

## on the Dreamland Radio Show part1

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(0:00 - 3:10)

The subject of today's interview touches each and every one of us at the deepest level of our being. My guests today are William and Susan Buhlmann. Bill has over 40 years of extensive personal out-of-body exploration, OBEs, that have given him a unique and thought-provoking insight into spiritual adventures, consciousness, and the afterlife.

Over the past two decades, he has developed an effective system to experience safe, self-initiated out-of-body adventures. And for the last six years, he has held in-depth six-day workshops, which are always sold out, I might add, at the renowned Monroe Institute in Virginia. His wife Susan is a hospice volunteer and certified end-of-life doula.

It is her passion and her soul's purpose to provide comfort to those who are actively dying. Bill and Susan have woven together their knowledge and experience in a compelling, brand-new book, *Higher Self Now, Accelerating Your Spiritual Evolution*. This book teaches and empowers us in the most enlightened way how to prepare for the process of death.

Welcome, Bill and Susan. Hi, how are you, Marla? I'm great. Hi, guys.

Wow, this is an incredible book. It's revolutionary because it shifts fear. So, can you please tell us how this all came about? Well, for me, it began when I was diagnosed with a stage four cancer back in 2011, a cancer of the lymph nodes and tonsil.

And during that process of going through surgery and radiation, it brought the entire concept of death a lot closer. Suddenly, it's no longer a theory. That's right.

It's a reality, right. And I had out-of-body experiences during my healing phase, and it brought that subject to light very strongly for me. And I felt the need that I had to write about some of my experiences, and I felt the need to really get that information out there that I had gained from an experiential level that I thought would be helpful to other people.

Because we're all, you know, like they say, no one's getting out of here alive. So, we need as much knowledge as we can about this transition of consciousness we call death. Yes.

Well, throughout all of your books and lectures, you empower us to discover answers ourselves. So, why don't you tell our listeners what you mean by higher self? Well, for me, the higher self is that essence of ourself that exists beyond the mind, beyond all form-based realities. It's that core self that is eternal.

(3:11 - 5:04)

There are spiritual essence, essentially, that is the directing and the guiding force of all of our lives. And that is, it's a part of us that doesn't necessarily change, but it's the part of us that is the core essence that what we can become once we get beyond the blocks and the limits of the mind and begin to work on ourselves, essentially, and begin to reunite with the totality of what we truly are. You know what, Bill? That's so true.

And I had an experience, I've been a student at Monroe Institute for a number of years, but I actually connected to that higher self. She was a taller version, better looking, better dressed version of myself, who had the most beloved resonance. And, oh, it was one of the most transcendent experiences I'd ever had.

And I was one of those people who was extremely skeptical about this whole consciousness around higher self. So, you mention in your book how connecting to higher self is possible before, during, and after death. Can you tell us more about that? Oh, absolutely.

I think this is, you know, throughout the centuries, there's been all these stories of these transcendent experiences that people have, these illumination experiences that they suddenly, they experience an aspect of themselves that's beyond time and space, beyond all form, beyond everything. And they have this awakening, as the Buddhists would call it. And I feel that that is, just in a more Western perspective, that's the term I use is higher self, because it's, it is an aspect of us, it's this global aspect.

(5:05 - 9:04)

But what's exciting is that all of us can have these experiences now. We all can have transcendent experiences if we just make some kind of effort through meditation or through self-initiated out-of-body experiences. There's a lot of different ways people use their techniques today.

But it's so important, I think, for us to connect with that part of us that we begin to get a broader, a much more wiser, broader picture of who and what we are and where we're going. Great, absolutely. Okay, free Dreamlanders, we are going to take a little break on your end.

And for subscribers, we're going to move straight through. When we get back, we'll be talking to Bill and Susan Buhlmann about how to prepare for the journey beyond the body. We'll be right back.

Okay, we're back with Bill and Susan Buhlmann. Bill, let's talk a little bit more about that, the fact that we can do something about it now, because even the thought of death is, you know, it brings up all sorts of things for all of us. I mean, I'm starting to sweat just even mentioning the word.

So tell us what you have to say more about that. Well, I think it's important that we realize that we have the ability to be self-empowered and to obtain knowledge about this subject. I mean, unfortunately, most people go through their entire life and they don't know where they come from, they don't know why they're here, and they don't know where they're going.

Right. And that's a sad state of consciousness. We have the ability, and I know this from first-hand experience, to obtain the answers, to know what our trajectory is as a soul, to get it more, a broader understanding through our own experiences.

We don't have to be clueless about what we are and where we're going, but it takes some effort. You have to find a system or some kind of protocol or meditation or however you want to call it that works for you, but it's readily available. It's always been available, but we have shut ourselves down from it because we've been told that we have to depend on beliefs.

That's it, there we go, the belief. And that's the giant block that much of society and our culture holds, this attachment to these belief systems which don't provide answers. Yes, they are a challenge themselves, whether it is an organized religious thought, it's something that came down from our family dynamic, but it's so based in fear.

And this is why your book is transformational, because you provide for us the opportunity to shift this fear. I love how you help us understand that this is an amazing adventure that can be prepared and empowered for. Oh absolutely, it's so important.

There is no reason to be clueless about the afterlife anymore. We have gained over the last 40 years incredible insights from near-death experiences, hundreds of thousands of near-death and millions of out-of-body experiences. People are having these experiences all over the world.

There is a lot of knowledge now available. Right, yes. And it's up to us to discover that.

Well, and with television, with the advent of the look, I didn't even believe in psychic medium work, and then it happened to me and it changed my entire life. And the more that we are indoctrinated into this, it's kind of like, I remember Whitley saying in one of his podcasts on Dreamland, that it's kind of like the 100-month monkey adventure. When you start to do it more and more, it spreads throughout the consciousness.

(9:05 - 10:07)

And what used to be some sort of seance ordeal is now a well-adjusted talk in the light, any time of day, being able to connect to that aspect of a deceased loved one on the other side. Oh, absolutely. But even more empowering is that we each have the ability to have our own experiences and to verify this information for ourselves.

We no longer have to be believers. And we are empowered, all of us are multi-dimensional spiritual beings. We're all immortal.

We all have the ability to connect with that higher aspect of ourselves and obtain our own answers. We no longer need to be the pawn of religions and governments and belief systems in general that are fear-based. If you notice, if you look around everything, these established belief systems are almost always, on some level, they're fear-based.

(10:08 - 11:13)

Because that's how they gain control. But nowadays, we do know that we are empowered, that we can find out what our trajectory is. We can learn techniques to expand our consciousness and no longer have to depend upon other organizations to spoon-feed us these half-truths.

And that's what's empowering, it's self-empowerment. Well, that's what you teach, all of the things, all of your books about the afterlife and OBEs. When we think about the teachings at the Monroe Institute, I mean, this is, in my opinion, a Hogwarts for adults.

This is where people can go and have altered states of consciousness without the use of drugs. And as far as helping the consciousness around this conversation, it's the fear and how do we move past the fear. Because as far as I'm concerned, I don't see people changing unless they do have their own personal experience around this, Bill.

(11:14 - 11:49)

Oh, absolutely. And that's the advantage of the Monroe Institute. This is my seventh year of training the OBE course, which is extensive.

It's a six-day class. But it gives people all the tools, all the personal experiences that they need to do this on their own. They, this is, that's the beauty of, there's no, there's no overlay of religion or philosophy included at the Monroe Institute.

It's all about having your own experiences. And you do. You determine what that experience is.

(11:49 - 12:01)

And you have them over and over and over again. Let's bring Susan into this conversation. Susan, your experience is hands-on with those who are in the process of death.

(12:02 - 14:55)

Yes, that's right. You know, for so long, we've just considered death a medical event, the end of physical life. But really, if you look at it, it's such an opportunity for an enhanced

spiritual experience.

So... Yes, say more about that. That's what I kind of, I work on, on that end of it. Yes, you have this very sweet story in the front of your book about actually your communication with Ms. Bess.

Can you tell our listeners about what you experienced with Ms. Bess? Sure. Ms. Bess was a very memorable character, one of my hospice patients. She had her hair pulled back very neatly.

She still wore lipstick, had her own nightgown on. She really seemed to have her act together. But as she slowly ate her breakfast, you could read her mind almost that she was asking, how did I get to this point in my life? And what happens next to me? And we had just celebrated our son's 30th birthday.

And I remember thinking to myself, wow, it's been 30 years. How did that time go so fast? And then I looked back at Ms. Bess, who was about 30 years older than me. And I said, you know, it's going to be another flash of time.

And that will be me sitting on the side of the bed. And so when Bill and I talked about that, we said, you know, let's get our spiritual directive together. And I think it's a real privilege to share that information with others.

Well, how can we help? Because those of us who are watching our loved ones die, it's an excruciating experience. But you offer through this book, you know, this hope, this amazing adventure to be empowered. So what are some of the techniques that you have that you share hands on with these people who are in this process? Well, some of some of the people that I work with, the reason that they feel so bad is they either feel guilty, or they feel powerless.

And so if you can put the power back in someone's hands, and allow them to heal some old wounds, then the guilt tries to go away. So everything from creating a sacred space, where it's a peaceful, quiet atmosphere, to providing forgiveness, and allowing your dying loved one to forgive you, if that's the issue. And it's a matter of respect, respect for the person that's dying.

(14:56 - 15:40)

Yes, and oftentimes, when we're in fear, you know, we make it about us, we get into the room, and they're having their own process. And so are we, to be able to slow this down and focus on this exploration, as though it's, it's not something to fear, because we've done it over and over and over again. Right? That's exactly right.

And one of the things that Bill points out very nicely in the first part of the book, is that the emotional condition that we're in, when we die, has a real impact on what level we

attain after we leave the physical body. Oh, good. Bill, step in and tell us more about that.

(15:41 - 21:44)

Well, in a nutshell, death is, can be a launchpad for consciousness, if you make it so. Or it can be a fear-based event that, where people end up lingering close to their physical body. There's a wide spectrum of events that occur at death.

And it's, that's why there's ghosts, there are people report ghosts. These are people who, who clung to the physical world. They did, they're home, they're everything about that.

Yes. And, and of course, we all are familiar with this, but they're just people that are attached. But on the other spectrum, we have the ability, like the Buddhists do in Tibetan Book of the Dead, to illuminate ourselves, to focus on our spiritual goals, or what Susan and I call their spiritual directive.

Create your affirmation, your highest affirmation, as you're in the process of dying, and even before, and make death a launchpad for consciousness. Wow. Not, and that's what's important.

This is an important opportunity. Death is not the end of anything. And unfortunately, that's the way we perceive it.

It's the, it's the continuation of a soul's journey through its multi-dimensional existence. And that's what I try to stress throughout the book, the importance of us taking control of this pivotal moment in our evolutionary cycle and use the process of death like a springboard in consciousness to go to the higher vibrational levels, or whatever we term it to be. Well, you talk, you talk about this as being, you talk about this as being an awakening, and Whitley has been facilitating this awakening series, examining the life of the soul, and this is all part of it.

You know, how, and, and the idea that our listeners are hearing right now, how to create an experience after death that provides an opportunity to learn and evolve in death. That's a whole nother part of this process. Oh, absolutely.

And it begins with knowledge. We have a lot of knowledge about the afterlife now, and this phase, it's no longer a mystery as people try to present it. Right.

And we, we've gained so much. And what I present in the book is not only is that the death is just an opportunity for transcendence, but that we go through eight other major levels of evolution, even after the physical body. In other words, we're just beginning our journey at death.

Right. It's not the other side. It's, it's a multi-dimensional continuum of consciousness

that we are experiencing.

And the more that we're aware of the journey of soul, the more that we can eloquently and effectively navigate the thought response of dimensions, that we will enter a death. Very important. And this is what your book is about, and this is what you can teach us.

Well, Free Dreamlanders, we're going to take a break and subscribers stay with us. Well, Free Dreamlanders, this week, you're going to hear the whole show, because I think that the material with William Bowman and me is really important, profoundly empowering. One of the things happening with OBE work is that people try it a few times.

They don't succeed and they give up. They think, well, I can't do it, but don't give up because you may never come out of your body. But that doesn't mean that you're not being noticed by and getting into contact with a larger consciousness that cares about all of us and wants this contact.

You may stay in your body the entire time. You may never reach an OBE state. Most people don't, but that doesn't mean that doing this is a waste of time by no means.

It can change your life, even if you are so stuck in your body. Believe me. Now, that said, Free Dreamlanders, you're getting the whole show.

This is a unique program. Unknown Country is an absolutely unique website. You will literally never find anything anywhere else like, for example, our Out There section.

It's the only place in the world where you can get really strange material that has been curated by professionals, not by investigators or researchers, but by actual professionals in the fields that are relevant to whatever story we are running. So, if you go to the Out There section and click on any subject in the subject cloud on the right, you will see a great richness of high strangeness material, material that will change the way you think about the world because you can tell yourself, I can believe this. Professionals have said that there is something here.

Like, for example, the Mars material that's on the site right now, one of these pictures is identified by our professionals as a crack. It looks like a serpent. And all over the internet, they're screaming, oh, it's a snake on Mars.

It's not a snake on Mars. It's a crack. But beside it is another image that none of our professionals can explain, and it's extraordinary.

(21:44 - 22:54)

This is what we do. This is Unknown Country. This is Dreamland.

Join us now. Now, that's it. You're going to have the whole show today.

I love you guys for coming at all. Enjoy Dreamland. Enjoy Jeremy Vainey's wonderful discussion program, The Experience.

And above all, enjoy Unknown Country and all of its free offering. And as always, if you cannot afford a subscription but would like to have one, we offer you a three-month subscription for free. We ask no questions.

If you say you can't afford it, we're going to believe you. But if you can't afford it, join us. Let's get going.

Get in this community. This is where you need to be. Bill, this experience for those of us who are watching our loved ones before we even go through this ourselves, we get so frightened.

(22:56 - 24:40)

And I'll just give you an example. I was not able to be with my father when he died, and I knew he was sick. But what I did was something that I found really important.

And I'd like to discuss some of these things for our listeners, how we can sort of prepare if we know that someone is getting ready to die, and we might not be able to be with them. I took a photograph of my father, and I spoke to him for an entire weekend, telling him all the joys and all the upsets. And I had wonderful, profound memories that I shared with him, as though he was sitting right there with me.

And after he died, eight months later, I'm at a luncheon with a woman who was also studying mediumship, and she brought my father in. And she said, I need to tell you, your father's saying he got everything you said to him before he died. That is important for people to understand that the consciousness isn't stuck inside that body.

You know, especially people with Alzheimer's and Parkinson's, we can talk to that consciousness before death actually happens, right? Absolutely. Absolutely. People continue to hear us very effectively.

We have to remember, there's actually no evidence that consciousness is even in the body. Right. I mean, we're operating a body, but it doesn't mean it's necessarily in there.

Everybody considers the brain to be the source of consciousness, but near-death experiences and OBEs prove that that's not the case at all. Or these hundreds of thousands of people couldn't have had these experiences. Right.

(24:40 - 25:13)

So we, not only do we continue, but when we are aware that this is a multi-dimensional continuum we exist within, and we're multi-dimensional beings, we can begin to effectively begin to enter these other states. And by the way, the Tibetan Book of the

Dead, they go into the fact, even back then, that people can hear that that's what it was based on. That's why the monks would chant by the bedside of the dying individual to guide them into the afterlife.

(25:14 - 25:17)

Yes. Yes. So it's nothing new about this.

(25:18 - 25:47)

I remember my mother-in-law, when she was passing, she had had a stroke and was unable to move or speak, and she was basically dying from pneumonia. And all of a sudden we moved out of the room into the hallway to discuss the fact that she was dying. And we walked back in, and she actually said, you mean I'm dying? You're talking about I'm dying? And she heard us in the hall.

(25:47 - 26:44)

Yes. Everybody hears everything that's happening. Even medical doctors will tell you that the hearing is the last sense to go in someone that's transitioning.

And this is a common practice. That's why it's important that we create a sacred space for ourselves and our loved ones, and to provide some kind of, for instance, that's why audio assistance can be helpful. For instance, some kind of affirmational CD you can make.

Susan and I created a spiritual directive, and part of that spiritual directive is that you create your own affirmation program. It's very simple, just a repeated affirmation that you can play at your own bedside. And this is basically a modern way to replace the monks that used to chant by the bedside of the individual.

(26:44 - 27:50)

Go to the clear light of the void is the phrase that's commonly used by Buddhists. In more modern context, it would be go to my spiritual essence. Now I go to my spiritual essence, or now I experience my higher self, or higher self now.

These are all the same concepts at play here. Well, Approaching Death with Wisdom and Grace is the second part of this book, and this is where Susan really can, she tells us how to get started, the physical changes that happen. You know, your experience as an end-of-life doula, it just must be amazing.

And, you know, I'm curious what it feels like for you to be able to help someone transition like that, Susan. Well, I have to tell you that it is, it's my honor to do it. People always thank me and say, how can you do that? To me, this is a great, great privilege to be able to assist someone.

(27:50 - 28:47)

And whether that's as simple as walking them through a life review, even if they don't respond, making sure that the family's comfortable, because many times the dying feel guilty or uncomfortable if their family is feeling uncomfortable. Oh yes, and they are. Yeah, and that, those family members, and we've all seen it.

We've seen, you know, we've seen family members just completely in, well, they're just torn apart. Right, and it goes anywhere from people that are angry because of the situation, or they're very sad, or sometimes they're, they have inappropriate humor just because they don't know what else to say. So I think the key is, I say to myself and to some of my co-workers, you know, think about how you would act if you were at a wedding.

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## on the Dreamland Radio Show part2

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(0:00 - 0:13)

a wedding ceremony. You wouldn't be on your cell phone, you wouldn't be making inappropriate jokes. Oh wait, I'm sorry.

Just the image of that. Okay, go on. I'm sorry.

(0:13 - 0:24)

You know, that's the kind of sacred atmosphere to create. Don't bring your own problems into the room. No one cares that the squirrel is eating the seeds out of your bird feeder.

(0:25 - 0:40)

You know, it's more important to talk about, you know, it was so great that you taught those children how to read because I think that made an impact on them for the rest of their life. Yes. You know, I... Even if they can't respond.

(0:40 - 1:00)

I just sat with a very dear friend and facilitator of consciousness. Her mother was dying and I didn't know her, but I actually sat with her in part of her process of death. And I had things, oddly enough, on my iPhone about the Equal Justice Initiative.

(1:00 - 1:26)

The woman that I was sitting with was a civil rights mover and shaker before it was even, you know, popular to do so. And it was amazing to watch her face light up to see something about the Equal Justice Initiative of the civil rights moving throughout the country. And it was as though we took her back to a moment in time where she was so passionate.

(1:26 - 2:14)

And then she was also... She facilitated children's plays. And when I told her that I left acting in order to talk to the dead people, she thought it was absolutely crazy. But she was fascinated by being able to feel that again and go into those memories.

So I saw that in her eyes and it was so incredibly powerful. I've been in rooms where the family was devastated because of the situation, but when I started to ask questions about the father's role in their life and the things that he had done and accomplished and the things that they had learned from him, the whole mood of the room changed.

And I knew that he could hear every single word.

(2:14 - 3:19)

And what a way to go out knowing that your family really loved you and they had specific success stories to talk about. And the acknowledgement of what someone has done, you know, I think that that would probably be one of the most amazing things. What has my life been? You know, what did I do here? Exactly.

I really think it's important to do your life review before your physical death. I think that helps you to achieve more when your physical body does die. Well, and you have that all detailed here.

You have the phases of a spiritual transition, a gradual death. What do you and Bill have to say about someone that has died, you know, accidentally or suddenly or something from a very tragic situation? Well, we put that in the book also because not everyone does die from a gradual death. But there are things you can do to help someone and they're very similar.

(3:19 - 3:41)

If you are in a position to assist a soul that has just moved on and you can provide those positive affirmations like you are completely safe, you are surrounded by love. Those are things that any soul would want to hear. And it might just make a difference in how they move forward.

(3:41 - 4:12)

Well, yes. Whether it's ending life support or a tragic accident, it can definitely still work. Because their consciousness might not be there in the body.

It's part of the soul. They can hear, as Bill said. And that's another, if I may, that's another reason why it's so important for us to obtain the knowledge we need now about the afterlife and about our transition of consciousness at death.

(4:12 - 4:33)

The more that we know and experience now in the physical world, because we take every, our entire state of consciousness is what goes into the afterlife. We don't know possessions, all that is junk. But our state of consciousness in its totality is transferred.

(4:33 - 4:58)

So every, the knowledge that we've gained in the physical world about, for instance, just the knowledge of the multi-dimensional continuum that we live within. And you begin to realize that the non-physical realities are thought-responsive and that we have to learn

to navigate these thought-responsive realities. And we begin to become more self-empowered about our own ability to create our reality.

(4:59 - 5:17)

Because everything happens so much faster in the non-physical. And the more that we understand these basic concepts, the more effective we can become in what many people perceive almost as a labyrinth. The afterlife is a, it's a multi-dimensional continuum that's vast.

(5:18 - 5:38)

And that knowledge goes with us, and I think it assists every individual. That the more prepared we are, the more illuminated we will be, the more knowledgeable and the more effective we will be in a multi-dimensional thought-responsive environment. And that is so important to our trajectory as souls.

(5:39 - 5:55)

That's wonderful. Well, we've come to the end of the first half of Dreamland already. And in the second half, we will talk to Bill and Susan, for our subscribers, about how we can prepare ourselves and others for the most ideal enlightened death process.

(5:56 - 6:12)

And that thought-responsive reality. And I want to talk a little bit more about that. Bill's website, [www.astralinfo.org](http://www.astralinfo.org), is a wonderful, clear resource for all of Bill's books, CDs, and his workshops at the Monroe Institute.

(6:13 - 6:40)

You've got to plan a trip to the Monroe Institute to experience the courses they are teaching. Along with Bill's OBE Intensive, and a program that he has designed around this book, Destination Higher Self. Free Dreamlanders, this week you get to stay with us too, for this empowering discussion between me and William Buhlmann about an actual, witnessed OBE that I experienced a few weeks ago.

(6:41 - 6:54)

So, listen up and remember, this is possible. And even if you never get out of your body, never, it still matters to try. Keep an open mind.

(6:55 - 7:33)

There is a wonderful world out here that the media and the world around us tell us does not exist. It does. And you can help it keep existing if you subscribe today to

UnknownCountry.com. If you go to my journal entry about OBEs that has just been published a couple of weeks ago, you will find a very detailed description of an out-of-body experience that happened at a conference in August.

(7:33 - 8:02)

This conference was held under what are called Chapman House rules. That is to say, I cannot say where it was or who was there, but I can tell you that among the very distinguished participants was a Nobel laureate, and it was quite a conference. I had, at the conference, Bill, a very extraordinary OBE.

(8:03 - 8:28)

I've had many OBEs over the years. I went to the Monroe Institute, and when Bill was still alive, Bill Monroe, Bob Monroe, excuse me, was still alive in 1986 and gave him a copy of the Galley Proof of Communion. He read it overnight and said afterwards, this is going to get you into a lot of trouble.

(8:28 - 8:41)

I said, it is. He was right. But in any case, it was a life-changing experience for me, and subsequent to that, I have done a lot of out-of-body work.

(8:41 - 9:18)

And I have to say, the audio book you have about it is wonderfully helpful, because everybody who does this goes through dry periods, and there can be long dry periods where you feel like you're just locked in. And that audio book helped me get rolling again after Anne passed away, because naturally, I wanted to go into the next level and engage with her, which I was able to do. I've done a lot, and I won't go into the details, because my subscribers know all of the details at this point.

(9:20 - 9:41)

However, at the conference, the following thing happened, and this was new for me. During my presentation, I mentioned that I had been unable for some years to go out-of-body and stay in this level of reality. I couldn't do it.

(9:42 - 10:12)

I always went into other levels, and mostly just right immediately above this level. In other words, it was recognizable, but it was not an abode of the living. And I said that, and lo and behold, one of the things that has happened to me is that I am asked to meditate at 3 o'clock in the morning, and if I don't, I will get waked up.

(10:12 - 10:34)

And my listeners, again, already know about all of this, so I won't go into it. So, I woke up at 3 o'clock that morning and meditated as I always did at the conference in the little room where I was in my bedroom. And I was really tired, because I had given a long presentation.

(10:35 - 11:04)

I meditated for the usual time, about half an hour, and went back to bed. At 4.10 in the morning, an explosive sensation shot through my body from the top of my head down, almost like a spear going down through the top of my head and through my spine. Very much like what Bob Monroe describes in the initial part of Journeys Out of the Body.

(11:04 - 11:19)

It woke me right up, of course. I was just furious, because I thought, I've done this. I did my meditation, and why are you demanding that I get up? Because whatever wants these meditations can get rough if I don't do it.

(11:20 - 11:28)

So, I got up and I started meditating again. I couldn't get into it at all. I was too tired and too upset.

(11:28 - 11:35)

So, I said, well, I'm sorry. You're really scared the hell out of me, and I can't do it now. And I got back in bed.

(11:36 - 11:55)

Immediately, I shot out of my body, just extraordinarily. My first thought was, I can materialize sometimes out of my body. Not often, and not voluntarily, except a couple of times.

(11:55 - 12:05)

But it's to the point where one time I did it involuntarily. I went out of my body, and I was getting ready to go on a radio show the next morning. I was in Chicago.

(12:06 - 12:16)

It was a gentleman named Roy Leonard on the show. It's his show. And I went into his bedroom and looked at him in the non-physical state.

(12:17 - 12:34)

And his eyes were open, but I didn't think he saw me. The next morning in the show, he

said suddenly, on the radio, what were you doing in my bedroom last night? Oh, my goodness. And it happened to a few other people.

(12:35 - 12:47)

In fact, one of them was so frightened that she didn't talk to me again for five years. So, I'm real careful about that. But at the conference, I thought, I would love to wake up one of the conferees.

(12:47 - 13:04)

I went into the bedroom of the head of the conference. And he wasn't awake, and I had no way of contacting him. Then the next thing I knew, I shot up into the air wonderfully.

(13:05 - 13:22)

You know from long experience, I'm sure, how exhilarating that is. After you realize that you're actually not going to fall, it's just marvelous. And I could see the line of red on the eastern horizon and the dark ocean.

(13:22 - 13:35)

We were near the sea, near the Pacific. And it was breathtaking, so exciting. But I wasn't in any way in any control of it except for the first few seconds.

(13:35 - 13:54)

And at this point, I was not in control. And the next thing I knew, I was in front of what was clearly a dormitory and some kind of a college campus, but it was dawn. I mean, you know, the sunlight was shining, meaning that I had to have gone far into the northeast because I was in the extreme far west.

(13:55 - 14:03)

And it was dark and 4 o'clock in the morning there, so it must have been around 7 where I was. I began to explore. I went into the dormitory.

(14:04 - 14:12)

A young man came out of the dormitory. I attempted to materialize. I could see his mouth moving, but he didn't talk.

(14:12 - 14:34)

Then I went into the dormitory and my vision became not exactly blurred, but normally in this state, my vision is pretty clear. It wasn't as clear as usual. I saw certain things, these dark forms on the walls, which I've seen many times and I pretty well know what

they are.

(14:34 - 14:42)

They have something to do. They're not visible unless you're out of your body in this level. And you probably have seen them.

(14:43 - 14:50)

I think they do something about it. I think they're like sort of astral wildlife that collects energy or something. I'm not sure what they are.

(14:50 - 15:07)

But anyway, I went down the hall and into a room where I saw what appeared to be a dulcimer leaning against the wall that was in the process of being built. It looked unsanded, in other words. Then I couldn't find anybody.

(15:07 - 15:36)

Of course, this was the Labor Day weekend, and I'm sure the dormitory was more or less empty, except for that one fellow who happened to walk out, or maybe a couple others, but I didn't find anybody. So I went up out of the dormitory through the top of it because I was thinking, I don't know where I am. Then I was above it and I rose up very rapidly.

(15:38 - 15:51)

Smoothly, very pleasantly. And I saw a big building with a cupola on it, very distinctly at this point. And then I kept going up and up, and I thought, I have no idea.

(15:51 - 15:56)

I've never been this far away from my body. I wonder if I'm ever going to get back into it. And then there I was.

(15:56 - 16:03)

I was back in. And I've had trouble getting back in in the past, so that was a concern. I was back in.

(16:05 - 16:25)

That morning, the group was going to go to an excursion to another place. I had a car there, and I was planning to drive and take some people with me, but all of a sudden, I felt I should ride instead with someone else, a specific person who also had a car. So I got in this person's car.

(16:26 - 16:32)

Two other people got in. There were four of us then in the car. I described the experience.

(16:33 - 16:43)

One of the people in the car said, my God, I saw you. I saw you at 4 o'clock in the morning. I even sent another person in the car a text about it, which he had done.

(16:43 - 17:03)

So even though I didn't realize I had gone to him, he had seen me materialize briefly. Then I described the campus, and the other two people in the car were both professors at that school. Okay, you've heard the whole story now pretty much.

(17:05 - 17:20)

What was controlling this? I was not. This was a thing that was done using me. I want to know about that energy that went through my body, what it was and what it meant, and who might have been behind this.

(17:21 - 17:49)

Who was pulling the strings? Where's the wizard? Okay, number one, what you experience that shock of energy is the vibrational state that I write about extensively. I get the same thing. Generally, out-of-body experiencers of 70% to 75% of them, at the onset of an out-of-body experience, many of them are almost classic vibrational state phenomena.

(17:49 - 18:14)

Heavy vibrations, surge of energy that flows through you, paralysis of the body is quite common, lightness, the feeling of someone present in the room. I write about a dozen different phenomena that occur. But it's commonly known as vibrational state because almost universally, people experience some form of extreme vibrations.

(18:15 - 18:20)

So that was the initial onset, which is common. That's what I get. That's what Bob Monroe described.

(18:22 - 18:50)

And it can be very intense, or it also can be very mild, depending on each situation. Okay, now what you experience is a classic, what I call an etheric experience. When I'm teaching and what I write about for the last 20 years, if you can perceive a physical-like

environment around you, you're definitely perceiving the next density level, let's call it, inward from the physical.

(18:50 - 19:00)

It's just less dense. It's a substructure of matter. And it looks almost identical to the physical body and to the physical surroundings that you have all around you.

(19:00 - 19:22)

So it's easy to navigate because you can understand it. And that's what most people experience in an OBE. Now, what I found interesting in your description is that you obviously have overcome your fear that you have about this because that's why you could shoot up and you had a lot of control.

(19:22 - 19:34)

Well, I'm surprised that you say that because I didn't feel like I had much control at all. Yeah, but see, the control is from a higher part of your mind. See, we're multidimensional beings.

(19:35 - 19:43)

We're utilizing multiple energy bodies. The old concept of body-mind-spirit is obsolete. It's antiquated.

(19:44 - 20:04)

We have many different energy bodies we're functioning with. Each energy body is operational in each dimensional reality, and we experience the energy body. In other words, we can't take our physical into the nonphysical, so we use our etheric body, then we use our astral body, then we use our mental body.

(20:04 - 20:22)

Now, what I and others have experienced is that a higher aspect of ourselves ends up being the driving force or the controller of these experiences we have. But it's that more expansive aspect of ourselves. Some people call it their higher self.

(20:22 - 20:50)

Some people call it their higher mind, depending on your philosophy or your perception. But the point is that you are actually giving yourself and the experience that you needed for your own personal growth, and also, to be quite frank, so you could relate this to others. Obviously, it's important to you and others that you verify this experience.

(20:51 - 21:03)

That was what was critical. It was about verification, because under these circumstances, with these people, verification was really valuable. Yes, and it is valuable.

(21:04 - 21:27)

And this happens... If you're in your densest energy body, you're etheric, and this happens at Monroe all the time. I have people going to the crystal as part of their training, and people will begin to see one another at the crystal. And it's because you can perceive You can perceive very clearly.

(21:27 - 21:42)

You can perceive beyond... There's no limit in space or time or locale. And you can perceive the physical and the etheric when you're in your etheric body. And that's what you were doing.

(21:42 - 21:57)

You lowered your vibrational rate just enough to be noticed in the physical, through physical perception. And this, of course, happens quite often. It's even in biblical times they refer to this by location.

(21:57 - 22:22)

These things have been going on forever. But that's extremely good that you were able to confirm this to your participants that were there, to show them that this is real. And I think that was the... Those people that were in your collective, in that group, needed that verification in order to take this seriously.

(22:23 - 22:47)

Well, they did. But you'd be amazed at what these people are like and what they do. So it was partly a verification of me, of my abilities, and partly it was something to encourage them to do something that they know is possible but have never thought they could do.

(22:48 - 23:03)

So it wasn't that they were people who were in any kind of denial about any of this. You know, this is a very funny world. A lot of people are much more involved in this in certain communities than you would think.

(23:04 - 23:26)

Like, there are scientists who are very deeply engaged with the visitors and working on extraordinary things, for example. But the thing is that's so important is that they realize

that they have this ability. And I recommended your books and a trip to the Monroe Institute and everything.

(23:26 - 23:40)

You know, I was really a hell of a good head, actually, to tell you the truth. So now, I want to get back to the vibration because it was different. I get that vibration also.

(23:40 - 23:51)

As Bob describes, it's about a 60 cycle per minute vibration, 60 cycle per second, I think, vibration. He describes it. And I get that, too, before I roll out.

(23:53 - 24:01)

I can induce it, in fact. And I'm sure all of us who do this can. Eventually, you get to the point where you don't just have to wait for it.

(24:01 - 24:08)

You can bring yourself to that. But this was different. This was from the outside.

(24:08 - 24:28)

I was sound asleep. I was not making any effort at all. And it felt like something very powerful shot down my spine, not cyclical at all, more like a bullet going down the middle of my spine.

(24:28 - 24:41)

And it felt like it released my etheric body from its kind of being locked into the physical. I don't know if I'm making any sense. But does that make any sense? I see what you mean.

(24:41 - 24:48)

To me, it sounds almost like a Kundalini-type experience. Yeah. Kundalini-type energy.

(24:49 - 24:57)

Absolutely. And that's a lot more intense than just the standard vibrational state phenomena. It was.

(24:57 - 25:04)

Absolutely. It sure sounds like that to me. Remember, you had already done what I call the early morning technique.

(25:04 - 25:16)

I teach people that that's the best time to have out-of-body experiences. Is this early in the morning, 3 to 4 o'clock? Because then you don't have to work at getting relaxed. You're already there.

(25:17 - 25:29)

The hardest part of out-of-body exploration is just getting your body relaxed. So why fight it? Just do it in the early morning. Yeah, absolutely.

(25:29 - 25:37)

That's often when I do it. Yeah, it's a superb time. It's a recommended time, certainly.

(25:38 - 26:02)

Yeah, and so it happened, though. There's the feeling that somebody, I just can't get away from the feeling that there's somebody else was involved, that it wasn't only me doing it, that somebody else was on the outside kind of kicking my ass and getting me going. Well, that perception is very common.

(26:03 - 26:35)

I always feel, though, and based on my 40 years experience, that I felt that way on many occasions. But the end result I always come back to is the realization that we are incredibly complex beings and that it is the higher aspect of me that is actually the initiatory and controlling force. Because our higher mind is so much more powerful than our conscious mind in the physical body.

(26:35 - 26:52)

Our higher self is beyond our intellectual capability, even, because it's beyond the mind. It's so much more in tune with what we need. I think your higher part of yourself was giving you an experience that you and others needed.

(26:53 - 27:06)

Yeah. But it's up to each of us to frame it the way we wish. And tell you, what I would suggest is that you ask for that answer.

(27:06 - 27:20)

Don't take anybody's word for it. Next time you have an out-of-body experience and something like this, ask for the answer. Okay.

Fair enough. I will. That's exactly what I'll do.

(27:21 - 27:48)

And especially if you... I always teach, if you run into an entity that looks strange, always ask, what do you represent? In other words, don't strain for conclusions. Be bold enough to ask for the answer. And generally, you're given those answers in a way that's understandable for us.

(27:49 - 27:53)

Uh-huh. Okay. Well, I will if it happens again.

(27:53 - 27:57)

In fact, I might just ask for the answer right now. Yes. And you can.

(27:57 - 28:01)

Yeah. But that's what I would recommend. That's what I do.

(28:01 - 28:10)

Okay. Folks, I'll ask for the answer the next time I'm in the right state. And that'll probably be early in the morning.

(28:11 - 28:17)

And I will report before we post this show on what happens. Oh, that would be excellent. Yeah.

(28:18 - 28:24)

Okay. Well, listen. I would like to thank you very much, both of you, for being on the show.

(28:25 - 29:08)

And if you can, do you have a personal website at all, or is it all through the Monroe Institute? Oh, I have my website is astralinfo.org. Astralinfo.org. Okay. Yes. Okay.

And your new book. And that's where the information about my classes at the Monroe Institute, my books, can be found. Excellent.

Okay, then, folks. I know Bill's methods work because I use them, and they do work. And Susan has a perfectly beautiful practice, and one that will free you in ways that you really cannot imagine, and so will the book.

(29:08 - 29:16)

So thank you both so much for being with us. You've been listening to Dreamland. Be sure to tune in again next week.

(29:16 - 29:27)

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(29:28 - 29:34)

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