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William Buhlman OBE workshop, Italy



William Buhlman is one of the best known names in the world of OBEs (Out-of-body experiences). He's a pioneer in the field and good at teaching the skill to others. So, to be at one of his workshops was fantastic - it allowed me to ask all the questions I wanted directly to the man himself. He doesn't often come to the UK - last time was six years ago - and he has no immediately plans to come here in the near future. He does however go to Italy, saying he resonates particularly with Rome, and possible past lives there. This workshop was at Le Querce Bianche near Treviso.

Buhlman utilizes hypnosis to maximum effect, achieving a very deep level of relaxation that assists people smoothly and deeply into altered states of mind - the fertile platform for triggering OBEs. His workshop activates all the ideas contained in his books, Adventures Beyond the Body and Secret of the Soul and are probably the most accessible accounts of non-physical experience available today. Millions of people have had OBEs and NDEs (near-death experiences) but the majority often misinterprets their meaning.

What's good about these books is that they are not just based on his personal experience though 'Adventures' is drawn from his own OBE journals, but they rest on massive research. The number of people responding to Buhlman's OBE survey has now topped 20,000! The participants come from all over the world; the results showing that OBEs are a universal phenomena, irrespective of age, gender, class, religion or belief system.

On a personal level Buhlman shines. He's modest and committed - a great teacher who manages to make complex ideas simple, without trivializing their depth. Lucid and grounded, he stands tall and fit at age 60 and speaks straight from his heart, obviously passionate about his subject.

What you learn from him is that the biggest barrier to exploring beyond the body is our own fear. Developing a strong, flexible mindset, he believes, is probably the most important factor in achieving successful OBEs, allowing the mind to open up to weird and wonderful inner dimensions.

An effective out of body explorer is:

- courageous
- adventurous
- fearless
- open
- goal-oriented
- records experiences thoroughly
- calm during shifts of consciousness

The tendency of some people during OBEs is to be fearful that what's happening to them isn't 'normal'. Buhlman was great at calming such fears and clarifying that there are NO RULES except to not think about your body once you're out. Different experiences just add to the richness and variety of OBEs. Letting go of emotional baggage, giving up analyzing, and dissolving fearful thinking can have benefits in any area of life, but when confronting the great mysteries of life and death these actions have even greater impact. It frees up energy to shift dimensions more freely.

Most are afraid they won't be able to reconnect with their bodies, but to Buhlman this is what keeps people trapped. He has this amazing sense of courage to explore beyond. He never fears alien entities, or malicious spirits, or possessions, as he says 'we are the most powerful creators' - it is our own minds that create the fears in the first place. So it's important to recognize and it is up to us to take command. This kind of talk has made him an inspiration. He's working at the frontiers of consciousness, an explorer who challenges all the believed and conventional notions of what's supposed to happen when we die.



He used his own hemi-sync style music to lead us into trance states, bordering sleep. Several key techniques were then introduced, including one from the Golden Dawn, and an ancient Peruvian Shaman Fire Ceremony where objects symbolizing habits were burned in solemn silence.

Over lunch, I talked to him about the few advances I'd made with OBEs. I said I'd used a lot of OBE techniques, but still could not tell whether I was really out or not. He said that in workshops there was 'aura overlap' which could act as interference, so it was ideally better in the secluded CHEC units at the Monroe Institute, where people do OBEs individually. He jested with me that with a 'difficult' case like mine; I might need to be hit out with a hammer. If so, Buhlman is definitely the hammer I needed - I could easily imagine him blowing things out of the water.



Buhlman reminded us that in terms of higher consciousness there is no 'up' or 'down'. The higher self is beyond such categories; it has no time or space, so doesn't require measurements from the physical dimension. An OBE (the term that has stuck) is really more a transition of consciousness 'inwards' into the layers of our being. Going 'out' can be a useful but metaphorical way of understanding this shift away from the physical body we are all so attached to.

During one of the OBE sessions there were some odd phenomena: I felt someone lightly touch my shoulder; I wasn't scared; it was just a slight sensation someone was there. I also experienced moments where my body was melting, shifting, or moving slowly backwards. Another moment was when I felt I was just in the next room looking for the last remaining music CD, and it felt peculiar. I thought - 'Oh - my body's in the other room on the floor!' and suddenly I snapped back into my body. Apparently, this is common.

Buhlman also said that in that workshop room, several -possibly hundreds- of spirits were listening in, to gain what knowledge they could to know what to do about the after death state. I did not even notice until someone who had photos of hundreds of orbs floating about like mushroom clouds at Ankor Wat, Cambodia, pointed out that there was one in my photo of the workshop room. I was astonished to see it there. The jury is still out on what causes orbs- dust light effects or wandering spirits?- but they certainly have a strange way of appearing sometimes, but not others.

People came forward with various odd experiences and Buhlman took time to answer and deal with them all - so people went away satisfied - the workshop was a success. If

there is one motto I'll remember most easily from this workshop it is to 'Just Surrender' - the experience is waiting for you to access.



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