

## INTERVIEW WITH AUTOR AND OBE EXPERIENCER BILL BUHLMAN

### ARE OUT OF BODY EXPERIENCE EVIDENCE FOR THE SOUL?

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An Out of Body Experience (OBE) refers to the state in which the conscious awareness of an individual is no longer located in the physical body. During an OBE the person's consciousness transfers from its normal perspective of looking out from the body to one where the centre of consciousness is located completely outside of it.

People who have OBEs report that they, or rather their consciousness, can move almost instantly anywhere in the world and to other dimensions of reality simply by an act of will.

The medical profession labels OBEs as a form of hallucination. However, this hypothesis has been challenged by experiments in which subjects have been able to spontaneously initiate an OBE and then locate and correctly describe a hidden target that could not be seen from their physical position. Clearly this would be impossible if OBEs were merely hallucinations.

William Buhlman is America's leading expert in self initiated OBEs. He has written two books on the subject: *Adventures Beyond the Body*, and *The Secret Of the Soul*. He has appeared in numerous TV programs and radio shows and for over a decade has been conducting hundreds of seminars in which he provides people with the skills to initiate their own OBEs.

In *Secrets of the Soul* Buhlman published information he obtained from an eight-year survey he conducted on OBEs involving 16,000 people from 34 countries. The survey showed that despite the differences in race, cultures and socio-economic status the basic aspects of the OBEs were fundamentally the same. Again, if OBEs were merely hallucinations these similarities would not exist.

I interviewed Buhlman for an American TV documentary exploring the evidence for life after death. He states: "OBEs not only expand your consciousness, they can help verify the existence of the soul." And from the perspective of evidence for life after death he claims. "Death is the ultimate out of body experience."

#### Q. WHEN DID YOU FIRST HAVE AN OBE?

It was in 1972 and was the result of learning a technique that enabled me to self-initiate an OBE. I imagined myself visiting my mother's house every night as I fell asleep. After three weeks something very strange happened. I was in

a small bed facing the wall and when I reached out my arm actually went through it. I could feel its energy substance as my hand passed through. At that moment I thought of standing up and the next thing I knew I was standing by the foot of the bed looking down on my body. That's when I realized it 'Oh my God it's really possible'. A whole new awakening occurred at that point, because I knew then that we do continue beyond the body and have the potential to explore beyond our physical limits. It changed everything. My paradigm of existence was radically shifted and that's when I became very serious about the topic and began to explore it in detail.

**Q. CAN YOU TELL US WHAT HAPPENS INITIALLY IN AN OBE?**

Well, the first stage is you feel this powerful vibration in your body. This is accompanied by a paralysis and both are often preludes to the actual separation. In this state you often hear humming and roaring sounds. Then there is the ability of being able to look through your eyelids, which is very strange. From the survey I conducted for my second book I discovered these phenomena were nearly always experienced.

**Q. IN OUT OF BODY STATE, ARE ALL YOUR SENSES FUNCTIONING? DO YOU FEEL SOLID?**

Most of the major senses are available and they are often enhanced, far beyond what we would have in the physical world. You can touch your own body. In other words, even though it's not matter, you can absolutely feel and sense it. And often you are wearing the same kind of clothes that you would be in the physical world

**Q. WHEN YOU FIRST EXIT YOUR BODY ARE YOU FLOATING AROUND IN THE PHYSICAL WORLD?**

Many people during their OBE encounter a reality that is a virtual duplicate of the physical world, but, of course, at a far higher vibration. However, this duplication is not exact. If you have an OBE in your bedroom, for example, you may see an exact energy duplicate of the bed. But the wall colour or wallpaper pattern may be different.

**Q. HOW IS MOTION IN THE OUT OF BODY STATE ACHIEVED?**

There is a large range of movement with OBEs. You can walk, fly, run and float. And you can go to any location you choose just by thinking about it. If you want to go to Hawaii, you focus your thoughts on Hawaii. There's a sense of rapid motion, like a blur, and suddenly you're there. And that applies to going anywhere. This is what makes OBEs so fascinating. There is an extraordinary sense of freedom that you can't possibly have in the physical world.

Q. ARE THERE ANY LIMITATIONS ON WHERE YOU CAN TRAVEL DURING AN OBE?

Not in my experience. Distance is not an issue. You're dealing with a much higher vibratory body that has a capability of going anywhere your mind will direct it to, so the only limitations are in your own mind. If you feel capable of going to another planet, you will be able to. You create both the potential for the destination and the limitations.

Q. IS ONE HOUR OF CLOCK TIME IN NORMAL CONSCIOUSNESS THE SAME AS TIME PASSING IN AN OBE?

During an OBE, clock time is no reference point at all. You can experience almost a lifetime and when you come back to your body, it may have only been 10 minutes of actual clock time that's transpired.

WHAT DO YOU CONSIDER TO BE SOME OF THE BEST EVIDENCE FOR THE REALITY OF OBEs?

During the course of my survey I received many responses from people who during an OBE would float up through the roof and observe objects like a baseball or a shoe that were located on the roof. Later they went and checked it for their own verification. In each case they were able to confirm that the object they saw during the OBE was actually there. There was no way they could have seen this from their perspective whilst in their bodies.

WHAT IS SOME OF THE SPECIFIC INFORMATION TO EMERGE FROM THE SURVEY?

One of the surprising things we learned is that most spontaneous OBEs occur at a young age. We found they are most prevalent between the ages of four and twelve and they decrease as a child becomes older. I believe this occurs because of social conditioning. We are continuously taught to identify ourselves as being merely physical hunks of flesh.

AS YOU GROW MORE EXPERIENCED WITH OBEs YOU SAY ITS POSSIBLE TO GO BEYOND THE DUPLICATE OF THE PHYSICAL WORLD. CAN YOU DESCRIBE THESE OTHER ENVIRONMENTS?

During OBEs there is the opportunity to explore many other dimensions. These are independent realities that exist beyond matter and they are teeming with life. That's one of the things that surprised me. There are entire social

orders, civilizations if you like. There are all kinds of environments and dimensions that exist beyond our sight and we have the ability to actually explore them for ourselves, to visit these dimensions and to see them first hand, instead of just reading about them and it's very exciting.

#### WHAT HAVE OBEs TOLD YOU ABOUT THE RELIGIOUS CONCEPTIONS OF HEAVEN AND HELL?

One of the biggest insights one can obtain from OBEs is an understanding of what religious belief systems refer to as heaven, hell and purgatory. We know, from OBEs that what the Bible and Koran speak of are actually dimensions that people can enter during an OBE. Two thousand years ago they were called heaven or hell but now with the experience from OBEs we can be more precise. These multiple realities were described in the Koran as the seven heavens or seven dimensions. In the Bible in Second Corinthians, St. Paul talks about the 3rd heaven and he says 'whether in the body or out of the body, I know not.' I think this confirms that some of the prophets and writers of the Bible actually had insights into these dimensions. They only called it heaven because they had no other term.

#### TO WHAT EXTENT ARE THESE ENVIRONMENTS RESPONSIVE TO YOUR THOUGHTS?

A single non-physical dimension can contain three primary types of energy environment: consensus, non-consensus and natural. A consensus environment is any environment or reality that is created and maintained by the thoughts of a group of individuals. For example, the heavens of each religious group are created by the thoughts and beliefs of their respective inhabitants. These environments are very stable and cannot be changed by an individual's thoughts. Non-consensual environments can be changed. Here the thoughts of the individual consciousness can literally create their reality.

I've discovered from my OBEs that there are dimensions that are non-form based just like clouds floating and these realities can be shaped by our own thoughts. On many occasions I could change the cloud into any object. Based on this and other experiences I have had I'm sure this type of energy is really the substructure of creation as we know it in the physical world. These clouds with focused concentration are the beginnings, the seeds, of physical matter and as we focus more and more attention on these energy objects, these thought forms, they slowly manifest, not only into three dimensional energy objects but eventually into matter and this is an incredible discovery.

#### Q. COULD YOU DESCRIBE WHAT YOU THINK HAPPENS AT THE MOMENT OF DEATH?

Based on my own OBEs and the thousands of reports in my survey, I'm convinced that death is an out of body experience. Of course, the main difference is that when you die you don't return to the physical. However, after the initial separation from the body when you die, I have discovered that most people are met by loved ones.

#### Q. WHAT HAVE YOU LEANED ABOUT POSSIBLE CONDITIONS IN THE AFTER LIFE?

What's so surprising to discover is that people in the afterlife continue their lives in similar ways to when they were living. For example, I have seen schools where people can continue learning. They can and do communicate with their loved ones in the physical world, especially during the first two weeks of the transition. In this other world reality continues. There isn't a great shift as many people have been led to believe.

There's a consensus reality that people bind to and there are soul groups that people connect with. In other words, if you're comfortable with a group of people, you will continue to live and grow with those people when in a non-physical state. Then other opportunities come in, because there are other realities that exist beyond your dimension so you have the potential to move into these greater realities. All of this is part of the process of our spiritual evolution.

#### Q. CAN OBEs HELP PREPARE YOU FOR DEATH?

One of the most important benefits that you can gain from OBEs is the knowledge that you continue beyond the body. Now I'm not talking about belief systems or faith, I'm talking about actually experiencing yourself as a soul. It's a life changing experience because it can completely eliminate your fear of death. Death is nothing more than a transition of consciousness. That's all that it is. Consciousness does not die it continues and the more aware you are of your own ability to explore beyond your body the more opportunities you have available when you finally do shed your body.

The Tibetan Book of the Dead, for example, speaks of this ability. They actually chant around people that are dying to encourage them to go to the clear light of the void. They are encouraging them to evolve, to go, to explore, to experience beyond form. To go beyond the 'astral' dimension, to the higher levels of reality. This is what's available when you consciously go out of body. The more in control you are the greater the ability to take command of the experience and to evolve to higher levels of reality and not be, let's just say, drawn into a consensus reality that's form based.

#### Q. WHAT HAVE YOU LEANED ABOUT THE CONSEQUENCES OF NEGATIVE ACTIONS?

There is no doubt that there is a cause and effect of energy and that our actions here will also have a repercussion energetically in the afterlife. For example a murderer will have to pay the price, or let's just say, experience the result of his actions energetically. That could mean they end up in a very negative, very unpleasant environment where they become aware of what their actions have done to others. I'm sure there are multiple scenarios that deal with this.

#### Q. CAN YOU DESCRIBE ONE OF THE WEIRDEST OBES YOU'VE HAD?

Perhaps the strangest one I had was when I met my deceased mother. She actually took me to her new home in this non-physical reality and it was a townhouse. Nothing fancy, but she loved it. She always wanted a house like this when she was alive. She looked much younger than she was when she passed away. But what was so strange is she asked if she could incarnate as my child. She then went on to describe the benefits that both of us would derive from her being my child. To tell you the truth, the whole thing shocked me, because at that point I didn't believe in reincarnation and, suddenly, my deceased mother is asking me quite seriously to be my child in the physical life. So, it had a huge impact upon me.

#### Q. WHAT ELSE HAVE YOU DISCOVERED ABOUT THE POSSIBILITY OF REINCARNATION?

There is no doubt in my mind that there is a process that allows us to evolve beyond matter. We are not just physical beings and we evolve spiritually, yet we use matter as a school and this process is reincarnation. We are using the physical world as a training ground. It's a very intense experience and this is part of the process of our evolution: to enter this learning environment and to gather experience and wisdom from actually participating in it. No theory, no speculation, no reading. You become the object you wish to learn.

You become part of a scenario that has a lesson involved, because all of life's challenges are learning opportunities. Based on my OBEs there is no doubt that reincarnation is a reality and it is one of the pivotal forces of the universe that allows us to grow and develop and expand our consciousness.

#### Q. DO YOU THINK REINCARNATION IS COMPULSORY?

Based on my experiences I'm convinced reincarnation is not a mandatory process in any way and I'll give you an idea why. During one of my experiences, I had an opportunity to communicate with several individuals that have never had a physical incarnation and that surprised me. Up to that point, I thought everyone did. And then it hit me - some people find the physical learning ground too intense to even try and enter. It's too intimidating. It's too real, so they

just avoid it completely. They still have experiences and evolve in other dimensions. They're just not in the physical domain.

Q. YOU HAVE STATED THAT THE KEY TO OUR EVOLUTION IS TO EXPLORE OUR MULTIDIMENSIONAL NATURE. CAN YOU EXPLAIN?

All the great saints throughout history have said the most important thing to do is recognize our spiritual essence. This is what OBEs can prove and this is available to us in the physical world as well. We have the ability to explore our multidimensional nature. To actually experience our spiritual essence in this life now, not in some distant future when we pass on. This is a critical difference, because this is the turning point, right now.

We, each of us, have the ability, through OBEs to actually have what in the East is called self-realization or even God realization: to experience in full consciousness, full awareness, the totality of our being. The Godlike essence of what we are and this goes beyond words, this is really the core of out of body exploration and why it's so important to us all.

Q. DO YOU AGREE WITH EASTERN PHILOSOPHIES THAT CONSCIOUSNESS IS PRIMARY?

Based on out of body experiences, the universe is not only multidimensional, but it's conscious and we are part of that universe. In other words, we are multidimensional. This is an incredibly important point that is often overlooked. We possess multiple energy bodies and because of that, we have the ability to experience that inner part of ourselves and to become aware of the totality of the universe and ourselves, because we are a microcosm of the universe and, as such, the doorway is always open for us to experience the totality of the consciousness of the universe.