

**Conscious Evolution 2.0**

**What  
the Bible,  
Alien  
Abductions**

**and**

**Near-Death  
Experiences**

**All Have in Common?**

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or what the Bible, alien abductions and near-death  
experiences all have in common?**

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**This article is not about God, aliens or life after death.**

It is about a phenomenon that left huge traces to be seen in all these topics, as well as in many others, but usually people cannot see this fact.

I think that sometimes when people claim to see God, aliens or have near death experiences, they made incorrect interpretations of our hidden ability. We should know the truth and think about explanations of the phenomenon. It seems that we are really very close to the next step of our conscious evolution.

I am an independent researcher of the out-of-body phenomenon. I have had no less than three thousand out-of-body experiences (OBE). I’m the founder of the School of Out-of-body Travel and I have taught this phenomenon to thousands and thousands of people at my seminars or by my 10 books. I know almost everything about the OBE because I live in this topic 24/7. It is my life. I analyze dozens of out-of-body experiences every day that is why I can see obvious traces of the phenomenon in many aspects of everyday life. I can prove it in this article.

Actually, the out-of-body phenomenon is so normal that it may be a sign of the next step of the evolution of consciousness. Maybe, in the future our consciousness will be present not only in the wakeful state of the physical body but even outside of it.

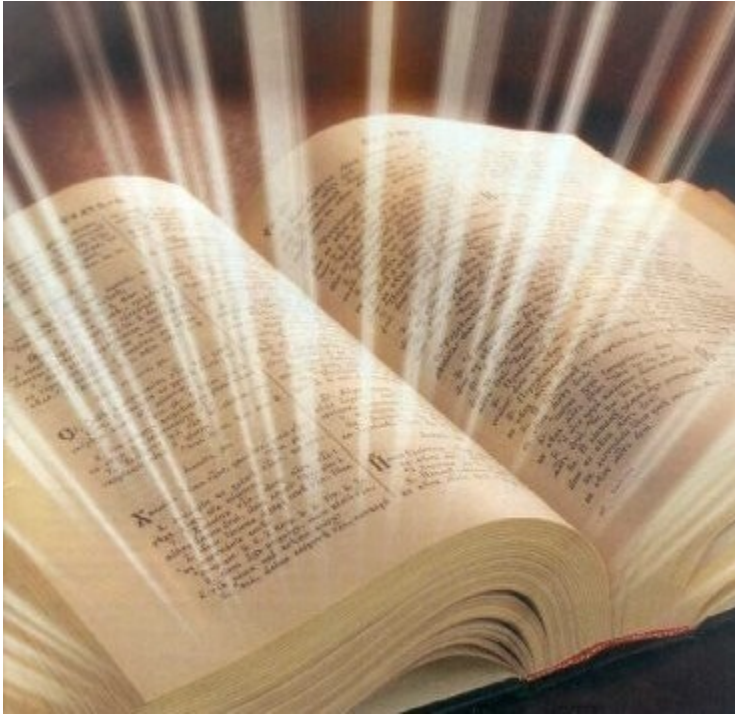
**Sources:**

- 1 – Quotes from the Bible;
- 2 – Well-known cases of abductions by aliens from the site [www.ufocasebook.com](http://www.ufocasebook.com) ([the cases](#))
- 3 – Quotes from *Life after Life* by Raymond A. Moody;
- 4 – One long thread about first-time out-of-body experiences (400 cases) from a discussion board on the Russian website [www.aing.ru](http://www.aing.ru) ([the thread](#));



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## Part 1. Biblical Astral Travelers



**Right from the start, I should make it perfectly clear that I'm not going to say there is no God.** I'll simply be discussing specific individual cases in which a misinterpretation of events has possibly occurred, and nothing more. I would have written a different article if I had wanted to discuss the existence of God.

I first read the Bible when I was 9 years old out of sheer curiosity and personal desire. Even back then, a natural question occurred to me: don't the protagonists of biblical stories very often if not almost always encounter higher beings while dreaming or when in states close to that of sleep?

*(Second Book of Samuel, Chapter 7)*

*4 And it came to pass that night, that the word of the LORD came unto Nathan, saying,*

*(Acts of the Apostles, Chapter 16)*

*9 And a vision appeared to Paul in the night; There stood a man of Macedonia, and prayed him, saying, Come over into Macedonia, and help us.*

*(Acts of the Apostles, Chapter 18)*

*9 Then spake the Lord to Paul in the night by a vision, Be not afraid, but speak, and hold not thy peace:*

*(First Book of the Torah: Genesis, Chapter 46)*

*2 And God spake unto Israel in the visions of the night, Jacob, Jacob. And he said, Here [am] I.*

*(First Book of Chronicles, Chapter 17)*

*3 And it came to pass the same night, that the word of God came to Nathan, saying,*

I haven't even bothered to list examples where it was written out in black and white — *The Lord appeared to him in a dream and said...* There are multitudes of such passages. I would just leave it at that, but for the fact that my students and I already use techniques for leaving the body upon falling asleep and awakening, as well as becoming conscious while dreaming.

*(Al Magico)*

*...This night it finally happened consciously!...*

*(Amigo)*

*...I was awakening at night in my bedroom. It was dark. I tried to turn on the lights, but the light-switch wasn't in its usual place, and I realized that I was*

*dreaming. It was so dark that I started to get really scared...*

*(Azimut)*

*I was unable to do astral projection for over a year, until I started doing indirect techniques more often and more intensely. It happened this morning at 9 AM...*

But that's just the beginning. Most interestingly, I have found at least four clear descriptions of spontaneous exits from the body upon falling asleep or waking up in the Bible. Meanwhile, there are clearly more of them, but the rest are only described in brief and are thus less obvious examples. The four passages we will look at simply contain the most detail, and everything adds up in them.

*(First Book of Kings, Chapter 19)*

*4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I [am] not better than my fathers.*

*5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise [and] eat.*

*6 And he looked, and, behold, [there was] a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again.*

*And the angel of the LORD came again the second time, and touched him, and said, Arise [and] eat; because the journey [is] too great for thee.*

Sound familiar? Do you remember your parents ever waking you up to go to school, and then having dressed and gotten your books together, only to have your parents wake you up again? This may have happened to you several times. Or do you remember ever having turned off the alarm clock, only to

have it buzz once again and wake you up? That's a typical false awakening. You encounter false awakenings nearly every day, but they are far from always vivid. This lack of vividness is why people often do not recognize that a false awakening has occurred. Up to one-third of all sensations and movements that occur upon awakening do not happen in the real world, they just seem to be.

*(Edgaras)*

*...I was somewhere between 8 and 10 years old. The alarm clock went off, I was having a hard time getting out of bed. I thought for a few moments about how it was time to go to school... Then I got up out of bed, already wide awake, and went to the bathroom... All of the sudden mom came into the room and asked me to wake up and go to school... And this happened more than once...*

Let's imagine that Elijah fell asleep not under a juniper tree, but in a comfortable apartment, and that his thoughts upon falling asleep had turned not to God, but to the fact that he had to go to school the next day. Would an angel have visited Elijah in that case? Or imagine Edgaras in Elijah's place. Thinking about leaving the body while falling asleep is one of the key secrets to having an out-of-body experience upon later awakening. Meanwhile, you can think not only about leaving the body, but also about what you want to obtain from the experience itself... That's why it is not at all surprising that the angel came to Elijah - who had been pondering his relationship with God - not during an afternoon walk, but just after he had fallen asleep. But Elijah did not recognize that his subsequent awakenings were false, because an out-of-body experience can outmatch waking life in terms of vividness of sensation.

*(First Book of Samuel, Chapter 3)*

*1 And the child Samuel ministered unto the LORD before Eli. And the word of the LORD was precious in*

*those days; [there was] no open vision.*

*2 And it came to pass at that time, when Eli [was] laid down in his place, and his eyes began to wax dim, [that] he could not see;*

*3 And ere the lamp of God went out in the temple of the LORD, where the ark of God [was], and Samuel was laid down [to sleep];*

*4 That the LORD called Samuel: and he answered, Here [am] I.*

*5 And he ran unto Eli, and said, Here [am] I; for thou calledst me. And he said, I called not; lie down again. And he went and lay down.*

*6 And the LORD called yet again, Samuel. And Samuel arose and went to Eli, and said, Here [am] I; for thou didst call me. And he answered, I called not, my son; lie down again.*

*7 Now Samuel did not yet know the LORD, neither was the word of the LORD yet revealed unto him.*

*8 And the LORD called Samuel again the third time. And he arose and went to Eli, and said, Here [am] I; for thou didst call me. And Eli perceived that the LORD had called the child.*

*9 Therefore Eli said unto Samuel, Go, lie down: and it shall be, if he call thee, that thou shalt say, Speak, LORD; for thy servant heareth. So Samuel went and lay down in his place.*

*10 And the LORD came, and stood, and called as at other times, Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth.*

*11 And the LORD said to Samuel, Behold, I will do a thing in Israel, at which both the ears of every one that heareth it shall tingle.*

According to my research, no less than 50% of those surveyed have reported hearing similar voices at least once in their lives when falling asleep. Moreover, they remember



hearing recognizable albeit imaginary voices. We're not even taking into account that all of you have heard unreal sounds hundreds of times when falling asleep and upon awakening, but thought nothing of them, as you thought that they were real (assuming them to be neighbors talking or sounds from outside the window). This is all normal for when consciousness is fading out or coming back on again.

*(Goodman)*

*...I decided to lie down at about 2PM. About 2 minutes later, after I had just started lying in bed, I heard a voice. I somehow sensed that someone was sitting on the chair next to the couch...*

*(Slider)*

*...Literally just seconds before I fell asleep, it was as if someone was calling me... Please note that I was not yet asleep. At first it was a normal "voice"... then it got bossier, and then it started ordering me about. And then it was as if something was pulling me into the bed...*

There is even a special technique for inducing such sounds and using them to exit the body. It is called the technique of listening in. There are many variations to it. They include trying to hear someone calling your name when you are falling asleep, and especially upon waking up. If you hear your name called, you can separate from the body. Practitioners usually set themselves goals other than meeting God. On the other hand Samuel received a clear order from his mentor to do just that: ("Go, lie down: and it shall be, if he call thee, that thou shalt say, Speak, LORD; for thy servant heareth.")

Now it's time for the next two biblical passages. They are both very similar. For no less than a third of us they recall a completely familiar situation that we have found ourselves in at one time or another: sleep paralysis (sleep stupor, catalepsy),

which is nearly always accompanied by a wild terror and often occurs when falling asleep or waking up.

*(Book of Job, Chapter 4)*

*12 Now a thing was secretly brought to me, and mine ear received a little thereof.*

*13 In thoughts from the visions of the night, when deep sleep falleth on men,*

*14 Fear came upon me, and trembling, which made all my bones to shake.*

*15 Then a spirit passed before my face; the hair of my flesh stood up:*

*16 It stood still, but I could not discern the form thereof: an image [was] before mine eyes, [there was] silence, and I heard a voice, [saying],*

*(First book of the Torah: Genesis, Chapter 15)*

*12 And when the sun was going down, a deep sleep fell upon Abram; and, lo, an horror of great darkness fell upon him.*

*13 And he said unto Abram, Know of a surety that thy seed shall be a stranger in a land [that is] not theirs, and shall serve them; and they shall afflict them four hundred years;*

We'll examine a select few modern accounts out of hundreds that I have. They will surely strike you as quite similar to the Bible passages cited above, especially in terms of the emotions felt.

*([Stress](#))*

*....There was a sharp crack, and the feeling of falling down. Someone's unintelligible whisper in my right ear changed into a scream, which died down for a second, only to blast in again from all sides. I was panicking in mortal fear.*

*(Skyer)*

*...I was being awoken by an acute fright that had begun while I was dreaming... A wild terror suddenly overcame me. Something started to make a lot of noise in the distance...*

*(Sol)*

*....Last time, having been struck by sleep paralysis together with an awful fear, I rolled out of bed...*

Fear and darkness upon awakening or falling asleep... These are all completely typical things for the practice of out-of-body travel. Novices report experiencing them in a third of all cases! Meanwhile, they rarely expect an encounter with God afterwards, which is why he usually doesn't appear to them.

This gets right to the essence of the phenomenon. During a spontaneous and uncontrolled out-of-body experience, you get exactly what you fear or expect at the moment. This will be demonstrated again and again below. Meanwhile, in the bible excerpts above, the reason why the protagonists met the Lord is completely clear and understandable - if they but only think of God, they cannot but meet him. It was completely normal for them to have seen God.

And here's what's most important - this all may seem to be empty talk or senseless theory, but hear me out: not only biblical characters have had encounters with God. How many similar stories are there in other sources? Tons. And they all contain the same telltale characteristics - lying down, falling asleep, waking up, and so on. Moreover, one can meet God each and every time one engages in the practice of leaving the body. The procedure is simple: use techniques to go out-of-body, and then use techniques to find the objects that you are looking for. That's all there is to it... Back in my youth when I was first getting into out-of-body travel, I met God several times out of

sheer curiosity. I've met scores of practitioners who have done the same. You can even try it yourself.

But who or what is being encountered? Is it really God? That's for you to decide. Some practitioners would say that it is a simulation generated by the subconscious mind, which controls everything during the out-of-body experience. Others maintain that they visit a parallel world inhabited by many Gods. Yet others say that the same God that everyone talks about is encountered during all of these experiences. Here everyone interprets what occurs as they see fit. The most likely explanation is that no real god is at play in such phenomena. God may very well exist, but in these cases something a little different is going on.

Conclusion: at least a portion of the accounts of the Lord appearing in the Bible were hardly visitations by the creator himself. The most likely explanation is that they were spontaneous and unrecognized experiences of the out-of-body state, with ensuing numinous episodes induced by faith in and expectation of the Almighty. The weightiest argument supporting this stance is the fact that anyone can reproduce such experiences himself. Who knows, were it not for spontaneous out-of-body experiences, perhaps the Bible itself would never have been written.

And isn't the Bible itself a hint at our possessing latent abilities? Abilities so important and special that we cannot but associate them with the divine.

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## Part 2. Application to Be Abducted by Aliens



**The question of whether or not extraterrestrial civilizations exist is outside of the scope of this article**, but I would like to note that the majority of UFO abduction reports involve the same incorrect interpretation of the spontaneous out-of-body state as is the case with the Bible. Each era has gods of its own. I do believe that there are other civilizations out there, but doubt that they are as involved in home visitations as one would infer from reading thousands of “abduction reports”.

As with God’s appearances in the Bible, I have always been made uneasy by alien abduction stories, because both nearly always occur when the subject is falling asleep or awakening.

*([Christina C. ufocsebook.com](http://Christina C. ufocsebook.com))*

*...I woke up because I heard him crying, it was dark, just a little light shining through the drawn window shades. I*

*went to his crib and reached down to pick him up, but he was not there! I yelled to his father but he never moved. I went to the other side of the room to turn on the light, but it would not come on! I went back to the crib, a bright light flashed on and was beaming through the window, and there he was, still crying, very upset, I picked him up and hugged him close... Directly above the house was a very large triangle shaped object...*

*([Whitley Strieber, ufocasebook.com](#))*

*...After a couple of hours, he was awakened by an unusual sound. He felt that the security of his cabin had been breached. He was soon shocked to see a creature in his bedroom...*

If you are still harboring hope that I was in error with the conclusions reached in the paragraphs above, then what I'm about to say may totally unnerve you. At age 15 I was also "abducted". However, two years later, after having gained significant out-of-body and lucid dreaming experience, I came to the realization that it had all been a spontaneous exit from the body. Had the experience not repeated itself and had I not started experimental research on the phenomenon with diabolical persistence, then to this very day I would still be 100% convinced that I had been abducted by aliens. After all, it felt totally real - and how can one not but believe one's senses? I had always had quite vivid and lucid dreams, but this was nothing like a dream by any measure.

The awakening, falling asleep, fear, and paralysis that I encountered during the "abduction" are typical features of alien abduction stories that you will read over and over again across many sources. For example:

*([Anonim, ufocasebook.com](#))*

*...One night I awoke about 3:00 A.M., terrified. I sensed two beings in my bedroom at the foot of the bed. I did not try to look at them because I was afraid of what I would see. I saw the glow of the clock and Jeff, (my husband) sleeping next to me. I tried to turn (I was on my stomach) to wake him up but I was paralyzed. I then tried to scream but no sound would come out...*

*(Anonim, ufocasebook.com)*

*...During the last part of June (1987) as she was lying down on her bed, she felt somewhat uneasy, as if someone was watching her. The time was 10:00 PM. She then heard a voice say, "We have come for you... You will not be hurt." She then realized that her entire body was paralyzed, and that she could only move her eyes...*

*(Anonim, ufocasebook.com)*

*...I was sitting outside one night reading. All of the sudden it felt as though...as though something was smothering me. I started to panic because I couldn't breathe. I tried to scream but nothing came out...*

*(Peter Khoury, ufocasebook.com)*

*...While lying on his bed, he felt something grab his ankles. He suddenly felt numb and paralyzed, but remained conscious. Then he noticed three or four small hooded figures alongside the bed...*

Meanwhile, the characteristic features of the above accounts are also typical for out-of-body travel and lucid dreaming! Isn't that strange? Isn't it a little odd that my practitioners also encounter beings during experiences that exhibit the same characteristic traits? The difference is simply that my practitioners don't sensationalize what happened, as

they already understand that an out-of-body traveler might experience anything during his or her first adventures. The following are only a sampling of legion examples to be found on our internet forum:

*([Lilia](#))*

*...I had only just fallen asleep when something changed. I heard the sound of what seemed to be someone jumping from the chair in the bathroom, but there were no cats in the house. And then I heard steps. I had never experienced such mortal fear before in my life, nor would I ever thereafter. I was sleeping in the living room, and could see my home's front door. The door started to open, but I couldn't see who it was. Only once they started coming towards me from the left was I able to catch sight of them by looking to the side. They were about 6 feet tall and translucent, I could see the wall through them. They had radiant almond-shaped eyes that were of a beautiful turquoise color. I wanted to get up or call for help, but I couldn't even move a finger...*

*([Skyer](#))*

*...I was sleeping on the floor. I woke up. Like on any other morning, I was lying in bed half-awake and looking up at the ceiling, planning out my day. I suddenly heard someone walking in the hallway. I had spent the night in the office... The armored door was locked from inside... The windows were reinforced with steel webbing. I was paralyzed with fear... The door started to open slowly, and a being about 6 feet tall came into the room. He had yellow-greenish skin and a large, slender head...*

*([Roman 26](#))*



*...I had just shot up awake at night after sleeping on the couch. Still not quite understanding what had happened, suddenly an ominous and frightening dwarf-like being appeared in the corner away from me. Everything was so real that I froze out of fright and got goosebumps everywhere.*

*(Stress)*

*There was a sharp bang, and then the feeling of falling down... I was panicking, afraid for my life, and also had the feeling that they were going to take my soul. Attempts to get up, open my eyes, or move yielded no results. I could feel that my whole body was paralyzed, which just magnified the fear...*

The above is just a small sampling of the first-hand accounts posted on our forum, but no one would say that our website was devoted to UFOs. People are simply developing new abilities. I would suggest that the difference between “abductions” and the practice of exiting the body consists only in the interpretation of events. Of course, you may say that the phenomena are not mutually exclusive, and that extraterrestrials might be using this ability of ours to facilitate “abductions”. However, if you left your body of your own free will, and then proceeded to look for the aliens yourself and have a conversation with them, would that be “abduction”? Meanwhile, there’s nothing stopping you from doing whatever you want with the aliens... Once I understood that I really hadn’t been abducted, I went out of my way to encounter extraterrestrials in a bid to overcome my fear of them. And what does it say if a solid majority of my practitioners have deliberately encountered aliens at least once?

In at least a third of all reported UFO and alien encounters, you’ll find telltale evidence of a spontaneous out-of-body experience. In at least another third of such reports, even

though an out-of-body experience is clearly the underlying phenomenon, details are either missing or omitted (often on purpose, in order to cover up discrepancies). Here is the most simple example of how it can happen:

*([Kelly Cahill, ufocasebook.com](http://KellyCahill.ufocasebook.com))*

*...After midnight the Cahills were on their journey home when they first noticed the lights of a rounded craft with windows around it. Within what seemed only a second or two, Kelly was now very relaxed, suddenly calmed by the disappearance of the intense, glowing light that had turned night into day for a brief few moments. The first words out of Kelly's mouth [to her husband] were, "What happened, did I blackout?" Her husband said nothing, as he had no answer to give his wife. He cautiously drove his family home.*

I think that by now it has already become obvious that Kelly had simply dozed off back at the very beginning of the story, lulled into sleep by the night drive, and that everything happened outside of the physical world, and only to her alone. However, the sensations were so realistic that she had a different interpretation: her husband had simply had his memory erased. And the result is shocking: one of the most widely circulated accounts substantiating the existence of extraterrestrial civilizations.

But why do these “abductions” happen? The mechanism is quite simple: sometimes the conscious mind awakens before the body, or the body falls asleep before the conscious mind. At that moment, people find themselves outside of the physical world, even though nothing may have changed in terms of sensory perception. It is spontaneous out-of-body experiences. If one’s suspicions are aroused by what’s going on, then internal fears and expectations immediately come to the surface and materialize in the most realistic way. If angels and gods

previously visited the living, then in an era when talk of extraterrestrials fills the TV airwaves, there is nothing else to expect.

To prove this idea I have a technique for inducing abductions by aliens: [www.youtube.com](http://www.youtube.com). It works...

We have already discussed what a spontaneous exit from the body leads to when one expects God or guests from Mars. But now, as evidence of what happens when one's mind is occupied by things other than aliens or angels, let's introduce an account given by a child who also spontaneously fell into such a state:

*(Azwraith)*

*...It happened late at night in wintertime when I was 8 years old. I woke up and was surprised at how light it was outside for the middle of the night. I walked to the bathroom... I got some water and went to the window, and then I almost dropped the glass once I saw something the size of a dwarf noisily running across the windowsill. It was about the same height as the window. The creature had a humanoid form, it was wearing small black boots, striped bright green stockings, a bright red jacket, and a hooded cap of the same color... I was so scared that I figured I should run and hide, but out of sheer curiosity I decided to move closer to the window and ascertain whether or not I had just been seeing things. Going to the window, I saw how a strange object flew out from one corner of the house. I immediately recognized it from its outline and shape: this was Santa's sleigh!*

Thousands of people have attended my seminars, and a great deal of them had initially become interested in out-of-body travel after having experienced sleep paralysis, spontaneous exit

from the body, or even “alien abduction”. The ET abduction interpretation of the spontaneous out-of-body experience is just as widespread as the experience itself. According to surveys in the United States alone, 10% of Americans claim to have been abducted by aliens at least once.

Conclusion: in most cases, this phenomenon is not proof of the existence of curious extraterrestrials, but does prove that we are more than simply the physical body in which we are usually trapped. Meanwhile, this is all easily proved in practice. Anyone can make contact with extraterrestrials using out-of-body travel techniques.

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### Part 3. How to See the Bright Light at the End of the Tunnel while You're Still Alive



Near-death experiences are indeed the only more or less straightforward glimpse of life after death. Unfortunately, we will now be discussing just that phenomenon. “Unfortunately” because you will have to examine its nature from a completely different point of view. Simply put, it is clear that both out-of-body travel and lucid dreaming are of the same nature as near-death experiences at clinical death. However, the first two somehow fail to prove the existence of an afterlife. They even refute some commonly advanced claims. **Before examining the issue, I would like to start by saying upfront that I am not trying to prove that there is no afterlife.** I would only like to demonstrate that one of the phenomena associated with the life-after-death issue may possibly be of a wholly other essence and significance.

Perhaps we could start by saying that from a purely logical point of view, it would be incorrect to consider “near-death” experiences to happen near the moment of actual death, as accounts of them are always related by living people... Maybe this all has more to do with life than death. I would also like to note that Raymond Moody, whose book we will be citing, did not go so far as to state that the accounts he gathered were unambiguously conclusive evidence of the survival of the soul and life after death. He merely made a hypothesis and backed it up using the excellent testimonies he collected.

You’ll have to admit that if you hadn’t known beforehand that the following accounts belonged to people who were at the edge of death, it would have been easy to assume that they were written by alive-and-well practitioners of out-of-body travel:

(“Life after Life”, Raymond A. Moody)

*...I could feel myself moving out of my body and sliding down between the mattress and the rail on the side of the bed-actually it seemed as if I went through the rail-on down to the floor. Then, I started rising upward, slowly...*

(“Life after Life”, Raymond A. Moody)

*... At that point, I kind of lost my sense of time, and I lost my physical reality as far as my body is concerned-I lost touch with my body. My being or my self or my spirit, or whatever you would like to label it-I could sort of feel it rise out of me, out through my head. And it wasn't anything that hurt, it was just sort of like a lifting and it being above me...*

(“Life after Life”, Raymond A. Moody)

*... I was above the table, and I could see everything they were doing. I knew that I was dying, that this would be it. Yet, I was concerned about my children,*

*about who would take care of them. So, I was not ready to go...*

Conversely, when reading the experiences of out-of-body practitioners, one might simply assume that they are descriptions of situations experienced at the moment of death, especially considering the fact that the feeling of imminent death is one of the most common sensations experienced while out-of-body.

During an uncontrolled exit from the body, that which you fear or expect the most is exactly what will happen to you. And that's where reports of gods, flights of the soul, and UFOs come from. To put it simply, exit from the body occurs when the conscious mind is "on", but the body is "off". Apparently, the same thing can happen while under anesthesia or dying, and often does. That is, people fall into the same state that practitioners of out-of-body travel do. If you happened to find yourself in such a situation while on the operating table or during a serious illness, in the overwhelming majority of cases your thoughts would turn to God, angels, and a tunnel with a bright light at the end - which is exactly what you would get.

There is no trait characteristic of near-death experiences that is not also characteristic of out-of-body travel. For example, seeing one's own body on the bed:

*("Life after Life", Raymond A. Moody)*

*...He were "able to see everything around me -including my whole body as it lay on the bed without occupying any space"...*

*(Mister SIGMA)*

*...I felt like my body was going through the ceiling, and even so I was pulled up higher and higher. I was afraid that this was already death, and was afraid*

*not so much of death as of the unknown. Everything was happening so rapidly, and I wasn't ready for such changes... I flew about my room and saw myself lying in my bed...*

Flying orbs radiating light:

(“Life after Life”, Raymond A. Moody)

*...When I woke up in severe pain. turned over and tried to get in a more comfortable position, but just at that moment a light appeared in the corner of the room, just below the ceiling. It was just a ball of light, almost like a globe, and it was not very large, I would say no more than twelve to fifteen inches in diameter... I had the feeling of being drawn up and of leaving my body, and I looked back and saw it lying there on the bed while I was going up towards the ceiling of the room...*

*(Ruklinok)*

*...I was levitating about one foot over the bed... I couldn't figure out why everything was lit underneath my back. I looked over my left shoulder and saw a small, bright, white orb about six inches from my shoulder blade - that's what was illuminating the room...*

Periodic lack of bodily perception:

(“Life after Life”, Raymond A. Moody)

*...Dying persons whose souls, minds, consciousnesses (or whatever" you want to label them) were released from their bodies say that they didn't feel that, after release they were in any kind of "body" at all....*

*(Tolik)*



*...It was incomprehensible, there was no feeling, I couldn't see my own hands. I was like an orb, transparent and hanging on the wall over the bed...*

Meanwhile, even the vaunted tunnel of light is not the exclusive domain of near-death experiences:

(“Life after Life”, Raymond A. Moody)

*...I was moving through this-you're going to think this is weird-through this long dark place. It seemed like a sewer or something. I just can't describe it to you. I was moving, beating all the time with this noise, this ringing noise...*

([Igor.L](#))

*...When flying through the tunnel, I noticed that it had a lot of spurs and paths. There was a bright light at the end. I became interested in what was going on, and fell into another reality...*

The similarity between the two experiences is inescapable. It is obvious even to someone who has experienced neither firsthand. As the number of out-of-body practitioners continues to increase, I have been meeting more and more people who have had both types of experience. And do you know what they say? That the experiences are one and the same! There is no fundamental difference between them, except that there is no risk of death when one practices on one's own.

There is another strong argument in favor of near-death experiences and out-of-body travel being the same thing: false near-death experiences. There is no difference whatsoever between them and their bona-fide near-death counterparts. For example, once a person came up to me and started telling me about how he had experienced clinical death, an exit from the body, travel through a tunnel, etc. But after asking him some

questions, it became clear that no clinical death had occurred, and that the rest of the experience had happened during a standard, spontaneous exit from the body. This is because clinical death is when doctors establish the fact of cardiac arrest, which is different than dozing off after a sumptuous breakfast of jam doughnuts.

What's more, it's easy to come to the conclusion that you're dying when having an out-of-body experience. Such thoughts occur in about a fifth of all exits from the body. Even after having had thousands of OBEs, I still fall into such terror myself from time to time. That's to say nothing of novices, who often cower back into the body after having just left it:

(Budushee)

*...I actually fell onto the floor, but felt no physical sensation from it, just a panicky fear and omen of looming death...*

(Yuri)

*...Upon becoming fully aware of my nature, I clearly understood that I didn't have a body, it was simply gone! My first thought was, "so this is what death's like!"*

(Lilia)

*...That's when it hit me that I was dying. I ran to the living room and saw myself lying on the bed. And I jumped back into myself...*

However, you might argue that with all of the above I have just proved that there is life after death. Actually, the correct deduction is that we can have near-death experiences without the threat of dying. Meanwhile, there is one more kicker here. During my first years of practicing out-of-body travel, I was sure that my soul was actually leaving my body and that I

was therefore immortal. But after undertaking endless experiments, it turned out that my “soul” was not travelling through the physical world at all, but throughout something else entirely. It’s possible that this is all just a mental projection, albeit a more realistic one than the physical world. Many believe that it’s a parallel world. But that’s not important here. What’s important is that this is a very complicated question and that many answers are possible.

Conclusion: it’s possible that near-death experiences are important not as proof of life after death, but as evidence that we all have a great many more abilities in the physical world than we are aware of, even if we only realize this in critical situations. This is reinforced by the fact that any person can experience such a “near death” by following special technique-based procedures, and without any threat to life or limb.

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## Part 4. Evolution



### **The Mass Nature of the Phenomenon**

What would happen if we combined three excerpts: one from a biblical appearance of God, one from an alien abduction story, and one from a near-death experience testimony?

*...In thoughts from the visions of the night, when deep sleep falleth on me, fear came upon me, and trembling, which made all my bones to shake. Then I heard a voice say, "We have come for you... You will not be hurt." I could feel myself moving out of my body and sliding down between the mattress and the rail on the side of the bed-actually it seemed as if I went through the rail-on down to the floor. Then, I started rising upward, slowly...*

Having had thousands of my own out-of-body experiences and having analyzed those of thousands of others, I can definitively state that the above would be a classic example of a first-time exit from the body typical for novices.

It's very likely that such phenomena are very closely interrelated. It's possible that they are of one nature. And that's not considering hundreds of mystical and occult schools in which the same practice, under the most diverse names, stands apart from all the others as the pinnacle of development.

A few words on the mass scale of the phenomenon, which is not without importance. One person in four has experienced leaving their body upon falling asleep or waking up. One in three has experienced sleep paralysis at least once. One in two has reported having become conscious while dreaming. And everyone has encountered this hundreds of times in a superficial or unrecognized form. For example, up to a third of all actions and sensations upon awakening are not real. And how many times have you woken up, done something, and then gone back to sleep, not even suspecting that none of this occurred in the physical world?

By all accounts this is clearly a mass phenomenon, an ability inherent in each person. I can vouch for this as I am able to teach anyone to have an out-of-body experience.

### **A New Stage in the Evolution of Consciousness**

This ability of ours has always accompanied us, influencing us all the while. But it wasn't until now that we have looked in the right direction and finally seen this elephant in the room, a hitherto secret phenomenon confounding the minds of millions. Isn't it time we recognized its due and logical role as the common denominator of a long list of phenomena that had until now always seemed unrelated? Wouldn't the

world become simpler, and wouldn't we then understand ourselves much better?

As it turned out, certain commonalities of several completely different, but hitherto uncomparred, phenomena became clear and straightforward to me, thanks to both my activities and personal experience in the field. I couldn't but conclude that there was some common denominator at work.

Man has extraordinary ability to adapt and is constantly evolving. Although it's hard to imagine now, just several thousand years ago our consciousness and self-awareness looked totally different. They simply did not exist in their now familiar form. What is going on today can be alternatively interpreted as either natural evolution or social (cultural) evolution.

It's entirely possible that conscious awareness, once having developed and then having proceeded to consume our entire waking life, is actually evolving into those states of consciousness where it would seem to have been impossible: those occurring while our body is asleep. To put it bluntly, consciousness ran out of room in our waking mind and continues its expansion into the brain. There is only one piece of evidence of this process: half of all people report experiencing 100% conscious awareness flaring up into their dreams.

Meanwhile, another take on the origin of the out-of-body phenomenon looks to fundamental transformations in science and culture. Even three or four hundred years ago, the average level of intelligence was hardly one-half of what it is today. Thanks to modern education systems, enormous floods of information, and lightning-fast communication, our conscious minds have had to use their resources to their full capacities. Perhaps those capacities are not enough. Our craniums are overfull, and perhaps that's why consciousness is overflowing

to where it seemingly wasn't meant to be or couldn't have been. With the overloads introduced by modern society, it simply has nowhere left to go. That's why spontaneous dissociation when awakening and throughout dreaming occurs increasingly often. It also happened in the past, but rarely. But now it's taking on an incessant nature.

By all accounts, we are now at the breakthrough stage of a new era: the entrenchment of a new state of mind and consciousness, which has become the next logical outcome of human evolution.

Children, with their predisposition for out-of-body experiences, deserve special attention. Most adults simply forget that having out-of-body experiences was the norm for them during early childhood. I've met many people over the course of my practice who remember how often it happened for them at an early age. I've had the opportunity to speak with children who maintain that they were able to do it on command before they could even speak, but that later it started happening increasingly rarely with age and that they gradually forgot about it. This speaks either for the natural evolution of consciousness, or, conversely, for regression...

Either way, we may turn our attention to this new state of consciousness that we have. And it has possibly just begun to develop. If earlier we only had three primary and completely different states - wakefulness, REM sleep, and non-REM sleep - then now we have something in-between wakefulness and REM that includes features of both. The first steps in scientifically proving the existence of this state were taken by Stephen LaBerge at Stanford University in the beginning of the 1980s. A successful experiment was conducted regarding consciousness while dreaming. Meanwhile, today it is clear that the experiment's result has implications for a far greater number of phenomena. It has become fully apparent that consciousness

while dreaming is practically the same thing as out-of-body travel, but that it occurs as a result of different method. And we have already identified spontaneous exit from the body in a whole slew of phenomena.

However, when you see the word “dreaming” in the context of all of the above, don’t think that experiencing the phenomenon itself feels like being in a dream. We have identified a whole number of cases in which super-realistic sensations made people think that they were dying, seeing God, or encountering aliens. The term “hyper-realism” is often brought in to describe the experience: in most exits from the body, every sensation is so heightened that the physical world seems like a faint dream in comparison.

I have no interest at all in discussing where we actually go when we leave our bodies. My task is only to inform people of the opportunity to do so and to teach them how to take advantage of it. Meanwhile, practitioners can decide for themselves what is actually going on. Some believe that they are travelling in spirit form through the physical world. Others hold that their soul travels about parallel worlds. Still others consider it all to be only a mental state.

## **The Future**

It is entirely possible that we will all be living in two worlds within a certain period of time. In fact, practitioners of out-of-body travel and lucid dreaming already do. But here we’re not discussing the practice, but rather an ordinary ability that will be completely normal for us.

For example, when someone goes to bed in the evening or in the afternoon, he will easily be able to leave his body immediately and then do a whole number of interesting things. And before morning awakening, he will sometimes be able to



consciously spend time outside of his physical body, and then return to it. Practically speaking, we would have 2 to 3 extra hours in our lives each day. Considering the hypertrophied perception of time outside of the body, those two hours would be more like a double life. We should call it nothing other than living in two worlds at once. And this will be a completely ordinary phenomenon.

How long will this process take and when will it become natural for all of humanity? Perhaps a few decades. Maybe a century or another millennium. That means that in any case we will have to wait for the passing of a number of generations for this ability to become inborn and normal for everyone. However, thanks to technique-based procedures it is already accessible to all. It only requires a certain amount of effort. All of the instructions are available on my website at [www.obe4u.com](http://www.obe4u.com)

We will use this skill for the most diverse purposes, which are already a reality for out-of-body travel practitioners: travelling in time and space; meeting any person, living or deceased; obtaining information; self-healing; artistic applications, entertainment, and much more. In essence, a new world is opening up in front of us, the one which we read about in fairy tales. It is limitless and ideal, there all things are possible and accessible. And this is all with full conscious awareness and with bodily perceptions more vivid than in the physical world. Perhaps this is heaven itself?

Some believe that we enter some parallel world when exiting the body, one where everything is controlled by informational fields and other such things. A pragmatic position would lean more in favor of calling it a newly developing mental state and for all events in it being controlled by our own exceedingly powerful subconscious, which wields fantastic computational resources. No supercomputer has a fraction of the

computational power of our own subconscious mind. Seeing it in action will electrify you. This is such a profound state that the ancients seemed to have ascribed its occurrence to God. This was nearly directly alluded to in key Bible verses that specify the ideal time for having a spontaneous out-of-body experience:

(Book of Job, Chapter 33)

**14 For God speaketh once, yea twice, [yet man] perceiveth it not.**

**15 In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed;**

**16 Then he openeth the ears of men, and sealeth their instruction,**

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