



**Hemi Sync®**  
By Monroe Products  
*Explore the Original®*

# Out-of-Body Techniques

By William Buhlman



For maximum benefit and understanding,  
please read this manual before beginning the exercises.

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by **William Buhlman**

in collaboration with Monroe Products®

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## William Buhlman's Out-of-Body Exploration Action Plan

*Note: For best results, please read the complete instructions before listening to the OBE programs. Refer to Adventures Beyond the Body, Chapters 5-8 as your detailed instruction manual.*

There is an old saying that it takes 21 days of daily repetition to create a new habit. This concept of mental reprogramming is especially true with OBEs. Looking back to my early efforts to initiate a conscious out-of-body experience, I remember that it took me 24 days of dedicated daily practice before I had my first OBE. It's clear that preparation, focused mindset and daily practice are critically important. This is because it conditions our mind to accept our unlimited potential for exploration beyond the physical body.

### Action plan for OBE Exploration:

- **Establish your dedicated OBE exploration area.** An area separate from your primary bedroom is highly recommended. A sofa in your living or guest room can be effective; this has worked for me for 40 years. Some people report a recliner or comfortable chair (with their head supported) to be effective. Dedicate this special area in your home as your personal exploration or meditation area. Many people make their OBE area a unique energy space with an altar, spiritual statues, symbols, works of art, or crystals. Ideally create a personal sacred space that reminds you of your OBE intention. Take note: your primary bedroom is never recommended since you are conditioned to sleep deeply (unconsciously) in your bed.
- **Create and maintain a detailed OBE and dream journal.** Record all dreams and energy/vibrational state events, even small ones. Make it a habit to journal all shifts of consciousness and vibrational events during and after sleep and after each OBE practice session. This daily journal process helps to open and reprogram our mind to remember our experiences.

- **Every day confirm (write) your firm intention and affirmation to have a conscious OBE** in your journal and ask your Higher Self and guides for assistance. (Now I have a conscious OBE! OBE Now! and I Astral Project Now!, are employed by many.) Select and repeat the focused affirmation that best resonates with you. Hold your intention as your last thought every time you do an OBE method, during lucid dreams, and as you drift in and out of sleep.
- **Listen to the various OBE induction methods** and select the approach that resonates with you. This method preference can and will change as you proceed over time.
- **Select your ideal practice time of day.** Mute all phones and control pets. Early morning and middle of the night are an effective time for many people.
- **Remain calm and surrender to all inner vibrational state events.** Never analyze or think about your physical body, just allow and surrender to all energy shifts. During all OBE sessions I have found it helpful to completely disassociate from all aspects of the physical body—imagine that you are a being of light, without form or limits. In addition, view all energy/vibrational events to be nonphysical in nature.
- **Let go and flow with your focused intention.** Allow yourself the freedom to completely relax and release all physical awareness. It's OK to “click out” after the verbal portion of each audio program.
- **When first awakening remain completely still** with eyes closed for a few seconds and scan your energy body. For example, seeing through closed eyes, floating/sinking and any form of vibrations are a clear indication that you are in a potential state for separation. This response applies during sleep, meditation and all OBE methods.
- **It's important to know that separation from the body is not an auto-**

**matic response**, as many assume. Often we must initiate the separation process by using silent commands such as, “Roll now! / Door now!” Always remain calm and mentally detached from your body during this process.

- **Journal your dreams and use them as a launch point for OBEs.** Focus and repeat, “Awareness Now!” during all lucid dreams.
- **Be patient with yourself** and don’t obsess with results. Recognize the entire OBE process as a relaxed daily meditation with intention.
- **Be completely open to all shifts of consciousness** during sleep and practice sessions.
- **View all vibrational state or energy related phenomena as nonphysical events.** Focus on your firm, positive intention to have an OBE now. (Now I have a conscious OBE!) Your focused intention is always the central driving force of your experiences.
- **There is only one rule in OBE exploration: never think about or focus on any aspect of your physical body.** Ideally, pretend your body does not exist. I have found it helpful to see myself as a point of awareness without form during all OBEs.
- **During the separation process always focus your complete attention toward a location away from your body, “Door Now!”**
- **After separation, focus and maintain your complete awareness on your new environment.**
- **Incorporate silent affirmations** in your daily practice, for example, “Now I have a conscious OBE! or OBE now!” Always hold your intention as your last conscious thought.

- **Most important**—commit to 60 days of daily OBE practice. Daily repetition is essential to reprogram the subconscious mind to your new ability.

Based upon my experience I've found that each of us will respond differently to various OBE induction methods. The selection of your personal system can be important to your result. Many people burn themselves out by repeating a daily routine that may not play to their personal strengths. Closely examine and recognize what kind of OBE method is most comfortable for you.

For example, if you visualize well the target technique may be effective. After experiencing the six audio programs consider what technique resonates with you.

Generally your preferred OBE method will be the result of experimentation with different approaches. Based on decades of experience we know that people respond to different methodologies. If you are not seeing some progress after a month or so consider changing your routine. What approach will be enjoyable and will hold your attention for 30 minutes?

The practice of OBEs is much like meditation; our commitment, daily practice and openness to shifts of consciousness without fear are our greatest assets. Focus your intention and enjoy the entire process. As Bob Monroe would often say, **“Have fun with it.”**

Before each OBE session take a few minutes and place yourself in a relaxed state of consciousness. Do whatever preparation and relaxation method that is comfortable for you. Before each OBE session it is recommended to relax completely and clear your mind of any distracting thoughts. Many people employ the Monroe prep process, deep breathing and meditation practices immediately before doing their OBE techniques. For the past 40 years I have used a simple but effective self-hypnosis relaxation method. I relax completely, close my eyes and do a slow silent countdown from 10 to one as I feel that I am floating on a perfect cloud. (10 relaxed....9 deeply relaxed... 8 deeper and deeper...)

## The Out-of-Body Techniques

*(Immediately before each OBE session place yourself in a deeply relaxed state using your preferred method. Unleash your imagination to enhance and embellish each program. Become an active participant in each program.)*

**1) Part One: Carving your OBE intention.** Repeat this intention process as often as possible.

**Part Two: Body of Light:** Allow yourself to go as deep as possible as you imagine your body filling with light and becoming lighter and lighter. Clearly imagine and feel all of your energy centers opening as you float free and maintain your OBE intention. Sense and feel the white light flowing through your body. Completely let go and flow with your intention as you float with the supporting Hemi-Sync® vibrations and sound.

**2) Balloon – Allow all blocks to fall away as you drift weightless in your balloon.** During this method imagine a hot air balloon of any color and shape that you desire. This is your personal vehicle of exploration. Follow the guidance and feel that you are rising higher and higher in your hot air balloon. Imagine and feel that you are gently floating above the landscape below. You can travel to any location you choose.

**3) Count Down Globe – Focus and maintain your awareness on the floating orb just above your head.** As you relax image a white globe floating 12 inches above your head. Feel yourself drifting deep and deeper as you clearly see and focus upon each descending number. Maintain your focused OBE intention as your last conscious thought. Imagine and feel that you are becoming the floating orb above you. Hold this image as your last conscious thought as you become one with the sphere. Feel you are merging your awareness with the floating globe.

**4) Target Technique – Hold your focus on your targets as your last conscious thought.** Before the program, select three or more targets in a physical location that is very familiar to you. Select targets that you can visualize well. Your targets can be a combination of physical objects, people or pets where you have a current emotional connection. The key to this method is to focus your complete attention away from your body as you drift away. Sense and feel that you are present with each target. Bring all of your senses into the experience. As you practice this method feel free to add as many targets as needed to maintain your focus away from your body.

**5) The Vortex – Surrender to a sensation of motion.** During this method focus on and surrender to a feeling and image of inner motion. Surrender to any perception of movement, up or down, rocking, rolling, and spinning. Hold and expand the sensation of motion as your last conscious thought. Surrender to all motion.

**6) Shamanic Method– Focus and hold your sensation of flight as your last conscious thought.** During this program, sense and feel that you are becoming the bird and embrace the perception and sensation of flight. Maintain the image and sensation of flight as your last conscious thought as you let go and flow with the supporting Hemi-Sync® vibrations and sound. Become the bird and enjoy all the freedom of flight. No limits; imagine that you are flying to your favorite locations as you let go all attachments to the body. Let go and fly.

The practice of OBEs is much like meditation; our commitment, daily practice and openness to shifts of consciousness are our greatest asset. Focus and maintain your intention as your last thought.

### **Positive Indications of a Potential OBE**

*It's important to remain calm during all internal energy events or manifestations. All perceptions of vibrations, sounds, motion or expansion are positive events.*



- Seeing through closed eyes.
- Any vibrations or energy surges out of the norm.
- Sleep paralysis (partial or full)
- A sense of floating, sinking, rotation or any sensation of motion.
- The perceived movement of any body part: arms or legs are the most common.
- The perception of being touched, pulled, lifted or moved in any way.
- Flying in a dream
- Any sound out of the norm; humming, buzzing, roaring, voices or your name being called.
- The sensation of an unseen presence or energy close to you.
- The perception of a shift or change in your immediate environment.
- Any shift in your perception or location.

### **How to Effectively Respond to the Vibrational State**

- Remain calm and surrender to any vibrational state energy flow or surge. Be open to all perceptions of inner energies, vibrations and sounds and allow them to expand within you.
- Never focus upon or analyze your inner energy shifts. The Ideal response is to allow and surrender to all inner energies without focusing upon them.
- Remain completely detached to all aspects or sensations of your physical body.
- Use silent commands to initiate separation. “Door now! or Roll Now!” Repeat as needed. Remember, all motion is achieved by focused thought.
- Never think about or move your physical body during the entire OBE process.
- After separation focus and maintain your complete attention upon the new environment and energy body.

**For additional instructions refer to the OBE techniques guide available as a free PDF at my website, [www.astralinfo.org](http://www.astralinfo.org).**

**William Buhlman** is the author of several bestselling books; *Adventures Beyond the Body*, *Adventures in the After-life* and *Higher Self Now!* He is the creator and trainer of the six-day, out-of-body exploration intensive program at The Monroe Institute located in Faber, Virginia. During this exciting and unique workshop each participant explores and experiences extensive OBE preparation, control, and induction methods. In addition, more than 24 OBE methods are conducted within individual CHEC units.



