

Out-of-Body Travel

Mystic Knowledge Series

Compiled and Written by Marilyn Hughes

The Out-of-Body Travel Foundation!

www.outofbodytravel.org



(www.tripod.com)

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For information, write to:

*The Out-of-Body Travel
Foundation!*

www.outofbodytravel.org

MarilynnHughes@outofbodytravel.org

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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.

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INTRODUCTION:

The Mystic Knowledge Series is a group of compilations of the Mystic and Out-of-Body Travel Works of Marilyn Hughes on various subjects of scholarship so you may have at your fingertips all the Out-of-Body Travel Instructions on a particular area of study.

As many experiences would overlap into more than one area, we've chosen the best category for each Out-of-Body Travel Experience in which to place it in order to avoid repetition.

We hope this series helps those who are interested in a special area of study to read all the recorded mystical and out-of-body travel experiences that the author had on each subject.

These experiences are compiled from 'Come to Wisdom's Door: How to Have an Out-of-Body Experience,' 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' 'Galactica: A Treatise on Death, Dying and the Afterlife,' 'The Palace of Ancient Knowledge: A Treatise on Ancient Mysteries,' 'Touched by the Nails: A Karmic Journey Revealed,' 'Suffering: The Fruits of Utter Desolation,' and a few other published and unpublished sources.

PART I

CHAPTER ONE

Getting Out, Universal Mind, Sound, Spirit Guides, 'Physical' Senses, Thought Forms, Atonements, Lost Souls, Vibrational Raisings, Surrender, Interdimensional Travel, Energetic Aids, the Corridor and Other Tunnels of Travel.

My prayers were long, deep and arduous, like a fire raging inside my soul, wanting to know the truth of all existence. It came in the morning, like a thief in the night, without foreknowledge or preparation. Turning to get out of my bed from sleep, what *felt* like my body began vibrating at a speed indescribable in human terms. Feeling numb all over, I didn't know what was happening to me. The noise was so loud, it sounded as if I were surrounded by jet engines. I was afraid.

Lifting my arm, my hand now became two, as a light sparkling image of it moved from inside my body to the outer air. My physical arm didn't move. Rolling over,

my spirit rolled out of my body as my ethereal form bounced up to the ceiling. My body below looked like a gray clump of matter. As a fearful thought overcame me, I shot back into my physical form.

"God also decreed that the bond between the body and the divine soul should be somewhat loosened while man sleeps . . . The freed portions of the soul can then move about in the spiritual realm wherever they are allowed."

*The Way of God, Part III, Chapter I, No. 6,
Paragraphs 4-5, Page 183, (Judaism, Author:
Rabbi Moshe Chayim Luzzatto)*

Far away, but moving at great speed towards me, I stared reticently at the light that glowed before me in bed. Remaining still, there was nothing I could do. Moments later, the light permeated my soul and was within me, spurning the vibrational sensations of before. Unafraid, I had previously prayed to the Lord to deliver me from my fear, after my disconcerting re-entry within the last experience. The loud noises returned, as my body and spirit hummed to the rhythm of high intensity.

Suddenly, without any instigation, I

felt an incredible connection to all things, all life, to GOD! It was as if I now understood all the mysteries of the Universe, at least for this moment. There is a oneness between all life that I could completely comprehend and feel. Absolute calm and peace filled me in this new state of love.

Six presences appeared out of the ether, three on each side, and gently lifted me out of my body. The presences were ill-defined, only elliptical expressions of absolute light. Their love for me was so complete, that I was moved to depths I cannot explain, but I also felt God's love for me and all of creation. For a moment, I felt like I was nestled in His chest like a tiny child that He wished to form according to His will.

Reveling in this absolute love and peace, I only momentarily noticed that all my 'physical' senses - like sight and hearing - were now coming from my entire consciousness, rather than a specific vantage point of an eye or an ear.

Looking below, I saw the gray clump of matter that was my body with more interest. This sense of separation was profound, this knowledge that beyond all

doubt, I was much more than my body. Engine-like sounds of the astral plane could be felt, as well as, heard. Everything was uncomfortable because it was so new, but the all-encompassing love that filled me was the most amazing aspect of this moment.

After a short time within this immensely loving embrace, the six essences gently lowered me back into my body, decreased the vibrations slowly, and as I began waking to physical consciousness, distinctly faded away into the ether from where they had come.

***"The kingdom of God is not a matter of talk,
but of power."***

*New American Bible, New Testament, 1
Corinthians 4:20, (Christianity, Catholic, Words
of the Apostle Paul)*

Immense vibrations began again as I sought refuge into the spiritual world. Noticing my baby daughter floating on the ceiling, I instinctively realized that babies travel out of body in their early days adjusting to the physical world. Rolling over to get out of my body, I looked towards a window, realizing it would be interesting to see if I could actually get out of the room.

Movement was strained, but I quickly learned to move by WILLING it, rather than wading like water or moving some vague image of feet.

Floating towards the window, I began to permeate it, but found that the particles in solid objects were tighter vibrationally than air. Interestingly, the temperature was a constant, it did not change once I was outside, and there were two frequencies visible, a higher and lower vibration separated by a distinct line with an upside down V in the center. Flying down the street, I ended up in a neighbor's backyard watching a dog that was staring right at me and barking profusely. My neighbor appeared at the back door to calm the animal, but did not notice me.

As I thought of my home, I was immediately returned; and as I spontaneously thought of my childhood home, it appeared right in front of me empty and devoid of furniture. Indeed, our thoughts are quite powerful, for they appear in the spiritual planes immediately when we think of them. Their physical emergence takes more time, which makes us less reticent to realize the connection between

our lives and our thinking.

For a moment, I listened to the voices. I heard them every time I entered into this vibrational state even before leaving the body. It was like being in a big room where hundreds of people were carrying on conversations. Suddenly, it became known to me that these voices were actually the thoughts of humanity resonating through the ether. Many of the voices were agitated and scattered.

"Thought is inexhaustible. Since the world began, thoughts in unimaginable numbers have passed through the ether. One could not begin to count them . . ."

Man's Eternal Quest, Universality of Yoga, Page 22, Paragraph 3, (Hinduism, Kriya Yoga, Author: Paramahansa Yogananda)

Relaxing comfortably when the vibrational feelings began, I had no desire to leave my body as I was feeling so embraced by the connection I experienced with all that is. All I wanted to do was absorb this massive peace, serenity and love. Over time, I learned to call these experiences vibrational raisings, and I had them quite frequently.

Energetic knowledge was imparted

to me as I absolved myself into the ether, small keys of wisdom, and a place for me to begin my quest. Conveying to me the importance of living in the moment, a spirit voice rang in my spirit, "It's not what you are, but what you *become*."

Do not judge yourself or others, rather, learn. The past is dead, live in the present. And when mistakes are made, do not dwell on them, rather, alter them. And perhaps most importantly, be willing to see and embrace your own imperfection. For it is only in embracing our faults, that we can become capable of altering them. But all wisdom in this state is imparted by energy, it is not of words. Hours later, my peaceful soul began coming down from the vibrational state, returning me to a conscious state, changed and renewed.

"Trivial thoughts, insignificant thoughts, when followed they distract the mind. Not understanding those thoughts the roaming mind runs back and forth. But by understanding those thoughts, one ardent and mindful restrains the mind. An awakened one has to overcome them completely so they do not arise to distract the mind."

*The Udana, Chapter 4, 4.1 Meghiya, Page 56,
Stanza 1, (Buddhism, Theravadan, Words of the
Buddha)*

And so it came to pass that I was taught the ways of the spiritual body and the spirit world. All things; hearing, sight and movement, are concurred by the will, not a singular movement of a body part. In relegating from the physical to the spiritual body, you may roll out or learn to WILL yourself out of form. In time, I would learn that almost all functions in the spirit world are related to our thinking.

And the ways of the spiritual world, too, differ from our world, in that every thought you may have, manifests before you. If you think of someone or a place, you are immediately transported to that place. And because the vibrations of spiritual ether are so much higher than physical matter, you must undergo hundreds of what I call vibrational raisings, which increase your vibration on a soul level, coming via the crown or third-eye chakra, or throughout the entire body. This makes you compatible to higher-realm travel.

Later, I began having atonement

experiences with people from my past, wherein we would meet on the astral plane in a sub-conscious manner and work through any hurtful things said or done to one another. Very few people ever actually intend harm to another, it is the limited understanding that we carry within us which makes us say and do things insensitively.

Also beginning to work with lost souls, these unfortunate souls were usually unaware that they had died, and required assistance to get to the other side. These things I learned with fervor and with joy, for they were only the first steps of many required of me to continue in this journey I had undertaken in God's name.

"There is no mystery which is more excellent than these mysteries on which ye question, in that it will lead your souls into the Light of the lights, into the regions of Truth and Goodness, into the region of the Holy of all holies, into the region in which there is neither female nor male, nor are there forms in that region, but a perpetual indescribable Light."

Pistis Sophia, Fifth Book, Page 313, Paragraph 1, (Christianity, Gnostic/Essene, Words of Christ)

Flying high up into the night air, I cannot express the immense joy I felt within my spirit. Soaring over a small clearing in the woods, I noticed a man was sitting on the hood of his car staring into the night sky. Reading his thoughts, I understood that he was searching for answers, the meaning of life. Rushing energy and desire to share the truth came over me, as my spirit suddenly materialized into a white wispy form. Circling the sky, I sent messages of eternal peace and joy. "There is no need to fear God, for He is of love. Experience God within yourself by journeying inward!"

Somehow, I knew he'd received my message, though I don't know if he actually saw me in a conscious way, or if the manifestation occurred to him in a subconscious state, which can happen to people in their dreaming, or in their conscious form wherein they don't consciously experience the event, but another aspect of their soul processes the incoming flow. For any of us who aren't ready to hear the truth consciously, the Lord speaks to our subconscious, gently easing the truth of His love to our surface, and calling our souls to unite

with Him.

*"If a man wishes to travel a certain road,
Heaven guides him to it."*

*The Talmudic Anthology, No. 108, Paragraph 7,
Makkot, 10, (Judaism)*

Whisked to a new dimension, a black space where all life manifested in yellow light, huge monolithic musical chambers surrounded my spirit echoing a serene celestial music that cannot be described. Rectangular ellipses of light with no edges, many spirits were waiting by the chambers for me to come. My arrival had inspired happiness and joy.

Lying down on the platform of yellow light, my spirit was floating mid-air, as one of the spiritual guides lifted his arm and the musical chambers began to emanate energy from their core into my spirit. Vibrations filled my soul, and when the energy became too strong, the spiritual guides around me transmuted it into my spirit. Each emanation of the light made me feel such profound joy and a oneness with God and all created things which were inexplicable. For in this reality, there was no separation between God and His creation.

"One with each other! These poor earthly words cannot convey a true idea of the Divine Unity . . . in that Unity all feeling of 'difference' between God and the soul disappears; and therefore, between each soul and all other souls."

The Divine Crucible of Purgatory, Chapter XVIII, Page 151, Paragraph 3, (Christianity, Catholic, Author: Mother Mary of St. Austin)

"I am the one who comes from what is whole. I was given from the things of my father . . . if one is whole, one will be filled with light, but if one is divided, one will be filled with darkness."

The Gospel of Thomas, No. 61, (Christianity, Gnostic/Essene, Words of Christ)

Returning to this state subsequently, the six entities stood around me, three on each side. Allowing me to observe the colors and vibrational patterns of my soul, they determined what medical problems I may encounter if these anomalies were left unaddressed. Raising their hands synchronistically, beams of white light shone down from them healing my auric disturbances and causing immense warmth. Reasons for these manifestations in my auric field were made known to me, as I became aware that my attachment to the perceptions

of others was making me sick.

"All worship and spiritual discipline are directed to one end alone, namely, to get rid of worldly attachment. The more you meditate on God, the less you will be attached to the trifling things of the world."
The Gospel of Sri Ramakrishna, Chapter 33, Page 653, Bottom, (Hinduism, Words of Sri Ramakrishna)

Focus in the out-of-body state is quite vital to conscious recall. Beginning to do affirmations upon exit, I would repeat to myself, 'Conscious, fully conscious.'

Soaring amidst an astral woodland, a spirit spoke, "Stop what you are doing and let your mind totally clear." As I did this, the spirit continued, "Allow the subtle influence of the wind to take you wherever it may." Surrender catapulted my spirit to the heavens.

The Urantia Book, Paper 13, No. 1, Paragraph 7, (Christianity, Urantia)

And it came to pass that I learned how to maneuver through many dimensions of my own accord. One secret I learned was

that when no tunnels appear to you, as there are many different tunnels of travel through time and dimensions, you must *think* of them and WILL them to appear in order to traverse them. (Shout out "The Corridor!")

"Apply your heart to instruction, and your ears to words of knowledge."

*New American Bible, Old Testament, Proverbs
23:12*

"The One Life, moreover, is not to be thought of as dividing and splitting itself up into bits, parts, and particles, in order to accomplish the process of Creation, and the Manifestation of the World. Instead, it is to be thought of as merely reflecting itself in the many individual mirrors of expression, just as the sun reflects itself as One in the millions of falling raindrops, or in a million tiny jars filled with water. There are millions of reflections of the One, but only the one One in reality."

*The Secret Doctrine of the Rosicrucians, Part V,
Page 64, Paragraph 2, (Mystery Religions,
Rosicrucian)*

CHAPTER TWO

**A Spiritual Exposition Demonstrating
the Process of Leaving the Body,
Finding Your Way through the Inner
Spirit, Taking in the Light and Energy
of Stars, the Causal Plane,
Transforming Dark Energies.**

"And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof."

*King James Bible, New Testament, Revelations
21:23, (Christianity)*

"The Mahamati asked the Blessed One, saying: Blessed one, is the purification of the evil out-flowings of the mind which come from clinging to the notions of an objective world and an empirical soul, gradual or instantaneous? The Blessed One replied: There are three characteristic outflows of the mind, namely, the evil out-flowings that rise from thirst, grasping and attachment . . . and from becoming attached to it, are gradually purified and not instantaneously."

A Buddhist Bible, The Lankavatara Scripture,

*Chapter VIII, Page 325, Paragraph 3-4,
(Buddhism)*

Zooming to a place among the stars, a spiritual exposition was in progress and I was to demonstrate one of the main events. As soon as I arrived, spirits came and whisked me away to a demonstration site. A thought-form body lay in the middle of a cavernous space. Quickly informing me of my job, they asked me to enter the immaterial body and use it to demonstrate to sub-consciously astral spirits the separation process of body and spirit. About a hundred sub-conscious souls entered and stood around my 'sleeping body,' when someone else came into the room who immediately took me aback. "What is it about that person?" I thought, feeling intense love and recognition. Calmly, he stood in a corner in the back.

Entering into a vibrational state, the spirits began to narrate what was happening. "As you will see if you look through your spirit's eyes, the separation of body and spirit has begun. The light body has now determined its separate status by allowing the spirit to fully feel the frequency of the soul." As she spoke, I began to focus

on my sixth chakra and begin the raising of my vibration. "Marilynn is now raising the frequency of her vibration higher so as to maximize the ease with which she exits the body. Without this step, you may shoot right back to your body after leaving. Allow your spiritual eyes to focus now, as her spirit is rising from the body and out." Slowly lifting upwards, I felt the freedom of my soul.

Flying around the room, I came upon the soul who seemed so familiar. "I am blessed to be with you again, Marilyn," he said. In his eyes was such intense adoration, I felt a bit overwhelmed and quite curious, but I didn't recognize him. Continuing my flight around the room, I would touch the sub-conscious souls as they would shout out in joy. "I felt it, I truly felt it!" Again making my way around the room, I came nearer to the one who inspired such tremendous emotion. "Who are you, beautiful spirit?" I asked. His peaceful smile did not change. "My dear Marilyn, we have walked the earth together many days. We have flown the stars many nights. It is our love that you remember and it is wondrous, indeed!"

Reaching his hands to me, he held

them for a moment in silence. "You have been confused lately. You feel uncertain about your task. I have returned to clarify it for you. You are paving the way for the Mithra's return." Contemplating a moment, I asked, "But what is Mithra? I have searched my soul but found no memory of it." He had nothing to say. "But what does Mithra represent?" With a final hug before his departure, he said, "Your task will be to find out."

Returning, I discovered that Mithra was the 'Beneficent One' or God of light and wisdom according to ancient Zoroastrian texts. Mithra was the word for 'God' to Zarathustra.

"So may you in both worlds, may you keep us in both worlds, O Mithra, lord of wide pastures! both in this material world and in the world of the spirit."

*The Avesta, Part II, Yast 10, No. 93,
(Zoroastrianism)*

"Come with us, we have a job for you!" The group of six spirits said to me as they hovered above my bed. Soaring out of my body, I followed them to the home of a pregnant woman in need of assistance. As

we hovered above her, the spirits explained that her baby would die during the night if we didn't wake her and get her to seek help. Creating thought-forms in her mind, we spoke to her in her dreams.

Because that didn't immediately work, one of the spirits pointed a finger at the woman's stomach and light came through, inspiring the baby to kick really hard and wake up his mother. While we worked to make the mother aware that something was wrong through her sub-conscious, the other spirits worked on the husband's sub-conscious through his dreams. Awakening the husband said, "What's going on?" The mother replied, "Something is wrong with the baby, take me to the hospital." Rushing out, our job was finished and the spirits took me outside.

"Good job," the leader said to me. "Thanks!" I replied. Turning to leave, they made no mention of getting me back home. "Wait a minute!" I cried out "Aren't you going to take me home?" Laughing, they said, "Of course not! YOU find the way home. Follow the voice of your inner spirit." With that they disappeared.

Panicking, I didn't even know what

part of the world I was in, so I began to float aimlessly for a while before coming across a beautiful forest. Two pathways were clearly delineated in front of me. A spirit appeared for only a moment and said, "One path is the way of the spirit, the other, the way of the intellect. Surrender to the will of your spirit and you will find your way home."

Surrendering my soul to God, I let go of all physical and spiritual control of my faculties. If I had been in a physical body, I would have fallen to the ground from the weight of surrender, but in the spirit surrender caused my soul to be lifted into a flight directed by the Lord. Having given my soul to patience, and allowing it to fall from its own forces, it was able to accept higher ones, thus causing heavenly movement. In moments, I was back home.

"Were all created things, visible and invisible, to direct themselves towards Him, thou wouldst find them winging their flight unto the Supreme Goal, the Spot wherein the divine Lote-Tree exclaimeth: Verily, no God is there but Me, the Almighty, the All-Bountiful."

The Tablets of Baha'u'llah, Tablet 13, Lawh-I-Wiyyid-I-Mihdiy-I-Dahaji, Page 195-196,

(Baha'i, Words of Baha'u'llah)

"Fill me with light!" I shouted in the midst of a vibrational raising, "I will transmute it into my being!" An angelic spirit descended holding a lighted wand. Sparkly light surrounded her lithe form and golden hair, as rays of light surged into my third eye and pulsed through my body like a wanton tornado as she waved her wand.

Suddenly, my spirit soared out of body and began to fly effortlessly through the heavens. Like a massive snowstorm, the stars flew by me in quick bursts of heavenly light. Speeding by planets and galaxies, my spirit landed upon the body of a star.

Bright and awesome, the light was extremely bright but did not hurt my eyes. In a surge of instinct, I plunged onto the surface, almost hugging the star with my soul. As I lay, the starlight merged into every crevice of my soul, and my spirit took on some of the immortal energies of the star. A white mist enveloped me, particles of starlight, which created a feeling of absolute bliss.

An unseen force pulled my soul away, and during my flight back I passed by

a planet of purple and blue, swirling with a marble rotating design. Seeing planets with parallel sets of rings, as well as, double rings that rotated in opposite directions around the planet. "Thank you, Great Spirit," I shouted to the heavens, "for filling me with light!" An inaudible 'your welcome' was felt from within my soul and all around me in the star-filled blackness of night.

"Jesus said, 'Images are visible to people, but the light within them is hidden in the image of the father's light. He will be disclosed, but his image is hidden by his light.'"

The Gospel of Thomas, No. 83, (Christianity, Gnostic/Essene, Words of Christ)

"For he saith, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God has prepared for them that wait for him."

The Lost Books of the Bible and the Forgotten Books of Eden, I Clement, Chapter XVI, Verse 8, (Christianity)

Calling to the universe, I shouted, "The Causal Plane, please take me to the Causal Plane." My spirit shot through the heavens in one constant motion, and stopped in a black void. A rounded light

doorway beckoned, and I entered with fury. Inside, geometric gems shot up from every crevice in the ground. Tall and pastel colored amethysts and diamonds permeated every inch of this place. Triangular shapes seared into the sky like arrows; and power, direct and beautiful, shone through the illuminated forms. Blue green skies and tiny glittering stars emanated like sparklers on the fourth of July.

Stopping to engage, I began concentration and focus on the manifestation of my work on the ground. As light came from my heart center, a glowing beam shot straight from myself to the energy vortices creating an explosion in light. "Thank you, Oh mighty universe, you are wondrous, indeed!" I said. Upon return, I received light for several more hours.

"How shall I ever be able to tell you of the riches and the treasures and the delights which are to be found in the fifth Mansions? I think it would be better if I were to say nothing of the Mansions I have not yet treated, for no one can describe them, the understanding is unable to comprehend them and no comparisons will avail to explain them, for earthly things are quite insufficient

for this purpose."

*Interior Castle, Fifth Mansions, Chapter 1,
Paragraph 1, (Christianity, Catholic, Author: St.
Teresa of Avila)*

And so it came to pass that I learned how to transform dark energies that one takes on from another. Putting both hands together while in the vibrational state, allow each finger to join with the corresponding finger from the other hand. As the energy increases and grows, you place one of the energized hands on the chest and abdomen (heart and emotional centers), which releases the negative energies immediately.

"When mindfulness is set with the purpose of guarding the doorway of the mind, then alertness will come about and even that which had gone will return. When, just as I am about (to act), I see that my mind is tainted (with defilement), at such a time I should remain unmoveable, like a piece of wood."

*A Guide to the Bodhisattva's Way of Life,
Chapter V, No. 28-29, (Buddhism, Tibetan,
Author: Shantideva)*

CHAPTER THREE

Form Transference, Transcendence, Other Vibrational Techniques, the Issue of 'Spiritual Weight' in Out-of- Body Travel, Seeing the 'Dead,' the Two Perceptions.

Waves of energy were flowing like the ocean high into the black sky. Their colors varied from pure white light to yellow and then pale blue. Inside the waves, my spirit flowed with the energy, embracing knowledge. Following this flow, I noticed an ominous wave up ahead. Going thousands of miles into the sky, its crest beckoned. Yearning to follow its beckon to the top of this wave, I ventured forth, but a woman appeared next to me. "You cannot go to the top of the wave like that," she said almost sarcastically. Looking down at myself, I didn't understand. My soul was manifesting as my earthly self. Grabbing my hand, she took me away from the wave.

"Have you ever heard of form transference?" She asked, as I nodded no. "In order to expand your abilities to travel these realms, you must learn to transfer

form. Up until now we have done this for you." Confused, I just looked at her. "The term shape-shifter may be more familiar to you." This was a term I did understand. "There are many levels of transcendence on this side. Different forms of matter and spirit manifest in different dimensions. Look at yourself." I did as she asked. "You are astral matter right now. You manifest in spirit what you know to be yourself in the physical. This is one frequency of your self. But if you wish to travel through higher dimensions, you will need to alter your frequency." Suddenly, an inner knowing entered within. "Oh, I understand. In order to follow the wave, I need to enter pure spirit form." She smiled. "Yes, that is true. There are many forms you may take; pure energy, light, spirit, astral, physical, and others. And each of these forms can manifest in many frequencies. The higher you go the more light you will need to continue becoming. Learning form transference will open the doors to all aspects of yourself. It will also aid in the transfer from physical form to spirit at will when you are in your body." Excited, I allowed the broadcast that was now entering my spirit which emanated

further knowledge about form transference and programs to change the structure of my spirit.

Knowing now what to do, my astral self began to transfer through thought to an energy form. Willing myself to enter the next form, I became pure energy. Looking behind, I could see my astral self still standing behind me, but I had entered a pure energy beam prepared for flight. Intrigued, I quickly jumped back into my astral self. "Wow, that was neat!" I said. Again, I entered pure energy and quickly popped back. Directing me, the woman said, "Now, truly transfer your energy. Follow your inner knowing." Imaging my astral self, I began to alter its reality. In my mind, I saw the particles of my astral self rearrange. Turning like a vortex, the particles were becoming pure energy molecules. Thinking of flight, my astral self swirled into a ball of energy and shot for the astral sky. My astral image was no longer below, I'd transferred my form.

Returning to the scene of the energy wave, I followed the wave, shooting to the crest, feeling total ecstasy and oneness with God, my joy was complete.

***"Your reality body is transcendently pure,
equal in all times, without distinction:
Therein all worlds are gathered, and form
and dissolve without obstruction. I see your
body in all realms, in a variety of
manifestations: And in your pores I see the
moon and stars."***

*The Flower Ornament Scripture, Chapter 39,
Entry into the Realm of Reality, Page 1294,
Stanza 2-3, (Buddhism, Mahayana)*

Chief Joseph (my spirit guide) showed me that upon entering the vibrational state, I could make a running motion and that would separate my spirit from my body. He also showed me that keeping my etheric arms at my side, close to my body when flying would make my soul shoot like a rocket.

Fifteen steps behind on the pathway to transcendence, I had fallen back because of distractions. Soaring with purpose, I got through the first five steps with ease. Easily passing through the next five, I came upon a turn in the path. Turning, I fell over, but quickly lifted myself up continuing my journey. Somebody I remembered and knew

was in the transcendence booth, which was where I would go after finishing all fifteen steps.

Those ahead of me were proceeding with difficulty now because of the different concentrations required upon each of the final five steps. Landing in each individual slot was difficult, because the soul became more weightless from the first ten steps. Floating out of control, it became difficult to grab hold of the next step.

Looking beyond me, I was beckoned by the soul who had become transparent. "Marilynn," she said, "I speak to you now from a higher place than your own. You know this is true, don't you?" Nodding yes, she beckoned me to listen. "Marilynn, you are allowing yourself to be distracted, you must go on. You are an advanced spiritual traveler created in human form, you have been given the ability to travel amidst the tunnels between worlds, a gift so few have been given, and no other has been given at your level until now." Stunned by this pronouncement, she asked, "You know why, don't you?" Nodding that I didn't know why this was true, she began explaining why, but I could no longer hear her. "I didn't hear

you!" I shouted, but she was not given leave to repeat it.

Now on the last two steps, I needed to focus, concentrate, and let distraction fall to the wind. Achieving transcendence by God's grace, I realized that in a world filled with vice, distraction is our enemy.

"A million distractions, disguised as Thee, constantly delude us. Come, O Perfect Joy, into the waiting temple of our devotion! Be Thou the Pole-star during our wanderings in the night of ignorance, leading us safely to our haven in Thee."

*Whispers from Eternity, Page 103, Stanza 3,
(Hinduism, Kriya Yoga, Words of Paramahansa
Yogananda)*

"From the very moment in which mortals begin to have use of their reason, each one of them is followed by many watchful and relentless demons. For as soon as souls are in a position to raise their thoughts to the knowledge of their God and commence the practice of the virtues infused by Baptism, these demons, with incredible fury and astuteness, seek to root out the divine seed; and if they cannot succeed in this, they try to hinder its growth, and prevent it from bringing forth fruit by engaging men in vicious, useless, or trifling things."

*The Mystical City of God (Abrid.), The
Transfixion, Chapter II, Page 403-404,
(Christianity, Catholic, Words of Mary)*

Teaching a young six-year old girl how to fly at a large schooling facility in the heavens, we were working with souls subconsciously to bring about their redemption. Holding her hand, I grasped her around the waist and told her to hold tight. Running quickly, we jumped over a cliff and into the sky, flying with ease. But when I pushed her off to fly on her own, she was unable to do it. Weighing too much, she was also afraid to do it by herself. By weighing too much I in no way mean a physical measure, for she was quite a tiny girl. Our lightness of being on a soul level is determined by our spiritual frequency, not by physical weight.

Taking her back to the ground, I spoke to her of letting go and flying free within the love of God. "Your soul is too heavy, my child." Although I'd seen many souls, especially in certain hell realms, who's spiritual weight was a great deal heavier; her soul was just a bit too heavy to fly. "You need to feel safe in the Lord, be willing to stand alone, and soar into your love of God.

Then you will fly on your own, my child." Looking pensive, she opened to my words. Needing to remember her uniqueness within the realm of God's thinking, this would allow her to feel safe in taking her unique creative expression aloft.

In the end we all fly alone towards the pillar of the Lord. Resting easy in God's love for our individuality, we must maintain humility within our own smallness. God's redemption is active and industrious, existing in our own world through Christ's sacrifice, and in worlds and realms we forget in our sub-conscious minds. Awakening to these mysteries, we may graduate from this mortal existence into the paradise spheres of greater love and light.

Leaving the young girl to her exercises, she was beginning to make progress, slowly and surely. Before leaving, I was given permission to look in upon several classrooms, wherein the students were being taught universal moral codes and their souls were being imprinted with redemptive knowledge for their gradual future development.

For that which is living must continue becoming, otherwise it falters into

the throes of death, also called stagnation and the redemption is a grand thing, not a solitary moment.

"The Rabbis said that the Redemption of Israel cannot come suddenly, but will come gradually and slowly, just as the sun gradually and slowly rises in the dawn of day."

The Talmudic Anthology, No. 279. Page 372, Stanza 3, Midrash Shoher Tob, 18, (Judaism)

Entering into an ecstatic state, my spirit and body were vibrating at speeds beyond my own imagination. Before my face, lights began to appear resonating all across my interior landscape placing my mind and spirit into an even higher state of peace and rapture. I watched the lights for a very long time. Smiling faces of those I'd known before who had died before me crossed over into my vision . . . and they waved as if in welcome. Exterior movement was long gone, as my world was completely consumed and taken away from all that was physical into the ether. Continuing for several hours, I rode the waves of ecstatic rapture in silent gratitude.

Entering into a border world, I immediately became aware of two different states of perception that I was being pulled in and out of in order to observe them.

The first state of perception was that of an earthbound soul, the physical perspective. Three-dimensional in nature, there was great beauty in it, but a flatness as the vision I had was directly in front of me and almost like a flattened movie screen. The second state of perception was that of the spirit in death and was intriguing in that it was very globular. My view was not just straight ahead, but above me, behind me, to the sides of me, etc. My vision was multi-dimensional and very expansive as if I were viewing reality from every aspect of my being, rather than simply in front of my face.

But there was an energetic shift with each view, as well, which will be hard to describe. In the first earthly view, I was in a state of total peace. For a while now, I had experienced a certain serenity in my impending death which I hadn't always had before. It seemed to me a simple stepping over into another life, rather than such a ripping away from my past (a view I had experienced frequently when I was initially

diagnosed). But despite this peace, there was a blandness which perhaps came from the fact that this path was reaching its end. But most certainly it also came from the fact that the earthly path was less vast than the other. In the second spirit in death view, I was in a state of excited peace. Total serenity overcame me, but it was a serenity filled with a liveliness and excitement. It seemed that there was so much more to this world than the simple three-dimensional reality from which I had come. There was so much more to know and understand, and I found this exciting, but in a serene sort of way. It was perhaps as if my molecules were more enlivened in this other world, enlivened towards higher knowledge and vaster plains of truth to follow and expand upon within my true sphere of perception. For perception in this other world was like a sphere, rather than the flat screen of the earthly three-dimensional view.

Suddenly, I was ripped out of this interesting observational situation and awoke.

"Be not content with the ease of a passing day, and deprive not thyself of everlasting rest. Barter not the garden of eternal delight

*for the dust-heap of a mortal world. Up
from thy prison ascend unto the glorious
meads above, and from thy mortal cage
wing they flight unto the paradise of the
Placeless."*

*The Hidden Words, No. 39, (Bahai', Words of
Baha'u'llah)*

*"Were anyone apprised of that which is
veiled from the eyes of men, he would
become so enraptured as to wing his flight
unto God."*

*The Tablets of Baha'u'llah, Excerpts from Other
Tablets, (Bahai', Words of Baha'u'llah)*

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INTRODUCTION:

Come to Wisdom's Door

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

Amidst the spectral journey of the physical being upon this earth-plane we know as earth, it comes upon a time in its sojourn whereupon it realizes it has been asleep at the wheel in the cosmic purpose of its existence. It is at this time that the soul is beckoned to come forth and reach towards a higher ideal in existence and in eternity, to find the meaning and purpose of its existence in this realm, to go forth into higher worlds and to seek out the knowledge which has been lost to it for time immemorial. It is this time that we seek now.

Come to Wisdom's Door is a beckon to your inner spirit to come forth and stand at God's feet to be instructed in the knowledge of the spheres. It is a beckon to you to find the Master, the Lord of all, within you and inside you, and to break the barriers of physical existence and sojourn into another place which provides the instruction for which your soul yearns.

Out-of-Body Travel is the means and mechanism of this journey and in order to

attain unto it in the proper way followed by the prophets, saints, mystics, sages and ascetics of all religions throughout time, our souls must be prepared to enter within its confines.

How do we do this? We must Come to Wisdom's Door and be instructed . . .

CHAPTER ONE To Begin . . .

We are all travelers, whether we know it or not, in a temporary world of vice created for our instruction. Our own vice has brought us here, and our recognition of these factors is what will bring us out.

So we begin our instruction with the understanding of from where we come . . . from where we are now. Each of us has incarnated upon this world to fulfill certain tasks, much of which has to do with certain realization and attainments within our soul. Many of these attainments can be reached through the modicum of Out-of-Body Travel, but the mystical state must be approached first with the knowledge of what we must first achieve to reach it.

Most of us live within a grand world of noise, karmic chaos to be exact. The first thing that the prophets, saints, mystics, sages and ascetics would do in their journey to higher wisdom was to seek out the world of silence. They did this in various ways. Some of the prophets were called into the wilderness, as were many ascetics and monks. But others intentionally isolated

themselves and began to seek God through ceaseless prayer, fasting, mortifications and the practices of contemplation and meditation.

So we begin with this.

But in order to achieve the true contemplation and meditation for which our souls seek, we must first examine the world of noise and begin to shut things off, so to speak.

In the world of our day, activity is honored and extolled, while serenity and quiet is considered unfruitful. Ironically, just the opposite will be true in our consideration of the attainment and expansion of mystical states.

First, we must consider individually the purpose and destiny in this life. Because it is in this that we will find the proper balance in following this path, without interfering with our individual work for the Lord. For instance, in my own life, my work is to go into these states a great deal of the time, and thus, my world is very secluded and quiet as a general rule. However, there are many other purposes in this world which contain within them varied elements of participation in the world and its effects, and

these are valid destinies which must not be usurped in the journey to reaching a higher understanding and/or mystical states.

Consider your own vocation in this life, whether or not you feel that the work you do on a daily basis is your highest calling or not. Take into consideration the requirements of fulfilling that work first, because there is great holiness in fulfilling our work whether it be something lofty or mundane, for the purpose of God's kingdom. Every work in this world carries with it great importance in a societal structure, and we mustn't allow our ego to play a part in this consideration. Think deeply on your work, whether you be a trash collector, mother, artist, or judge; and contemplate deeply on the earthly requirements you will require to abide by to give that work the proper honor within the context of your duty to society and, thus, God's kingdom in creating balance and stability across the worlds. Be totally honest and real with yourself about the responsibilities entailed within the earthly vocation you now follow, for this is vital in understanding the entire context of the journey of which you are about to embark.

In doing so, set aside now whatever the needs of that vocation shall be and give this to the soul as a requirement of your journey. Because you will consider this vocation as the holy will of God for you in your life, and will give it the proper context and respect in achieving its ends.

Next I ask you to do the same thing in regards to the needs of your immediate family; parents, siblings, spouses and children. But I ask of you to take a slightly different look in this regard.

We all have different family structures. For those of you who have supportive, loving and functional families, take heed of your God-given responsibilities to them and add this to your vocation which will be set aside from that which we will examine.

For those who come from one of the varied dysfunctional environments who may be very unsupportive of this journey, look upon this with a different view. I will ask you to look upon your responsibilities to God first, in order to ascertain your *proper* responsibilities to your family. We are given to be stewards of legitimate needs, not slaves to inopportune vice. Examine your own

family within this context and allow yourself to ascertain that responsibility as part of your vocation and set it aside from that which we will examine.

What remains now is the rest of your life beyond your vocational responsibilities to God, family and country. In this context, I shall ask you to examine that portion of your existence and what you can do to alter its mechanism from 'doing' to 'being.' Are you engaged in constant activity? Do you feel you must always be taking in new things from your exterior world? If so, the first thing you will do which can be difficult for many people is to cease.

What remains to you now is the time that is accessible within your life and reality to explore mystical states. But now we must examine your reasons and means to explore such matters.

I shall tell you what the prophets, mystics, saints, sages and ascetics did in their search. They set aside all self-serving motivations in their quest and asked to know the Will of God alone. Humbling themselves before God and all that is, they asked to be shown the truth whether it coincided with their previous view of reality

or not. In so doing, they were able to be instructed. For if you are attached to your own views, how is that God will instruct you otherwise? Pursuing this path contains within it a given understanding that you will not do so to prove your own theories of reality to be true. Follow this path to truly know, and then you will find yourself opening to receive.

Secondly, they pursued this path with serious ardor and great respect. It never occurred to them to 'play around' with spiritual gifts or to look at them as something other than a very holy gift to be nurtured with the greatest responsibility and selfless regard. Part of the reason they were able to generate such deep intense ardor was because they understood that such spiritual gifts could be given to them by either a heavenly or hellish specter. They were not disillusioned into believing that such things would automatically come from God, but that they were capable of being deceived by evil spirits and lost souls whose entire purpose would be to lead them astray from God's holy will. And yes . . . there is a grand difference from experiencing Out-of-Body Travel and Mysticism as directed by the

eternal hand of God or from the hands of a lost soul, dark spirit or demonic force.

Remember the holy prophets of the Old Testament who were regularly 'raised up to heaven' such as Enoch 'the man who walked with God.' They experienced Out-of-Body Travel as a sanctioned part of their mission for God, and thus, it was rendered useful for the people and for their own sanctification. And remember the consequences to King Saul for going to a medium to call up the spirit of a dead prophet because he was impatient in knowing the will of God? He lost his kingdom. This was so because he approached the holy altar through an inappropriate door. He did not wish to wait upon the Lord . . . and this is what we shall discuss next.

Before entering the silence, the soul must always begin to cultivate patience first. Because in entering the silent corridors after living in a world of noise and activity, the soul will become impatient with God if he does not understand that he must approach the holy altar of the Lord with an entirely different view.

The Lord chooses whom He chooses

and when He chooses. Not my will, Lord, but thy will be done. Cultivate this within your new view.

I ask you to cultivate patience first because the Lord so wills it. In approaching the mystical experience from a proper view, rather than as something to 'play around' with, your progress may appear to be slower or come in waves of activity followed by lulls of inactivity. That is because the Lord does not wait upon us, but we are to wait upon the Lord.

Surely, you must know that dark forces and lost souls who also perceive the spiritual pathway from a wrong view would love to energize the path you take with extreme vigor to fill you with pride and excitement in your progress. In so doing, if you ever realize you are being led astray, you will be less likely to renounce your wrong view because you've become attached to the false 'spiritual gifts' which have been given you to take you away from that which is true.

Pursuing Out-of-Body Travel through the wrong path may yield initial results, but it will not yield long-lasting results which actually produce within your

soul progress towards the goal of your existence in this realm, which is karmic purification and union with God.

In contemplating patience, however, I wish for you to remind yourself of these very important things. There is great satisfaction and joy in pursuing God, while there is great agitation and pride in pursuing holy gifts as if it were a game. God waits upon those who wait upon Him . . . and He is worth the wait.

Experiencing Out-of-Body Travel outside of a true search for God is empty and non-rewarding. It also can become a path of the ego, and thus, a path of endless falsehoods which take you nowhere.

There are many souls who have been led astray by this very means. In their fervor to achieve the Out-of-Body Experience, they have lost the understanding and purpose of such things.

The prophets, saints, mystics, sages and ascetics always kept this knowledge firmly fixed before them. And by so doing, when the inevitable hardships, dry periods or confusion arose, they kept their view firmly fixed upon heaven in patience and trust . . .

If you have followed a wrong path in pursuing the Out-of-Body Experience, allow me to invite you to change that at this very moment. God is merciful in His judgments and He wishes all to be saved . . . it is never too late in this life to change our view, and thus, our path, towards that which serves God in this realm and across all worlds. Simply fall on your knees in prayer and tell God these things.

By so doing, you will re-energize a new spiritual path towards light rather than darkness and the will of the evil one or the agitation of those who are lost and choose to remain so because of stubborn pride in holding to their wrong view even in death. These are the souls who require our compassion . . . but also our watchfulness, because they continue to 'play around' in death and are confused, often without even realizing that they are so. This is why it is so easy for them to share such wrong views with those of us still encased in form because they may truly believe they are correct as they wander around in purgatorial realms without the ability to see that the heavenly abode lies within the reach of us all, if only they would release their wrong-views long

enough to see the heavenly abode in the distance.

So in preparation to experience Out-of-Body Travel, we must follow a path of service to our fellow men and to God in all worlds. This begins with recognizing those elements of destiny within our own life in relation to our work and our families and setting this aside as our duty. We then indemnify the remaining time and space in our life to be solely and exclusively devoted to our pursuit of God and the knowledge of ourselves. We pursue the mystic path by pursuing God first.

And it ends in acquiring patience to follow this path at the rate in which God chooses, rather than that which we believe to be best.

There is a tradition among masters and disciples in Buddhism which relates to this patience and fervor we must achieve in our quest to find God. It is said that the ancient masters would take their disciples into a pond and place their heads under the water. Waiting for them to struggle for air, they would allow them to remain under the water only long enough for them to become a bit frantic in their desire to breathe. When

they emerged from the water, the master would calmly say, "When you desire to know God with the intensity with which you just desired to breathe, you will find Him."

CHAPTER TWO **Prayerful Fervor**

There is correct and incorrect fervor.
Incorrect

fervor is motivated by self-seeking rather than God-seeking. Correct fervor seeks only God as its end. Seek to evaluate if you have fervor, and if so, what kind.

Because fervor is a direct factor in subsequent experience, we need to discuss how to achieve a proper fervor for God which will yield results to a soul seeking to know Him.

The prophets, saints, mystics, ascetics and sages found fervor because they had naturally begun to detach from the things of this world and had thus naturally amended to a desire for the things of the next world.

So we begin to achieve fervor by first recognizing that our attachment to the things of this world prevents us from

developing a proper fervor for the things of the next.

Detachment is a necessary step in the spiritual path and one that comes through a concentrated effort on our part. Many of the ancient Buddhist texts discussed detachment as being not only the goal of the path of renunciation but the first step. And this begins with the recognition of certain 'cankers' within our own soul.

'Cankers' in Buddhism are similar to 'sins' in Christianity. They are those vices and habits that we are attached to which prevent us from achieving our truest destiny in this world because we are ignoring the purpose of earthly existence which is karmic purification and a liberation from karmic impulse and sin. The Seven Deadly sins are envy, anger, sloth, avarice, gluttony and lust, and if you will follow the texts (Works by Marilyn Hughes, See List on Inner Cover) as recommended, you will learn much about the progress of a soul in the purification of such defects. You will also be reminded sufficiently of the fact that if you are incarnate upon this earth, you have one or more of them as a prerequisite for incarnation into this purgatorial realm.

A clear examination of conscience is required to begin the proper process of renunciation. By recognizing those fetters which attach us to the things of this world, we may begin to focus our concentration on them and to make acts of the will to cease serving such vice. By doing so, you begin to make conscious choices to resist occasions of sin. Do not be concerned if you do not succeed in resisting at all times, for this is part of the process. It is the introduction of conscious choice into the sub-conscious mind which begins the process of detachment.

For this process, we will use the concepts of Buddhism. There is a valid reason to do this. In Christianity, the soul has a tendency to focus on sin, and thus, guilt. A soul can get very stuck in guilt and cease progress as a result. In Buddhism, the process is intellectual. By recognizing superior acts to inferior ones, you begin to make conscious choices to engage in those which are superior. Guilt is removed (which is also a prime instrument used by the forces of darkness which would like to impede your path) and the soul progresses to the next step. (A soul can easily utilize

Christianity for the same end, if they are able to honestly acknowledge their fault without losing sight of the Divine Mercy of God and the sacrificial offering made by Jesus Christ for this very cause.)

In choosing the superior over the inferior you might want to be reminded of the seven virtues which counter-balance the seven deadly sins. It is easiest to remember these if you understand that every sin has a virtuous counter action. In Catholicism, there are four cardinal virtues and three theological virtues.

"Prudence enables us to know what to desire or to avoid; justice gives everyone his due; fortitude urges us on when difficulty stands in the way of our duty; temperance restrains us when passion excites us to what is wrong"

***A Catholic Dictionary, Cardinal Virtues,
(Christianity: Catholic, William E. Addis,
Thomas Arnold, Benziger Brothers
Publishers, 1893)***

Repentance can be an intellectual exercise if the soul has much difficulty with guilt. By doing so, you begin to make the changes you need to make whether you are emotionally inclined to do so.

Eventually, this fervor will be experienced as remorse. And this is a very good thing . . . But we begin the process by making it an intellectual exercise. Energy follows course and it becomes an exercise of the soul.

As it becomes this, remember that repentance is required of us to enter into the Kingdom of Heaven. But God does not wish that we hold onto that which is from the past, but to purify it and become the new man. So we mustn't allow ourselves to focus on it much beyond the natural. Because the next step requires us to step into what is supernatural . . .

"Faith, Hope and Charity are called the theological virtues, because they relate immediately to God. The moral or cardinal virtues are concerned with our duties, and so relate to Him indirectly; but the theological virtues have Him for their immediate object- it is God in whom we believe and hope and whom we love. These virtues are supernatural because they are beyond the reach of man's natural powers, and because they enable him to attain a supernatural end."

***A Catholic Dictionary, Theological Virtues,
(Christianity: Catholic, William E. Addis,***

*Thomas Arnold, Benziger Brothers
Publishers, 1893)*

Working on the cardinal virtues pertaining to our duties in this world, lead to working on the theological virtues pertaining to our duties in the next. But this can be misleading, because we cannot get to that next world unless we bring them into our soul in this one.

These virtues are attained through prayer, because they are gifts of the Holy Spirit with which we must be endowed. They are not a 'natural' part of man, but rather, a 'spiritual gift' which we must ask for in prayer. We have all seen that Faith, Hope and Love manifest in differing degrees among mankind. Some have it to the fullest possible extent, while others have none at all. But it is these which ignite our fervor to know God, a necessary element in our quest to achieve Out-of-Body and Mystical states.

Ask God in prayer to give you the fervor to know Him. Remember that prayer is conversing with God. Alongside whatever prescribed prayers you may utilize in your spiritual practices, make sure your prayer with God is conversational.

CHAPTER THREE **Meditation, Contemplation, Practice**

Once a soul achieves true fervor, they must be tempered down into a state of meditative understanding. There is a silent place that the soul must now enter and remain . . . outside of the dutiful works required of him during the day.

This place of meditation must be quiet, serene and peaceful because the soul is now going to learn how to listen to God. He cannot be heard where there is noise, so the soul must go to where God can be heard, rather than remaining in a place which may be comfortable for the soul instead. Go to where God resides, in the silence of your heart. Begin to engage in meditation as much as you can throughout your days depending upon your duties. When I began to enter this phase, I was required to meditate up to three hours per day. Considering my unique purpose to be in the silent places most of the time, go backwards from this figure depending on your worldly duties. If you have one hour, do that. If you have fifteen minutes, do that.

Now enter contemplation, a misunderstood feature of religious tradition. In the Orthodox tradition, contemplation is practiced through what is called 'The Jesus Prayer' (Lord Jesus Christ, Son of God, Have Mercy on Me a Sinner). Throughout the day while engaged in their duties, practitioners repeat this prayer over and over again to bring them back to an awareness of God. It came about because of Paul's exhortation to the followers of Christ to 'Pray without Ceasing.' But the other more well-known contemplative prayer tradition is practiced by remaining in communion (conversation) with God throughout the day while fulfilling the duties of your state of life. Thus, this contemplation keeps a soul in ever-awareness of the presence of God irregardless of what they may be doing. Bringing 'being' into 'doing,' so to speak.

In every spiritual tradition, there are many 'practices' which can be gleaned upon. For instance, in Buddhism is a practice called 'Mindfulness,' where the practitioner, in essence, tries to remain in the moment, focusing only on what is happening right now. This practice is especially helpful in attaining to the realization that 'it's not what

you are, but what you are becoming . . . ' ("The Mysteries of the Redemption," Marilyn Hughes) This may be confusing at first, but if you contemplate upon it you will see that it is so. In Hinduism, there is a practice called 'yoga' which utilizes both spiritual and physical actions to bring a synergy between the inner and outer man. In Christianity, there is 'Adoration' where the practitioner places himself in the presence of God and adores Him and meditates upon His attributes. In Native American Religion there is the practice of the sweat lodge, where a person enters into a small enclosure filled with steaming rocks, sweating and purifying oneself in order to receive a vision. There are innumerable practices amongst the many religions which can be utilized according to the individual practitioner's faith to enhance and empower the spiritual journey of the soul.

Many of these things serve for the purpose of making an interior desire manifest exteriorly. By so doing, we are bringing that which is sub-conscious to a conscious level. All of which helps to bring about the Out-of-Body Experience.

CHAPTER FOUR

Interim Glimpses

As you put all these things into your daily practice, several things will begin to occur. I call these things interim glimpses which usually continue throughout your journey and expand and grow even beyond when you begin to experience Out-of-Body Travel.

You may begin to see colors during your meditations which may then expand into your physical waking world. Colored or simple light orbs may become visible to you as you begin to open up to spiritual realities.

Some people will become more aware of presences around them, whether they be good or bad. If a negative presence is around you, ask it to leave in the name of Jesus Christ. You may need to do this more than once or many times. Sometimes these presences may make you happy or uncomfortable; it can vary a great deal depending upon whom they are and for what they have come.

For instance, angelic guardians and spiritual guides may make you feel quite

comfortable, while somebody from your karmic past may bring up emotions you don't consciously understand, thus discomfort. Dark forces are always possible, as well, and it is advised that you keep the prayer of the 'Our Father' on your lips as it is the prayer of exorcism for evil spirits. This will keep your energies more clear for positive experiences. The name of Jesus is particularly powerful, as well.

You may become aware of shifts in frequency. Usually, this manifests in a very distinctive change in the 'tone' of the room. Since we are very used to the 'tone' of the room, we notice this shift which usually occurs in one ear and sounds like a high tinny ringing sound. When such a shift occurs, pay attention. You are usually being beckoned to take note of something that is happening in your environment . . . or perhaps something that was just said.

Your awareness may shift without notice. Suddenly, you may be almost transported into another perception of reality. One moment, you may be very grounded and earth-bound and one second later, you may be lifted up into a cosmic space that allows you to view reality from an

entirely different vantage point.

Some people will be taken into such spaces for extended periods of time where consciousness will merge for them. Often, the purpose of this is to allow them to observe the goings on of earthly reality from the spiritual perspective, to observe the oneness between life, to observe the energetic elements around all things which assist in reality taking form, etc.

These are instructional states and experiences meant to prepare the soul for the Out-of-Body Experience. And though it may appear that 'nothing is going on,' much is going on energetically to prepare the soul on subtle levels to get ready for a full-blown experience.

CHAPTER FIVE

Preparation to Leave Form

As a soul prepares for mystical experience, several things will begin to occur.

Some sleep times will appear unusually deep as sub-conscious promptings are being programmed deep within the soul.

A person may awaken with the awareness that something really amazing happened during the night, but be unable to recall any of it. Again, this is sub-conscious work being done to prepare the soul . . .

Dream activity may increase and become more vivid (and subsequently more lucid) as the dream state crosses from entirely sub-conscious to slowly working its way into conscious realities. Some people will begin to experience prophetic dreams and what appear to be 'psychic gifts,' although these are actually just the natural development of a five sense individual to a six sense human being.

Human beings have great untapped potentials lying within their reach, and much of what is considered paranormal in our day will be considered absolutely normal in the future.

The person may become more aware of experiencing moments of a semi-vibrational state (which will be explained in more depth shortly) which is a precursor to

the totally conscious experience. This will manifest in somebody partially waking up, becoming semi-conscious during sleep, and feeling their body vibrating or buzzing at a low hum. This may be accompanied by buzzing sounds which will eventually increase to a huge roaring sound as one approaches an exit from form.

CHAPTER SIX **Fears and Blocks**

As a soul approaches this threshold, it becomes vital to examine and remove fears and blocks to the experience. Some of the simplest to remedy but yet biggest blocks to approaching and completing an Out-of-Body Experience include not emptying the bladder before meditating or sleeping, filling the mind with too much garbage (i.e. television), not creating enough solitude, allowing too many potential interruptions during sleep or practice, and finally, not listening to the spiritual promptings which are already in process which might be calling for some type of change. Remember that in a spiritual path, our progress is

gauged by how quickly we respond to guidance from God, no matter how subtle it may be.

Some of the fears I am about to discuss can be very crippling if not dealt with fully.

For instance, many people are afraid they will die if they attempt to experience Out-of-Body Travel, and this is just not the case. Spiritual experience only enhances the life we already lead. Rather than actually catapulting the soul into an as yet undiscovered country, the soul is actually in truth only becoming *conscious* of something for which they have already been participating.

Some people are afraid of the dark side and should be alerted to that presence. Keep the name of Jesus Christ near you at all times and let prayerfulness be your constant companion.

Ironically, one of the first things a soul will notice when getting ready to eject from form is that the spiritual body does not breathe in the same way that a physical body does. When a soul disconnects its awareness from the physical body's breathing, it will immediately enter the awareness of the

spiritual body and it can appear that breathing has stopped. This is an illusion; the soul has just transferred awareness from one form of existence to another. This transference does not in any way change the two existences, just the point of perception of the traveler.

Some people are afraid of ghosts and the easiest way to remedy this is to be reminded that human beings are no more than ghosts in bodies themselves. People are people whether they be in spirit or in the physical and the traveler will experience ghosts in much the same way he would experience other people in his waking life. (This does not mean, however, that a soul will not be called to the service of 'Lost Souls' as many eventually will be asked to do.)

The fear of the unknown can be a huge difficulty for some because they worry that they might get lost or be unable to come back. Although the Universe is vast indeed, it is important to remember that it is an ordered Universe and that instruction is always at your beck and call. No matter the issue you may be confronted with, you can always call for assistance. You can ask for

the help of your guardian angels who are usually nearby or call out to Jesus for help. With the exception of when I've undergone teachings in relation to following the call of my inner spirit, I have never been left alone in my traveling as there has always been an overriding presence who leads me every step of the way. (Now there are times when I've engaged in demonic warfare and have been expected to do so 'alone.' But I've always had assistance as close as a simple call for help, and I wasn't asked to engage in this warfare until I'd undergone extensive training in the facilitation of such.)

Believe it or not a lot of people can get frightened by the simple experience of the unconditional love of God. It's so intense, that it can be overwhelming and 'too much' for some. Simply being aware of that intensity can prepare a soul for the experience to some extent.

Another fear comes from the desire to hold onto the ego. Some can be really threatened when their view of reality is challenged or if they receive guidance indicating that they are not yet perfect. Humans don't like to change even though that's what we're here to do. Humans don't

like to change their view of reality; they like to hold onto it even when it no longer serves them. But a soul need not fear any of these things because they apply to us all. If we are to transcend this mortal realm into the higher spheres, we will have to confront our own imperfections, our own false views about truth, and we will have to change. So knowing we're not alone in this can be helpful, because every single prophet, saint, mystic, sage and ascetic from throughout the world and time had to do exactly the same thing to achieve their calling.

I've saved two of the biggest fears for last because they are common obstacles to almost all.

The first one is the fear of being alone with oneself. After all, our world is focused entirely on activity and doing and to shift from this to a state of being . . . and then being alone with oneself . . . can be quite threatening, not to mention boring at first. But this is because the inner self has not yet been cultivated. This aloneness is the path to that cultivation. Don't give it up.

Finally, the second one is the normal reaction of a human being to the unexplainable intensity of the experience.

Although it is emotionally intense, this is not that to which I refer. I speak of the raw and unbridled divine power which pulses through your body as you enter into the vibrational state and connect to the cosmic mind. Which is what we shall discuss next.

CHAPTER SEVEN

Mechanics

Most people will become aware that they are about to have an Out-of-Body Experience when they enter into what is called the vibrational state. But some may feel the inklings of the experience by initially hearing a loud roaring sound. Either way, the two will eventually merge and come together so that you are experiencing the vibrational state and hearing the loud roaring sounds at the same time.

The vibrational state occurs because the soul is disconnecting from physical awareness and re-engaging into spiritual awareness. Because physical vibration of particles is so much slower than that of the spirit, this change is dramatic and can be very scary the first few times. But it's only

frightening because it is such a different point of experience from what the soul is used to, and eventually it becomes a very comforting and peaceful time. More on that in a moment.

Although it may sound like a jet-engine revving up for flight, what the soul is actually hearing is the change in frequency from the physical realm to the spiritual; which again, is much higher than what the soul is used to. Particles vibrate at a much faster rate of speed in the spirit world and it takes some getting used to.

Usually, but not always, the soul will immediately connect to what could be termed the mind of God as soon as they enter into the vibrational state. This is an amazingly powerful thing because you enter into a state of all-knowing, although unfortunately you can't bring it back with you when you return. However, part of the purpose of the Out-of-Body Experience is to bring little pieces of it back, little by little, so that eventually the soul tends to become and engage more from this source than from any earthly one. When connected to this, the soul will feel like all knowledge is available to him. Anything the soul might want to

understand, he currently does. But when you return, much of that will retract.

While experiencing this connection, the soul may also begin to feel the first inklings (or a full-blown blast) of the unconditional love of God. It will truly be life-altering and is completely beyond words.

This experience can continue just like this for many times, or a soul can be inspired to leave his body the very first time. Great variation can occur in this particular aspect of the journey. Others may experience what I call vibrational raisings before they ever leave their body, while some may go ahead and experience an exit and then be apprenticed through the vibrational raisings further on.

Vibrational raisings are usually overwhelming at first because the soul re-enters the spiritual frequency . . . and then the spirit world begins to raise the consciousness even higher. In essence, the soul's engines are revved to an even higher frequency, the purpose of which is to gradually bring the soul's consciousness, view, perspective and physical body to a higher level to attain to greater and greater

insight and understanding. Knowledge is energetic, and although this is hard to understand, it is with each vibrational raising that the soul sees its consciousness rise. Understandings evolve into a higher ideal. Vibrational raisings are so very important because they are truly the cornerstone to the evolution of the soul.

Let me use an analogy. If you were to take a three-year old child and have the ability to raise their awareness up to the level of say an eighty-year old man, this would be very significant. Although such a thing would be undesirable on the physical level, on a spiritual level, raising our awareness to the level of more highly evolved spiritual beings has great purpose. Not only does it prepare us to overcome our own karmic impulse and ascend from this world to higher worlds, but it prepares us to become servants in the Kingdom of God which consists of this world and all others; higher and lower.

Vibrational raisings are experienced as highly powerful shifts in the actual force of the vibrations which accelerate and recede according to how well the consciousness takes in the thrust. They can go on for

minutes or hours and although they are somewhat frightening at first, as time goes on they become something very blissful.

When the soul is ready to leave the body it can be done in a number of ways. The most common at first is to roll out. Sometimes angelic guardians will lift the soul out in the beginning to be helpful and instructive. But as time progresses the spirit can learn other techniques for exit; such as using the power of thought to 'will' the spirit out of the body.

Another mechanic you mustn't forget is that the soul operates from the standpoint of a spherical existence with all senses originating from every point along that sphere. Sight, hearing and other senses will not originate from an organ of the body, but from the entire consciousness. Because of confusion over this, some people may have trouble seeing at first or hearing . . . or moving around.

Movement is not accomplished through two legs in the spiritual body, but rather, by means of thought. Sometimes in the beginning, a soul may be tempted to try to 'wade' through the spiritual ether. But this will only get them so far. The soul must

discipline the mind to make things happen through thought. By doing so, movement will not only become easy, but instant . . . as the light body is capable of traveling at light speed.

Remembering that physical objects are permeable is important, but realize that they will be more 'tight' vibrationally than air. Going through physical objects can and will be done, but it will be experienced differently than non-solid objects.

Two things that might take the first time traveler by surprise are these.

Immediately, the soul will notice a new ability to sense the reality of spirits and people the soul comes across while in the spiritual body. The soul can hear the thoughts of humans, as well as, a huge roaring and sometimes overwhelming mass of the thoughts of humanity blasting in the background. Upon observation of an entity or individual, the soul may be provided with information on their past, present or future . . . a new ability to sense realities. The soul can sense past-lives, karmic states, needs, etc.

Another thing that will assuredly surprise most is that in the spiritual body . .

. thoughts become things. What you think about . . . will appear before you. Where you think about . . . will take you to that place. If you think of someone . . . either a holographic image of them may appear before you, or you will be sent to them immediately (or vice-versa). Because of this reality, it's important to understand how to discern between holographic images of entities, and true entities.

A true entity will behave according to the manner in which you know them, or the higher form (you may not yet know) which appears in their place. A holographic image will respond according to your thoughts.

Sometimes a soul has to discern between their own fear-generated holograms which can bring all sorts of chaos around them in the spiritual state, and a true dark or demonic persecution, which during the purification process will be just as common.

The way to tell the difference is this. A fear generated thought-form will respond to the soul deciding to change the form, i.e. 'You are an eagle, not a vicious beast!' If the form changes, then it is most likely a hologram of internal fear. But if it's a dark

force, it will not respond according to your own inner fears and promptings or your wish to change them. It will act as a separate being, vicious and destructive. If you suspect one of these, call on the name of Jesus repeated and continually recite the 'Our Father' which forces them out.

Beyond the experience itself, there is a whole host of things a spirit will now undergo if they are to follow a Path of Karmic Purification (The Ascension Pathway).

Among the stages a soul will go through are these: Awakening, Co-Creation, Surrender, Rites of Passage and Initiation into the Mysteries, Emergence of Karma, Mirroring of Karma, Ignition of the Eternal Flame and the Ascension.

Beyond the Path of Purification lies the Path of Discrimination (The Alteration Pathway) which contains these stages: Rites into the Medicine, Rites of Evolution, Alteration of Reality.

Beyond the Path of Discrimination lies the Path of Discipline (The Absolution Pathway) which contains these stages: Energetic Entry into Ancient Sacred Paths,

Entry into the Knowledge of the Lower Realms, Self-Scrutiny, Original Sin and the Mysteries of the Redemption. Beyond this . . . lies the mysteries of death, dying and the afterlife and all that is ancient!

Because the knowledge contained within these paths is vast, they are contained within several books. (All are listed at the front of this book.) But allow me to say welcome, traveler! To the pathway . . .

ADDENDUM

Evolution and the Question of Consciousness:

A Function of the Brain or a Function of the Soul?

Throughout the ages, mankind has struggled with the basic question of existence. Most people know that the brain is the center force of the body, a computer of sorts that dies as the body dies.

Scientists argue that one must prove all things according to scientific method, a series of rules which define three-dimensional worlds of form; worlds with physical substance and solidity.

Religionists argue that some things are to remain as mysteries. They say it is an issue of faith, just believing in something you cannot see or know.

What if they were both right and both wrong?

What if our world - the world of form - is only one of many worlds? So within this world of form, the laws of science would

indeed apply. However, if there were other worlds, worlds that existed in multi-dimensional realities, would it not be plausible and highly likely that the laws ruling their existence would be different?

Perhaps the world of spirit can be called the world of force. We call it such because it generates the power behind all that exists in substance. If this world of force exists beyond third-dimensional laws, beyond what can be lawfully seen within the confines of physical sense, then it would indeed be true that one must have 'faith' or belief in that world to then see it.

But then again . . . what if this world of force could actually be seen and proven to individual souls who were willing to change their frame of reference and their ability to view? Would the worlds of science and religion be willing to traverse the pathway which would lead to proof (albeit on an individual basis) that would only be attainable if they were to step outside of the 'method' and the 'mystery?'

Consider me a scientist of a different kind. My scientific method is to allow the Universe to SHOW ME what is true rather than confining the truth to a very limited

understanding of what that can be based upon what we already know within the confines of our very small eye-view from the standpoint of a physical organism. Consider me a scientist of the soul who attempts to contain within myself both the worlds of science and religion to find the cohesive truth that inevitably binds them beyond the world of form. My scientific method stumbled upon me. I did not choose it. My method of exploration is Out-of-Body Travel.

Out-of-Body Experience has been elusive only because it has not yet been properly explored. Science perceives it as a ridiculous assertion of the brain. Religion feels that it is wandering into worlds that should remain a mystery . . . perhaps going too far.

But for those who have experienced such things, there is absolute experiential proof. You are not going to convince somebody who has experienced such things on an extensive enough level that what they have seen is not valid. What type of proof is most valid? That which is experienced by someone which was previously considered an unknown, or that which has been

theorized by someone who has never experienced it?

For thousands and perhaps millions of years, mankind has always struggled with crossing into the next threshold of the age. Mankind has struggled with a myriad of things which seem so small to us now; whether to believe the world to be flat or round, the development of energy source, communications and transportation. Each of these developments met with ridicule and mockery. The mass populace found it ridiculously 'naive' that these scientists, explorers and harbingers of a new age could possibly be onto something. But they were . .

Out-of-Body Travel is not merely 'psychic' phenomena. It is more like the moment when Christopher Columbus saw the new world for the first time. It is the awakening of a part of our consciousness that was previously asleep. Sudden proof thrust upon us of a higher truth that is not within the realm of dispute to the one who experienced it. But this proof only comes upon us (at least at this time) one at a time. Unlike other developments in the history of mankind, this is one that every person must

traverse alone.

To do so requires a recognition of science as well as faith; because it is through the curiosity of science that we energize the knowledge to come. It is faith which allows the knowledge of consciousness to come to us of its own accord, in its own way. Rather than coming to us in a way which fits within the confines of our current limited understanding.

Out-of-Body Travel provides a window into the next major evolutionary leap within mankind. Science has trouble with this because their methods only apply to us as long as we remain three-dimensional. But what if we become fourth or fifth-dimensional human beings? Then their rules no longer apply. Religion has trouble with this because they feel that these abilities only belong to special people; prophets, saints, mystics, sages and ascetics. But what if these extraordinary few were actually the first of our kind to make these leaps in consciousness and they have come to lead the way for humankind? Pre-cursors . . . instigators of great leaps of humankind into new millenniums?

What if a world that our species has

been unable to see (as a general rule) for thousands of years does actually exist and it is possible for us to see it? A world that prophets and scientists like Nostradamus have known from the beginning of time, but to the naked mortal eye remained unseen? The world of force. What if the world of form and force have co-existed forever impacting each other in ways unknown to the world of form; while the world of force protected us from the knowledge of our co-existence during our infancy as a species?

What if evolution is as much about energy as it is about matter? And what if we've been making energetic leaps throughout the ages but were unable to see the energetic implications due to our limited scope of vision? Then all levels of evolution within mankind may have been instigated by some energetic alteration coming from the world of force into the confines of our physical vehicles. Perhaps the greater Mind or Soul of humanity would be adjusting on many other levels and in our ignorance we could only actually see physical changes.

Evolution within humanity's soul occurs through energetic alterations which subsequently manifest in a physical

universe. Our Universe is a highly complex, multi-dimensional reality of which the physical worlds hold only a small portion. In fact, the three-dimensional worlds are actually pretty low on the totem pole of all life. Guardianed by higher worlds that exist in a myriad of dimensional awarenesses, our world is watched over by those who are anywhere from a fifth-dimensional world to many thousands of dimensions higher than our own. This is a portion of what I've been shown.

As you can imagine, in worlds that exceed third-dimensional reality by many millennia, the laws of existence have become very different than our own. Physical laws apply to physical worlds but not to worlds of force. Worlds of force abide by a whole different set of laws. But the presence of the worlds of force are continuously manifesting in worlds of form, although they keep a low profile.

Appearing only when someone is ready (when their faith and desire for knowledge exceed their arrogance about what they already believe to be true), the world of force intercedes when a human being becomes ready to *experience*

knowledge rather than hypothesize from a very limited perspective.

Consciousness is not a myth. It is not an issue of science *or* religion in its truest sense. The issue is the tie between energy and matter.

As a species, we are again being challenged to go to a new level. As Cro-Magnon man could never envision the Homo-Sapien, we have trouble envision a Homo-Universalis or whatever name it may end up being given, but it remains the next step.

Through this step, man's form will become more united to energy attaining to universality, uniting with life in all worlds, not simply our own. Such a change will require a new energetic link-up, not unlike being uploaded to the internet; the new man must be uploaded to Universal Mind.

Knowledge originates in ALL worlds, ALL life,
ALL existence, not just a singular world.
And to truly
know something you must *experience* it.

We haven't been alone for quite some time . . . forever, in fact. Higher worlds have guarded the world of form for thousands

of years. Like a small baby we have grown and matured and it is time for us to reach adulthood and take the torch from the world of force to become more like them.

Perhaps science would benefit from taking a step back and thinking about what it seeks. Knowledge comes to those who seek it. But if you seek to prove what you already believe or what is within your present realm of knowledge, you will never know wisdom.

I challenge you to go beyond the limitations of third-dimensional science and seek in a new way. Send your desire to know into the air through prayer. Allow the truth to reveal itself to you in its own way. It may not be what you expect, but it will be made known to you.

Whether you are of the mind of science *or* religion, your brain will process the knowledge that your spirit retrieves.

And as you think, perhaps you will begin to 'see.'

Not unlike the prophets, saints, mystics, sages and ascetics from throughout every religion and time. Not unlike Albert Einstein as he was perusing the theory of relativity which was subsequently revealed

to him in a dream. Without sub-conscious promptings, perhaps we would discover nothing at all or at least our technological advancement would have slowed a great deal.

Scientists may say that this is an indication that our brains are working out conclusions through dreaming. But to assume this must mean that our brain carries more knowledge than we have actually taken in from physical sources. In order for this to be true without divine inspiration, we would be required to believe that our brains can retrieve knowledge that we have not yet given it on a conscious level. If our brains are working out things through our dreaming . . . how are they doing this without divine guidance and direction from above? If this were so, the brain would be acquiring knowledge it had not yet been 'fed' from a physical, conscious source. So it must be coming from the world of force . . .

Scientists have also stated that we only use 10% of our brains. Given this, perhaps they would say that the other 90% kicks in to fulfill these functions. But this makes no sense because if there is no force behind the form there would be no inherent

desire to engage a cluster of neurons or cells in the brain which are currently inactive. Even such an activity would require a force to activate it in the dreaming state.

Computers require both the force (the programmer) as well as the form (the computer). A computer can only solve problems if the proper programs are uploaded into the system. Without such, it has no deductive thinking skills.

How can our brains inherently contain within them more knowledge than our waking selves? If evolution is a purely physical mechanism, then all we know as a primal species would be all that we are capable of knowing. If there is no force behind the substance, there can be nothing more than literally meets the eye.

Einstein received theories from dreams. Mozart received music from dreams. Those that invented electricity, the telephone and the car were driven by images given to them in dreams. This gives cause to at least ponder the possibility of force behind form.

If we all in fact die a literal death at the end of our lives, evolution would either cease or slow down considerably. It would

do so because the form becomes de-energized at death and truly ceases. If every life after breathing a momentary existence were to simply CEASE mid-stop through life, where would the driving force for the continuation of knowledge come from? The driving force would cease with every death and there would be no continuum.

When a computer is turned off, it CEASES. But if programmer's continually upload more and more information into the mind of the computer, it evolves. But it does so because of the force that drives its evolution, not because the will of evolution lives within the computer itself. It *responds* to that which it *receives*, but it will not *instigate* further development.

If it is merely form that we occupy, our souls would not advance. If we were merely form, we would not seek to know *anything*! As mere forms, we would have no knowledge of good and evil. We would simply exist with an instinctual drive similar to the animal kingdom. No *moving* desire to progress as a species would exist.

It requires a soul to desire these things.

Many scientists are doing work to

simulate the human brain - artificial intelligence. Despite their greatest efforts, they have been unable to recreate the inherent ability to learn that is shown in the youngest of our species - babies. A computer responds to what it is told to do, but it has no care as to the outcome. A computer can learn things, but only if the knowledge is uploaded to its hard drive. This is because there is no force behind the form. The programmer must supply the force. Turn off the computer and it ceases to function, just as a human being dies and the body ceases to function. But the programmer does not die; the force does not die . . . the force remains. The form itself has no will or desire, but it contains a soul. And it is the soul that instigates evolution.

In the worlds of energy and force - As a mind thinks, so it creates. In the world of science, this seems ridiculous. But in the worlds of force, this is the first law. The second law is the law of gravity . . . the absence of it. The third law is the law of perception . . . perception is limited by the vehicle expressing it. Humanity is limited to three-dimensional perception, while those in the worlds of force can contain fifth to

myriad-dimensional perspectives.

In the world of force, vibrational laws express even more. Vibrational law expresses the truth of all things, and the inherent mode of perception of every vibratory vehicle . . . of which human beings are only one kind. All life carries within it a vibrational energy which expresses its level of understanding, evolution and its past, present and future. Vibrational law enforces that every life form can only exist in vibrational energies at or below its own level of reality perception. Thus, the need for vibrational raisings to incur change. Vibrational law also states that every life form can only perceive through the windows of their own vibrational frequency or below. Again, the need for vibrational raisings to incur change. Vibrational levels differ between life-forms, worlds and between individuals within intelligent species, as well.

Differences in vibrational frequency determine the level of spiritual evolution inherent within a life-form. The higher, the more aware.

If you were to attempt to traverse into a world of a higher vibrational

frequency than you possess, you simply could not without the aid of vibrational raisings. Lower frequencies feel as though they are being crushed when they enter into a higher world because the power of their force is so much greater than that which a human being actually encompasses.

Vibrational law is inextricably tied to spiritual evolution because it is the manner in which it occurs in a physical vehicle whether we are aware of it or not. Vibrational raisings are the means to raising perception, knowledge, wisdom and force within a human being. It's very simple in that increase in vibrational frequency or force brings about evolution in consciousness. Vibrational raisings bring the soul to higher levels of knowledge. And knowledge that appeared to be complex prior to such raisings, the soul will just know.

Scientists have already discovered that color, light, electricity and all the forms of 'energy' that we acknowledge to exist have differing frequencies.

Vibrational law speaks of many layers of truth and reality. Each level works within its own parameters and its own

world and they interact (often unknowingly) with other worlds in order to eventually advance. Vibrational law also concludes with the inherent sovereignty of the world of force. The world of form is merely a projection of ideas originating from the world of force.

Unifying the worlds of form and force are one of the goals of human evolution. In this unity, our species has a chance to make leaps and bounds in consciousness arriving at new levels. The next level - multi-dimensional Homo-Sapiens or Homo-Universalis.

If science and religion have anything to say in common it may be that there are mysteries to life. Science wishes to demystify, religion wishes to mystify. But perhaps the attainment of those mysteries must be approached with a new view, a perspective which allows for mysteries to reveal themselves as they are rather than how we think them to be in our limited human vehicle.

Out-of-Body Travel is truly a gateway to a new way of life and existence. It pursues direct contact between Creator and created. It allows human beings to have

direct contact with *knowledge* itself.

Science tries to place all reality and all worlds in the brain. Physical law says that might be reasonable. Vibrational law says think again . . .

Just as creatures in our own world differ entirely in their mode of existence, so do those who exist in the worlds of force. As the beings of the sea do not breathe oxygen in the same manner that humans must to survive, there are others beyond this realm who need neither oxygen or salt water. Some live in the ether . . . some elsewhere. Because their vibrational frequency is too far removed from our own, we don't see them. But it does not negate their existence.

Human beings must learn from mistakes of the past to stop being arrogant in regards to that which they do not yet know or understand.

Evolution IS the function of consciousness of force. Consciousness evolves by expanding in frequency, enlivening the soul form which follows that force. Form without force is dead. Force without form still lives.

Evolution and the question of consciousness can be answered in that it is

both a function of the brain and the soul working together. The world of force creates and the world of form imitates.

When the imitation believes itself to be the creation truth is lost. It is much like the painting of a tree believing itself to *be* the tree. It is not a tree . . . it is canvas and paint made to image the form of a tree. Force begets form.

Many would dispute that I am a scientist of the soul, perhaps because I have not attended the proper schools or hold the proper degrees. And if we were disputing the three-dimensional laws of physics, I would utterly agree. But how can a scientist who has never attended the schools of the spirit world claim to have the proper background to speak of such things?

Just as scientists go to school in the physical world so do I go to school in the spirit world. These schools teach of the worlds and laws of the spirit, rather than the rules and laws of man.

Perhaps evolution requires that we expand our three-dimensional perspectives in order to attain to higher knowledge. Perhaps we must take a leap of faith in order to find the answers to the questions of

consciousness that have been with mankind
since the onset of time.

Perhaps . . .

Deep in the soul of man
Lies the holy grail of wisdoms chance
The tempest storm of reasons past
Seeks the sign of an angry man
In the dark of the moon, hold my hand

Night holds a seekers glance
Begging, calling for one last chance
Death is a hungry bird
No more time, join with mirth
In the dark of the moon, there's rebirth

Seasons change the Holy Grail
Hark the night the words prevail
No more chance, life is frail
Find the wisdom of the Holy Grail

Far in the ancient cave
The words of knowledge etched with grace
Reason holds a hungry man
Knowledge fills his empty hands
In the dark of the moon, it is man
In the light of the sun, life's begun

Seasons change the Holy Grail
Hark the night the words prevail
No more chances, life is frail
Find the wisdom of the Holy Grail

Symbolic as the cup of life and the cup of knowledge, the Holy Grail must be attained through energetic means. Some things cannot be learned through physical means, but must be learned from a higher force.

Seek, my friend, to find the force which created the form you now hold. And when you do, fall on your knees for you will be standing in the presence of the One Holy God and your spirit will be standing upon holy ground . . .

The Mysteries of Out-of-Body Travel

An Introduction to the Path

It began as a tiny twinkling years ago when I was but nine years old. In the midst of a dark night, the heavens began to open before my astonished eyes. Clouds parted and revealed a marble stairway which led to a podium containing two thrones. Upon them sat who I perceived as God and His son, Jesus Christ. Angels were singing and flitting all around them as I was summoned forward by this majestic vision.

Much happened during this visit, but the most important message that would be given to me this eve was that God had a plan for my life. Sometime in the future, He and His angels would return to me and show me what I must do. For now, I must wait. I'll never forget waking that morning with the innocence of youth and approaching my mother. "Mom!" I shouted, "I saw God last night!" Of course, she thought I was having a childish fantasy and nothing I could say would make her feel otherwise. So, I went on

with my day having no tangible understanding about the ominous message given to me that night.

Thirteen years would pass before the message would begin to impart its purpose. Three months after the birth of my eldest daughter, I spontaneously had my first out-of-body experience. Mind-blowing, I had no idea what my soul had embarked upon, but it would be grand and vast. My husband had the foresight to suggest I begin writing down the experiences, although it hadn't yet occurred to me that I should.

Over the years, my experiences grew into grand vistas of knowledge where my soul was taught the ways of the spiritual world, the mechanics of existence and purified of its many defects. As I continued to expand my horizons in mystical kingdoms, it occurred to my husband that I should try to paint what I had seen; although I'd never taken up a paintbrush in my life. So, I began to do so and started learning to paint; and although my painting was never meant to be something brilliant, I learned to convey a certain energy and feeling through them of the places I'd seen and gone to. Early on, I had begun keeping a

tape recorder next to my bed for the purpose of singing the music I would hear in the out-of-body realms. Later, I would teach myself to play guitar, other instruments and how to score music. Even later, I began experimenting with electronic recording equipment so that I could see if it might be possible for me to capture the feel of the music I'd heard in these states, as well.

Finally, the prophets, saints, mystics and sages who had been directing all my activities and experiences came to me with a message. Gather the ancient sacred texts and their writings from every religion throughout time. Beginning to do so, I had no inkling at this point that they would then proceed to guide my every move in adding quotations from their words to the experiences they had given me for the purpose of further enlightening their meaning.

If I were to share some of the most important things I've learned in my journey, it would have to begin with how it all came to be. One of the most common things I see amongst those who seek experiences of this nature is twofold; a desire for techniques, and a misdirected purpose.

Techniques do serve a purpose, but the only purpose they will serve is to provide a soul with the original earth-bound experience. Much more is required of us if we choose to truly seek knowledge in this experience. I've seen myriads of accounts of those who have had what I would term a classic out-of-body experience; wherein a soul leaves its body and experiences something outside of its form upon the earth or the astral planes. But there is so much more to find. Most people will think of these types of experiences when you bring up out-of-body travel, without often realizing that this is truly only the beginning of what can be accomplished in a soul.

It is here where misdirected purpose comes into play. So many people think of this experience as something to be achieved and sought after as an end. But out-of-body travel is really the means to the end; a technique which may assist a soul in seeking enlightenment. But the technique is not itself enlightenment. The end is transformation through knowledge, and knowledge is a gradual attainment which is acquired through energy.

Misdirected purpose can be several things. Firstly, it can manifest itself in someone who starts out with their own theory of truth and expects to prove it. In this case, the correct approach is to start out assuming that what you believe to be true is going to be incorrect in many ways, thereby opening yourself to be shown what is true beyond your own limited abilities to know. Secondly, it can manifest itself with wrong intentions; playing around with spiritual gifts, wishing to use these gifts for something other than the service of God, etc. Such things will prevent a soul from becoming able to experience this gift in a meaningful way, and it may prevent it from happening altogether. The correct approach is to follow the will of God alone. Thirdly, overt intellectualism can be a huge blockage to such experience, because this can prevent the spirit from instructing the soul because of its own preconceived truths of which it is often much attached.

Many people will focus on the 'playing around' aspect because they don't realize what they are doing. Some manifestations of this can be seen when a person wishes to constantly try to prove

their experience by going to see what somebody else is doing and being able to verify it later. Although this may serve some purpose, it can become a blockage to expanding the experience into the realms of knowledge.

Out-of-body travel is only the beginning of true and meaningful mystical experience, and a soul must be willing to understand that such gifts are only given to a soul when they have shown a true desire to serve God only. Self-serving motivations may work in the beginning, but they will hinder you from achieving anything of significance. Oftentimes, such motivations will also hinder a soul from realizing that there is more for them to know, and thus, they will believe they are already there when they have many more trails to cross.

Many stages of development, transformation and evolution occur within the spectrum of what a soul may find in traveling what I call the galactic heavens. But a soul will be tested much along the way and required to offer proofs of their intent and willingness to do as God so wills, rather than as they themselves may choose. What we must understand about this is that God

knows what we need to know, while we don't. Our egos can be a huge obstacle to us, because a great deal of this process includes the awakening of knowledge about ourselves within us which we may not wish to hear. Many souls are difficult to teach because they don't want to explore the dark places within themselves, but only the aspects of the journey which remain fun. In order to be teachable, you must be able to handle the criticism that you will receive from heavenly sources and the direction offered for you to change and transform all that is within you that remains incompatible with an all-powerful and loving God. This is very difficult and a huge stumbling block for many, because most do not wish to really 'see' themselves as God sees them; although progress along the spiritual path is impossible without it.

Much can be said about the worlds beyond our own. In my journeys, I began by traveling into my own past lives and learning about the karmic thrust which had held my soul to the Earth for ages past. Learning about Lost Souls, I was given knowledge and wisdom in saving them from their delusions and offering them the hope

of the love of God. Meeting beings from other races and planets, I was shown how evolution began and continues within our world, and how it relates to that of other spheres within our universal system. Entering the Initiation into the Mysteries, my soul underwent fascinating ritual passages within the pyramids of Egypt, ancient biblical mysteries, and inexplicable secrets of the ages. As my karmic thrust began to dwindle, my soul was taken into the knowledge of the eternal flame as I was led into the arms of the Angel of the Ascension.

Continuing my quest, I met Chief Joseph of the Nez Perce Indians who took me on a grand journey into the mysteries of evolution and the true path to life. Meeting the Old Ones, they taught me about the nature of good and evil in mortal realms such as the Earth. Learning to alter realities in our realm from the standpoint of energy, I was honored by the sacred Buffalo women to join them in their sisterhood as the medicine women from throughout the ages. And as I began to really experience the realm of evil, Jesus came to save me and show me the council who sits in judgment of such matters before God.

Beginning to tread the holy road of the prophets, saints, mystics and sages from throughout time; I met the Buddha, Babaji, Paramahansa Yogananda, Padre Pio, Abdul Baha', and various other prophets, saints and mystics from throughout time. Teaching me the path of discipline; I learned of heaven, hell and purgatory and was taken deep into the understanding of the demonic and their realms. Giving me the gift of exorcism, the Blessed Virgin Mary took me on a grand journey into the lower realms to teach me of these worlds and the purposes they serve. In due time, I was given to assist souls as they were crossing over; to take them to their grand reward in the immortal realms, or to offer them one last hope of reincarnation before entering a lower hell realm because of their notorious deeds upon the Earth. 'The Mysteries of the Redemption' were revealed to me in the heavens as the scrolls of the prophets emerged from the stars as brilliant and holy lights. And it was at this time that the Lord revealed to me that I must take all that I had written and compile it into a book with this very title. (The Mysteries of the Redemption: A

Treatise on Out-of-Body Travel and Mysticism.)

And as I began this task, the Lord deigned to give me another one; that of its sequel. (Galactica: A Treatise on Death, Dying and the Afterlife) But this would come as a shocking surprise when it was revealed to me that I was suffering from a terminal illness. Traveling down this road, I began writing about the process that a person goes through when they are preparing for death; mystically speaking. Much was revealed to me about the afterlife and the worlds beyond our own. Beyond this, I was given to see the grand city described in the Book of Revelation; adorned with gold, pearls, emeralds, amethyst and other precious gems.

Amidst this journey, the Lord gave to me the most simple and profound of truths. As I stood one night waging war between life and death, standing at the gateway to the next world; Jesus stood by my side. Conveying that I had completed everything I had to do before leaving this Earth, He gave me a choice. Because my children are still very young, I stood firm in my determination to continue to live as long as

God would allow. Speaking to me of the Earth, I heard the arguing and complaint amongst the peoples, as if in echo from far away. Nothing will change, He conveyed to me, even as I lay dying the world would remain selfish and the people would be fighting amongst themselves.

At that moment, I had a profound understanding about our mortal realm, the Earth. It is selfishness which holds us to its bounds, and it will be selflessness that will free us from its fetters. No matter what karma may hold you, its root lies in selfishness. And in this lies the secret of liberation from karmic circling, rebirth and continued reincarnation.

As I had made my decision, the Lord gave me a set period of time. During that period of time I was to finish my work and bring it to the people of the Earth in order that the understanding of salvation could be brought to a higher level. Promising Him that I would complete this work, I began soaring at the speed of light through the galactic heavens and into my body below.

And thus, it begins . . .

PART III

The Role of the Seven Virtues and Vices in the Practice of Out-of-Body Travel

Why discuss 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.

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