

OBE Instructor William Buhlman part1

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(0:00 - 3:21)

Oh, it's a pleasure to be here. I think, I think the, the deal with your, your biggest thing in my life has been the fact that you got me out of my body for the first time. And I give all the credit for, to Robert Monroe for teaching me about it, to opening my eyes about it, but it was actually you that, that made it happen for me.

And I can't thank you enough for that. It was the book that I got, how to have an out of body experience was the book that I first, it was an audio book actually. And I remember the first time, I've told the story a million times, but the first time I saw myself laying there on the couch, I'll never forget it.

And ever since then I've been obsessed with it. And it looks like it's become a pretty popular topic nowadays. What do you think that implies? Do you think that everybody's kind of waking up to this now that we're headed into a spiritual, I guess, time or evolution? Well, I think people are becoming more and more aware that the answers are found beyond the physical, that people today are, are sick of the belief systems, all this bogus beliefs that dominate our society and culture.

And they want to, they want to discover and learn the truth for themselves. And the only way to do that is to have your own experiences. If you want to prove your own immortality, have an out of body experience.

And if you want to discover what you are and where you're going and the big questions, if you want to explore it for yourself, you have to become an explorer yourself. So that's why I think it is, people are turning on to the idea that they are empowered to discover and explore themselves. They don't, they don't need to depend on books and all these philosophies anymore.

Well, do you think, I think that the implications of it, like when I first had it, it opened a lot of doors for me. And when I say doors, I mean, I remember hearing you talk about belief systems and I had so many belief structures in my mind, even, I guess you could say as a mystic, I still had things that I believed like angels and demons and the Bible and all of this. And I remember listening to your voice, just laying down, listening to your voice and you talking about, you know, try to just, you know, open yourself up and don't give into any belief systems.

And your experience through all of this, is that the biggest problem that we have when it comes to trying to have this experience is our expectations and our belief systems? Oh, it's definitely ingrained fears that we've, and belief system, if you notice most belief

systems have a, have it's a carrot and a stick. They all have some, many of them have some kind of concept of hell and devils and demons and all kinds of negative thought forms that they've created. And then of course you have to believe in their load in order to essentially be saved, which, you know, the whole thing is, is just ridiculous and medieval in every way.

(3:22 - 3:41)

But if you buy into a fear-based belief system, you're really locking yourself into a very narrow paradigm of reality. And it's fear that keeps most people from being real explorers of consciousness. And it's a lot of it's subconscious fears that we've gotten.

(3:42 - 4:56)

You know, I was the same way. I was brought up to be, I was my, my family was a really hardcore Lutherans, German Lutherans. And they were very, I went to church as a child and every Sunday, and they were very strict, probably second to Catholicism in a lot of ways.

And I mean, that's a lot of fears ingrained in, in, in the vast majority of people from a very young age. So we have to combat that fear and we have to, you know, that's why it's important to read and learn as much as you can, but it's eventually we have to break through our own fear barrier and have our own experience. And then saying it's really, let's just say, then the answers start to become evident.

Is it hard for you to realize how big of an impact you've made on people like me? I mean, I'm not trying to treat you like a celebrity or anything like that, but I haven't been nervous to do a radio show in a long time. You know, and I'll tell you real quick, Mr. Billman, we've talked about aliens. We've talked about everything paranormal under the sun and my own experience with the out-of-body experience was because of your work and it's opened my eyes.

(4:56 - 7:25)

Does it ever get overwhelming that so many people are just trying to learn about this now? Well, it keeps me busy. That's for sure. It really does.

That's, it's gratifying to know that I've had an impact at some small extent. You've had a huge impact on me. Well, thank you.

I try to do the best I can in getting out the information in a cogent manner so people will begin to explore this because I think it's an incredible method to obtain the answers for yourself. And I think that's what's important here. You know, there's no philosophies.

I do a six-day workshop at Monroe and I start off my intro evening by saying that there's

absolutely no beliefs associated with this subject. This is about you having your own experience and reaching your own conclusions. And I think that's very important.

My feeling is that anytime I see or read something that's fear-based, I have red flags go up and I immediately know that it's bogus because there is nothing to fear. But one thing that we've proven from our own out-of-body experience is that we're immortal. So my God, what is there to fear when you're immortal? Yeah.

And I wanted to ask you about that because this isn't a belief to you. This is a knowing in your life now. That's what I get from you.

Like, this is a knowing. There's nothing to fear. There's truly an afterlife and it can be as great as we want it to be.

I think that's something huge for all of us. I, myself, some friends of mine have been going through certain people that have passed in our lives and other people that are up against it. And it's been a kind of a hot topic of late.

And I think it gives me great comfort to know that somebody out there like you has had enough experiences with consciousness exploration that you know there's something after this. Well, absolutely. But the real power of this is that everybody can know.

This is what it's all about. Through your own experiences, you can verify this for yourself. You don't have to depend on anyone else.

(7:26 - 7:50)

And that's why I feel this is important. It's self-empowering for people to discover really what the truth is of their existence. It's just so exciting when you start to have experiences and you begin to enter these other dimensions that exist right here, right now.

(7:52 - 9:23)

There's so many, it's a shame that the culture and the society has been programmed to believe in some afterlife, for instance. That sounds like a bunch of clouds and angels. I mean, that's not the way it is at all.

The afterlife is very much, which the term afterlife is actually horrible, it's a continuation of life. But it's very much just a vibrational shift. And there's endless dimensions that are, and many of them are very, very, almost like parallel there.

So there's so much misinformation that's still distributed to the general public about so many of these subjects. What's important is for each individual to become their own explorer and don't be dependent upon secondhand information. For instance, there's a lot of popularity in the last 20 years, especially in the mediums, which is fine.

I don't have a problem with mediums, but it's secondhand information and people forget that sometimes and they take it for gospel. And when you read a book by a medium, you remember you're doing secondhand information that's been filtered through the mind of that writer. And I don't care how much you like the way they write, it is always will be secondhand information.

(9:23 - 15:51)

And it's overlaid through their own state of consciousness. You have to be very cautious of that. I see that so prevalent today, where there's so many people running around, channeling this entity and channeling that entity.

And they're spewing out all this information. We have to realize that the only information you can truly trust is the information you receive from your own personal experience. You have to build your reality on your own experiences, not the experiences of someone else.

Is there, is the mystery a lot bigger? When I say the mystery, I mean, what's on the other side, all of the different realms, is it much bigger than we can perceive? Is there any way that we can understand it? Other than just saying, well, it's consciousness. Do you think we'll ever know what this is all about as being a human, from a human standpoint? Well, possibly sometime in the future. Right now, I think it's still not, it's the non-physical dimensions.

You know, there's so many, like for instance, in theosophy, there's for, I started out in the seventies and everyone believed there were seven dimensions because that's what they were taught in theosophy. And that become like the standard. And then we found out of course, very quickly, once you start having your own experiences, it's that silliness.

There is endless potential of dimensions because it appears they're always, everything is expanding. Everything is expanding outward from those inner dimensions. In other words, for lack of a better word, it's a, continuum with us constantly in flux and growing.

In other words, dimensions within dimensions, within dimensions, and sub dimensions within these dimensions. And anybody that comes up with, this is the number. Again, my red flags go off because there's no way the human mind can comprehend the immensity of what we are in the middle of.

It is beyond the capacity of the human mind in its current state to fully understand it. That's how vast it is. So you have to be cautious in what you, if anybody that puts limits on anything and numbers on anything, again, it's just bloating.

It is because it's so expansive. What's important is that you learn to learn how to control your own, not only learn how to initiate your own experiences, but then you have to go

to that inner school within yourself and learn how to control your own self because we move by thought and we have different energy bodies. The universe, we're multidimensional beings.

So we have to learn how to function in each dimensional space. And there's a lot that we are learning. In my latest book, *Higher Selves Now*, I have a chapter on the continuing evolution of humanity since you brought this up.

And I make it very clear that our evolutionary cycle, people think it's over at death. It's just beginning because we're not animals. We're not human animals.

We're not even human. Consciousness takes any form needed for its evolution. So we have to start to reframe the way we view ourselves in the universe because it's so much more than anybody's ever imagined.

Let's put it that way. You know, I've also had Thomas Campbell on the program and we've talked about these types of things. And I've always been under the impression that when you had an out-of-body experience, that you were leaving the body.

I think it was you the first time that told me, well, you're not really, and this was through your audios, by the way, you're not really leaving the body. You're just going into consciousness. Can you expand on that just a little bit? Yes.

An out-of-body experience is actually you're shifting inward into your existing non-physical, higher vibrational energy body. It has the feeling of exteriorization, but the actual act of an out-of-body experience, and by the way, near-death experience, they're the same trajectory. You're shifting, you're moving in a sense, moving your state of consciousness inward to your non-physical aspect of yourself.

And when you do that, of course, you've entered that dimensional space in consciousness. So yes, the environment's going to look different, but out-of-body experiences, the term itself is a very poor term. It was coined many decades ago.

And we have the ability to shift in actually multiple energy bodies because we are multidimensional beings. And that's what we're doing. But again, the perception is exteriorization, which means, of course, that it feels like you're leaving your body.

Now granted, there is a form of exteriorization that's common, but the main part of an out-of-body experience is a shift from the dense outer vehicle, which is your physical body, and shifting your consciousness inward to a less dense energy vehicle, and then perceiving that environment with a whole difference. By the way, that's why you have to learn through trial and error how to manage the other energy bodies because their capabilities are different. You know, people forget there's no air, there's no gravity.

(15:52 - 16:12)

None of the things that we're used to in the physical world that we take for granted exists when you leave your body, or when you have a near-death experience, or when you die. All the rules of physics are different. There's no mass, there's no aging, there's no disease.

(16:13 - 16:41)

Many of the things that we're used to and become accustomed to, of course, are no longer relevant. So you have to learn the new rules of the road, which I write about quite a bit in different books. Do you, a person like me, I'm still trying to do just, you know, have the experience, going through the methods and techniques, and then trying to stay there as long as possible.

(16:42 - 18:46)

Somebody like you, what are your goals with this now? Do you, are you trying to reach a certain level, or are you just happy with where you're at, and now you're just focused on instructing? Well, I'm never happy exactly where I'm at, so I can't say that. I mean, teaching this for the last 25 years has been very fulfilling for me, because I'm probably near retirement at this point. I'm, I'll be 69 this year.

But for me, my big goal is, and I think I expressed this in the book, Higher Self Now, that's my goal. When I leave my body now, one of the main things, you know, as you know, I'm big on affirmations during OBEs. I'm really big on controlling it, use awareness now.

There's specific affirmations that I teach that I know work. But one of the ones that I use now more than anything, when I leave my body, I stabilize myself. I move away from my physical body 10 feet, and then I stabilize my energy field just through, I think, awareness now.

And the main thing that I try to do is Higher Self Now. I try to go to the highest aspect I can. I try to shift my awareness and experience the highest aspect I can of myself.

That's my principal goal when I have an out-of-body experience. It's not flying around, or floating around, or moving through doors. I have no interest in any of that, because the answers aren't found there.

The answers, as you go inward, you become part. You connect with all that is, and you start to know what's really the game. Because everyone's playing a multidimensional game.

Everyone's playing. It's like a multidimensional game of chess we're all playing, but most humans have no idea the game they're in. And it's quite illuminating when you discover what it is and how vast it is.

(18:46 - 19:07)

It's a game that we're playing with ourselves, you mean? Yeah. Well, the whole game of what we call life, this one-dimensional thing around us, that we call life, these biological, we call that life, don't we? Trees and our bodies are life. But that's only one little fraction of what real life is, is my point.

(19:08 - 19:32)

We're on all these dimensions. We're existing currently. Everybody listening to this is currently residing in different dimensions.

But they're focusing their consciousness on their outer dense vehicle, their body, right now. So that's real to them. But once you start shifting your consciousness, you become aware of the other dimensions.

(19:33 - 20:23)

And what's really exciting is when you can have a profound experience and start to connect with that higher, for lack of a better word, the higher aspects of yourself. And that's what's truly exciting. And we have that capability.

In other words, we can have profound what some people would don't like the term spiritual, but whatever you want to term it, we can connect with that inner aspect of us and have these transcendental type experiences that I've written about and I talk about in Higher Self now. We've been yogis, everybody's doing the same thing. You're going inward.

(20:24 - 20:59)

But to me, out-of-body experiences, this self-initiated out-of-body experiences in particular, is so exciting and so direct of a path. They're all saying there's a thousand paths that take you to the same location. But this method is incredibly exciting.

And I think that's what the appeal is. People are meditating. I am a meditator, but it's a more passive approach.

(20:59 - 23:55)

Let me put it that way. This is a far more active approach. Yeah.

Well, I can tell you that what I heard you say at once, the idea is to become an effective explorers of consciousness. And that hit home with me because a lot of us just talk about it and we talk about all of the mysteries and the ideas of what really could be going on, but we're not going to learn about it until we actually start practicing it and doing it. And that's a big focus for you.

And I think a lot of us need more of that kind of attitude. But I can't help but think, Mr. Buehlman, like I want certain answers to certain things. And I don't know if it's that way for you, but I'd like to think that once I start becoming a better explorer or effective explorer of consciousness, then I could get the answers to maybe the nature of the universe and things like that.

Is that possible for you in terms of those types of things? Definitely. Definitely you can, but you can only get it through going deeply inward until you experience your higher, what I call, I use the term higher self. In Buddhism, it would be called your Buddha nature.

Each kind of yogic path has their own, the source, whatever term you use, but that's where the answers lie. And to me, this is a very direct way to get to that. In other words, during an OBE, you center yourself and you just demand higher self now.

See what happens. You get nothing to lose. Another approach that's less aggressive, let's say, is next level now.

I've been teaching this for 20 years. This works extremely well, and it's a more controlled method. During an OBE, you have to center yourself, and I do that through awareness now.

You can move away from your body 10 feet. And of course, that's to get away from that magnetic core, what some people call the core activity range. But once you're away from your body and you're centered, then you just demand, and I do mean demand, next level now.

And you will begin to move inward within yourself. And what's wild is that the environment that you used to be in, it'll look like it's melting. And suddenly, and this happens very quickly, and it stuns and scares people.

But the next thing you know, you're in another whole environment. And often it's happened so quickly, you have to stabilize yourself again through awareness, using awareness now. And people think they're losing it.

(23:55 - 24:41)

What they've actually done, the universe didn't change, they did. You're moving inward within this multi-dimensional continuum within yourself. And you can do this again and again and again, each time you're going deeper within yourself into a higher vibrational part or element of yourself, however you want to term this.

And you can go as far as you can. Everybody has their own limits based on their own, let's just call it vibrational evolution. So, but that's what I would recommend people doing.

Next level now, when you have an OBE. Center yourself, don't just fly around and walk through the wall. So many people do that.

(24:41 - 24:52)

You know what I mean? First, it's exciting, but you quickly learn that gets quite redundant. Start going inward. That's when, that's the real exploration of consciousness.

(24:53 - 25:09)

That's when it gets really fascinating. And you start to get the answers, like you get connected to, you start to get a broader vision of who you were. And it's quite shocking too, because many of us been here a hundred times.

(25:10 - 25:29)

I didn't believe it until I had the experience and I realized that I had lived so many lives. I would, nobody could have told me it was true because I didn't buy into that initially. Until I started tapping into that and I realized that I was a German soldier during World War II.

(25:30 - 26:14)

And then I found many other lifetimes that I write about in some of my books. But it's quite shocking when you learn things about yourself. You know, we are, we weren't all saints, so let's put it that way.

Everybody's had a background and the history of humanity is a history of war. Many of us have been warriors involved in conflicts, but you learn through personal experience. It's like the earth is like the ultimate simulation.

And we're moving inward in a sense from simulation to simulation within ourselves. Or at least that's one way to look at it. I'm not saying it's not real because it is real.

(26:14 - 27:17)

I'm just saying that there's multiple dimensions and because we're immortal, there's no death and people don't seem to get that. So right now on the physical world, when like during, for instance, World War II, a hundred million people die, but yet nobody really died. They just transferred consciousness when their body was destroyed into a higher vibrational vehicle.

But the more that you know how this functions, the more you can use the current programming we're in and begin to break through the limits and really discover the answers and break, basically everybody has a fear barrier. And you learn how to break through your own fear barriers because everybody has it. And you do that through trial and error often during an out-of-body experience.

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OBE Instructor William Buhlman part2

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(0:01 - 0:41)

Does this also give you the power to, which I know people are wondering, does this also give you the ability to see past your own hang-ups and possibly manifest better things for you and your current life here? Yes, if that's what you wish, absolutely. Yes, you can. Things happen.

As you move inward, the outer world, you start to get a handle. I do an entire presentation on this. You can actually, and I don't want to get too deeply into this, by focusing on the inner planes, you can affect the outer.

(0:42 - 2:00)

That's really the source of all true magic throughout the ages. You can manipulate. In other words, all physical objects, what did they start as? A thought form.

Every object in your home, in all your listeners' homes, your automobile, everything started as a thought form and slowly or quickly, in some cases, manifested as a physical object. So, imagine when you're out of body, you have the ability to focus on thought forms and to, let's just say, stabilize and reinforce that thought form and bring it closer to manifestation. But I don't want to get too deeply into this.

It's one of the things I teach in my workshops about how to, let's just say, accelerate the manifestation of form through your own OBEs. But the main goal, the main thing I like to get across to your audience is this self-knowledge. The most important thing our planet needs and the biggest thing it's lacking is, the biggest problem facing humanity is lack of knowledge of self.

(2:01 - 2:38)

That's why there's wars and conflicts and dissension. There's so much division. Politically, socially, you know what I'm saying.

Where does that come from? Lack of knowledge of self. Through our own out-of-body experiences, we can obtain the answer to what we are. And once we know that, we're no longer a pawn of all these drama, all this drama that's now, so it's always been part of the physical experience.

(2:38 - 3:06)

You break free from the drama train that's constantly on TV and all this falsehood, this litany of bogus information that's spewing through the collective consciousness. You can

break free from that. It's very important so that you don't get caught up in these belief systems or these self-identity issues.

(3:07 - 5:15)

I kind of wanted to figure out this too because I've been reading books that I guess that are from certain mystics and certain, I guess you could say magicians and occultists or whatever, and they all talk about in their deepest books that the real mystery school is not buildings or mosques or temples. It's all in the internal realms, in the astral realms. And they got names for everything, for the planets, for angels, demons, genies, dimensions, the Kabbalah system, you name it.

And it's like, is this because do you think when they started figuring it out that they just felt like they had to name all of these things that they were interacting with or maybe it was because they were taking their own religion into it? Well, I think it's a little of both. I think everybody's influenced by their religion. Look at Swedenborg is a perfect example.

I mean, he had these incredible experiences, but they were all jaded by his religion, which is very strict. Yeah, it was a combo. Remember, the human mind wants to classify everything.

We want to label things. We desperately want to put a label on things like angels. I try my best not to do that.

I've never experienced an angel with wings in 45 years. Because there's no, it's silliness. A multidimensional being does not need wings for God.

You know, it's so ridiculous on the childish. But that's stuck in the collective consciousness, hasn't it? Because it's in the Bible, it's in the Koran, it's in multiple texts. So, when people encounter a non-physical being, remember, we are not just observers of our non-physical environment.

We are participants. We are active participants all the time when we enter into non-physical reality, because it becomes increasingly thought responsive. And it's often forgotten about.

(5:15 - 5:57)

So, we have to be careful not to jump to conclusions about anything. I've experienced all kinds of incredible beings. None of them had wings because I didn't believe in that.

If I would have believed in angels with wings, I'm sure I would have seen it. And if I would have believed in aliens everywhere, I would see aliens. Because our mind wants to desperately make sense of whatever we're perceiving.

So, it will mold it into the shape that we can understand. And we have to remember,

these are thought responsive realms. All of them.

(5:59 - 8:51)

Right. One big question I also have that I'm still trying to understand. I've come up with my own answers, but they're just theories.

Why the amnesia? Why, when we come here, do we have to forget all of that? Why can't we just come here and remember all of that? Because I think that's what creates our fears, because we don't know what's going on. Yeah. Well, some of it, at least.

Some of the mental issues that are so prevalent, like schizophrenia. Shamans say that they're just connecting into multiple aspects of themselves and they can't. Now, whether that's true or not, I'm just saying that I don't think the average human mind could handle being here and remember their true past.

It would be too disorienting. That's one of the reasons, I think. The universe is very, in a way, it's structured.

It's very organized in its own way. It's all an automatic though. And it functions incredibly well.

And the time it takes for each individual soul or state of consciousness to evolve doesn't matter because we're all mortal. A lot of us get hung up on, oh, well, God, it's taken so long. It's such a long slog.

It's relative because there is no such thing as death. So it doesn't matter if it takes a soul or state of consciousness a million years to have all these experiences. But we don't see it that way.

We're looking at it from a one-dimensional plane. But in the greater scheme of things, you have to be focused in the environment you are in. This is one of the things I try to teach in my workshops.

When you leave your body, you have to stay incredibly focused or you're going to snap back to your body very quickly. One of the main things I've been teaching for over 20 years is how to control and maintain and prolong your out-of-body experiences through techniques. Because the vast majority of people, their experiences last 15, 20 seconds.

(8:51 - 9:12)

Because they have random thoughts of the body and the next thing they know, they snap back. It takes training, self-training to begin to lock in. I call it locking in.

As soon as you leave your body, you move away from it and you lock, touch something in that non-physical environment. Get into it. Lock yourself into that reality.

(9:12 - 11:11)

And you do that by getting interested and reach out your hand, if you have a hand, which of course you don't need. But you'll reach out and touch something. And then you begin to lock in.

That's the way you can prolong the experience. Very important at the beginning. It's often overlooked.

Simple things are overlooked. Right. Yeah, for sure.

Do you think we'll ever be able to, well, a couple of things. Do you think that we'll ever be able to do like, kind of like, see, and when they did it in the Monroe Institute, when they would take these journeys and stuff, and I've listened to the audios, they would come back and take notes and compare. But it was almost like remote viewing, it sounded like to me.

Is it possible to travel with others in this realm? It happens. I just finished a workshop, as you probably know, on Friday, Thursday night. And we had multiple people said they met at the Crystal, because it's one of the things that I and others, but I especially focus on.

I have people doing techniques and they focused, because the Crystal, as you know, is such a focal point of the Monroe Institute. I include about three techniques where the end point is the Crystal. And people, every workshop, people are seeing one another at the Crystal.

At night, they see each other sometimes in the Foxtot. It's not that unusual, really. I guess for me it is, because I'm out here in Arkansas.

It feels like away from everybody, you know. And I have a hard time, every time I've done this, William, I have a hard time just leaving the yard. I've got some type of weird hang up where I can't get out of my own perimeter for some reason.

(11:12 - 12:12)

That's very common. That's another reason why it's good. Next time you have an out-of-body experience, after you center yourself to your next level now, and the whole your house and your yard will dissolve away.

It will appear to dissolve away and you will find yourself in another dimensional space. And then you center yourself again. And then start exploring that.

That's one way. Go inward. Don't even waste your time going lateral.

I can't emphasize this enough. Just go inward and move out of your home that way. But that's a very common issue.

You know why? Because in your subconscious mind, that's kind of a safe area. And it's not your conscious mind, obviously. But most people are, when you have an out-of-body experience, your subconscious mind still has a lot of, let's just say it's very powerful.

(12:12 - 12:59)

So you have to find ways to, let's say, break through the limits of the, not only the conscious mind, but subconscious. And the best way I have found to do that is to go inward through next level now. And then you've done it.

You've broken through. Now you're in another dimensional space and you can begin to explore that and get interested. Lock that environment.

As soon as you're in a new environment, and that's what it'll look like. It may be a green field. Then touch something in that new environment.

Reach out your mind and touch it because that's really what you're doing. And then that'll lock it in. And then you can do it again.

(12:59 - 13:56)

You want to see another reality? Next level now and go inward even further within yourself. That's the way to become an effective explorer of consciousness. Going laterally is very, very limited to that dimension, that one sub-dimension of reality.

It's a tiny, tiny fraction of it. You know, I use the analogy when people die. And I've said this in conferences and I've reached out, put my fingers out and show like a half an inch.

That's how far you've moved into the universe. Because you haven't went very far. When we leave our bodies, we think, oh my God, we went so far.

We haven't at all. We've just went to the next minor cause, a layer of reality. And there's many, many layers.

(13:56 - 14:37)

When you say going inward, I've had some questions in the chat room. Is that a feeling you get or you just do it by affirmation when you say next level now? Does it just take you there or do you feel like you have to? I control myself through my mental affirmations. That's how I do it.

And it's been effective. You have to repeat it. You have to be powerful about it.

You have to expect results. A lot of people, I mean, you have to really know and feel that there is no limit, that you can do that. If you question yourself, nothing will happen.

(14:39 - 15:59)

But yes, that's the way to be truly to be an explorer out of body, to be an effective explorer. Because just walking down the street, what does that really give you? I know it's exciting. I spent the early 70s doing that, flying around.

I write about it, flying over my house, flying over my school. It was exciting because, of course, I was only 22 years old. And it was all new and exciting.

But after about a year or two of doing that, you start to get bored. There's got to be more because, of course, there is. So that is so important.

And if you really want to have an adventure, hire yourself now. And it's amazing what can happen if you're ready for it. Your higher self will only give you what you're ready for.

It will stretch you, but it won't give you more than you can handle. And hire yourself now. It's amazing.

Some people describe it as going through layers of color, and suddenly you're in a sea of pure white light and love, connected to everything, connected literally to everything. It's beyond words. It's beyond anything that I can relate.

(16:00 - 16:28)

But that is the way to have a profound out-of-body experience. And then ask your question. You want to know about your past lives.

They'll unfold right before you. I know because I've experienced it. It's like playing cards, just unfolding.

And that's how I experienced it. But everybody experiences it. In other words, that's where the answers are.

(16:30 - 17:12)

Gotcha. Yeah, I'm not going to lie to you. I would love to be able to fly around and stuff.

I mean, I've flown around in my yard and stuff like that, but I'd like to be able to at least move around and then start that. But at some point, the older I get, I see what you're saying because the answers are starting to get more important, the bigger questions. Absolutely.

I mean, I want to know all the answers. I want to know it all. That's always been my driving force.

I don't trust any of the information that's out there. And I especially don't trust this hyper-intellectualism that's now so popular. I don't trust it at all and all these theories of

consciousness.

(17:12 - 17:30)

This is not about theory. I don't have a damn theory. You either know it from experience or you don't.

There's no theories. They're all baloney. And the only way to know something is to go and experience it.

(17:30 - 18:02)

And if people spent as much time doing the techniques to induce the out-of-body experience as they did studying the theories and reading the books about all of these theories and these hyper-intellectual philosophies that are out there, my God, it's like a circular firing squad. Yeah, it is really. It's chaos.

(18:02 - 21:56)

You could do it and people do it for the rest of their lives. I've known people that for 40 years have been studying every imaginable thing out there. They're experts in every subject from quantum physics to mysticism.

You name it, spiritualists. But they never had their own experience. What good is it? It's just a head full of information.

That's why I'm doing this online course, by the way. Tell us about that. This is cool because this is online.

This is something new. Yes, I just developed myself and my wife based on the book, Higher Self Now. But it's not just OBEs.

I want to make this clear. I've written multiple books, as you know. This workshop is devoted to—I teach the metaphysical aspects of it, and my wife teaches the dual aspects.

In other words, it trains you in how to prepare yourself and your loved ones for transition, which is very important. So, how to make death a launchpad of consciousness, not the gnashing of teeth and this, oh, it's so horrible, this person is dying. This is about being knowledgeable, having a spiritual action plan.

We call it the spiritual directive. You create your own launchpad of consciousness. I've got a couple—there's a couple YouTube videos, for those that are interested, that I did that are floating around there.

At conferences, I talk about this in detail. For instance, the Afterlife Conference. And I

spell out exactly—I developed this system.

When I thought I was dying from cancer, I wanted to create my own launchpad and cut away all the belief systems and just get to the point. And that's what this is about, teaching people how to—you know, we're all going to transition. We're all going to die.

So, let's turn this—not only us, but all of our loved ones around us are going to die. And die is a terrible word because it's not accurate. We're all going to make this shift of consciousness permanent.

So, why not be prepared, knowledgeable, and make this an elegant, wonderful, joyous transition and become masters of our own destiny? In other words, turn death into this immense, wonderful experience where you launch yourself to the highest level within yourself you can reach or capable of. And that's what this workshop's about. I can imagine a planet full of people that are no longer afraid and that they look—kind of look forward to it because they know they're going to transition and they know how to do it.

That would be wonderful. How can we get to this conference, by the way? The information is on my website, astralinfo.org. It's a three-week class. It begins this Saturday, actually.

And I do it like twice a year. This is only the second time I think I've done that. So, this is really new.

And it's the future because I'm not going to be teaching six-day workshops after this year. I'm getting up there. I'm 68, and I've got to transition into some kind of online capability that's taped.

(21:56 - 22:28)

Because, you know, I maybe have another year left. My voice goes out. You know what I mean? I just don't have that—I just don't have the capability to do six days of training like I used to.

It's, you know, it's 12 hours a day, six days. Yeah, and for the most part, I think a lot of us that like to learn from you, too, that would love to be able to access most of your stuff through the Internet and make it a lot easier on you and be more accessible. That would be wonderful.

(22:29 - 23:22)

Yeah, I want this to be—I'll be working on something else, but I like to have this training available so when—you know, like I said, I'll be 69 this year, and I'll be transitioning relatively soon. And I want this training to be available to people 20 years from now when I'm long gone. So that's the only way to do that is through online or through

YouTube videos and stuff like that.

That's the only way you can do it. So that's where I'm headed. Well, I really appreciate you coming on the program for an hour with us and joining the late night crowd because we love this stuff, and it means a lot.

Thank you so much for coming on the program again. It's a real pleasure having you here. Oh, it's been a pleasure.

(23:23 - 24:05)

And can you give out your links one more time, even the social media stuff, so everybody listening can find you? Yes, it's—my website is astroinfo.org. That's—and I'm also, surprisingly, I have a Facebook component, but my main site is AstroInfo. My workshops are there and the online stuff and the new book. I also have a new book coming out, but that's still four months away.

But all the new stuff that I'll be doing in the next two years will be on that website. Well, thank you so much. And then I'm going to disappear.

(24:06 - 24:45)

And then you're going to disappear. Well, I mean, I just want to say that I really appreciate your work. It was you that made me realize, you know, because I was one of those peoples like, well, I've tried the out-of-body experience twice.

It didn't work for me. It was you that made me realize that I need to practice this, learn how to relax, learn how to guide myself through it, and really work on this to become effective explorers of consciousness. And it's a phrase that I've used quite a bit here.

And a lot of that was thanks to your work. Well, it takes a commitment, daily commitment, 30 minutes a day. That's all.

But it takes—it does take a daily commitment.

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