

Out of the body experience

Paul Solomon Reading 0741

Q. To know we are not our bodies is the most important fact to realize for spiritual advancement. What is the best method for experiencing out of the body experience?

A. Not particularly helpful or healthful for this body at the moment to be disengaged from the physical, but through that as we have described could be then both prepared for and developed. Now essentially, once such development or balance should occur, feeling of balance, confidence within the self, so that there is no fear, the consciousness may be extracted from the body in the following manner:

Beginning with the toes, the bottom of the feet, disassociate with the physical by seeing the light, by feeling, by willing the life force to be extracted, portion by portion; raising the consciousness through the feet, the ankles, up through the knees, and such, to the point of the solar plexus.

Practice this to this point for some several times before continuing beyond. Then continuing, bring, extract the light and life force from the physical body, all the way up past the throat and into the head, until you feel as if all that you are, all life force, is within the head and the head is filled with light and a glow.

A great deal of pressure will be felt in the cranium in the head, and perhaps a leak of light back down into the torso. Should gain enough self-will and self control to drain from the torso into the head.

Once this has become accomplished and you are confident with the ability to bring all of the consciousness into the head, then begin to bring it out through the center of the forehead, holding the consciousness not on the body, nor on the fact of leaving the body, but on a particular point or location at which you expect to arrive. Holding that steadily in consciousness without anything else to distract. Be in that place.

You'll find a drawing of the body of the consciousness to that place, to that point. Where there is the slightest expression of fear or disturbance to the physical there is danger and should return to the consciousness of the physical.

Be careful to protect the physical body from any disturbance, physical or otherwise, during periods of such practice and practice not for more than twenty minutes at a time, until sufficiently comfortable with this to carry the experience for a bit longer period.

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