

BIDIRECTIONAL CONTROL OF AN HYPNOTICALLY-INDUCED OBE

(Out of Body Experience Induced by Hypnotic Suggestion. Part 1: Phenomenology and Perceptual Characteristics. http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2443719 or <http://dx.doi.org/10.2139/ssrn.2443719> and *Hypnotically Induced Out-of-Body Experience: How Many Bodies Are There? Unexpected Discoveries About the Subtle Body and Psychic Body* <http://sgo.sagepub.com/content/spsgo/5/4/2158244015615919.full.pdf> or <http://dx.doi.org/10.1177/2158244015615919>)

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INTRODUCTION

The OBE (Out of Body Experience) is an altered state of consciousness in which the person is outside his/her Physical Body and is able to move about freely without physical limitations, including going through walls or travelling outside the atmosphere. The person is able to see and feel while in this state, and after returning to normal consciousness remembers everything that was experienced. Traditionally described and used by Eastern spiritual masters, who have developed it into a proper discipline for the expansion of knowledge, in the west the OBE has largely been either ignored or ridiculed.

Eventually however, people who have been 'brought back to life' after having been declared clinically dead (i.e. the NDE – Near Death Experience) or patients undergoing surgery, later described in detail what was going on around them or even outside the operating theatre while under anaesthesia. Their descriptions of what occurred to them have caused some doctors to begin believing that something real and worthy of investigation is happening. This marked the beginning of scientific studies in this area.

Among the general population there are many people – more than what is generally thought – who can move into this altered state not only while sleeping (which is normal) but also spontaneously while awake, with some actually achieving deliberate control of it, exiting and re-entering the Body at will and then describing what they saw. It is not possible while in an OBE to carry a physical object or to bring one back, but it is possible to remember everything that happened.

As far as we have been told (given that they've been closely guarded secrets), during the practice of Remote Viewing (used by the secret services and military since the Cold War) it is impossible to ask questions and receive answers from the person doing the viewing. The same problem also applied to the OBE and it was thought that if an expert in a certain field were to send persons capable of remote viewing or a deliberate OBE 'on a mission' to examine something unknown, the viewers would be unable to supply the required information because they wouldn't necessarily know what they were looking at.

Imagine then if the person on the 'mission' could have communicated with the expert to obtain guidance on what to look for; it would then have been a genuine 'guided mission' that could have produced useful information.

UNIDIRECTIONAL OR BIDIRECTIONAL OBE?

I was aware of the fact that traditionally the connection between the Physical Body and the 'outer consciousness' had been described as either a rope, cable, or silver string. This made me think of it as symbolic, because it could be infinitely long and intersect with others without resistance or incurring damage. It was thought that this connection served to pull the 'outer consciousness' back into the body whenever it became necessary.

Whether or not the 'silver rope' actually existed was irrelevant, but it seemed important to me to determine if the connection was only unidirectional – where information only travelled one way from Physical Body to 'outside consciousness' – or bidirectional, where it could travel in both directions. Being an electronic engineer, I was given to thinking that the connection could in fact be bidirectional and that the communication from the outer consciousness to the Physical Body had simply never been investigated, at least officially, and furthermore my experience in research-oriented hypnosis led me to think that an OBE could be induced in a person while under hypnosis, simply introducing a variant to the usual regression technique.

I foresaw a few difficulties however, the first being the fear caused by the separation between the 'outer consciousness' and Physical Body, which could have led to a refusal. It also seemed reasonable, once the separation occurred, to somehow prevent the 'outer consciousness' from being able to see the Physical Body so it can fully grasp the concept of being outside of it, by placing a physical object with symbolic value to obstruct the line of sight. This required inventing a gentle technique so that the 'outer consciousness' would travel willingly through obstacles without fear, like for example when told to 'go quickly towards the wall and move through it as if it weren't there'. Even the ability to 'fly' could have posed serious problems due to the fear of falling. Once the 'outer consciousness' has left the Physical Body, only part of its attention need remain on the body to control speech.

This last point concerned me the most, whereas I was sure of being able to easily deal with the others thanks to [Florentina Richeldi](#), a friend and colleague with whom I had been doing research using hypnosis for more than twelve years and whom I could rely on for conditioned responses during induction.

On the 29th of December 2012, when EvanLab was officially established, we attempted a bidirectional OBE under hypnosis for the first time. [Patrizio Tressoldi](#) Ph.D. from the Department of General Psychology of the University of Padova was also present. We had prepared two different camcorders, two different photographic cameras, one smart phone and my trusted digital audio recorder which I regularly use and which has never failed me.

Even though we were both well accustomed to the practice of hypnosis, we were nonetheless nervous at the possibility of failure, so much so that although the electronic equipment worked perfectly during the induction stage, as soon as the order to exit the body was given, the devices stopped working. Our assistant was able to restart one of the camcorders, but at the crucial moment when I instructed Florentina to keep her consciousness outside her body while trying to talk through it, this last camera gave up too.

We eventually managed to achieve our goal and learned not only that a bidirectional OBE during hypnosis was possible, but also that intense emotion seemed to exert a strong effect on electronic equipment. By the way, to get it going again we had to reset everything except the audio recorder, which signaled flat batteries. Before the experiment I had deliberately inserted new lithium batteries and had checked their charge with an ammeter to ensure they were all fully charged. After the experiment one of the batteries was still fully charged while the other was fully discharged (even though the digital recorder had stopped working no more than 15 minutes after it was started).

We therefore planned to do a study on bidirectional OBE under hypnosis (*Out of Body Experience Induced by Hypnotic Suggestion. Part 1: Phenomenology and Perceptual Characteristics.*

http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2443719 or

<http://dx.doi.org/10.2139/ssrn.2443719> and *Hypnotically Induced Out-of-Body Experience: How Many Bodies Are There? Unexpected Discoveries About the Subtle Body and Psychic Body*

<http://sgo.sagepub.com/content/spsgo/5/4/2158244015615919.full.pdf> or

<http://dx.doi.org/10.1177/2158244015615919>)

and another dedicated to the interaction between mind and matter (*Mind-Matter Interaction at a Distance of 190 km: Effects on a Random Event Generator Using a Cutoff Method*

<http://www.neuroquantology.com/index.php/journal/article/view/767> or

<http://dx.doi.org/10.14704/nq.2014.12.3.767>), while simultaneously researching mind-to-mind

interaction at a distance, funded by the BIAL Foundation. In all of these we needed to organize an intensive but necessary preparatory stage to fine tune all the technical details for our official experiments.

PREPARATORY STAGE

Over the past few years I had done many hypnosis sessions aimed at research with various members of our team, therefore I attempted bidirectional OBEs with them. All of them took part in the selection and with five of them we obtained promising results from the start, however, as a whole it took tens of sessions before we were able to get proper responses and find solutions to all the expected problems plus a few others that arose.

I believed it important to achieve a Pavlovian-type conditioned feedback during the hypnosis induction stage in order to avoid asking control questions. I wanted the person's consciousness to be totally 'detached' from the Physical Body at the moment when outside control of verbal communication was established, and I was concerned that questions at this point might keep the consciousness too attached to the body. Only at that point would I be able to determine the level of hypnosis attained by judging the extent of speech control. Also, that conditioned feedback would be useful for later sessions via telephone; as part of the official experiment we had planned to do six sessions per person, making a total of thirty sessions. With some of the chosen collaborators - from now on referred to as 'participants' - it was necessary to use the telephone in many cases due to the distance between their different places of residence both from Florence and Padova, as well as work and study commitments.

The five participants were well-accustomed to the 'paranormal' and so had no fear of exiting their bodies, which usually frightens people because it is associated with death, and so this posed no problems. However, they had to be instructed beforehand on how to control movement by intention alone while their 'outer consciousness' was above the ground and be taught how to go through walls without feeling fear. I instructed them to lean against the wall and then 'push' against it until they found themselves on the other side, which proved successful.

At this point it was possible to instruct the 'outer consciousness' to find a peaceful place and concentrate on controlling verbal communication. Once the all-important yes was given it was finally possible to begin a proper dialogue, at first slow and awkward but gradually it became faster and easier. It was evident from the start that for the 'outer consciousness' to communicate verbally, it had to keep part of its attention on this function. Therefore whenever its full concentration on a task was required – for example when ordered to look closely at something – it was best to remain silent until after the task was completed.

We had decided that during each experiment the participant would also have to 'visit' the Department of Psychology at the University of Padova, and once there either enter a certain room

on the third floor and 'look at' a photo, or enter another room in the basement to 'look at' another photo.

Consequently the participants had to be gradually trained to 'travel' in certain ways. To achieve this, they were initially sent to a place they knew well, travelling slowly and close to the ground, then made to return at a faster speed and higher altitude in a straight line. Finally they became accustomed to instantly reaching their destination.

Going through solid objects such as walls was easily overcome using the techniques described above, but when it came to being told to '*stand in the middle of the road and let a car coming at you go through you*' things got scary and some couldn't do it. We therefore used a ploy – the participant was told to go to a train station of his or her choice, find a train about to leave, go 'inside' the train, wait until it begins to move and allow it to travel through him/her while standing still on the tracks. After the train exercise, the fear of being hit by a car or truck vanished. During the station visit, when I asked participants to check time and date, I noticed they usually gave a very different date to the actual one (often many years before that day and on rare occasions a future date, but by never more than a few months). Even the time was virtually never right. When told to concentrate on the correct time and date, the descriptions of the surroundings would change accordingly and even the type of train became consistent with the apparent date; evidently this needed further investigation. Furthermore some inconsistencies in the descriptions given by the 'outer consciousness' led me to suspect that there could be two 'outer entities' rather than one – something totally unexpected and worth looking at. At the end of this long preparatory stage we had collected the essentials needed to plan the official experiment.

EXPERIMENTAL STAGE

Keeping in mind that in the experimental stage I was to be the hypnotist and would thus be directly involved, Tressoldi was given the tasks of drafting the protocols and directing the experiment, for both his experience as an academic researcher and impartiality towards the participants. In the resulting procedure each of the five participants would have six hypnosis OBE sessions, during which they would need to answer questions and 'visit' a room in Padova to 'look around' and describe an image placed there. Therefore, based on the previous stage's acquired experience, six groups of questions had been prepared - one for each session. Every participant would be asked all the questions in the same order.

Two rooms belonging to the Department of General Psychology in Padova were assigned to the experiment, with one of them being targeted each session.

During the 'visit' the participant was required to identify and describe a pre-chosen specific image, either face up or face down, placed randomly in a group of six by Tressoldi. In each room an image was to be placed in a pre-arranged spot, whether or not that room was to be visited. Putting a target image in each of two different rooms would have allowed, if necessary, two attempts at recognition in one session. In fact this did happen due to a participant's other commitments, so that this participant underwent two sessions with two lots of questions and two 'visits'.

Tressoldi and I were assigned the tasks of listening to the OBE recordings and transcribing the answers, checking our respective transcriptions and then listening again to make sure we had written it all accurately. We had planned to look for cases of 'general consensus', where at least four out of five participants gave the same answer. Tressoldi and [Patrizio Caini](#) – both in the role of independent judges – were to perform the statistical analyses of the answers.

At the end of each session, Tressoldi would email each participant a set of 4 images (one of which was the target image) with the person's recorded OBE description, and the participant would have to choose the image seen during the OBE.

Tressoldi and Caini were allocated the tasks of independently identifying the images chosen by the participants, according to their descriptions, from the sets used in each session. The task was then given to me (I already knew the participants and their personalities quite well), and the identifications from the two independent and impartial judges as well as mine were then compared. The five chosen participants were [Alessandro Ferrini](#), [Simone Melloni](#), [Diana Richeldi](#), [Florentina Richeldi](#) and [Alice Trabucco](#), all of them experienced, strongly motivated and armed with a good theoretical knowledge of the OBE phenomenon, except for D. Richeldi, who was knowledgeable and also gifted with a high susceptibility to hypnosis like her mother, F. Richeldi.

RESULTS [first article]

The first article ([Out of Body Experience Induced by Hypnotic Suggestion. Part 1: Phenomenology and Perceptual Characteristics](#). http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2443719 or <http://dx.doi.org/10.2139/ssrn.2443719>) presented the results obtained from the descriptions of the target images seen during the hypnotically-induced OBE; the participants correctly identified on average 46.7% of the images, and the two independent judges (Tressoldi & Caini) on average correctly identified 66.7%, while pure chance would have given 25%.

As the hypnotist, having had the advantage of hearing the descriptions 'live', as it were, as well as the recordings, I was able to correctly identify 83.3% of the images described.

The orientation of the images (face up or down) did not have a significant effect on the percentage of correct identifications (other than a very slight tendency to correctly identify those face down).

The first article presents eleven basic questions. The first five are to determine the MPS (Minimal Phenomenal Selfhood), as defined by Blanke and Metzinger (2009):

- 1) Complete identification with the body as one integrated unit (as opposed to part possession of the body)
- 2) the orientation in space-time, and
- 3) a first person perspective (1PP).

Below are the questions and answers (Participants listed in left column and questions along top row):

| Participant | Do you still feel yourself in your Physical Body? | Where can you see (sense) your Physical Body? | What connection can you perceive with your Physical Body? | Can you perceive any boundaries like when you are in your Physical Body? | How would you describe this state of consciousness? |
|-------------|--|---|--|---|---|
| A | No. | <i>I don't sense it.</i> | <i>I can't see anything like that.</i> | <i>I can feel I'm outside my body, but I can't see my hands, feet or body.</i> | <i>Bliss. I feel free.</i> |
| AI | <i>No, there is no contact.</i> | <i>I feel as if I'm floating.</i> | <i>When I make it talk there's a sort of ethereal contact, but I can't see it.</i> | <i>No, no boundaries.</i> | <i>I feel like I'm everywhere. A very pleasant feeling.</i> |
| D | -- | <i>I feel part of it: my hands, my mouth... then it fades. It feels somewhere else.</i> | <i>I can see a sort of silver cable like a beam of white light.</i> | <i>No, I don't feel any boundaries.</i> | <i>I feel good, weightless, calm and peaceful.</i> |
| F | <i>I feel my Body only when I'm speaking or when I think about it.</i> | <i>I can't see it, but I can sense that it's still there. It feels irrelevant.</i> | <i>No connection; I can see the silver cable, but only if I pay attention to it.</i> | <i>I don't feel anything; I feel totally free. I feel shapeless and without boundaries.</i> | <i>I'm pure awareness.</i> |
| S | <i>Only partly. My Body feels like a house.</i> | <i>I can sense it where it is now.</i> | <i>I can feel it if I want to.</i> | <i>No, no boundaries.</i> | <i>I feel like I'm pure thought.</i> |

The best comment comes from the first article:

All participants, regardless of their knowledge or past OBE experience, described an out of body experience without physical boundaries, and an 'I', or 'self' which was separate to the body. Whenever the Physical Body was focused on or spoken about, the connection to it was either said to be absent or represented by a type of silvery-white rope. The emotions described in this state of consciousness varied, but generally defined as a state of well-being. It must be noted that none of this information was given during the induction stage of the OBE. This seems to support the theory that the only characteristics of the MPS during an OBE are a sense of spatial position and a first-person perspective (1PP), associated with a sense of disembodiment In other words, reported results from our hypnotically-induced OBE experiments are compatible with a form of DPS – Disembodied Phenomenal Selfhood – which shares all the 1PP criteria except for possession of the Physical Body.

The other six questions in the first article were to investigate the participants' perceptive and cognitive functions while in that specific state of consciousness. Below are the questions and answers (Participants listed in first column and questions along top row):

| Participant | To see something up close, did you experience movement towards it or were you there instantaneously? | What did you feel as you moved through physical barriers such as walls, doors, etc? | In a given environment could you see everything simultaneously (360° view) or did you have to move around to see? | Could you perceive all aspects of an object simultaneously (view from above, below, etc.) or only one at a time? | Did you have to move to see an object behind another or could you see through it? | Did you have any sense of time? |
|-------------|--|---|--|---|--|---|
| A | <i>I focused immediately.</i> | <i>Nothing; maybe a feeling of warmth.</i> | <i>At first I moved, but then I saw everything at the same time.</i> | <i>I could see it simultaneously from all points of view.</i> | <i>I knew it was there; I could see through the object.</i> | <i>No, neither when I moved nor when I looked at objects.</i> |
| AI | <i>After seeing everything at once, I looked at each thing up close without moving.</i> | <i>Nothing.</i> | <i>I could immediately perceive all the things I was interested in; after that, I could look at them closely without moving.</i> | <i>I could see it from above, as if from the ceiling.</i> | <i>I'm not sure, I may have moved. I could see through as well.</i> | <i>I felt no sense of time traveling to Padova; I could sense it while moving around the room and while examining the objects as if I were in my Physical Body.</i> |
| D | <i>I sort of zoomed in immediately.</i> | <i>It felt like moving through something without substance. There was a barely perceptible vibration.</i> | <i>I moved around to explore things; then I could see everything simultaneously.</i> | <i>I was watching it from one point of view at a time, but I perceived it as a whole. I saw all aspects of it simultaneously.</i> | <i>I moved to see it. I was also able to see through it.</i> | <i>I did not experience it while moving from one place to another. When examining an object I could feel time passing</i> |
| F | <i>I sort of zoomed in immediately.</i> | <i>If I moved quickly I didn't feel anything, but when moving slowly I felt something light.</i> | <i>I could see everything simultaneously.</i> | <i>I could see it any way I wanted, depending on my degree of attention to it.</i> | <i>I could see everything simultaneously. I could even see what I wanted to see through things.</i> | <i>Not at all; I was aware of the succession of events, but not of time.</i> |
| S | <i>I moved a sort of arm to touch something and it was then that I sensed it.</i> | <i>I didn't feel anything; sometimes a sense of coolness.</i> | <i>To explore my surroundings I filled it all like a liquid. Then I was able to look at one object at a time.</i> | <i>If focused on it I could see all of it, otherwise I only saw one side.</i> | <i>When I knew there was something there, I didn't have to move, otherwise I had to look for it.</i> | <i>Not while going to Padova – that was zero time. I did have a sense of time when I moved around a room.</i> |

Again here is the best comment taken from the first article:

If we ask ourselves whether or not the experiences reported during an OBE are similar to those reported from NDEs, as discussed by Jourdan (2011), the answer is a definitive yes. There is a general agreement from the answers of all five participants regarding perception, moving around, and the sense of time, with only minor differences in the details used to describe their experiences. The acquiring of visual information is described as being purely by perception controlled only by the participant's intention and volition. Also of note is the description of perceiving or seeing as a 'zooming' which includes all points of view. It's clear that in this specific state of consciousness, seeing is independent of eyesight. Even though we had expected it, our participants described this difference with particular details that to date have not yet been documented.

Even the description of moving around and the sense of time offer interesting facts. A long distance journey seems to occur instantly. On the other hand, when asked to concentrate on something in the immediate environment, there is a vague sense of a sequence of events with some sense of time. Generally it appears that the participants were in a world in which there was only the dimension of space without time. In a nutshell it seems that the state of consciousness achieved in an hypnotically-induced OBE ... is very similar or the same as that described in NDEs. There was a general agreement in all eleven questions from the participants regarding their perceptive and cognitive experiences during the OBE, and hence:

Everyone reported being a disembodied individual personality able to perceive simply by intention or will without physical limitations imposed by eyesight, being able to move from place to place instantly, and exist in a sort of three-dimensional world with no sense of time. From all the participants' reports we can deduce that in this state of consciousness it's possible to perceive and move around free from the usual physical constraints, especially with respect to sight. Movement and perception are mainly governed by their intention and volition. What they see/perceive depends on what they want to know. This allows them to move about instantly from place to place and be able to see something from all points of view. When looking at things closely or moving about to explore, the participants have only a vague sense of the sequence of events. Time seems to be either absent or similar to a sequence of stills...

Also:

When participants were asked to state the current time and date, the answers were all inaccurate (with one exception); either past or future times and dates were given. In each case they were brought back to the present moment by the hypnotist so that their descriptions of their surroundings would be of the present rather than some moment in the past or future.

And finally:

Since we were interested in determining whether the participants would be able to remember what they had experienced during the OBE at a later time in a normal state of consciousness, at the end of the sessions all participants were emailed the same 11 questions to be answered in writing. Identical reports, with minor differences in the details, were described in the questionnaire ... suggesting that in their normal state of consciousness they retain accurate memories of their OBEs.

SECOND ARTICLE

In the second article ([Hypnotically Induced Out-of-Body Experience: How Many Bodies Are There? Unexpected Discoveries About the Subtle Body and Psychic Body](http://sgo.sagepub.com/content/spsgo/5/4/2158244015615919.full.pdf))

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<http://dx.doi.org/10.1177/2158244015615919>)

we examined the answers given by the five participants to a different series of questions that were designed to investigate the characteristics and functions of a type of unexpected secondary body, halfway between the Physical Body and the anticipated DPS (Disembodied Personal Selfhood). To avoid references to religion or Eastern traditions, we simply called this halfway body the 'Subtle Body' (SB) to differentiate it

from the Physical Body (PB) and the DPS - where consciousness and first person perspective reside - which we called 'Psychic Body' (Ψ B – PSY Body). To determine if our method could be applied even to those not accustomed to hypnosis, a sixth participant entered our training program - Elena Prati - who came in with no previous personal experience with either hypnosis or the OBE. Elena underwent a fast training regimen to gauge her reactions, which turned out to be very good, leading us to think that exceptional talents are not necessary to achieve a proper hypnotic bidirectional OBE. She was unable to take part in all the sessions, but her answers are also presented in column **E** of the following table along with the other five participants. Quoting from the second article:

All sessions were performed in either a light-proof and partially soundproof laboratory or in the participants' homes. When the sessions were in private homes, the participants were in contact with the hypnotist via telephone. The participants lay on a recliner with a digital audio recorder near the mouth or the other end of the telephone to record their words. ... The 'Subtle Body' was described as a whitish-silver cloud that surrounds the Physical Body and widens around the hands and feet areas. As far as its motion was concerned, everyone unanimously agreed the 'Subtle Body' could move around quickly, as in flight, from place to place – albeit not as agilely as the Psychic Body - and when passing through walls some sense of friction was perceived. ... Similar to the Subtle Body, the 'Psychic' one could also move back and forth in time, although the participants seemed unable to actually feel time. ... The 'Subtle Body' was described as having a limited lifespan, although longer than the Physical Body and unlike the Psychic Body, which was described as eternal.

RESULTS [second article]

In the table below is a summary of the answers given by each participant.

Multiple answers from one participant means that the same question was asked in various sessions conducted over time to check for consistent answers.

Answers in **bold** type indicate a general consensus by participants, i.e., the same answers given by 5 out of 6 people, or 4 out of 5 when the sixth wasn't present.

E and **D** are the participants with the least previous experience in OBEs.

Below are the questions and answers (Participants listed along top row and questions in first column):

| Question | A | AL | F | S | E | D |
|---|--|--|--|---|--|--|
| Are you able to see your hands and/or feet and/or body? | <i>I felt them first and then I saw my feet and hands. I can see my hands and barely see my feet. I can see my arms.</i> | <i>Yes.</i> | <i>I felt my hands and feet at first, then I saw them and they looked padded. Yes, I can see my hands and feet, and I can feel my body. Yes, more so my hands.</i> | <i>Yes I see a vague human form, poorly defined. I can see them but they're out of focus. At first I couldn't, but after I pulled my Subtle Body out of my Physical one, I could.</i> | <i>Yes, it looks silvery. They're silver.</i> | <i>Yes I can, but they're not solid. Not at first, but I did after I was told to pull out the Subtle Body.</i> |
| How big is the Subtle Body with respect to the Physical Body? | <i>It's larger than the Physical Body. It seems larger. The hands seem extended.</i> | <i>It's larger than the Physical Body.</i> | <i>Larger. It seems larger than the Physical Body, surrounded by a mist-like energy.</i> | <i>A little bit larger than the Physical Body. It's bigger as if it has clothes.</i> | <i>Almost like the Physical Body but with a different thickness.</i> | <i>It's larger than the Physical Body. It has very big hands and even bigger feet! It's very big.</i> |

| Question | A | AL | F | S | E | D |
|--|--|--|--|---|--|--|
| What does it look like and what is its consistency? | <i>It's white. A thin consistency like cream. It's the same colour as cream but feels like a cloud. The hands are a light milky colour and feel like vapour</i> | <i>I see a non-material double of myself which is able to sense things. It's transparent. Somewhat resembles a liquid.</i> | <i>It's like a cloud. The hands are whitish and transparent. It's mostly white with a pink-purple outline. It seems gaseous. I can see layers. I see an outer bright shell and there seems to be others inside which are duller and look like smoke. They're bigger than the Physical Body.</i> | <i>The body is like a stylized drawing and seems fluid-like. When it goes through the rocks it feels a slight scratching but doesn't sense their temperature. It's opaque. Reminds me of fog. It's fluffy like a cloud.</i> | <i>Roughly like the Physical Body only translucent. Its features look like mine. It has the consistency of a TV image.</i> | <i>It's light-blue. It looks like a cloud. It's transparent with an outline; I can see through it. It's weightless. It's transparent and has no texture.</i> |
| Can you travel freely with the Subtle Body? | <i>It seems to slow down when it passes through matter.</i> | <i>Yes, I feel no limitations.</i> | <i>It seems slower than the Psychic Body.</i> | <i>It seems very connected to the Physical Body. I don't have much freedom.</i> | <i>Yes.</i> | <i>Yes, very fast.</i> |
| What level of awareness does the Subtle Body have? | <i>I don't know.</i> | <i>More than the Physical Body; it sees dimensions differently.</i> | <i>It has more capabilities than the Physical Body because it sees time and space, but is more limited than the Psychic Body.</i> | <i>Same as the normal one.</i> | | <i>Greater than the Physical Body.</i> |
| What role does the Subtle Body have? | <i>It's a type of permanent glue connecting the Physical and Psychical Body. Without it, the Psychic Body could not control the Physical Body. It's non-permanent. It lives more than the Physical Body, and after that it fades away.</i> | <i>The Subtle Body acts as an intermediary between the Physical Body (the worker) and the pure awareness of the Psychic Body. It's still connected to the Physical, specially in time.</i> | <i>It serves as a link between the Physical and the Psychic Bodies. After death, one can choose to remain linked to its memories, thus creating a ghost, which slowly fades away. The Psychic Body on the other hand detaches permanently. It stores the memories from its union with the Psychic Body. It has a limited lifespan which is dependent on how evolved the Psychic body is after it leaves the Physical Body. The Psychic Body though is eternal.</i> | <i>It controls the Physical Body, determining how it functions: as if the cells, in order to work properly, have to be connected energetically. Via the vortices (chakras), it's a type of interface between the material and non-material, created by the Psychic Body to assist it. It is similar to a computer's basic operating system (BIOS). When the Physical Body dies, it's left to itself to slowly dissolve.</i> | | <i>It has greater powers of perception. It allows the Physical Body to increase its awareness and adapt better to the environment.</i> |
| How do you see colours with the Subtle Body? | <i>They seem faded even when I look closely.</i> | <i>Not as sharp.</i> | <i>Some colours are very bright, others faded. They're more intense than in the Physical.</i> | <i>I see them very well, but they're fuller and independent of surrounding light. The colours of what I focus on are clear, but seem different to real ones. I see colours like in the Physical Body, but all are brighter and no shadows.</i> | <i>I find it difficult to see them; everything seems black and white.</i> | <i>They're purer, but I see everything superimposed. It looks blurred. Clear but intense, fuller than with the Physical Body.</i> |

| Question | A | AL | F | S | E | D |
|---|--------------------------------------|--|---|--|---|---|
| How do you see objects (such as plants, houses, etc.) with the Subtle Body? | <i>Whatever I focus on is clear.</i> | <i>Less sharp, maybe because they're unimportant.</i> | <i>At first I see them from above as from a satellite, then if I zoom in on something I feel an attraction to it and I can then see all the details.</i> | <i>Whatever I look at is well defined and I see everything clearly.</i> | <i>Not as well as I can with the Psychic Body.</i> | <i>Everything is in focus. I can even see things from the inside – I can feel their consistency and can feel what they're made of. I can't do it with the Psychic Body.</i> |
| How do you move about with the Subtle Body? | <i>I will it.</i> | <i>I'm horizontal. I feel like I'm rolling. Almost like crawling. I can move at will a body which seems almost gelatinous.</i> | <i>I intend it and I get there in zero time.</i> | <i>I fly. I simply have the thought and I can do it.</i> | <i>I feel clumsy moving about in a human form.</i> | <i>I fly. I can initiate motion with my intention. I'm light and I can go through everything.</i> |
| Are you bothered by 'flying' at a high altitude with your Subtle Body? | <i>I like it.</i> | <i>No, because it doesn't feel like flying.</i> | <i>Absolutely not.</i> | <i>No.</i> | | <i>No.</i> |
| What type of emotions does the Subtle Body feel? | <i>I don't know.</i> | <i>I feel lighter. I can sense feelings and emotions.</i> | <i>I wouldn't use the term emotion, it's more an attraction for something or other. Emotions belong to the Psychic Body, as long as it's attached to the Physical. Emotions are felt if the Physical Body is present too.</i> | <i>It doesn't really feel emotions. I don't think it does. Emotions are for the Physical Body and consciousness</i> | | <i>They're not real emotions, they're lighter, and I can feel them all together, but not in their fullness. I can sense them but there's no need to.</i> |
| How does the Psychic Body see colours? | <i>Brighter. Clearer.</i> | <i>Sharper than in the Subtle Body.</i> | <i>Different from those seen in the Subtle Body: they're more intense.</i> | <i>They're different; they seem pure, independent of light, but have an order of importance. The colours are more homogenous and change hue, due to something other than the quality of light.</i> | <i>I see them better than I do with the Subtle Body: they look like those I see with the Physical Body, but their intensity is reduced.</i> | <i>Darker and blurrier than with the Subtle Body.</i> |

| Question | A | AL | F | S | E | D |
|--|--|--|--|---|--|--|
| How does the Psychic Body see objects (plants, houses, etc.)? | <i>Perfectly defined. Everything is more defined.</i> | <i>Clearer.</i> | <i>I can see the background energy better with the Psychic Body. With the Subtle Body I see another type of energy.</i> | | <i>I have a better sense of space and volume.</i> | <i>Everything seems bigger and stretched. I can feel the consistency of things without touching them.</i> |
| How does the Psychic Body move? | <i>By willpower.</i> | <i>Instantly, by thinking it.</i> | <i>It's much faster: a higher level.</i> | <i>By willpower.</i> | <i>Just by thinking about it.</i> | <i>By its intention.</i> |
| Does it bother you to 'fly' at a high altitude with the Psychic Body? | <i>It feels normal.</i> | <i>No.</i> | <i>Altitude has no meaning; it's like a different dimension.</i> | <i>No.</i> | | <i>No.</i> |
| What type of emotions does the Psychic Body feel? | <i>Balance. There are no emotions to sort out, everything is peaceful. It's almost an absence of emotions.</i> | <i>There are no emotions.</i> | <i>There aren't any emotions, only magnified events.</i> | <i>It seems to feel emotions.</i> | | <i>They're not called emotions or feelings: they're perceptions</i> |
| Which non-Physical Body allows you to see colours better? | <i>I don't know. I'd say the Psychic Body.</i> | <i>The Subtle Body.</i> | <i>With the Subtle Body. They are more vivid than with the Physical Body.</i> | <i>Some things are clearer with the Psychic Body, but I have to get close. Other things are less clear, but I can see it without moving. Colours are better with the Physical Body. The other two Bodies see differently, but the Subtle one sees things best. The Psychic Body knows more.</i> | | <i>The Subtle Body.</i> |
| With which non-Physical Body can you see objects better (i.e. plants, houses, etc.)? | <i>With the Psychic Body.</i> | <i>With the Subtle Body.</i> | <i>With both. I can't tell the difference.</i> | <i>Details are sharper with the Subtle Body. With the Psychic Body their history is more defined</i> | | <i>With the Psychic Body.</i> |
| Which non-Physical Body allows better movement? | <i>The Psychic one.</i> | <i>The Psychic one.</i> | <i>The Psychic one.</i> | <i>The Psychic one.</i> | <i>The Psychic one because the Subtle one is like a dead weight.</i> | <i>The Psychic one.</i> |
| Which non-Physical Body allows you to go through objects better? | <i>I can go through them with the Subtle Body; with the Psychic Body I can go over them instantly.</i> | <i>The Psychic Body. The other seems to produce some friction.</i> | <i>The Psychic Body. The Subtle one is slower – it's not needed for motion. The Psychic Body, because I don't even need to pass through objects, I'm just there instantly.</i> | <i>The Psychic Body. With the Subtle Body there's some friction. There's no friction with the Psychic Body.</i> | <i>I don't feel anything when I go through walls with the Subtle Body.</i> | <i>The Subtle Body. With the Psychic Body on the other hand I'm there instantly without having to pass through anything.</i> |

| Question | A | AL | F | S | E | D |
|---|--|---|--|--|--|---|
| Which non-physical body allows you to perceive people better? | <i>The Subtle Body.</i> | <i>The Psychic one.</i> | <i>The Subtle Body, but it depends on how interested I am in the person.</i> | <i>I can see them better with the Subtle Body, but I sense them better with the Psychic one.</i> | | <i>The Psychic one.</i> |
| How many other bodies, are there, apart from the Physical and the Subtle? | <i>I don't see any others.</i> | <i>There might be some others.</i> | <i>I can see many others: it depends on the individual's evolution. Other than the 3 basic ones, I can see another 4.</i> | <i>There are others, but when I try to see them I come up against a barrier.</i> | | <i>There are another 8 apart from the Physical one. The highest one controls the others. All together there are 12. The other 9 are all more sophisticated than the 3 basic ones.</i> |
| When you are in the Subtle Body are you aware of the Psychic Body? | <i>No.</i> | <i>Not as such, but I become aware of it when I feel the limitations of this Body I'm in now.</i> | <i>I seem to sense a higher level.</i> | <i>Yes, I am. It's as if the Psychic Body was wearing the Subtle one. The Psychic Body reasons.</i> | | <i>No, they are separated.</i> |
| Is the Psychic Body aware of the possible existence of superior Bodies? | <i>I don't know if they exist. If they did, they would be experienced.</i> | <i>Maybe. I can't see them, but I get the feeling there are other 'dimensions' out there.</i> | <i>Yes, there are 7 of them excluding the Physical Body. The Psychic Body knows everything it needs to know, it's eternal and independent of everything.</i> | <i>It knows there are many others. The Psychic Body is part of a higher level, no longer a Body. The higher ones are not real Bodies, they're like a localized electric discharge, something electric. The higher essence is made of many Psychic Bodies, like many incarnations all together.</i> | <i>Yes, but I can't describe them because they're formless and I can't see them. I get a sense of one level above the Psychic Body. It's like a helmsman for the others – it knows the course and where to go.</i> | <i>Yes, there are 13, Physical Body included.</i> |
| Does the Psychic Body need the Subtle Body to control the Physical one or can it do it by itself? | | <i>No, the Subtle Body is not necessary.</i> | <i>Both the Psychic and the Subtle Bodies can use the Physical Body independently.</i> | <i>It can manage it directly, but I don't know if the commands must go through the Subtle Body.</i> | <i>I think the Psychic Body may act directly on the Physical Body.</i> | <i>It can do it irrespective of the other.</i> |
| Can the Subtle Body interact with matter? | <i>Yes, because I can sense objects as I go through them.</i> | <i>I don't know.</i> | <i>I think so. It seems easier with glass objects.</i> | <i>I don't know.</i> | <i>No.</i> | <i>I'm able to feel an object, I can hold it in my hand but it takes a big effort to move it a little because it seems very heavy.</i> |

| Question | A | AL | F | S | E | D |
|---|--|---|--|---|---|---|
| Can the Psychic Body interact with the matter? | <i>No, it's not its nature to do so.</i> | <i>No.</i> | <i>No, it's not interested in it.</i> | <i>I don't know.</i> | <i>Yes, if I think about moving a glass. The laws which apply to the Physical Body don't apply to the Psychic one. I think it would be capable of moving an object through will.</i> | <i>No, the Subtle Body acts a little like the Physical one, but the Psychic one doesn't have a prehensile organ. It thinks about what it wants to do and does it.</i> |
| While you are living in the Physical Body, what roles do the other two Bodies have? | <i>They are independent but connected. The Physical Body is the means, the Subtle Body the command, the Psychic Body governs and is eternal. The Psychic Body gives out an intention, the Subtle Body turns it into a command for the Physical Body which then carries it out.</i> | | <i>Both the Subtle and Psychic Bodies are usually wrapped around the Physical one. The Psychic Body governs the other two.</i> | <i>They sustain it; without them the Physical Body would have a bad time of it.</i> | <i>The Subtle Body governs the Physical Body and sooner or later must go back, because something important awaits it. The Psychic and Subtle Bodies mutually interact in the present incarnation.</i> | <i>The 'outer' Bodies are like layers over the Physical Body; they usually surround it.</i> |
| How is the Physical Body connected to the Subtle Body? | <i>It's a mutual attraction.</i> | <i>By a type of silver rope.</i> | <i>With a (silver) rope.</i> | <i>By a type of cylindrical vortex; a white spinning rope.</i> | <i>I can see a sort of very thin almost invisible silvery thread.</i> | <i>I see a sort of powder, a sort of mist which connects them.</i> |
| How is the Subtle Body connected to the Psychic one? | <i>There is no visible connection.</i> | <i>There is something surrounding the Psychic Body, but there is no visible connection.</i> | <i>There is no visible connection.</i> | <i>With the same vortex described previously.</i> | <i>I can't see a connection. It's not something concrete. Seems to be just a product of expectation.</i> | <i>I don't see anything.</i> |
| Can the Subtle Body perceive what people think? | <i>No, it perceives emotions.</i> | <i>Not too well.</i> | <i>It gets feelings.</i> | <i>No, because it's only 'clothing'.</i> | | <i>No, it feels emotions.</i> |
| Can the Psychic Body perceive what people think? | <i>Yes, their thoughts and will.</i> | <i>It has a kind of empathy. It feels people's moods.</i> | <i>Yes.</i> | <i>Yes, both thoughts and emotions.</i> | | <i>Yes.</i> |
| Within which Body are the events of the present life stored? | <i>Within the Psychic Body, but this memory can be stored in the two other Bodies too.</i> | <i>I think within all three.</i> | <i>Within the Subtle Body.</i> | <i>Within both the Subtle and the Physical one, but also in the psychic one, although limited to things which concern it directly (e.g. sport).</i> | <i>Within both the Physical and the Subtle Body.</i> | <i>More so in the Physical Body.</i> |

| Question | A | AL | F | S | E | D |
|--|--|--|---|---|--|--|
| Which Body carries the memories of past lives? | <i>The Psychic Body.</i> | <i>Both the Subtle and Psychic Bodies.</i> | <i>The Psychic one.</i> | <i>None of the three. The Psychic Body is like a small part of a larger one composed of all lives, but as far as we're concerned, the current life is the main one.</i> | <i>Only the Psychic Body.</i> | <i>Both the Subtle and the Psychic Bodies to differing degrees</i> |
| Which Body is responsible for our reasoning ability? | <i>The Subtle Body is not very intellectual.</i> | <i>The Psychic Body is capable of thinking in the abstract. The Subtle one comes into play when there is contact with other dimensions (e.g. in dreams). The Psychic Body reasons.</i> | <i>It's in the Physical Body too, but is shared. The engine is the Psychic Body.</i> | <i>It's a synergic process that involves all three Bodies, although not always completely coordinated.</i> | | <i>Both the Physical Body and the Subtle one.</i> |
| Which Body holds the capacity to invent new things? | <i>The Psychic Body, which has sophisticated thinking abilities, if it's free of the Physical and Subtle Bodies.</i> | <i>The Psychic Body</i> | <i>The creative process involves all three Bodies. They have to all be prepared and well coordinated. For example, the physical body can decide what to eat, but if we imagine three pipes (the three Bodies) connected one after the other, all three pipes need to be clean and unblocked, otherwise all the water (creativity) won't flow through.</i> | | <i>The Subtle Body even if sometimes I seem to have access to the Psychic Body's database.</i> | <i>Both the Physical and the Subtle one.</i> |
| Are you able to go back in time? | <i>I don't know.</i> | <i>Yes, maybe a few months. Yes, with both the Subtle and Psychic Bodies.</i> | <i>I can travel back in time three months.</i> | <i>It's difficult to travel in time with the Subtle Body.</i> | <i>Yes, however far I want.</i> | <i>Yes.</i> |
| Can you go forward in time? | <i>I think so.</i> | <i>Yes.</i> | <i>Yes, I can see sunflowers (several months ahead).</i> | <i>I can't find any points of reference where I am. I can travel a little, maybe about 3 days, then the future dissolves.</i> | <i>Yes, however far I want.</i> | <i>Yes. But I don't know how far.</i> |

COMMENTS

The table below is a summary of all the questions and a detailed comment for each one.

It is important to note that in every case where there is agreement, the degree of previous OBE experience of the participants had no influence on the answers.

Questions and answers in **bold** type are those which satisfied the criterium of general agreement (5/6 or 4/5 similar answers).

| QUESTION | COMMENT |
|--|--|
| Can you see your hands and/or feet and/or body? | All participants can at least see a part of the SB |
| How big is the Subtle Body with respect to the Physical Body? | The SB's dimensions are usually estimated as being a little bigger than those of the PB, but with a poorly-defined edge. |
| What does the SB look like and what does it feel like? | The SB is always described as visible and light-coloured, with a roughly human form, but with a liquid, or gas-like, consistency. |
| Can you move freely about with the SB? | There's agreement on the SB's ability to move rapidly, but some say it slows down when passing through solid matter. |
| What level of awareness does the SB have? | Although there's no real agreement, it seems the SB has a superior knowledge to the PB. |
| What role does the SB have? | The SB's role with respect to the PB is variously described, even though it represents a type of intermediary between the PB and the Ψ B. Once the PB is dead, the SB seems to slowly dissolve, as opposed to the Ψ b, which continues to exist. |
| How do you see colours with the Subtle Body? | There's no agreement on this. It seems that the intensity of the colours depends on the degree of one's attention to them. |
| How do you see objects (such as plants, houses, etc.) with the Subtle Body? | As for previous question. |
| How does the Subtle Body move about? | There's general agreement on the SB's ability to move rapidly, but some say it slows down when going through matter. |
| Does it bother you to 'fly' at a high altitude with the Subtle Body? | Nobody claims to be bothered by this. |
| What type of emotions does the Subtle Body feel? | Answers vary, although there's some agreement on the fact that the SB feels no emotions like those felt by the PB. |
| How does the Psychic Body see colours? | There is general agreement that the ΨB distinguishes colours and that they are 'pure', or independent of light, and if anything their purity is in proportion to the perceiver's level of interest. |
| How does the Psychic Body see objects (e.g. plants, houses, etc.)? | See previous question. |
| How does the Psychic Body move around? | There's general agreement: either with intention or volition. |
| Does flying at a high altitude with the Psychic Body bother you? | There's general agreement here: absolutely no bother because the ΨB's motion can't be described as 'flight'. |
| What type of emotions does the Psychic Body feel? | There's general agreement that it doesn't feel emotions, but instead something similar to perception. |
| Which non-Physical Body allows you to see colours better? | It seems to be the SB. |
| Which non-Physical Body allows you to see objects better (i.e. plants, houses, etc.)? | The answers vary, but what is interesting is that: 'Details are sharper with the SB. With the Ψ B their history is more defined'. |
| In which non-Physical Body can you move around better? | The general consensus is the ΨB. |
| In which non-Physical Body can you go through objects better? | There's general agreement on the fact that the ΨB is able to go through Physical barriers with greater ease than the SB. |
| Which non-Physical Body allows you to better perceive people? | There is no consensus on this point. |
| How many other Bodies are there apart from the PB and the SB? | The answers vary, but this one is interesting: 'There are others, but when I try to see them I come up against a barrier.' |
| When you are in the SB, are you aware of the PB? | There's no agreement on this point. |
| Is the Psychic Body aware of the possible existence of superior Bodies? | There's general agreement on the awareness of the existence of superior Bodies, but much disagreement about how many. |
| Does the Psychic Body need the Subtle Body to control the Physical one or can it do it by itself? | There is an overall consensus that the ΨB can interact directly with the PB. |
| Can the Subtle Body interact with matter? | It's very doubtful. If it can interact, it seems to require much effort. |
| Can the Psychic Body interact with matter? | There's no general consensus. |

| | |
|---|--|
| While you are living in the Physical Body, what roles do the other two Bodies have? | The descriptions vary, but it appears that both the Ψ B and SB represent a type of container for the PB which allow it to function. |
| How is the Physical Body connected to the Subtle Body? | There's agreement about a type of whitish-silver rope, but details vary. |
| How is the Subtle Body connected to the Psychic one? | There's general agreement on there being a connection, but it's not perceptible. |
| Can the Subtle Body perceive what people think? | There's no agreement on this point. |
| Can the Psychic Body perceive what people think? | There's agreement on the fact that the ΨB can perceive people's thoughts. |
| Within which Body are the events of the present life stored? | There's no agreement on this point. |
| Which Body carries the memories of past lives? | There's no agreement on this, even if the Ψ B seems to be the best candidate. |
| Which Body is responsible for our reasoning ability? | There's no agreement on this point, even though the Ψ B seems to be the best endowed. |
| Which Body holds the capacity to invent new things? | Answers vary, although it seems the creative process requires the co-ordination of all three Bodies. |
| Are you able to go back in time? | The overall answer is positive. |
| Are you able to travel forward in time? | As for previous question. |

An essential (and unexpected) fact is the agreement on the existence of at least two other 'Bodies' other than the Physical Body (PB), which we termed the Subtle Body (SB) and the Psychic Body (Ψ B) and that:

If necessary, the DPS personality can reside in either Body, even though it prefers the Psychic Body, which is described as the overseer of the Subtle and Physical Bodies and probably exists eternally.

Furthermore:

While the perceptive and cognitive differences between the Subtle Body and Psychic Body were not clearly specified, all participants described their 'Spatial Motion' in a similar fashion: the Psychic Body seemed to move at the speed of thought, or will, with no 'friction' caused by solid matter. Similar characteristics were given for the Subtle Body, although not quite as perfect since it was said to have boundaries. Furthermore the descriptions of the connection between the Physical and Subtle Bodies all concurred.

CONCLUSIONS

We've explored, with successful results, the possibility of directly 'interviewing' that 'extracorporeal entity', as it were, from which we derive the acronym OBE, and of obtaining information from it which would otherwise remain out of reach. We've also discovered that it isn't just one 'entity', but two. These are important developments that won't be readily accepted, but the two articles cited above look at important positive elements and the work done to date, and provide all the material and information required to enable the experiments to be duplicated by others, because only independent replication can fully prove their validity.

We are only at the beginning and will continue our exploration, therefore:

More convincing proof of the reality of the OBE as a distinct disembodied state of consciousness, as documented in our study, could be obtained if we could demonstrate that while in an OBE, apart from perception at a distance, it is also possible to interact with the physical environment and to 'capture' this interaction using electronic devices.

This is our research team's next goal.