qualitative mental percepts (technical area, military feeling, research, etc.).

(5) "Stage V" sites for which the trainee learns to "interrogate" qualitative mental percepts in an attempt to produce analytical target descriptions (aircraft tracking radar, biomedical research facility, tank production plant, etc.).

(6) "Stage VI" sites which involve the trainee in direct, three-dimensional assessment and modeling of the site and/or the relationship of site elements to one another (airplanes inside one of three camouflaged hangars or a military compound with a command building, barracks, motor pool, and underground weapons storage area).

.'' - From the Controlled Remote Viewing Manual, Attributed to Ingo Swann, Major Paul H. Smith and other Writers, Public Record of the DIA

NUMBER SIX

6. Shamans and Shamanism - *From 'The Shamans of Prehistory,' Jean Clottes, David Lewis Williams, 1998*
"Shamans are "ritual practitioners in hunting-and-gathering societies who enter altered states of consciousness to achieve a variety of ends that include healing the sick, foretelling the future, meeting spirit animals, changing the weather, and controlling real animals by supernatural means"

From God's and Myths of Ancient Europe, H.R. Ellis Davidson, 1964 "The

shaman acts as intermediary between the world of men and the gods, and has the power to descend into the realms of the dead. His spirit is believed to journey forth from his body, which remains in a state of trance. Sometime the long journey which it takes is described by him in a chant. Sometimes he induces the conditions of ecstasy by beating his drum or by an elaborate and exciting dance"

NUMBER SEVEN

7. **Channeling** - *From 'The Free Dictionary' by Farlex, "Professedly entering a meditative or trancelike state to convey messages from a spiritual guide."*

Channeling is not something I personally recommend to anyone as it is the invitation of an unknown entity into your person which is never advised.

Firstly, you can never know the nature, good or evil, of the entity in which you invite. However, a good entity would never have a desire to enter your person, nor a need to do so. So the very procedure is suspect at best.

There are subtle ways to receive which don't involve such full immersion and it has always been taught to me by the great masters who have come to me in the spirit, as it is also taught in the ancient sacred texts, to veer away from these types of communications.

NUMBER EIGHT

8. **“Spirit world” communication** - (which includes the perception of “ghosts”, apparitions, poltergeists; engaging in directed communication with the “dead” via talented psychics and intermediary technologies) - *From “The Hammer of Mysticism, by Marilyn Hughes* “Ghosts are the souls who have died and have been unable or unwilling to go onto the next life after death. This can be related to attachments they have to people they love or hate, or to duties they feel that they have not yet finished, desires to fulfill relationships that were left unfinished before their death, sometimes profoundly traumatic events, a horrific memory can hold a soul to the earth as a ghost as can another horrific

spirit who either passed before or after them who seems to wish to keep them captive.

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

The primary issues as related to typical Ghosts/Lost Souls in what is required to help in crossing them over are 1.) helping them to accept their deceased status, 2.) listening to whatever it was that happened to them at the moment of death or during life 3.) making them feel safe with you in that you do really empathize and understand their trauma, 4.) making them aware that God still loves them despite the mistakes of their past life, 5.) making them aware that they have Guardian Angels on stand-by who will escort them to the next world as soon as they raise their vibration enough to become aware of them, able to see them, and able to respond to them. 6.) Releasing them to the Celestial Hierarchy.

Now, some Ghosts are not going to be

going to heaven. Some are going to be escorted to hell . . . and such as these will require an entirely different mechanism to assist their departure to worlds in which they remain compatible.

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

Ghosts and lost souls can range from purely lost spirits, to wandering souls who are literally just confused . . . to purely evil and demonic souls.

Wandering spirits, ghosts and lost souls are very often tapped into by those who consult with illegitimate mediums into the spirit world. This can consist of those who have not been properly mystically

and ascetically trained through the Higher Celestial Forces of the Law, and therefore, their gift of spiritual seeing would not be properly configured within the Law of the universe, the moral law, eternal law, etc. Without this, they could not give valid assistance to those on earth, earthbound, or lost in the spirit, and they make themselves and others open to the demonic, as well.

Ouija boards are another avenue wherein such spirits often congregate. Angels don't respond to such things, they respond to legitimate and persevering prayer.

Such things will only draw those who either intend to confuse, look upon confusing those below as something fun to do, or those who are actually leaning

more towards the demonic looking for a body to inhabit, obsess or possibly even possess.

Remember, ghosts, lost souls and wandering spirits, purgatorial spirits - cannot tell you anything that you would need to know.

Only angels could do that, and they are reached in an entirely different manner .

..

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

constructs and physical requirements as do we.

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

Scientists are understanding this multidimensional layer. In the sciences related to the quantum field (which takes into account the understanding of the particle and atomic form of energy as being the emergent and evolutionary force for all energy fields) they are discovering what mystics have known for thousands of years.

In order to properly understand this, you must know that in the physical universe, physical matter is the primary element of

our life form beyond the spirit. But not all life-forms operate under these principles.

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

Those who reside in the multidimensional spheres above us reside in higher and finer frequencies of light, and they are beyond the war of good and evil within themselves and on the ground. Those spheres expand in proportion to their ability to take on and become higher and finer frequencies of the pure and holy love of God, that

which is eternal. And by the very nature of taking on this vibration of love, this vibration of knowledge, their actual structure is altered into various manifestations of light.

For instance, the Golden Angels in the twenty third dimension are made up of entirely high and fine light. They are shaped much as we would imagine a human being with angel wings, but they are all energy, fine particulate light. When you gaze upon their countenance, your spirit is frozen in awe because they have captured within their essence something so beyond and so above that which we know, there is a certain sense of awe and sacredness which comes upon us and throws us to our knees.

Many beings in the higher and highest

spheres will demonstrate their vibrational standing by the manner in which they appear. Celestial beings are often psychedelic in nature, exhibiting the brightest and most beautiful colors, many not known to man. Many come in the form of gold or of the purest white; while others come in a finer frequency of light as their only garment. They are see-through and they vibrate with such rapidity, it appears as sparkles of light coming from an empty cavity of diverse forms of love.

The Prophets, Saints, Mystics, Sages and Ascetics from all religions and throughout time, often appear the way they did during life, but with a grand and golden aura around their person. When you meet them, they share something energetically of the knowledge that they

imparted during their earthly sojourn to these worlds below. Sometimes, they have actual words to give, and at other times, their words are communicated in energy.

These are the Great Royal Family of God, led by Our Lord Jesus Christ and they all work together for the redemption of humankind through the different religions, races, cultures, creeds and vibrations of humanity.

When you meet Christ, you will be thrown to your knees. Because He is exactly Who He said He was, and absolutely yes, Christ has incarnated in many worlds and performed the same function in the elevation of their ascension nature. And He is glorified in the galactic heavens, which lie just

beyond the black hole into the multidimensional spheres where souls from every time frame and every world gather and work together as one unity, as their creator is One unity and eternal in His and Her nature.

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

As mentioned previously regarding vibrational law, to enter into a realm

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

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

travel and multitudinous encounters with an infinite variety of multidimensional beings from higher and finer frequencies of light.

But as above, so below is a very true statement regarding the laws of mysticism and the laws of physics.

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

Purgatorial souls often appear as they would in human form (unless they came from a different race or species of being

from another world), but the sign of their primary sin for which they are being purged will show up in the reality around them. It can be present and manifest upon their spiritual form, or in the nature of the work or the punishment which they receive.

For instance, I met with some purgatorial souls who paid no heed to those who had been sent to them during their lifetimes to assist in energizing their paths forward rather than backwards. Their purgation was being lived out by having to reside in the astral or fourth realm overlapping the earth and wander the world where few could recognize they were present, and fewer still would offer them prayers or assistance in their evolutionary pathway. When they came to me they begged for prayers and

assistance to shorten their time of purgation.

Another example, would be that many who commit suicide are often given the task of watching over all who were in their care and should have remained so – but from the spirit – and this is very difficult because there are so few remaining behind in physical matter that can hear and assist them with their needs on the ground. By so doing, they learn that their lives were very important, and that it is much more difficult - sometimes impossible - to fulfill the tasks they owed to others in this life, from the spirit world because very few people can see them, and thus, they are able to offer but little assistance from the physical realm.

A lot of purgatorial spirits are in realms

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

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

But there are also realms one and two . . . and these realms contain within them those beings who have not moved

forward, but rather backwards. They have not served life, but rather death. They have not served good, but rather evil. They have not moved towards God, but rather away from God. They don't move towards creation, thrust and forward flow; but they move towards destruction, deactivation and backwards movement.

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

Mystics travel these realities and offer energetic alteration and assistance to these, as well. Aiding those in the lowest of hells to take even the slightest of steps towards an understanding of their vice

and bad will towards other men so that eventually in the circle of reincarnation they may rise again to a mortal world and seek to dispel those dark realities and actions which make them compatible such hideous and insidious realms of consciousness.

Within the corridors of these realms, you will find those of the dominantly dark within realm two, and those within the spectrum of pure evil within realm one.

These beings can appear in human form as regular people, but inside be ravenous wolves. In the mystical realms, they will appear according to the true nature of who they really are in an energetic sense; according to their vice, according to their vibration.

As such, the demons themselves often have human characteristics with the skin of a reptile and exaggerated forms of muscular strength. Often, they will have horns, tails or other signs of their infernal origin.

Satan himself is a horrid creature and rages with stench and madness. All of his minions carry a similar smell, and they ooze putrid liquids off of their skin. This is to be expected since they have defiled and misused the realm of the ethers which are that of liquid movement, and putrefied them according to their vices.

Many ghosts, lost souls and wandering spirits will appear the way they were during their lifetime, but can often carry within their energy a 'feel' of terror. This can be as a result of their nature, that of

dominant darkness or evil; or the manner in which they died.

Fire is a familiar sign with such beings. Paleness or bluishness of skin around the eyes if they manifest in a human manner; also, they are known to appear as skeletons with putrid flesh rotting off their bones and pathetic hairs barely holding onto the flesh that remains on their head.

And this is why energetic discernment is required, not optional. You cannot tell the difference between a soul who may be sending out purely evil energy due to karmic ignorance versus a soul who is pure evil, unless you have been trained in the mystical realms to discern such; and that the this gift of energetic discernment must have been given to

you by God, or the eternal. It is the only way you can truly know the true nature of a thing. Mystics call this energetic truth . . .

So, multidimensional beings range to infinity, and their spectrum and range of expression are as vast as their spectrum and range of vibrational love. As the spectrum and range of the multidimensional beings from below range as vastly as the infinite expressions of vice and pure evil descend into dense and heavy matter and the lower vibrational spheres of the underworlds." *From 'The Hammer of Mysticism, by Marilyn Hughes.)*

NUMBER NINE

9. Dreams, and the analysis of dream

imagery - From *'The Hammer of Mysticism, by Marilyn Hughes* "Lucid Dreaming is usually a *less conscious* Out-of-Body Travel Experience. As God knows how much energy you can and cannot handle at any given time, many people experience lucid dreams - sans the process of leaving the body - in order to receive the spiritual import of the message within the experience. But you may not have any conscious recall of actual separation from their body.

Lucid Dreamers also very often try to control aspects of their dreams. And this can be helpful when working to overcome psychological issues, but whence these dreams enter into spiritual

territory, it is always wisest to surrender to the will of God in such matters.

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

From 'The Candle of Vision,' George William Russell, 191, "I was led by other dreams to assume that in the heart of sleep there is an intellectual being moving in a world of its own and using transcendental energies." *From 'The Candle of Vision,' George William*

Russell, 1918

NUMBER TEN

10. Enhanced memory retrieval via hypnosis or guided relaxation - From 'Encyclopedia of Psychic Science,' Nandor Fodor, 1969 "'An empirical development of sleep' (Meiers); a peculiar state of consciousness, artificially induced, which liberates subconscious powers in the subject, puts him *en rapport* with the hypnotizer . . . execute any of his suggestions, whether hypnotic or post-hypnotic, which do not conflict with deeper instincts of self-preservation and morality, and produces strange physiological effects as anesthesia and the remarkable control over organic processes of the body. Ordinary sleep is unstable and

irresponsive, waking is easy and questions are unheeded. In hypnotic sleep, the waking stimulus are strongly resisted, the sleeper hears and answers. It's stages have been variously defined, mostly as a result of individual practice.

The three classical states of hypnotism are thus described by Dr. Paul Joire:

- 1.) Lethary, the state of complete relaxation with variable amount of anesthesia, with neuromuscular excitation as its fundamental characteristic. In this state the subject has the eyes closed and is generally only slightly open to suggestion.
- 2.) Catalepsy, the eyes are open, the subject is as though petrified in

the position which he occupies. Anesthesia is complete, and there is no sign of intelligence. Immobility is characteristic of this state.

- 3.) Somnambulism. The condition of the eyes varies, the subject appears to sleep. Simple contact, or stroking along any limb is sufficient to render that limb rigid. Suggestability is the main characteristic of this state.” **From ‘Encyclopedia of Psychic Science,’ Nandor Fodor, 1969**

“In a state of hypnosis – or a guided relaxation state which can be self induced – a person is more likely to dip into the subconscious arena of memory retrieval and pull up

memories of past lifetimes, UFO contactee experiences, lifetimes within the continuum of cellular memory or moments from their current past. These images can vary in their lucidity, and their alacrity." - *Marilynn Hughes*

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<https://outofbodytravel.org>

Methods of Paranormal Contact: Included is a list of common non-physical contact modalities, ways in which people can engage in paranormal experience with the spiritual world. These are all connected with one another and can be interchangeable modalities within the spectrum of the paranormal contact experience.

These include Near Death Experiences, Past Life Recall, Mysticism, Out-of-Body Experiences, Remote Viewing, Shamans and Shamanism, Channeling, 'Spirit World' Communication, Dreams, Dream Analysis, Enhanced Memory Retrieval or 'Hypnosis,' Somnambulism and more. (For more information - <https://outofbodytravel.org>)

