

# A GUIDE FOR OBE INDUCTION

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## ABSTRACT

After having demonstrated that it is possible to control an OBE (Out of Body Experience) by means of hypnotic suggestions, we furthered our knowledge of this type of experience by carrying out many OBEs with different subjects, all of whom had particular talents; some of them repeated the experiment many times, such that a total of over 20 hours of OBEs were completed for each of these individual subjects.

This allowed us to formulate a clear description of the means of induction as well as standard reactions and ways to circumvent fears and obstacles. The purpose of this work is to publicize these experiences to date, and enable the reproduction of the hypnotic OBE experience by providing descriptions of induction, first level OBE training, and then more advanced training, including all expedients to facilitate mastery of this state of consciousness.

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## USEFUL INFORMATION FOR AN HYPNOTICALLY INDUCED OBE

To induce a state of consciousness outside the physical body – basically, an OBE (Out of Body Experience) – by way of hypnotic suggestion requires not only extensive experience as a hypnotist, but particular attention to factors that are most conducive to it and make it enjoyable for the participants. As for all hypnotic suggestion, it is not the hypnotist who makes it happen but the subject himself who experiences it. It is therefore more appropriate to refer to the hypnotist as ‘Guide’ and the hypnotized as ‘Traveller’, given that an OBE is a journey outside the body. Before beginning the OBE procedure it is best that the Guide and the potential Traveller have a detailed discussion to clarify whether the goal is a genuine desire for knowledge, or simply curiosity. In the latter case it is hardly worth continuing with the OBE because it is extremely likely nothing useful for research purposes will result.

Furthermore the “guide” must be able to discern if the psychological condition of the potential “traveller” is compatible with an OBE. Those with even subclinical levels of depersonalization disorder or other psychopathologies should not undergo this type of experience.

A prolonged exchange of ideas will allow a potential Traveller to remove doubts and establish a relationship of mutual trust, therefore facilitating good results. The Traveller must be strongly motivated, and not only fearless of hypnosis but have a strong desire for it. All of the above go a long way towards making the hypnotic induction phase easier.

It is fundamental for the Traveller to understand that his/her role is just as important as the Guide’s, although totally different, since the Traveller must be able to answer questions without being concerned about their purpose, and therefore be able to offer the best possible descriptions of what has been seen and felt. The role of the Guide is to get the Traveller to answer appropriate questions, keeping the Traveller’s attention focused, and helping to overcome any possible difficulties.

During the entire session the Guide must remain fully focused on the Traveller so as to be aware of any subtle sensations and to impart the feeling of a shared experience without suggesting direct involvement (the Guide must always remain alert and detached). This is simply a matter of *non-judgment* of what the Traveller says and *being open to* whatever is described.

At the conclusion of the OBE session the Traveller should be given some time to comment about the more salient points of the OBE itself. In the meantime the digital medium for recording the conversation between the Guide and Traveller can be prepared. Repeated listening of the recording is always useful because it can assist in remembering further details and/or clarifying any doubts. It is advisable to listen to the recording within 24 hours of the OBE, and then again after a week, each time taking notes of whatever comes to mind.

## INDUCTION, OBE AND EXIT FROM HYPNOTIC STATE

### **Relaxation phase** (approximately 4 ½ minutes)

To induce relaxation a traditionally common technique can be used, repeatedly stressing the words *relax, muscles, tendons, and ligaments*, occasionally mentioning the specific anatomical area on which to focus. The purpose is to distract the subject’s attention from normal bodily sensations, which in this situation are considered unwanted background noise, and to reach a pre-hypnotic phase based on visualization which is induced before reaching a relaxing environment totally free of anxiety but rich in rapidly alternating sensory stimuli. This is followed by the typical descending staircase leading to a light at the bottom.

An awareness of the escalator is required to avoid boredom and a fear of losing one’s balance when walking down the spiral staircase. Even inside the escalator the senses are alternately stimulated rapidly. When the escalator reaches its destination the subject is almost completely in the hypnotic state. A final stage is added in which sensory stimulation continues further, then suddenly stops when the subject is led to an armchair which envelops him/her like a cloud, causing all physical

sensation to cease, thus marking the true OBE stage. It is important that the guiding voice remains calm and comes across as participating in what is happening: *“Begin to relax your toes: start relaxing the muscles and tendons of both big toes, then the next toe, then all the muscles and tendons of the third toe, move to the fourth and then the little toe. Focus on the foot and relax all muscles and tendons of the top of the foot, then those on the sole. Now concentrate on the ankles and relax all the muscles, tendons and ligaments of the calves and feet. Move up to the calves and totally relax the muscles, and those of the shin. Now focus on the knees and relax everything there: muscles, ligaments, tendons... everything inside the knees. Now move your attention to the thighs and let them relax completely, then relax the groin. Move to the gluteal muscles and relax those, then the lower abdominals. Go inside and relax all the intestinal and stomach muscles – let them all go. Focus on the back and relax all muscles and tendons from buttocks to shoulder blades. Now return to the front and relax the remaining abdominal wall muscles, the chest and all the trunk muscles, then focus again on the digestive system: try and stop motion as much as possible, then return to the back and move to the shoulder blades. Relax everything above those: muscles, tendons, everything, and on the front of your body relax everything above the collar bones, especially the muscles connecting the shoulders to the neck. Focus on the shoulder joints and relax them completely: muscles, tendons, ligaments... then move down to the arms and relax likewise there. Totally relax the muscles, tendons and ligaments which join at the elbow. Move down the forearms and focus on relaxing everything there. Now relax the wrists too and their ligaments. Go to the top of your hands and relax all tendons, then the muscles and tendons of the palms. Now focus on relaxing all the tendons in the thumbs and return to the neck. In the neck, relax all the muscles and tendons in the throat, then those at the back. Move to the muscles in your scalp... relax those also. Relax your forehead, ears, the cheek muscles, the nose, the mouth muscles, and those in the chin. Now your body is completely relaxed; your heartbeat is slow, each breath is deep, slow, and relaxed, and the blood circulates freely. You are feeling totally at ease and your body has ceased transmitting signals”.*

### **Induction phase** (approximately 4 ½ minutes)

*“Now you are walking barefoot in a meadow surrounded by flowers, you can smell the grass and under your feet you feel the stems with each step, along with the soft earth, which is warm and a little damp. You see many beautiful flowers in many shades of colours arranged in islands of colour: islands of red, blue, orange, purple, yellow, indigo, and white flowers. You feel a gentle breeze which carries the scents of all those flowers, one colour at a time. Together with their fragrances you can also taste their nectar, like liquid honey, a different taste for each flower. You hear birds chirping and insects buzzing, you see wispy clouds in a clear sky, you feel the sun’s warmth on your skin... you’re totally at ease.*

*You walk towards a cave-like opening in which you see a balustrade. You approach it and see a very long descending spiral staircase, going deep down into yourself, at the end of which there’s a small very bright white light you want to reach, because it’s inside yourself.*

*Beside the balustrade you see an elevator. You walk towards it and press the call button. The doors open and you go inside, pressing the down button.*

*The elevator moves quickly with a light hiss. There’s a mirror in front of you, and you see a reflection of yourself as more relaxed and light due to the acceleration. You’re bathed in a gentle blue light, and in the background you hear a relaxing music playing at low volume. Under your feet you feel the pleasant roughness of carpet and you lean on the wall, which is a smooth and polished wood.*

*You catch the smell of freshly baked pastries. Looking around, you see a small triangular table in a corner on which are some pastries. You step towards it, look at them and choose one which appeals to you. As you bring it to your mouth you smell its aroma and then feel its warmth from the oven. You put it in your mouth and savour its delicious taste.*

*You're very much enjoying this pastry, knowing that when you finish eating, the elevator will have reached its destination inside you. You eat it slowly and as you're almost finished, you feel the elevator decelerating, slowly at first, and then more forcefully.*

*The floor counter appears again and begins the countdown: -10., -9., -8..., -7....., -6....., -5....., -4....., -3....., -2....., -1....., 0. The elevator stops and the doors open, you exit and find yourself in a clean room made of rough stone with a black polished floor; the temperature and humidity are pleasant, and it is suffused in a green light which casts no shadows. A nice background music is playing and there's a heady fragrance of flowers in the air."*

## **OBE phase**

Example:

### **TRAINING FOR THE FIRST HYPNOTICALLY-INDUCED OBE**

#### **Gentle detachment from the Physical Body**

To avoid possible traumas, a gradual 'exit' from the body is induced at the end of the induction stage using the following guidelines:

*"There's a black leather armchair in the middle of the large room. You approach this armchair and sit on it, feeling as if you are sitting on a cloud; suddenly you feel weightless. It's amazing – you feel really good. The only thing you're aware of is the smell and feel of leather on the skin of your arms. After a while those too disappear and you find yourself flying."*

The next step must be executed immediately, without waiting for comments and before the physical body begins to pull the 'outside entity' back into itself, and consists of making the non-physical entity move through walls and/or ceilings, therefore:

*"You gently detach yourself from your body, you feel at ease and rise towards the ceiling, you lean against it, push it slightly and move through it as if it were a projected image that isn't real, until you emerge into the sky. Continue to climb until you find a peaceful place where nobody can bother you."* (The out of body state has been attained, but now we need confirmation).

#### **Acquiring voice control in the OBE state**

At this point it is important to establish two-way communication with the physical body. The following instructions seem to be optimal: *"You're aware of being outside your body and you concentrate on it ONLY to attain control of your voice. When you've done this, say 'yes'."*

A 'yes' will confirm that two-way communication has been established, but it doesn't pay to demand further confirmation because focusing on the physical body can make difficult to detach.

#### **Practising voice control**

The Guide can ask: *"Talk about how it feels to be in the sky and away from your Physical Body. Tell me if you find it difficult to talk."* Usually, at first, answers are slow and laboured, confirming that the OBE state has indeed been attained. Learning to speak during the Training stage then proceeds to moving intentionally and generally the conversation becomes easier and quicker.

## **Learning to move with intention**

This stage is to help overcome the first obstacle usually encountered: the fear of falling from a height and getting hurt. *“There is no danger of falling, even if you’re floating in the sky, you’re weightless and can move freely simply by willing it. Try to move up, down, to the right, to the left, forward and backward, then do a somersault and, now that you know how, have some fun moving around. As you do this, tell me how it feels. When you’ve finished, say ‘yes’.”*

## **Learning how to move through solid objects**

Seeing as moving through the ceiling the first time occurred more or less inadvertently, it’s now necessary to face the fear of getting hurt when deliberately going through solid immobile objects, such as walls. *“Locate a road with houses and parked cars, and a quiet place nearby where you can sit and rest: this will be the reference point. Go to the road and move through the parked cars – what do you feel?”* The usual response will be: “I don’t feel anything in particular.” Now we face the obstacle of a wall. *“Locate the wall of a house nearby, go towards it, lean gently on it and go inside, through the wall, then come out again. What did you feel?”* The usual answer varies from “Nothing” to “Like tearing through tissue paper”, or even “A slight friction.” In every case, in addition to that of flying, even the fear of going through immobile obstacles has also now been overcome. However, there still almost always remains the fear of getting seriously hurt by meeting a moving vehicle head-on: this is overcome by further practice in letting heavy moving vehicles to pass through one’s body.

## **Learning how to fly slowly**

In the meantime we learn to fly at low altitude and moderate speed: *“Now go to the train station, travelling along the road at a comfortable altitude and speed. Start slowly, then gradually get faster, following the road. While you travel, practise acquiring full control of movement. When you arrive at the destination, say ‘yes’.”*

## **Learning location in space and time**

Even if close to a railway station, the answer to the question *“What is the name of the station? Read it.”* is almost always unexpected: the station actually described could be very distant, even in a foreign country, attesting to the fact that during an OBE it is possible to move around freely in space. But the real surprise is the answer to the question: *“Find a calendar and read the date – day, month and year”*. The response date can also be distant in time, most often in the past, but rarely also in the near future, attesting to the fact that during an OBE one can also move freely in time. Questions designed to obtain a description of the environment produce answers completely consistent with the location and stated date. Even the question *“Find a clock: what time is it?”* produces a response that is very different to the actual time.

## **Learning to be transparent to heavy moving vehicles**

*“Find a train about to leave, go in front of it, then enter it, either standing on the tracks or floating above them. Wait until the train departs the station and get it to move along you. Look inside it as it moves past and note that you feel nothing. Tell me what you felt.”*

## **Learning to use sight during an OBE**

When asked if it is night or day, the answer usually matches the perceived time, but when asked if the sun is shining and if shadows are seen, the answer is usually this: “There’s a diffuse light, which casts no shadows.” Even people, usually numerous at train stations, are very often not seen at all, or just perceived as ‘moving shadows’.

Buildings are usually clearly visible; trains less so. Ask the Traveller to look carefully at a train (it doesn’t matter whether a modern or old one is “seen”): its front, back, top, bottom, sides, and interior. Those less culturally conditioned will answer thus: “I can see the train from all angles simultaneously, even the inside.”

The usual answer to the question “*Do you need to move about to see it from a particular angle?*” is: “No – it’s as if I can zoom in to whatever I want to see without having to move.” This description is consistent with a four-dimensional model of space, and the question “*Is this the only reality you can see, or are there others?*” yields the answer “No, there are many realities that I can see simultaneously. I have to make myself focus only on one”, at least from those subjects who are more mentally ‘open’.

Note here that the view during an OBE is very different to the normal three-dimensional one.

## **Learning to fly at speed in the air**

To return from the station a different mode of flight is used: “*Now return to the reference location travelling in a straight line as fast as possible above the buildings. When you’ve arrived say ‘yes’.*” The journey back is always easy. At this point it is a good idea to check if the subject having the OBE is able to put him/herself in the middle of a road and allow vehicles to pass through. Lastly, to assist in attaining more confidence, ask them to move through a building at high speed.

## **Adjusting to the presence of three bodies**

At the reference location we then say: “*Sit down and relax. Now look at yourself from the outside – what do you look like?*” The answer can usually vary from “I look like my Physical Body” to “I’m a mist, a ghost, bigger and less solid than my Physical Body”. We then ask another question: “*So there is your Physical Body and this other ‘ghostly’ one, which we’ll call the Subtle Body. Looking at your Subtle Body from the outside, what do you look like? Can you see your hands and feet?*” The answer is always: “No, I can’t see them; I’m sort of a sphere of light, of energy.” We conclude with the following: “*So you’re aware of the existence of a third entity of yourself, which we will call the Psychic Body. So there are three of you: Physical Body, Subtle Body, and Psychic Body. Now enter your Subtle Body and look around you. Now combine the Subtle with the Psychic Body and look around at what you see: note the differences.*”

Finally we observe that moving from one Body to another as well as their merging pose no difficulties.

## **Learning to fly outside the atmosphere**

At this point we can face the ultimate challenge: extra-atmospheric flight. It is sufficient to give the following instruction: “*Depart from the reference point and rise vertically while accelerating. At first the sky above the clouds is blue, then as you get higher it darkens and*

*eventually becomes black. Note that you don't need to breathe and can move about with ease. You can feel the sun's heat and the cold of space but none of it bothers you. You can see the earth's curvature become more noticeable until you see the entire sphere, becoming smaller as you keep moving away. When you are half way between the earth and the moon stop and look at both of them. Describe how they appear to you in their entirety."*

### **Sudden re-entry into the Physical Body**

The third flying technique is that of infinite speed. The instruction is as follows: *"Think of your Physical Body on the black armchair in the stone room and go there instantly, then align yourself carefully with it and enter it gently."* This stage does not seem to hold any surprises or problems. We now move to the post-OBE phase.

At this point basic training has finished; during the first OBE under hypnosis questions can be asked and answers received, delayed at first but eventually becoming faster. It must be remembered however that in order to speak, the 'outside entity' must always focus on the physical body, which lowers its level of attention even when speaking becomes easier. If more complex answers are required, it is best to give the 'outside entity' time to concentrate on the answer, as in the following instruction: *"Look at (or listen to) such and such, take your time to concentrate on it to the exclusion of anything else, then answer only when you're sure of your answer."*

### **Post-OBE phase**

*"Now rise from the black armchair, go to the elevator and press the call button. The doors open, you enter and press the up button. The doors close and it starts to move with a light hiss. You're perfectly at ease and enjoy the smell of the pastries, the background music and the diffuse blue light as you look at your reflection in the mirror.*

*The elevator travels very quickly and then begins to rapidly slow down. The floor counter is again visible and begins the countdown: 10., 9., 8., 7., 6., 5., 4., 3., 2., 1., 0.*

*The elevator stops, the doors open, you exit and are back here again.*

**N.B.:** After repeated practice, the relaxation and induction stages become shorter and simpler; after several hours of practice, only a few tens of seconds are usually enough for entering the controlled OBE state.

## SECOND LEVEL TRAINING

### Managing four spatial dimensions

What is most disconcerting for those not used to the OBE state is that of encountering a reality very unlike the normal one, which seems to correspond very well to a four-dimensional space and two-directional time. This is certainly not like normal life and can be extremely difficult to handle for those who are unaware of it.

To know more about this dimension, see: SUPPLEMENTARY MATERIAL.

With the addition of a fourth spatial dimension, it becomes possible to have an infinite number of different realities and even an infinite number of universes.

The fourth spatial dimension offers the following possibilities:

- The ability to move from one three-dimensional reality to another.
- To see inside things and people.
- To zoom in at one's pleasure within a three-dimensional reality.
- To see the two-dimensional projections of other three-dimensional realities which are in contact with ours.

There is, however, also a disadvantage: it is difficult to remain inside a chosen reality without crossing over to another one.

To avoid this crossing over, sufficient training in concentrating on one reality is necessary; concentration consists of having a genuine interest in that particular reality to the exclusion of others. Many sessions are needed for this, provided the "Traveller" has some basic abilities, but it is best to often check that the reality remains the one chosen and constantly remind the "Traveller" of same. In the following, particular cases are examined to further explain the method.

### Managing time

During an OBE, attention to and concentration on time is needed just as for space. It is in fact very easy for the 'Traveller' to enter the wrong moment in time with respect to the one desired. As in the situation for space, concentration involves feeling genuine interest exclusively for *that* particular moment of time. Nonetheless a sufficient level of control is usually reached rather quickly, because being able to move freely back and forth in time with ease is definitely easier for us than in a space with infinite three-dimensional realities from which to choose.

A four-dimensional space combined with two-directional time offers the opportunity to understand the origin of various traits of the human mind until now considered unusual, because they have yet to be placed in any theoretical framework. Here are some examples:

### Precognition

While trying to access a particular moment in time, apart from the difficulty in remaining within the desired three-dimensional reality, we reach what can be defined as the 'problem regarding the future'. Within a certain three-dimensional reality there is only one past, and the only difficulty is "reading" it objectively, because any preconceived conditioning must be absent; on the other hand, the situation when accessing the future is as if there were a huge number of more or less probable futures, with the added issue of some events appearing "inevitable".

Putting aside for the time being the thorny problem posed by those 'inevitable' events regarding the influence on the past needed to make them eventuate, the most likely future should be the easiest to read, but to do this it is necessary to be aware of an immense number of situations. Reading the

future can only be accurate if all of these are taken into adequate consideration, therefore it is by no means simple.

## **Remote viewing**

The first attempt at a controlled OBE under hypnosis (EvanLab, 29th December 2012) actually involved distant sight, and since then we have come a long way.

The basic advantage of remote viewing in an hypnotically controlled OBE is the possibility of a conversing in real time with the entity outside the physical body of the person undergoing the OBE while it is in the location to which it was sent (whether it really is an entity outside the body or a non-local expression of the human mind will not be discussed here). Effectively, the descriptions can be the same as would be obtained if the person out of body really were in that chosen location.

We must nonetheless make sure that:

- The three-dimensional reality is the correct one.
- The moment of time is the correct one.
- The person undergoing the OBE has a strong interest in seeing what is needed to be seen, or that there is strong emotion associated with the target object.

If the target location is on Earth, to assist the OBE subjects in remaining in the same three-dimensional reality they started from, it is useful to make them travel extremely fast (but not instantaneously) towards the destination, being very careful though that there are no interruptions or inconsistencies in the scene they are carefully viewing while ‘travelling’.

Upon arrival it is necessary to call their attention to the date and time of departure, then rely on the subject’s interest in what needs to be viewed or the possible emotion attached to it, or better still, on previous training, which is extremely important. The more training the OBE subject has had, the more normal this activity feels, and the more able to direct attention on things other than his/her own situation.

As a simple example, someone who has been riding a bicycle for decades will look at the scenery or traffic when riding, rather than the handlebars like a novice rider.

It is important to continually ask questions, even apparently useless ones, calmly and without pressure, to keep the ‘Traveller’ from getting distracted and to continue observing what is pertinent to the study rather than of personal interest to the subject, unless they are the same thing.

## **Clairvoyance**

If clairvoyance is the ability to see events, places, people and objects outside of space and time, then the remote viewing described above (typical of the OBE) coupled with the ability to move about in time at will precisely represent the typical traits of clairvoyance, therefore it seems they both employ the same means.

## **Clairaudience**

Clairaudience is the ability to hear what is outside of space and time, and remote viewing during the OBE allows not just seeing, but also hearing everything that occurs or is said.

## **Psychometry**

Psychometry is the ability to obtain the history of an object or of the person to whom it belonged: it is a type of clairvoyance stimulated by the object itself, which can also be “touched” from a

distance in the OBE, obtaining the same results as would a person using so-called traditional means such as physically touching it.

## **Akashic Records**

That which Rudolf Steiner called the “Akashic Records”, meaning access to a ‘recording’ of everything that has ever happened, as if watching a holographic projection, is typical of the OBE. If we want the scenes viewed to be completely accurate, it is necessary to remain completely without preconceptions and emotional reactions to them: the OBE subject must not become involved in any way, otherwise the scenes may be distorted. The subject must therefore be aided in remaining detached to what is being viewed, and reminded often that it is like watching a movie, regardless of whatever cruelty or brutality is witnessed: it is simply something that happened.

## **Thought Records**

If the ‘Traveller’ having the OBE is gifted and well-trained, as well as access to the Akashic Records and its related sounds and actions, he/she can also access a type of associated recording that contains the thoughts and emotions of each being present at the particular event being viewed: a bona fide “Thought Record”. A combination of these two Records represents a complete recording of the experiences lived through these events.

## **Past Life Regression**

A particular case of access to the Akashic records – incidentally, easily achieved either through hypnotic regression or simply by making the controlled OBE subject concentrate on that particular theme – is the detailed description one’s own “past lives”. There are in fact segments of the Akashic Records that are felt as one’s own, so much so that the person reliving them is also aware of a progression, which seems to have occurred in historic times not chronologically but rather in an evolutionary sequence in terms of consciousness.

When we come across these segments, access to the related Thought Record is guaranteed and automatic, and the richness that emerges from the descriptions is particularly significant, such that it allows (by means of an adequate number of sittings dedicated to the theme) an extremely accurate reconstruction of one or more lives from birth to death.

Even more interesting, also because it is less susceptible to the cultural conditioning of the OBE subject, is the resulting accurate reconstruction of the cultural environment and social organization in which the particular life occurs (a good example is the book titled: ***THE MEGALITH BUILDERS - Psychic Archaeology and the Nuragic Civilization***, available for download at: <http://www.evanlab.org/public/wp-content/uploads/2015/12/THE-MEGALITH-BUILDERS-Psychic-archaeology-and-the-Nuragic-civilization.pdf> ).

**NB:** When accessing the Akashic Records, Thought Records, and Past Life regression, the images, sounds, thoughts and emotions follow each other very quickly. They must be deliberately slowed through intention so that the desired parts can be isolated. Initially the viewer is assisted in gaining the necessary confidence to slow them down, otherwise the “movie” cannot be viewed efficiently.

## **Xenoglossy**

The term xenoglossy (or xenolalia) denotes the ability to speak or write in an unknown language, but which either currently exists or once existed. This ability does not usually manifest during an OBE except in some rather rare cases in which the ‘Traveller’ becomes so emotionally involved in reliving a past life that he/she is able to speak the language of that time period. Sometimes particular sentences, which during the hypnotic state were memorized in their original form (e.g. hieroglyphics), were later correctly drawn or written when out of hypnosis. In this case the OBE subject is generally also able to read and understand the writing.

## **Access to documents written in unknown languages**

If the OBE subject is trained and inclined to do so, he/she can be 'sent' to read documents written in unknown languages. When asked: "*Read what is written*", the usual answer is: "*I can't because I don't know that language*", but, when asked: "*Then tell me what it says*", the answer is a summary of the document's contents. The accuracy of the summary is strongly influenced by the subject's interest in that particular document and the emotional detachment towards its contents, the latter also including possible cultural conditioning.

## **Seeing auras**

Closely surrounding people, animals, plants and even inanimate objects there is a coloured slightly bright halo extensively described in the Oriental traditions and is also visible with the naked eye after some simple training (see: VIEWING THE HUMAN AURA WITH THE NAKED EYE - <http://www.evanlab.org/wp-content/uploads/2017/12/VIEWING-THE-HUMAN-AURA-WITH-THE-NAKED-EYE.pdf> ).

Once accustomed to the OBE state and made aware that it is possible, when asked to, the 'Traveller' is able to clearly see, to its fullest extent and in the correct colours and shapes, the auras of people at a distance and even those of animals, plants and things. With practice this ability allows access to all the advantages of an excellent natural vision of auras. It is not necessarily the case, however, that the same person can then also see them when not in the OBE. It does seem to indicate the development of a natural ability that, to some extent, is present in everybody.

## **Telepathy**

The hypnotic OBE state entails a particular empathy from the hypnotist and a deep trust from the person in that state; this situation is conducive to the establishment of involuntary telepathic phenomena between the two, allowing the hypnotist acting as Guide to 'feel' the emotional state of the OBE subject and the latter to better understand the Guide's intentions.

Nonetheless there is a not insignificant risk that the answers are inadvertently 'suggested' by the Guide, simply due to the expectation of a particular answer. To reduce the risk of this 'pollution', the Guide must not only continually express a strong mental intention not to influence, but also carefully and deliberately remain neutral and unbiased towards all responses.

## **Mediumship**

If the 'Traveller' is inclined and is not frightened, he/she can, in the OBE state, establish contact with entities that are normally only accessible to mediums. However, contact with Subtle Bodies still present after their respective Physical Bodies died long ago is strongly discouraged, as they are usually of low or very low levels of consciousness.

## **Spontaneous amnesia**

Usually the conversation that occurred during the hypnotic OBE is easily remembered by the 'Traveller' upon return to the normal state of consciousness. If one is accustomed to OBEs and the relationship between the Traveller and Guide is particularly close and trusting, sometimes the conversation had during the session is partially or completely forgotten once the Traveller has returned to the normal state of consciousness: an actual spontaneous amnesia.

In these cases we note a change in the tone of the voice and a different type of answer to questions, which are usually beyond the Traveller's cultural background. At times various 'beings' are

channelled. The channellings can be one way with no opportunity for conversation – in which case we discard them – or two-way and therefore allow a dialogue between the ‘being’ and the hypnotist. Only the latter cases should be given attention because they allow a detailed analysis of the interlocutor.

Although at the moment it has not been possible to verify, perhaps in that deep OBE state it may be possible to see evidence of **Psychokinesis** (or **Telekinesis**) – the ability to move objects using the mind – or of **Levitation**, the ability to raise one or more objects, or oneself, with the mind.

## SUPPLEMENTARY MATERIAL

### A reality with four spatial dimensions

To clarify, let us begin with a simple example: a one-dimensional reality along a straight line. A single point on this line can move forward and back until it encounters another point. It can then proceed only if the second point is free to do so and only until it meets another point. If a segment exists or is formed, the restricted points that comprise it can together move forward or backward until they meet another point.

This is of course an extremely limited reality. However, from an imaginary point outside this line we have a full view of this reality, and the farther we are from the line the clearer the view. Taken together, the outside point and the line form a plane, i.e. a two-dimensional reality.

Let us now consider a two-dimensional reality on a flat surface. A point on this surface can be anywhere and freely move about until it meets another point or object. If it encounters a segment or line, it must circumvent it to reach the other side.

In a three-dimensional reality it could leap over it, a possibility unavailable in a two-dimensional world, and it could, in a manner of speaking, “dematerialize” from one position on the plane and “re-materialize” in another, disappearing from its two-dimensional reality and then reappearing in it.

Not only that, but if we leave the two-dimensional reality and enter a three-dimensional one, we are able to view the two-dimensional world in its totality. From a distance we can see everything; as we approach it we still see everything, but the farther areas become harder to discern, while the closer parts become clearer until we are able to see the smallest details.

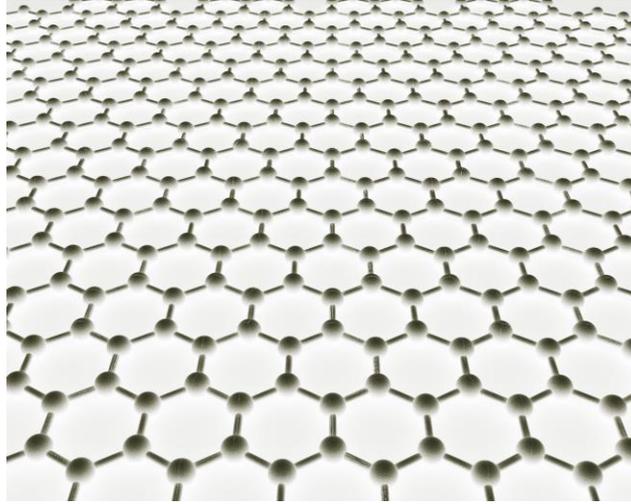
But there is even more: if we assume there are many effectively transparent planes arranged in parallel, each one being a two-dimensional reality, and if we moved along the third axis, we could then see them all simultaneously. In fact we would be able to see an infinite number of them all at the same time.

Approaching one of these planes from a perpendicular line, we would be able to see all of it, but could see better still the closer we get to it. The other realities (planes) would remain visible, but the details would be less clear.

In fact, although the two-dimensional realities we are looking at are indeed occurring on planes, these planes are immaterial and form an invisible fabric that holds together these realities.

To illustrate with a real example let us look at graphene (Fig. 1), an excellent example of two-dimensional reality, since it is formed from single layers of carbon atoms arranged as hexagons that completely cover the plane like a beehive. We will disregard its thickness, which is that of a single carbon atom.

Its structure is a network of chemical bonds connecting each atom to its neighbours, making it very strong while still leaving ample free space. It is also transparent – basically a system or fabric of bonds with a lot of free space and some regularly arranged matter (Fig. 1).



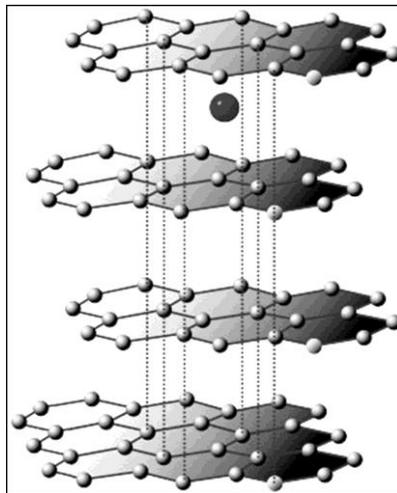
*Fig. 1*

In this arrangement an electron can freely move about, making graphene an excellent conductor. If we were to horizontally extend a huge layer of graphene like an elastic rug, ignoring the tiny volume of the atoms, we would have a virtually ideal two-dimensional lattice capable of accommodating a two-dimensional universe.

In our three-dimensional reality we could, for example, place a second layer of graphene about ten centimetres above the first layer, also hosting a two-dimensional universe, then a third layer, a fourth, a fifth, and so on (Fig. 2).

All of these universes would be independent of each other, like their invisible supports, and they could be infinite in number.

Looking from above (the position of the circle in Fig. 2) it is possible to see through many universe-layers and follow their respective activities.



*Fig. 2*

Moving on to four-dimensional space, a similar situation to the three-dimensional world appears: as we move along the fourth spatial axis, we may meet an infinite number of three-dimensional layers, each with its own universe, and if we continue to move, we could follow the activities of any one of them while simultaneously observing many others.

Let us consider the three-dimensional reality we are all familiar with: we know all its characteristics and it seems completely normal. As far as we are concerned it is the only existing one, in which we see and feel things and people in our usual manner and we never consider the possible existence of a reality other than that based on the three mutually orthogonal classical Cartesian axes.

But if we add another spatial dimension, and we consider a space with four mutually orthogonal axes instead of three, things change considerably.

Because it is not our normal world, it is extremely difficult to visualize four-dimensional space, although it can be analyzed and described mathematically. By this method we notice that as we move away from our usual three-dimensional reality by travelling along the fourth axis, the situation is analogous to what happened when we added a third axis to the two-dimensional world – all of our three-dimensional reality is visible simultaneously from every angle, in a way as if it were seen not from a single point of view but from an entire spherical surface at once.

We can move closer to better examine something or move farther away for a better overall view, but everything in every direction is always visible – nothing is hidden. In the same way that a two-dimensional reality is completely visible from any external point, and moving up or down from this point allows for a better view, in a four-dimensional world we can move along a corresponding point external to the three dimensions and focus on particulars as we wish, while always maintaining an overall view.

As we continue to move further away along the fourth axis from a three-dimensional reality, it is possible to see an infinite number of others, some of which are close to it (such as offshoots of the same reality, like tree branches) and others very distant and independent of it (e.g. other universes). We therefore come across a situation that is more complex and articulated than our usual three-dimensional reality.

Given that in four-dimensional space all four axes have the same characteristics, any one of them can be the ‘fourth’ axis and they can be considered as being four sets of three axes forming different three-dimensional realities. If we call the four axes  $w$ ,  $x$ ,  $y$  and  $z$ , the possible triplet combinations become  $wxy$ ,  $xyz$ ,  $yzw$  and  $zwx$ .

It is worth noting that our three-dimensional ‘reality’  $xyz$  has two axes in common with the other triplets:  $wxy$  contains  $xy$ ,  $yzw$  contains  $yz$ , and  $zwx$  contains  $zx$ . This means that if one of these three-dimensional realities within four-dimensional space were sufficiently close to our  $xyz$  to intersect it, even partially, we would glimpse two-dimensional projections of that reality, somewhat like being at a cinema.

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