

At The MI Professional Seminar March 2014 part1

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(0:00 - 1:42)

What I'd like to talk about today is consciousness and a little bit about OBEs. But what's the core element of OBEs? What makes it important to us? And that is, it's the exploration of consciousness. It's always about consciousness.

And what's wild is that we use that word so much, don't we? Everybody talks about consciousness and awareness and perception, but yet we truly don't really know what consciousness, what is it? What truly is consciousness? How does it function? What's the big questions? Like, where do we come from and where are we going? It's all about the exploration of consciousness because consciousness, this is the only thing where you're going to take with us. So it's the main thing that we have to develop throughout our lives. To look at it from a whole different perspective, many people don't really think of it this way, but right now everyone sitting, all of us, everyone sitting in this room, we are all projecting our consciousness across the entire multi-dimensional universe as we sit here.

We take this for granted. We are not physical beings. We're not astral beings.

(1:43 - 2:01)

We're not beings of thought. We exist far beyond these constructs and these vehicles of consciousness. So all of us, this very moment, is projecting our consciousness into a biological vehicle.

(2:02 - 2:40)

And we're using these biological vehicles to explore, to experience the physical world for a very limited period of time. Yet we take it for granted. The biggest problem that we face, of course, is that we identify with our biological bodies to the point where out of 7.2 billion people on the planet, the vast majority actually believe that we are these bipedal humanoid forms.

(2:41 - 4:52)

Matter of fact, one of the first things I learned, I started having my out-of-body experiences in 72, self-initiated. It's a mind blower. Opened me up completely.

And every time you have one, it opened me up even further. And one of the things I quickly learned is that everything that I had ever learned throughout my entire life was flawed to the point of false. Everything, all the beliefs, all the theories, almost everything

was flawed.

Think about this. Even the very basis of our society. What is the basis of our entire civilization? And that is that we're human beings.

Isn't that the true basis? We're physical human beings. And our society throughout time has been built on this premise. But what I quickly discovered back in even the early 70s is that I'm not a human being.

You are not a human being. A human, this is a temporary biological vehicle of consciousness we are using that is needed to explore, experience the physical world. Here's what's wild.

We have another energy body on every level of the universe. Right now, you are existing. You are operating.

You are absolutely functional, fully functional in many different dimensions because they're all interrelated. When you have a thought, you're experiencing the thought dimensions. When you have an emotion, what are you doing? You're feeling your emotional body, which is the astral body, as many people call it.

(4:53 - 5:40)

So, we exist in multiple dimensions, but we're focused on the physical right now. One of the great advantages of out-of-body experiences, and what Bob talks about extensively, is that we have to take the time and the effort to begin to break through the barriers. Because we carry, there's no external blocks that hold us back.

We create the blocks by what we accept and believe in our own lives. And we do it from birth. And many people think, oh, well, I've gotten over those childhood conditioning and programming.

(5:42 - 7:47)

Most of us feel that way. But in actuality, we carry it with us. Because consciousness, we carry these things with us.

When I was a young boy, I spent my first six years in private Lutheran school. And I vividly remember being programmed severely about the doctrine of the church. I remember having to memorize the catechism as a small boy.

I forget how it took 40 pages long to be confirmed. Some of you may remember this. I don't know how many of you had to do this.

What is this indoctrination of a belief system? What is the difference between me as a Lutheran boy being indoctrinated in the catechism and those boys, millions of them in

Pakistan, memorizing the Koran? What's the difference, really? It's indoctrination is indoctrination. And we have all been, let's just say, influenced heavily by this. And we, unfortunately, we don't acknowledge it sometimes, as we should.

Because this childhood indoctrination is what often leads to the blocks that we encourage in our own exploration of consciousness. Because that's why we're here, right? What is the mainstay of the Monroe Institute but the exploration of consciousness? And who creates the blocks but us? And we have to acknowledge, we have to begin to dig deep within ourselves and begin to explore exactly where we come from and what we continue to believe. Because one of the most shocking things I've learned in my 41 years now, I've been having out-of-body experiences.

(7:48 - 15:12)

For 20 years, I've been teaching extensively about it. And one of the first things I learned is that I had to let go of everything I had learned. When I begin a workshop, that's the first thing I say.

You have to start looking at your own critically. Because you, us, we, we create our own blocks by what we choose to believe. And it's a tough one.

Because when you give up these beliefs that we cling to so desperately, you feel like you're entering a void. And it's uncomfortable. You have to stretch.

You have to go where, as you started, no man has gone beyond. It's scary. You have to give up all the stuff that you carry with you.

And that's one of the keys to, I feel, the exploration of consciousness. And one that's seldom talked about. Because it's a sensitive subject.

This is not a matter of what's right and what's wrong, what's good and bad. It's a matter of clearing the path for yourself. I'll give you an example.

I once did a workshop, a three-day workshop. And this is typical. I've been, I get invited to a lot of different kinds of groups.

And I'm using this as an example. Very intense group. Very much in their minds, explorers of consciousness.

Just like there's thousands of groups around the world that are exploring consciousness in their own way. Here I arrive. And I find out, I try to get a feel.

Because I'm always sponsored by someone. I don't arrange anything. People ask me, I say, I decide, and I go.

So I try to get a feel from my sponsor. And I quickly find out that my sponsor, the group,

are born-again Christians. Which is a little bit out of the norm for me, to put it mildly.

But there's a twist to this that really gets a little unusual. There are also Hindu devotees who chant the names of God, the Hindu names of God, throughout the day and in the morning, very early. Because I know they woke me up every morning chanting the names of God.

The point is, instead of letting things go and starting fresh, what do many groups and people do? They've built upon an established belief system, which is, of course, Christianity. They've added, of course, and this is not a negatism. I just want to bring out, this is what I have witnessed in my travels time and time again.

This is a little more extreme example. And then they've added Hinduism to their Christianity. And it was a beautiful merge, surprisingly.

It's a beautiful merge. The chanting was beautiful. The point is that as many of groups and individuals are exploring consciousness, they fail to see that they are exploring consciousness in a box.

They have created their own box. Some boxes are much bigger than others. Some boxes are much smaller.

And they're exploring within their box, and they think they're open-minded. I run into this everywhere I go. Everybody seems to be exploring within their own self-made box.

If we truly, if all of us wish to be true explorers of consciousness, we have to make a concerted effort to destroy that box. Every belief is a wall. Every belief that you hold, I don't care how endearing it may be.

I don't know how old it may be. It doesn't matter. If it's man-made, it's flawed.

It's that simple. Anything man-made is flawed. I've never seen an exception.

Now, and people love it. A lot of people hate when I say that, of course. And I say it a lot.

And people take it as a challenge. It's not meant as a challenge. It's just meant as an observational fact.

The biggest, in my 40 years and 20 years of traveling and doing workshops, doing conferences, this has been the number one issue I see. I see it when I spoke at UFO conferences. They have their own philosophies.

They have their own paradigm they've created. They've, in a sense, their own religion. And when I spoke, I presented my evidence about the true meaning of abduction phenomena.

The room went aghast. 2,000 people, by the way. Shocked.

Just shocked that of my presentation, hour and a half presentation, on how alien abduction could be, logically, potentially, an out-of-body experience. I'm not going to go into all the details of that. I write about it.

It's a chapter in Secret of the Soul. But these, it's become another religion. They have high priests darn near.

And it continues. Same speakers every year present the same things. The point is that that's another box.

And we have to be so on guard, I think, in our own state of consciousness. We have to be brutal on ourselves. We have to examine ourselves all the time.

Don't take anything for granted. Don't assume anything. You have to be able to ask the tough questions of yourself.

And ask them all the time. Because often, what's become the new religion? Quantum physics. Oh, yes.

I've also been to those conferences. Unbelievable. Super string theory.

The new religion of the enlightened and the educated. You would not believe if you try to, in any way, shape, or form, go to a conference on this subject and bring up another subject. That is, in any way, in any way.

Let's just say, not in their philosophy. Oh, my God. You're attacked.

The point is, that's the new religion now. It's hip. Everything is strings.

(15:14 - 15:35)

Strings. And, of course, there's 13 dimensions, sometimes four. I've been to conferences where they debate the number of religions.

I mean, the number of dimensions. They will literally debate the dimensions. How many? 12, 13, 14.

And they'll get heated discussions, I've seen. Heated discussions. No, you're wrong.

(15:36 - 16:17)

12 dimensions. This theory proves it. My point is, what's the core issue here? They're so obsessed with matter, they have to create tiny vibrating strings, for God's sake.

They can't let go of the paradigm that, oh, my God, maybe reality is not form-based. So,

they're stuck into this rut. This is some of the most intellectual people in the entire world.

Huge conferences on this subject. And they get up and micromanage the size of their strings, so to speak. Yes.

(16:20 - 17:12)

No one, you think out of the box on this subject, and you're just a heathen. What's the difference between this and a religion? What is the difference? It's just a new, more mental, intellectual way to examine the universe. The core issue is, there's still this obsession with form and matter as the center point.

You know, one of the first things I learned back in 1972, when I had my first out-of-body experience, well, I learned a lot of things then. But the first thing I learned was, my God, the physical world is not the center of reality. Matter, in fact, and I learned quickly, the physical world is not even, it's the thin, epidermis layer of the universe.

(17:13 - 19:10)

It's minute compared to the other dimensions. It is, it's hard for me to even get across to you how small, and the physical universe looks so vast to us. But in relationship to the other dimensions, this is a tiny, tiny, tiny, I use the analogy in my workshop, I sometimes will point to these beams, the carpet is the physical world.

The rest of these beams, the extent of it, when we die, we move in this much into the universe. We're moving in a quarter inch into the universe at our death, as we move into the astral. That is how vast it is.

It's beyond our conception. All of these metaphysical theories of seven dimensions, and there's seven cute little dimensions within these seven dimensions, that is full, full. We have no idea how many dimensions there are.

And I have found that it's expanding because of thought. Every dimension becomes larger and larger because thought creates reality. So the dimensions, the size of them, they're, it's always growing, it's always expanding.

The point is, don't allow yourself to get caught up in these belief systems. I don't care whether it's a religious belief system, a metaphysical belief system, or a scientific belief system. They're all flawed.

Seriously. Flawed. Sometimes I use more harsh language than that, but I'm trying to scale back a little bit.

(19:12 - 20:05)

We have to be so on guard to what we believe, because we are the ones throwing out

the anchors to our consciousness. Every single belief, if you believe that you're a physical human being, that's a, you have thrown out a huge anchor. Because not, not only, we are not physical, we are not human.

It's that simple. There's no doubt of this. We are no more human than we are flower or bee or rock.

It's that simple. We are non-physical. It's amazing what we are.

We're magnificent beings. Magnificent beings. Not, and we're powerful beings.

(20:05 - 20:52)

We have extended our consciousness through every level of the universe to be sitting here. Think of it. We exist on every level of the universe.

We exist beyond time, beyond space. It's amazing who we are and what we are. We exist beyond linear, our concepts of linear motion and linear time.

And we create a reality on every single level of the universe. We do. We choose.

It's our decisions. It's our actions. We create it all.

(20:53 - 21:50)

But we have to take, we have to own that. And a lot of people have a difficult time owning that. They have a very difficult time.

They feel disempowered by their governments, by their religions, by their upbringing. Let's face it. Many of us were brought up in a very fear-based environment.

Fear of God, fear of damnation, fear of sin, weren't we? I was. I admit it. My God, there was a fear for everything.

And I'm not even Catholic. My God, take it to another level if you're Catholic. And I'm, it's not, I'm not trying to make fun of anything.

I'm just making a point. It's on us. And the first big step, the first big step is to begin to start to really take a hard look at yourself.

(21:51 - 22:02)

Ask the tough questions. Do you believe these things? Do you believe that you're a male or a female? That's a block, believe it or not. Because we're neither of these things.

(22:03 - 22:11)

It's a temporary vehicle of consciousness we're using. Very temporary. Very temporary.

(22:12 - 24:54)

Do you believe that you are a form-based being? Do you believe that reality is three-dimensional? This one is. Yes, it doesn't. But I just made it clear that this is just the outer epidermis of the universe.

All of these things are false. Do you believe that the physical world is an effective baseline for even determining the nature of reality? No, it is not. These are important questions.

Once you realize, and I realize this through personal experiences, because most people, even when they have out-of-body experiences, guess what? We take our stuff with us. We take all of our stuff with us. If you believe that you are a female, a human female, guess what you will look like in the out-of-body state? A human female.

But why? Because you have identified with that form. That's why once I realized that I let go of this as being me, I stopped being human. Matter of fact, my entire, my arms and legs will begin to dissolve away.

I would become very quickly like a teardrop of consciousness, than a globe, for lack of a better word of consciousness. Then my vision would be 360 degrees. I would give up this animal vision, because how even we perceive now, we perceive like animals.

This is not us. This is a vehicle that we have identified with to such a degree that we have incorporated all the limits of this animal body. What's sad is that most people carry the animal body with them, even into their out-of-body states, because they know all the books talk about it.

Everybody's walking around. Bob's one of the few that wrote books that went beyond that, where it's a point of consciousness traveling. But most of the hundreds of books there, people continue to think they are humanoids.

So they limit themselves. In other words, everything that we carry with us now, we will carry with us, not only now, but into the afterlife. That's why this stuff is so important, because our journey is just beginning.

(24:55 - 25:01)

It's just beginning. We're children. We're children just beginning the journey.

(25:04 - 25:52)

A lot of people feel that when we make this transition we call death, that we go home. I have some bad news for you. It's a little shocking, but as some of you know, that's, listen, I do an entire presentation on this topic.

I've written an entire book on this topic, trying to make it clear what I've experienced. Death isn't, it's just, it's like the page of a book turning. But we have to ask everything, because we have accepted the flawed assumptions.

(25:55 - 26:29)

You must question everything and assume nothing. Question everything and everybody, including me. When I do a workshop, I tell people that.

Don't accept anything I say. Find out for yourself. Find out for yourself, because that's the only way you will ever know, and you have to know from experience.

You have to develop your ability so you can expand your own. Potential to explore your multi-dimensional self. But the journey does not stop.

(26:31 - 27:40)

I like to address this real quickly, if I can. It's difficult because I do an hour presentation on this subject alone. But what do all of the, what's this continuation? And by the way, continuation of consciousness at death.

What is this? What happens? Death is nothing more of the transfer of consciousness from our outer dense vehicle of consciousness to our less dense vehicle of consciousness. For most people, that will be their, what is commonly called their astral body. Some people call it their second body.

Many people feel that they go to the soul level. That is not what I and hundreds of other people have observed. Most people are too identified with their physical humanoid form.

They're locked into a paradigm that this is reality. Because each person limits themselves. They go to the reality that resonates with them.

(27:41 - 28:37)

And we carry our complete state of consciousness with us. You don't become enlightened just because you died. The ignorant remain ignorant.

The bigots remain bigots. They just have a different energy body. And they go to a reality that resonates with them.

This is an important subject because this is the way that all of us will be moving. We're all moving beyond the body. The reason why outer body exploration I feel is so critically important is because it is our evolutionary path.

This is not some theoretical thing that you can explore or may want to. Well, and I've had people come up to me. One day I'm going to explore that subject that you write

about.

(28:38 - 28:45)

Oh, that's interesting. I'd like to see you escape it. I'd like to see you avoid it.

(28:46 - 29:06)

This is not some, let's, I think I'm going to check out the outer body state and maybe I'll find it interesting. I don't even understand that. Our evolutionary cycle is one we're moving inward.

(29:06 - 29:24)

We're exploring. We're moving to always to a higher vibrational level. The whole, the real purpose I feel, the necessity for learning about this is because it's who we are.

(29:26 - 29:45)

It's what we are. We are on a journey of consciousness inward to different vibrational levels. And until we master that ability, we will always be what prisoners of our own self-conception.

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At The MI Professional Seminar March 2014 part2

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(0:02 - 0:16)

Most people at death, I have found, go to the lower or middle astral plane, and these are beautiful areas, many of them. I'm not talking about some nasty place. We're talking about beautiful areas.

(0:17 - 0:38)

But people can only conceive of what they have experienced and what they're comfortable with. We go to what resonates with us. If you have identified yourself as a woman, you will continue to be a woman on the astral plane.

(0:39 - 1:20)

You will continue to have the same limits because that is a limit that you have accepted for yourself. What I found shocking was, and I still find shocking, often when I have experiences beyond the body, I find that the dead, essentially, come up to me and ask me, how can I fly? How can I do this? They can't. How can I walk through walls when they can't? How can I, in other words, why are they limited? Because of their self-conception.

(1:20 - 1:34)

Because they have bought into the limitations that they have accepted while they were still in the body and they carry that with them. Just like we carry all of our limits with us. All of us, this applies to me as well.

(1:35 - 1:43)

This is why it's so important for us to address our own stuff. Make a list. Make a list and check it.

(1:45 - 2:10)

Really explore what do you accept and believe about yourself because it's all you, we all, each of us, have created a box around us. One of the great things about out-of-body exploration is that it's one way to blow out the walls of a box. It's one way.

(2:10 - 2:27)

It's not the only way. You can do it through meditation. You can do it, the point is it's one powerful way to blow it out because you suddenly realize, oh my God, not only am I not a physical being, but I'm not a humanoid either.

(2:28 - 2:36)

And then other things come to you. Oh my God, I don't need form. I'm more than thought.

(2:37 - 2:49)

I'm more than emotion. Think of it. And we have to get over this, let's just say paradigm.

(2:50 - 3:09)

That, let's just say the philosopher Descartes made this famous comment that I think therefore I am. It's one of the greatest flaws because we are not who we think. Our thoughts are not us.

(3:10 - 3:24)

One of the things I suddenly realized that I am not my thoughts. My thoughts are a vehicle, another vehicle. My energy, my mental body is a vehicle of my conscious awareness.

(3:25 - 3:47)

It's a much more refined vehicle than the astral of course, but it's still just a vehicle. So we have to always be on guard. We always have to be looking at how we perceive ourselves in the world because this is so important to our entire future.

(3:47 - 3:59)

Because there's no escaping the fact that all of us are gonna have an out-of-body experience. There's no escaping it. We're all gonna move into this other vibrational world.

(3:59 - 4:32)

Are we gonna do it with an enlightened, let's just say perception of ourselves? Are we going to cast off all the anchors and the walls that we have created? Or are we going to be like the vast majority of humanity that carries all of their stuff with them? There are endless churches on the astral plane. There's endless mosques on the astral plane. The beliefs continue.

(4:32 - 4:41)

Wouldn't you think people would go, well, this is different. There's my body. I think I'll maybe latch onto something new here.

(4:43 - 5:05)

Well, people have a tendency to stay with what they're comfortable with. I was shocked when I personally, I'm speaking from personal experience and I write about this in my new book. I was shocked when I discovered preachers still doing these sermons.

(5:06 - 5:13)

Hellfire and damnation, damn there. You would think, now Bill, come on. That can't exist.

(5:13 - 5:42)

That can't exist. People would be smarter. They would be more, why would they? Think of it, why would they? Do you think that someone that's been indoctrinated by the Taliban are going to change just because they die? Why would they change? They've moved into another belief system territory, which Bob Monroe called them territories.

(5:43 - 6:00)

I also call them territories or consensus realities. There are countless consensus realities and that's where people go at death. They go to the reality that resonates with them and they're often much like this, but they're nicer.

(6:01 - 6:11)

Many people feel, and the people, what gets me and I still am blown away by this, they think they're in heaven. Heaven, there's no death. There's no disease.

(6:11 - 6:18)

There's no starvation. There's no wars. It's so much nicer than the physical world.

(6:19 - 6:26)

The physical world's a tough place. We all know this. Physical world's a challenge, isn't it? We have to deal with a lot of stuff here.

(6:26 - 6:35)

It's dense. There's all kinds of things that we have to be concerned with. Once you get to the astral, man, it's a piece of cake.

(6:35 - 7:08)

It's wonderful. I was shocked by the number of people that were living very mundane lives and I'm talking about many different consensus realities that I personally have explored and others have explored and I was totally shocked by how mundane they were and how things didn't change as much as I would have thought they would have. I once had an out-of-body experience.

(7:08 - 7:35)

I lived in China for four years, communist China, and I had many out-of-body experiences while living in China and everybody lives in a high rise. I was in Shanghai. I would have an out-of-body experience in Shanghai and the dead around the Shanghai area are living just like they are in the physical world, in their high rise condos, eating their noodles.

(7:37 - 7:47)

Swear, that's what I witnessed. I was blown away for a while. I thought I was observing the physical counterpart because it takes a while to get used to your perception.

(7:47 - 7:58)

Remember, you don't have eyes or ears when you leave your body. Your mind creates these vehicles, these tools of perception. You always have to remember that.

(7:58 - 8:10)

There are no eyes, there's no ears. There's no verbalization like we're doing with basically language. It's thought is transferred.

(8:11 - 8:26)

And it took me a while to realize I thought I was observing the physical world until I finally, somebody come up to me and saw me and started to communicate, which was surprisingly elegant. There was no block. They were Chinese.

(8:26 - 8:34)

I'm not Chinese, but we understood each other perfectly, which is the way it is. It's always nonverbal. Very elegant, very elegant.

(8:35 - 8:54)

And then I asked them, I was just curious, are you physical? Are you in a, oh, no. But they were living exactly the way the Chinese people live in the physical body. And they're no different than any other society.

(8:54 - 9:21)

And there's countless millions of these consensus realities because people create, they take their stuff with them. They take it with them and they create, or they assimilate is a better word, into a reality that's comfortable and resonates with them. And this is what all of us have done for possibly hundreds of incarnations.

(9:22 - 9:28)

Think about it. It's shocking. This leads me to an interesting point.

(9:30 - 10:04)

We have done the same thing. I have done the same thing. We have to get to the point where we realize that we are the creative force, that we are non-physical spiritual beings that create a reality, that we're not just a hunk of form, of flesh, that we have the capacity to be so much more because we will be the ones that limit ourselves.

(10:05 - 10:42)

One of the most shocking things that I've learned is this. And that is, that this billions of people in all their religions, instead of going to paradise, what they've generally encountered is a mundane reality, a step up from what they experienced in the physical world. It goes against everything I was taught as a child, everything I was taught as a child.

(10:45 - 10:58)

And it's, but look at it this way. No one has done this to these billions and billions of people. They've done it to themselves by their own self-conception.

(11:04 - 11:31)

And since we're immortal, the time it takes for us to awaken to the situation is meaningless. We are immortal. If it takes a million years, what difference does it take? What difference does it make? But we have decisions that we have a choice all the time.

(11:31 - 11:54)

Today, we have a choice of how to proceed, how we're going to look at ourselves, how we're going to, how seriously are we going to take this exploration of consciousness? Everybody's talking about it. Everybody's talking about consciousness and exploring consciousness. The problem is that everybody's carrying their box with them and they're exploring in their little box.

(11:54 - 12:17)

You know, another thing I learned, and I can speak on this with some authority since I've done surveys of over 18,000 people. The vast majority of people that have out-of-body experiences never leave their house. My God, you gotta be kidding me.

(12:17 - 12:24)

Oh my God. I was like in tears almost. Now granted, it took me a while to get over it too.

(12:25 - 12:42)

I used to walk through the wall, put my hand through the wall, put my head through the wall because you think you're physical when I was starting out in the early 70s. But eventually I learned that I'm more than this. I'm more than this form, this vehicle.

(12:45 - 12:57)

That's one of the things I try to get across in my workshops about going beyond just our surroundings. The reason is people are comfortable. They're fearful.

(12:57 - 13:07)

Why? Because the indoctrination goes with you. Remember I brought up this part about the early my childhood indoctrination. Your childhood indoctrination.

(13:08 - 13:18)

That's in our subconscious mind. We have to work on this stuff. It doesn't, just because consciously you could look, sit there and say, well, Bill, I've overcome that.

(13:20 - 13:35)

It is in your subconscious mind. And we, that's where we have to dig it out. And you do that often through deep trance states, through deep meditation, through OBEs.

(13:36 - 13:52)

During these experiences, that's why people confront their own fears. That's why when people in shamanic ceremonies, and I've done my share of them, that's why people have snakes running up their legs when they're going to trance. When you're in a shamanic, I've been to Peru.

(13:53 - 14:05)

I've done all kinds of ceremonies with shaman. And you'll see people brushing their legs, brushing their legs in trance state. What are they doing? Snakes are coming up their legs.

(14:05 - 14:15)

Spiders are coming up their legs. What's happening? Their subconscious fears are coming to the surface. It's universal.

(14:16 - 14:28)

This is not about just us. This is a worldwide phenomenon. As we go deeper into ourselves, we will begin to access our own stuff.

(14:28 - 14:40)

And then we have to deal with our own stuff. We, nothing external, no amount of praying is going to get rid of our own stuff we carry. We have to take control because we are the creators.

(14:41 - 14:48)

And a lot of people don't want to hear that. They don't want to hear that they're in total control. That's scary.

(14:49 - 15:03)

They want some external belief system to save them. They want some, you know, cute little angel to come down and with Tinkerbell wings and carry them away. That's not the reality.

(15:05 - 15:17)

It's an illusion or what Buddha would say illusions. We have to grow up and confront the nature of what we are. And we're magnificent.

(15:18 - 15:27)

We're magnificent, creative, powerful, spiritual beings. We create our reality. And we have to take total control.

(15:28 - 15:49)

You can't look to any other place but within yourself for the answers. And you have to begin to depend on yourself for that. Because as long as you look to another, and I'm talking about books, teachers, I don't care what it is external, philosophies, oh my God, philosophies.

(15:50 - 16:09)

Everybody has a philosophy, don't they? And what's wild is that they all become attached to their philosophies. All philosophies are flawed. Why waste our time? The only true philosophy that matters is a philosophy of self exploration.

(16:11 - 16:23)

That if you want to call that a philosophy, and I don't. That is the only thing that matters. Every philosophy, people just fill themselves with junk.

(16:24 - 16:33)

Junk. Junk. I don't care whether it's quantum physics, quantum gravity, or new age philosophies.

(16:35 - 16:45)

Everyone is flawed. We have to become mature explorers. Mature explorers.

(16:45 - 16:54)

And get over this dependence on all philosophies. All anything man made. Including what I write.

(16:56 - 17:05)

Because what I'm, I'm looking at it from my perspective. I wrote an entire book about the afterlife. I think it's cutting edge.

(17:06 - 17:21)

I think it's mind blowing. But, it's all dependent, but still it's based on my state of consciousness. We have to get to the point where we take the training wheels off.

(17:22 - 17:33)

We really do. We have to get to the point where we grow up and become explorers of consciousness for ourselves. And really take it seriously.

(17:34 - 17:41)

This is what I get. This is what I hear a lot in my travels. And at the beginning of the workshop, I always have everyone speak.

(17:41 - 17:55)

I generally have 24 people here in a workshop. And I always ask, where are you from? And I always get, I get a lot of feedback from people. And I'm always amazed at the feedback I get.

(17:56 - 18:05)

This is typical of some of it. Well, I really want to have an out of body experience. I drove here for 18 hours.

(18:06 - 18:17)

I've heard this several times, by the way. Well, why did you drive for 18 hours? Of course, they say they're exhausted. Because I'm afraid to fly.

(18:17 - 18:42)

Think of this. Is this insane? You have no idea how many times I've heard things like this. I'm afraid to fly on a plane, but I'm going to an out of body exploration intensive, and which my class is intensive, at the Monroe Institute.

(18:44 - 18:56)

Okay. You know, we're all in this together. What do you say? What do you say to people when you hear stuff like that? You're carrying your crap with you.

(18:57 - 19:05)

My God, a pigeon would have a better chance in my workshop. At least they can have wings. You know, they'll take off the ground.

(19:06 - 19:13)

I mean, let's face it. That's what I mean about bringing your stuff with you. And we're all doing it.

(19:13 - 19:21)

We have to really examine ourselves. Because this stuff runs deep. And we have to do it constantly.

(19:23 - 19:31)

I purge myself. I try every few days to purge myself of anything I may have brought. And I consider it purging.

(19:32 - 19:43)

Anything. Because we have a tendency, you read something and it resonates with you, and you kind of internalize it. You know what I mean? Because we're doing this all the time, aren't we? We're all book readers.

(19:43 - 19:52)

I hope you are. As an author. But we internalize this stuff.

(19:52 - 20:01)

The problem is, well then we create our own paradigm. Here's another one I see commonly. And it's, well, and I get this a lot.

(20:02 - 20:11)

Well, I'm a recovering Catholic. And I'm not, you know, that's the term I hear. And now I'm a Buddhist.

(20:12 - 20:21)

I made the great leap from being a Catholic to a Buddhist. Or whatever it may be. Whatever, it could be anything.

(20:21 - 20:32)

Hindu, it doesn't matter. Transcendental yoga, it doesn't matter. So, and you know, often I just have to bite my tongue.

(20:33 - 20:44)

Because as Patty and Penny knows, I have a tendency to be blunt sometimes. Little, just a tad blunt. So I try to hold back.

(20:45 - 21:01)

And I do, most of the time. But I see this all the time. It's like, purging one belief system and taking on another is not necessarily progress.

(21:02 - 21:09)

We forget that sometimes. We have in our mind, oh, I have progressed. I am so darn spiritual.

(21:10 - 21:15)

Oh my God, there's poor suckers over there. They don't know what's going on. I have really progressed.

(21:16 - 21:23)

I used to believe this. And, you know, that hellfire stuff. I am now, I am like up here.

(21:24 - 21:30)

No more incarnations for me. Because I believe this. I am enlightened.

(21:32 - 21:44)

I'm on the path to righteousness or whatever. It's self-deception. A man-made belief system is a man-made belief system.

(21:44 - 22:02)

The only path that exists, the path is not about accepting beliefs. The path is about letting go of all that crap, cutting the anchors of beliefs and theories and philosophy, and then taking off. Cut it all loose.

(22:03 - 22:13)

Go into that void. The void is a wonderful place. It's not a horrible place like many people, books even say, oh, the void.

(22:13 - 22:31)

The void is a wonderful place. But we have to have the courage, the guts to cut loose this crap that we carry with us of these hundreds of belief systems. Yes, some belief systems may be a tad more interesting than others.

(22:31 - 22:50)

But the bottom line is, they are all, all made and manipulated by human consciousness. They're all flawed. So we, the only, there's only one path.

(22:51 - 23:00)

And guess what that path is? You are it. There's only one path and it's within you. There's no external path.

(23:02 - 23:22)

You are it. When you go into a deep state of meditation, that's when you begin maybe to get into that. Where you start to go in, let go of the analytical mind, let go of the crap, and start to go inward beyond all that monkey mind stuff, beyond all the philosophies, and begin to go inward.

(23:23 - 23:33)

Whether it be through deep meditation or through out-of-body exploration, the path is a multidimensional path. A multidimensional path within us. We are the path.

(23:34 - 23:46)

There's no path external to us. There never will be, there never was, a path external to us. We are the eternal path.

(23:47 - 23:56)

And it's all within us, because we are it. We exist in every dimension of the universe. And the path is inward through us.

(23:57 - 24:24)

During an out-of-body experience, and I challenge you to do this, you can actually leave your body, move away from your body, and just demand to go to your higher self. You can demand to go inward. You can demand to go next level now, next level now, next level now, or higher self now.

(24:25 - 24:36)

You can demand to go inward. And it's always inward. Even the term out-of-body is a very flawed term.

(24:37 - 24:56)

There is no out-of-body per se. It feels like that. But truly what we're doing in an out-of-body experience, we're actually transferring or shifting our awareness within ourselves from the outer dense vehicle to a less dense vehicle.

(24:57 - 25:18)

Most people, it's their second body or their astral. It feels like you are externalizing because you're moving, but there's no need for externalization. Yogis, for thousands of years, have been having out-of-body experiences without leaving their body.

(25:19 - 25:31)

There's no need to go anywhere, because we are the universe. We are a microcosm of the universe. We already exist on soul level.

(25:31 - 25:40)

We already exist on the astral. We exist at every level. It's a matter of us awakening and exploring ourselves.

(25:43 - 25:51)

But only we can do it. No one can on the outside do it for you. No one.

(25:51 - 26:00)

But you have to begin to take it seriously. And I tell people this at the beginning of my workshop. This is not a play thing.

(26:02 - 26:08)

I take this seriously. I have fun with it. I do.

(26:08 - 26:17)

I try to have as much fun as possible in the workshops. I make light of stuff, and people know that. But I take this seriously.

(26:18 - 26:33)

This is the path. This is the path that we are all on. And if we don't, we will end up like billions of people have throughout history.

(26:33 - 27:06)

They will make the great transition of death and go from the physical outer world, and they will move that far inward to a consensus reality, or territory, as Bob would say, on the astral. And they'll swear they're in heaven when there's an entire universe of countless realities and dimensions yet there to explore and experience. But we have to open to this.

(27:06 - 27:39)

We have to truly let go and become explorers of consciousness, not just readers of consciousness. And that is the leap, the great leap, that we all must take. One thing I would like to mention on a little different topic, and I started talking about this earlier, and that is this whole concept of what happens at the afterlife.

(27:39 - 28:17)

Because this step is so important to our evolutionary cycle, because the whole concept of us exploring inward is so important, we have to be totally aware of how to enhance our state of consciousness. What have most people done for the last 2,000 to 3,000 years at the moment of death? Think about this. This is a very important stage that many of us in our society, the whole concept and thought of death is avoided, isn't it? People don't wanna think about it.

(28:17 - 28:25)

They don't wanna really deal with it. But yet, there's no escaping it. We have to be prepared to make the great leap.

(28:26 - 28:43)

And if I may, I would give you some suggestions on how I will do it. Based on all the research out there by Moody and other near-death explorers, there's certain phenomena associated with the transition. And out-of-body experience is one.

(28:43 - 28:59)

And what do they all say? At the moment of death, what happens? We're reunited with

our loved ones, and it's a joyous moment, is it not? All the books say it. All the researchers say it. Penny's over there just laughing.

(29:02 - 29:07)

Don't, it's universal. This great reunion. Yes, oh my God.

(29:07 - 29:26)

I'm my great reunion with my loved ones. I don't know about you, but my family was a bunch of drunkards. I don't necessarily need to be united with that happy bunch.

(29:27 - 29:44)

I didn't come from a family of Buddhas and Christs. I come from a family of bartenders and drunks and God knows what. I don't need, that's not my evolutionary cycle.

(29:44 - 29:59)

I don't need that. I want to go beyond that consensus reality of my little, let's just say, called soul group. We have that choice.

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(0:01 - 0:20)

We can enhance our state of consciousness at the moment of death. And I write about this extensively in a new book because I feel this is so critically important to our evolutionary cycle. It's up to us to take control, just like it's up to us to take control in an out-of-body experience.

(0:21 - 0:39)

It's up to us to take control at the moment of our transition. What is an out-of-body experience but the final OBE? We have the power to take control of that. We have the power to enhance our state of consciousness and go beyond the consensus realities of the astral.

(0:40 - 0:47)

Now, if you wish to reunite with your family, that's fine. That's your call. I do not.

(0:48 - 1:30)

So, my call at the moment of death, what I'm going to do is essentially chant a powerful affirmation, Now I go to my higher self. I will attempt to go to the highest vibrational level that I can possibly achieve at the transition we call death. I'm not going to be content to be reunited with my previous associates because that's what they are.

(1:31 - 2:02)

The point is, and think of this, what are most people, lately I've been, my wife is a hospice worker and I get a lot of feedback about this. My God, most people are more concerned about the flowers around the person than they are the darn state of consciousness they're in at the transition point. They're already bickering over who's going to get what in the will, aren't they? Let's face it.

(2:03 - 2:16)

It's sad. In our society, where do most people end up? A thousand years ago, everybody was at home. Now, where do people end up? Let's be brutally honest about it.

(2:16 - 2:21)

We end up in institutions. Some of them are nice. I'm not being derogatory.

(2:22 - 2:38)

This is just the raw facts. We end up in institutions surrounded by people that are strangers and they pump us for drugs because it's all about physical comfort. Isn't this the truth? It's just the truth.

(2:39 - 2:51)

It's not a matter of right and wrong. We're not surrounded often by loved ones. Look at the difference between how the Tibetan Buddhists do this.

(2:52 - 3:15)

A Tibetan monk who dies, the elder monk, let's say, is dying. How is it handled? As he is laying on his deathbed, the older monk is surrounded by his fellow monks and they chant. They chant sometimes for days.

(3:15 - 3:34)

For days they will chant. They will chant powerful phrases to enhance his state of consciousness. They essentially are chanting a Tibetan phrase that means go to the clear light of the void, go to the clear light of the void, go to the clear light of the void.

(3:34 - 3:58)

That's what they chant. What are they saying? What is the clear light of the void in Tibetan Buddhism? The clear light means to go beyond form. The clear light means to go beyond consensus realities, to go beyond form-based realities of the astral.

(3:59 - 4:10)

The clear light is pure in their philosophy. It's pure consciousness. You go beyond the astral.

(4:10 - 4:22)

We have the ability to do the same. We can make a CD. In my new book I actually have the whole thing for you to just dictate.

(4:24 - 4:39)

You can play it by the bedside of your loved one or program it for yourself when the appropriate time is near. We can't depend often on our family members to do this for us. We have to take control of it, put it in your will.

(4:40 - 4:48)

This is what I want. And you can have beautiful music. You can have anything with it.

(4:48 - 4:56)

Magnificent music. And overlay it with your affirmations. Now I go to the clear light of the void.

(4:57 - 5:11)

In more modern terminology, what I would use would be go to your higher self now. Go to your higher self now. Same means the same thing.

(5:13 - 5:29)

Use terms that are meaningful and powerful for you that will propel you beyond the astral. This isn't anything new I'm saying here. This is what the Tibetan Buddhists have been doing for thousands of years.

(5:29 - 5:48)

It's been lost in our Western culture. We have the ability to impact. If I can impact my state of consciousness during an OBE, why can't I impact my state of consciousness during a final OBE? Seriously.

(5:49 - 6:08)

There is no reason why I cannot. The problem is people don't know this. They lay there waiting for the end and what's their mindset? Fear? Hope? They hope that every... And I've heard this.

(6:09 - 6:19)

I've heard this on occasions. All of my family members have died. My mother and my father.

(6:21 - 6:32)

My father was a tough guy. He killed people in World War II. But on his deathbed he was... He told me, I am scared to death.

(6:33 - 6:45)

He was terrified of what lay next. He was afraid he'd have to pay for killing some Japanese during World War II. Because that's what his religion told him.

(6:46 - 6:50)

Wages of sin or death. Blah, blah. Goes on and on.

(6:51 - 7:05)

He internalized that. Most people, either subconsciously or consciously, at the moment of the great... This important transition of consciousness. And it's all it is, is a transition of consciousness.

(7:06 - 7:20)

It's not the end of anything. But this... Our mindset is so critically important because our mindset will determine the reality that we experience. I can't emphasize that enough.

(7:22 - 7:44)

Our mindset, our state of consciousness, will determine the reality that we experience. There's no escaping it. And only we have the power to adjust that mindset, to enhance the mindset.

(7:45 - 7:51)

Give this serious thought. Have your own action plan. I have mine.

(7:51 - 7:57)

My wife has hers. My children has theirs. I write about this action plan.

(7:59 - 8:08)

I provide an entire script for it, so you can make your own. Pick your own music. Don't use somebody else's voice.

(8:08 - 8:15)

Use your own. Make it powerful. Make it now.

(8:15 - 8:19)

No, nothing wimpy. Now. Now.

(8:19 - 8:35)

For example, I go to my higher self. You could put a hundred affirmations on a CD. You take control over the amount of drugs you use.

(8:36 - 8:47)

We have control over that. For people, forget that. I want to control the amount of... If I'm on morphine, I want to control it.

(8:47 - 8:53)

I don't want to be out. Totally out. I want to be as conscious as possible.

(8:54 - 8:59)

That's our choice. Now, sometimes I know this is not possible. Comas, etc.

(8:59 - 9:15)

But it's all about trying to take as much control over your personal reality at every step in your life. Every step, including that step. Because death is just the beginning.

(9:17 - 9:28)

Just the beginning of our journey. That's what's amazing. It's wild.

(9:29 - 9:37)

It's exciting. Because we continue. And only we create the limits.

(9:39 - 9:58)

So it means there are no limits. It's important that we begin to acknowledge it. And don't allow anyone... Don't allow anyone to block these transitional moments for you.

(9:59 - 10:05)

Pick allies. Have strong allies. Instruct them on how to proceed.

(10:05 - 10:17)

What exactly to do. In a sense, we have the ability to do what the Tibetans have done. Except in a more modern format.

(10:18 - 10:26)

We don't need to have people chanting around our bedside. We can create our own chanting. Our own affirmations.

(10:26 - 10:38)

And have them playing on auto-repeat. We can hold and enhance our own state of consciousness through awareness now. Higher self now.

(10:38 - 10:59)

Through our own ability to focus our state of consciousness. I was going to do a little technique, but I think we're running out of time. This is important stuff, because there's no escaping it.

(11:02 - 11:18)

There is no escaping the fact that we will move beyond the body. It's all in how we do it. And this has become, I feel, now the central point.

(11:20 - 11:27)

Because we have been here before. We've done this before. Most of us have been here many times before.

(11:31 - 11:46)

And we have to make those important decisions. It's so critical. Also, before, since I only have a few minutes left, I'd like to share with you, I was going to do a technique, but we're running out of time.

(11:47 - 12:06)

There's so many different methods that we can use to explore beyond, to expand our state of consciousness. I write about 40 different methods in my books. But keep in mind that different approaches will resonate for different people.

(12:07 - 12:17)

And this is really important, because I get a lot of feedback from all over the world. A lot of feedback. And I think this is probably one of the most common things that I run into.

(12:18 - 12:25)

People often will latch on to one technique because it's all they know. For instance, the target technique. Very popular.

(12:26 - 12:43)

Where you just have, you select a series of targets, and you imagine yourself walking to these targets. My first out-of-body experience occurred in 72, using the target technique. And I've been teaching it for over 20 years.

(12:44 - 13:02)

And it's effective, but it's generally more effective for people that have visual skills. Approximately a third of us have difficulty with that. So when you do determine, and you wish to explore this topic, look at what your strengths are.

(13:03 - 13:11)

Some people are more tactile. Some people will resonate with affirmations. Then use

that.

(13:12 - 13:24)

If you visualize well, then the target technique can be extremely effective. So be aware of this. Because it's very important to become knowledgeable.

(13:27 - 14:02)

And to select the proper approach that's ideal for your state of consciousness and your personal skills. This is, I find, to be extremely important. In closing, I'd like to just emphasize the fact that we... I think it's, especially today, it's so critically important that we become our own explorers of consciousness.

(14:02 - 14:11)

And not just readers of consciousness. Because I see an awful lot of that. Everybody's going from book to book.

(14:12 - 14:20)

I've been around for a long time. Every few months there's a new It book. People hop from book to book to book.

(14:20 - 14:27)

This is it. This is it. It's never to be found in the external world.

(14:27 - 14:37)

I'm probably the only author that would say this. You have to develop your own inner exploration process. And then pursue it.

(14:37 - 14:43)

And it takes determination. It takes perseverance. It does.

(14:44 - 14:54)

For many people, this is not easy. And it all depends on the individual. Some people, it takes them a year to have a breakthrough.

(14:55 - 15:06)

Some people, it takes just a couple days. But you have to start somewhere. And it's important to just begin to do it.

(15:06 - 15:24)

Fit it into your schedule. Believe me, it only takes a half an hour a day to do either a meditation technique or an out-of-body exploration technique. These things are doable.

(15:27 - 15:39)

Hundreds of thousands of people have been doing this. Millions of people. But we have to take it seriously.

(15:40 - 15:51)

Not just treat it. And so many people I find, they treat it like it's a little game or as a hobby. It has to become part of your lifestyle.

(15:53 - 16:05)

You create an exploration area in your home. And you use it every single day. Because it often, it's about reprogramming our subconscious mind.

(16:07 - 16:24)

Matter of fact, the entire topic of out-of-body exploration is all about reprogramming. That's why I use hypnosis in my workshop. That's why I repeat often the same phrases when I have them down.

(16:24 - 16:33)

It's about conditioning. About programming yourself to be open. To overcome all of the barriers that we talked about earlier.

(16:34 - 16:42)

All of the blocks that we carry with us. And that's the hard part of this. For many people.

(16:42 - 17:14)

It's that confronting your own beliefs and philosophies. And really taking a hard look at them. And saying, does this serve me anymore? Does my childhood beliefs truly serve me? Is any of it truthful? Is any of it actual? Is any of it even reality? That's so important in the process.

(17:15 - 17:25)

And then to begin to have the courage to let go. Let go of all this stuff. Let go of all the philosophies.

(17:26 - 17:41)

Free our mind. Only then can we truly connect with our spiritual self. Only then can we

break through all the crap that we've carried with us from our childhood.

(17:43 - 17:56)

And it's always on us. Just in closing, what I like to say. This, and nobody generally talks about this stuff, is fun.

(17:57 - 18:01)

It's fun. It's exciting. Have fun with it.

(18:02 - 18:12)

Bob said this, didn't he? He really did. Every time I have an OBE, I feel like Christopher Columbus. Or even more.

(18:13 - 18:21)

It's incredibly exciting. I love the vibrational state. I love paralysis.

(18:22 - 18:31)

Because I love all the precursor to an OBE. Because I know it's part of my explorational process. I embrace it.

(18:32 - 18:40)

I enjoy it. Sometimes I enjoy it so much I just allow those vibrations to just flow. It's wonderful.

(18:40 - 18:51)

But we have to open up to be there. So have fun with it. Because I can assure you, there is nothing to fear.

(18:52 - 19:04)

Because we're immortal. How can an immortal have any fear? Nothing can harm us. I often say this little line about, during World War II, no one died.

(19:04 - 19:20)

No one has ever died in the history. Because we're always continuing. Just remember, have fun with it.

(19:20 - 19:31)

Make it your daily practice. And you will see that things begin to change. Your world

begins to change.

(19:31 - 19:39)

As you open up, the world opens up. And things just happen. Amazing things just happen.

(19:42 - 19:54)

I'd like to thank everyone for inviting me and having me here today. It was a pleasure. And I hope all of you have an opportunity to explore this.

(19:55 - 20:03)

And to take it seriously. And to explore the potential of it. Much more beyond just the philosophy.

(20:04 - 20:12)

But the actuality of it. Anyway, again, thank you all. Thank you.

(20:13 - 20:24)

Okay, sure. Yes? I have a question about why you call it out-of-body exploration. Instead of something like expanded awareness.

(20:25 - 20:32)

You know, sort of expanded or beyond the body. Or something. Because it still to me sounds very concrete.

(20:32 - 20:41)

Like, oh, I'm feeling my physical self somehow shimmy out of my body. That's a good question. And I always approach this in my workshops.

(20:42 - 20:52)

Mostly because it's become the cultural term. When I started having experiences, they were astral projections. The term out-of-body didn't even exist.

(20:53 - 21:03)

It's just people can identify with the term. I make it very clear at the beginning of my workshop. That this is far more than this concept of shimmering.

(21:03 - 21:14)

Or, as you said, moving out of your body. It's more about expanded awareness. It's more about moving inward into higher levels within yourself.

(21:15 - 21:20)

And that's how I teach it. And that's how I present it. It's more about perception.

(21:21 - 21:27)

And understanding. When I started doing workshops 20 years ago. Actually, it's been longer than that.

(21:28 - 21:37)

They were called astral projection workshops. It's a semantics thing more than anything. Yeah, I'm doing it all the time.

(21:37 - 21:42)

Yes, we all are. And I agree. It does kind of put it in a box.

(21:42 - 21:49)

But people identify with it. And I would love to change the title. My subtitle in my first book.

(21:50 - 21:55)

But it's almost 18 years old now. And Harper won't go for that. I've actually asked.

(21:56 - 22:13)

So it's strictly perception. Anyone else like to ask a quick question? Several times you mentioned my new book. Is your new book in physical reality yet? Now it's you.

(22:14 - 22:24)

It's Adventures in the Afterlife. I'll have to pay you later for that. Yeah, it's a new book.

(22:24 - 22:29)

It was just released. To me it's just released. Because it was just in Kindle just a few months ago.

(22:30 - 22:37)

It's an examination. They have it at the bookstore. It's my, I had cancer.

(22:37 - 22:51)

Stage 4 cancer of the tonsils back in March of 2011. Actually I discovered it right after doing a workshop here. And that really shifted my attention.

(22:51 - 23:02)

I was actually writing another book completely. But I started to have some experiences. And this shifted my entire mindset into the importance of the afterlife.

(23:03 - 23:09)

The afterlife is a bad term. It's about our continuing journey of consciousness. That's truly what it is.

(23:10 - 23:15)

It's like all terms out there. They're very limiting. And that's what I tried to address.

(23:15 - 23:28)

This multi-dimensional reality. And how we move from energy level and consensus reality to consensus reality. And how we shift our state of consciousness beyond the body.

(23:28 - 23:43)

In other words, I talk about schools. You know how Monroe Institute is a school of training? You know what's wild? These schools, countless of these schools exist on the astral. More than I can count.

(23:44 - 23:59)

This is just a physical representation of other schools that exist on the astral. You know what's, and I didn't have a chance to cover this, but I will briefly. What's really wild, people come to the Monroe Institute to learn techniques.

(24:00 - 24:12)

Sometimes, like in my class, to move beyond the body. What's wild, the same classes are taught on the astral. And people are learning how to move beyond the astral body.

(24:12 - 24:18)

And move to their next energy level. It's true. I've witnessed it.

(24:18 - 24:22)

I've seen it. I've been part of it. And there's many of these schools.

(24:22 - 24:36)

I'm sure Bob probably is part of the teaching of this right now. These schools continue, level upon level. Because it's all part of our evolutionary cycle to explore further inward.

(24:37 - 24:54)

So the Monroe Institute, in a sense, continues on every level of reality in its own way. Of course, it's not called that per se. But the point is that there's many of these schools of consciousness are used because everybody wants to go further.

(24:54 - 25:07)

It's all part of the evolution of consciousness. Yes? I have a question. I have a funny fantasy that's abstracted from the Disneyworld school of afterlife.

(25:07 - 25:26)

Which is, I want to be able to, sometimes with all the experiences that there are, it's very difficult to be able to hear the density level. From the point of view of, I know it's not real, but it'll be fun. And, you know, it sort of seems like it's a great deal to just do that for a long time.

(25:28 - 25:55)

There's also this sort of school of thought that floats around of, you know, a sense of urgency about continuing on our evolutionary path. And somehow that seems like, well, we can get it way better, there's no time, blah, blah, blah. I'm just throwing this whole thing out as a blob to see, you know, what has been your experience in terms of that notion of, yes, we're all evolving.

(25:56 - 26:12)

There's no way to stop it. It's just what's happening. What's the sense of urgency about that? Or is there even one in a bigger picture? Or is that still just on an individual level? Well, it's a good question.

(26:12 - 26:24)

I think the sense of urgency depends on the individual. Since we're immortal, there is no real urgency, is there? There really isn't. We create the urgency.

(26:25 - 26:44)

Each of us. That's our decision, whether we want to make this an urgent exploration or be like the seven billion people that are fine with just, let's play the game of reincarnation and see where it goes. It's no, either way is fine, we're immortal.

(26:44 - 27:16)

And what's interesting too is that we, and many people don't think of this, the very act of being in a body is part of this evolutionary journey because we are extending, expanding our state of consciousness through all these levels. The very act of becoming, being born, is part of this training. Because this expansion of consciousness is through multiple levels of the universe, I have found.

(27:16 - 27:33)

But we create the urgency. Okay, thank you. Well, I'd like to thank everyone for the invitation.

(27:38 - 27:52)

In the course of my six-day workshop here, I do, generally every evening, I do a talk on some subject. And you never know what's going to come out of my mouth. And today is no different.

(27:55 - 28:16)

But the entire subject of what we do in the exploration of consciousness is just incredibly exciting. And it's wonderful, from my standpoint, to be part of the Munro Institute because I do consider it to be cutting edge. It's one of those facilities that are just very special.

(28:17 - 28:24)

And I'm saying that as someone who's done workshops. I've done over 200 workshops in four continents. I've done them in Japan.

(28:25 - 28:45)

I've done them in Caracas, everywhere. And there's no place like the Munro Institute. And I can tell you that as someone who's probably been to almost every conference and consciousness center and workshop facility, many of them across the world.

(28:46 - 28:59)

And in all my travels, I've never seen a place that just is quite like this. It's just a very effective place, a very special place to explore consciousness.

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