

Interview with Slovene magazine Misteriji: March 1, 2010

1. Where did you study OBE phenomenon – are you an independent researcher or do you work with some organization?

I am an independent researcher and have conducted workshops and lectures with hundreds of organizations around the world. My research and writing is based largely on my personal experiences and my OBE surveys. I had my first fully conscious out of body experience in 1972 and have been studying and practicing since then.

2. What do you feel is your most important finding in the field of OBE?

The existence of consensus and non consensus realities is an important finding. Consensus realities are created and maintained by group thought, while non consensus realities are easily manipulated and molded by the thoughts of the person entering that energy environment. I am known for presenting detailed methods to control and enhance the experience and also my explorations into the energy membranes separating the many dimensions of our vast multidimensional universe. My OBE survey concerning the vibrational state provided many new insights. I believe I am best known for teaching methods to go beyond the astral dimension and how to have a profound spiritual experience during OBEs.

3. How would you define OBE?

The separation of consciousness from the physical body.

4. The terms »Astral Travel« and »Astral Projection« are widely used. Are they the same as OBE?

Essentially, yes. OBE is a general term referring to any experience beyond the body, while astral projection is more specific referring to the astral body exploring the astral dimension.

5. What is actually the astral body?

This is the subtle energy body that is experienced during many OBEs. It is one aspect of our multi dimensional being, just one of the energy bodies that we possess.

6. Can we see the astral body with our physical eyes? Is this called »seeing ghosts«?

Ghosts are astral inhabitants that have lowered their personal energy frequency by their focus on the physical world.

7. Is the astral plane in effect our subconscious?

No. The astral plane is a vast objective energy reality with countless environments created by the focused intention of the inhabitants.

8. Religions speak of heaven and hell – is this the astral plane?

Yes. The early mystics that wrote most of the spiritual and religious books experienced different realities beyond their body. They placed labels on these experiences based on their limited perceptions and knowledge. For example, a negative out of body experience would have been labeled as hell, where someone having a positive encounter would say that they had been to heaven.

9. When religious people experience an OBE – does it affect their belief?

If you are totally indoctrinated into a belief system, no experience will change that belief. However, if you are open minded to change it is possible that your viewpoint of reality will be altered by the profound nature of an out of body experience. It has dramatically changed my perception of reality. I used to believe that the solid three dimensional world was the only reality. Now I know better.

10. Is a scientific approach to OBE at all possible?

The extremely subtle nature of the inner dimensions is beyond monitoring by our current physical instrumentation. I think as technology becomes more sophisticated, there will be accurate ways to observe an out of body experience.

12. Is it true that out-of-body experiences stimulate areas of the brain previously untapped during normal physical life?

There is evidence that the pineal gland is activated during OBEs. But other issues are more important. For example, the brain is not the source of an out of body experience, no more than it is the source of our existence after death. We as conscious beings exist completely independent of our physical brain. The physical brain is a temporary hard drive that stores information for the physical body. During an OBE you are bringing back more knowledge and profound insights from your experience. That will affect your life in many ways. For example, some have reported increased sensitivity to subtle energies, new creative talents while others have developed a far wider perception of reality that extends beyond the dense façade of matter. In short, your awareness is enhanced.

13. Can you tell us about your 12-years long OBE survey? What are some of the most interesting findings?

It has become clear that out of body experiences are natural events occurring in every culture and society. It was interesting that children up to the age of 12 are extremely open to spontaneous out of body experiences, but these experiences tend to stop at puberty. Unfortunately many parents don't understand the nature of OBES and leap to many strange conclusions. We discovered that women during childbirth have many reported experiences. In addition it is common to hear reports of communication and meetings with deceased loved ones. We also found a direct link with sleep paralysis and OBEs that was far more numerous than expected. Also OBEs are not a seldom a singular event you have one they are often repeated events through life.

14. How does one experience leaving one's body in OBE?

About 80% of people experience the vibrational state as prelude to their out-of-body experience, this includes paralysis, energy surges, loud noises such as buzzing and humming and/or hearing their name called. It could also include being touched or the feeling of a presence. What happens next depends on the level of knowledge and control of the individual.

15. Can self-initiated out-of-body experiences be dangerous? Many people say that it is not good to play on the astral plane, since one could easily be attacked by some ghost ... And others say that during OBE we can be severed from our physical body and die?

My forty years of experience is evidence that OBEs are safe and natural. All of these fears are based upon ignorance. We are not physical beings. Many people are afraid of the unknown. We are also conditioned by our religions and culture to fear many unseen energies. Every night during sleep we all separate from our bodies; the fears are completely unfounded.

Being knowledgeable and prepared is a large part of the out of body exploration. This is why in my books I provide detailed protection and instruction about control and mindset during out of body experiences.

I am convinced that no external force can sever our connection with the physical world.

16. Are there some people to whom you would not advise to practice OBE?

Yes. Anyone that is emotionally or mentally unstable should not practice out of body travel. If you experience difficulty handling one reality, it may not be practical to try to experience multiple realities.

17. Can our dreams be OBE? How do we make distinction between OBE and hallucination or daydreaming?

The best way to answer this issue is to have your own out of body experience. Then it will become crystal clear that this is an alternative reality and not a dream state. This is one of the great advantages of an out of body experience – you can prove it to yourself.

19. Is it possible to have an OBE with someone else, i.e. our friend? And if so, can he or she also be aware of it at the same time?

Yes. This is reported by many people from around the world. Generally this is due to a strong connection between two people that are drawn together during their experiences. The author Richard Bach writes about his experience with his wife.

20. In another interview you said that alien abductions are OBE's? How so?

There are a high percentage of perceived alien abductions that could be out of body experiences and vibrational state phenomenon. Based on research and personal experience there are many similarities between the two such as; sleep paralysis, loss of time and being touched. The feeling of being lifted and moved to another dimensional reality is also a common thread. Also OBEs are repetitive events. I devoted an entire chapter in *The Secret of the Soul* to this subject.

21. What are the benefits of self-induced OBE's?

The number one benefit is to receive answers to the basic mysteries of life; who are we, where are we going, what is our purpose. The removal of the fear of death. A profound increase in knowledge based upon confirmed personal experiences is a life changing event. You change from believer to knower. I detail over twenty benefits in my books.

22. Can we use the OBE's for fulfilling our desires?

During OBEs we have entered the substructure of matter. When you are dealing with the thought responsive reality that is the substructure of your physical reality, you have an opportunity to influence your physical life in a profound and elegant manner. In short we have the ability to create new energy molds on the astral plane that can become physical reality if we focus our thought energy. This offers exciting the potential to create and mold the surrounding energy of our lives. My new book will detail this process and its remarkable potential.

23. Can we use the OBE's for helping others?

There are multiple reports of healing energy being projected to others during OBEs. But it is important to note that one must know them self before they can be of true assistance to anyone else.

24. Can you describe some of your OBE's? You spoke about talking to your deceased mother...?

My mother had died six months before this experience occurred. During an OBE I heard my mother clearly call my name, "William". After separation from my body I was shocked to see her standing next to my bed. To my amazement she appeared to be in her early twenties even though she died at the age of 72. She hugged me and told me that she was relieved that death wasn't the big deal she thought it would be. It was like waking up after a long sleep. I detail many experiences in my books.

25. What are the proven methods for self initiated out-of-body exploration?

There are many approaches. Some people use affirmations, there are motion techniques and chanting is a tool for some. There are light body activation methods, chakra techniques and sound techniques. There are over forty techniques in my books. Different techniques resonate with different people. Some people are more visual, while others require a more tactile approach such as the ladder or rope method.

26. Can you recommend some simple method to our readers – and describe it so that they can immediately practice it?

One of the simplest methods is the Target Technique. In this technique you select three targets in your home, objects that will hold your attention and are ease to visualize. This can be a picture, a sculpture or any object that will hold your attention. Lie down on your sofa, get completely comfortable and imagine yourself walking to, touching and observing these objects (one at a time) as you allow yourself to completely relax. Focus on the objects – the texture, the color,

the weight, etc. Imagine that you are touching and holding the objects. Focus your full attention upon the objects and away from your body as your last conscious thought as you allow your body to drift away. It's important to hold the image of your targets as your last thought. Repeat this and all OBE methods daily for thirty days.

Best regards

William Buhlman