

William Buhlman - The Spiritual Path - Belief is NOT the Way! del 1+7sek

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Right now, on Higher Journeys Radio, with Alexis Brooks. The out-of-body experience, though one of the most commonly reported anomalies, is still one such experience that many refuse to believe are real. OBE expert and experimenter William Buhlmann dealt first-hand with that resistance about his own repeated childhood out-of-body experiences as he tried to explain them to his mother.

Though he insisted that his experiences were real and he needed an explanation as to what they were, his mother refused to acknowledge them. This, Buhlmann says, is a symptom of rigid belief, or in this case non-belief, and why so many are limited in exploring their own spiritual path. Too often, spirituality is predicated on a particular belief system adopted by the individual, thereby leaving them with a narrow frequency band of possibility.

For others, however, the spiritual journey may begin through a challenging scenario, or an experience like an OBE or NDE near-death experience. Buhlmann has always insisted that if belief alone is the sole arbiter of the spiritual path, then we are missing the biggest part of the adventure. I spoke once again with William Buhlmann to discuss his thoughts on these ideas and what he feels it takes to peel back the layers of belief in order to experience an authentic spiritual journey.

William, during our last chat back in July of last year, we discussed what it takes to walk the spiritual path. And you've been steady in your conviction that those who are truly on a positive track for spiritual living are those who have elected to toss the more orthodox belief systems in favor of an individual journey, one that certainly includes but is not limited to self-initiated out-of-body experiences. Today we're going to be talking about specific individuals who have, whether voluntarily or not, managed to tap the holy grail of spirituality, even if they just touch it.

You've collected many of these stories over the years, which will be featured in your upcoming book *Beyond the Astral*, metaphysical short stories. And I'm delighted that you've decided to join us once again to share some of those powerful stories. So let's start with this, what you say about the book that I just recently read.

You say, *Beyond the Astral* is designed to open a path to unlimited possibilities by revealing the simple but sometimes powerful message found in the mysterious activities of our consciousness, end quote. Now, indeed, consciousness is mysterious to most, if not all of us. And yet everyone is trying to decipher just what consciousness is.

So I'm going to ask you, how would you define consciousness? Beingness, our self-

awareness, our very beingness itself, our ability to perceive and make decisions. Okay. Well, that's very lucid and very clear.

You know, everyone's grappling with the question, what is consciousness? And I was just thinking, I was driving in the car today, I was saying to myself, I don't even know if the question is so much is, what is consciousness is, how does it behave? You know, I think what we're really grappling with is, does consciousness exist everywhere? Is consciousness not in some places and in others? And I think the inference, of course, is that consciousness is everywhere. Would you agree? Yes, I would. I think consciousness uses various tools to express itself.

I think that's the driving force. For instance, all of nature is being used as a vehicle and an expression of consciousness. From the lowliest insect and animal to whatever you may perceive as a higher life forms, I think all life is an expression of consciousness.

That's what makes it so fascinating now and so exciting because everybody has a different, in other words, our body is a vehicle of consciousness that we're using it now to express our inner self. And it gives us all these opportunities to express ourselves in multiple ways that I think is just wonderful. And now that we're in the modern era, where we have multimedia and everything, people can, the average person, for instance, can really make an impact on the collective, where 100 years ago, that wasn't the case.

Absolutely. So maybe we can say consciousness is moving faster. Who knows? Well, this isn't going to be the crux of our talk.

But I wanted to open with that because you did bring up that big C word in the synopsis of your book. I want to get into some of the stories of the individuals that you have documented. But I want to start with this.

You know, we hear so much talk these days, many cliché about our ability to tap unlimited potential, have infinite awareness, we can create the reality that we want, etc. And yet, there still seems to be an embargo on these abilities, for the most part, maybe, I don't know, due to our belief systems alone. But in this book, you've documented experiences that have seemingly lifted the veil on the limitations of reality, in order to have a more full and gratifying experience through things like OBEs, lucid dreams, exploring past lives, etc.

Let me ask you this, what do you think, Bill, makes some individuals different in terms of their own spiritual journey in this regard versus the masses who seem to be stuck in the world of ordinary and mundane? Why are some people more habituated toward these experiences through these things like OBEs? I think some people just break from the conventional. I know that was my big decision back when I was young. I lost faith in the traditional religious path very at a very young age.

I didn't find any fulfillment in it. And I began my own personal search for self-knowledge. I think that's the driving force.

People are no longer satisfied for the mundane beliefs that are offered by their society. It doesn't matter where you're born. Everybody's, every society and every culture has its own religious norms that are basically shoveled into your consciousness at a young age, whether Christian, Muslim, whatever it may be.

And some people have that ability to question it and say, no, there's something missing here. But where does that come from, Bill? Let's take this for a minute. I mean, do you think it could be in the individual's DNA? Are they carrying over their curiosity from a previous life? What is it about some that, like yourself, where others just don't even question it? There's got to be some... I think it's a driving curiosity that some people have.

And you're right, it may have originated potentially in a past life, but it bubbles up in this life. At some point in your life, you start to question, you know, what am I? The big questions. You know, it's pretty amazing when you think that most humans have no idea where they come from and where they're going.

I mean, it's really quite crazy. And it's only natural, I think, that questions arise like, you know, what am I doing here? What is the purpose for life? Especially when you realize that all the beliefs that people have, none of them are truly their own. They've all been spoon fed by others, generally at an early age.

In other words, people have been programmed and indoctrinated to believe along a certain... And eventually, you just start asking questions. The big thing is curiosity of self. I wanted to know these questions.

Like, where do I go when I die? I was never... Even as a child, I wasn't satisfied with the pat answers I got, oh, you're going to go to heaven. I remember asking, like, well, then what is heaven? Where is it? How does it work? You know what I mean? It's that burning curiosity to know the answers, I think, is the driving force. Mm-hmm.

And I guess we just have to accept some people have more of a thirst or a hunger for it, where others don't. I think there are probably lots of different variables in why one over another would have a deeper curiosity. Well, the other variable, I think, and one of the things that's been motivator is that people have... For instance, sometimes there's a radical event, like a near-death experience.

Well, there you go. Yes. That shakes people up.

Now, that's the other mood that occurs generally later in life, though. Mm-hmm. The questions start early on, but later in life, people have a... There's that pivotal event when people have a... Of course, the most classic one would be a near-death experience.

Right. Or a vivid out-of-body experience, where you find yourself floating out of your body, and you go, oh, my God, this is real. And there's a lot of different ways that occurs.

Sure. A vivid, lucid dream can do that to some people. A precognition.

Suddenly, they find themselves in another reality, and they feel like they're fully functioning. And it makes you start asking those pivotal questions, like, what's the nature of reality? Are there multiple realities? So there's a lot of things that have occurred in the last, especially the last 40 years. Medical science has helped by just the very act of bringing people from the brink of death.

Sure. That opened up a lot of questions. Well, one of the things you wanted to do in this book is to let the reader, as we're talking, have his or her own epiphany, whether while we're talking or reading the book.

By reading and talking about some of the accounts of these otherwise non-ordinary states of consciousness, like the NDE, OBE. Maybe you out there, Journeymen, have had an experience or more like what you will read, but for whatever reason, have not chosen to pay attention until you have that trigger. So Bill, let's get right into some of these stories that are shared in the book, including your own, which I can't wait to hear.

This is the first chapter, I believe, and it's called The Boy Who Could Fly. This is about your own childhood out-of-body journeys. Give us a synopsis of your earliest recollections, if you would.

Well, when I was very young, I was brought up in a very relatively strict Lutheran environment. And I began to essentially float out of my body when I was a young boy. And I didn't know what was going on.

And I would go to my mother on multiple occasions. I still vividly remember this. My mother was a pretty open-minded woman.

I mean, it's not like she was closed-minded, but she had never heard it. You know, we're talking almost, well, almost 60 years ago, because I'm 68 now. And I would start to share that I'm floating out of my body, and I'm starting to see things from a different perception.

And it was all beyond me. I didn't understand what was going on. And I tried to get some insight from her.

I would tell my mother, you know, I'm literally floating out of my body. And on a couple occasions, I floated through the wall. And I was starting to learn how to—I didn't know how to function in that state.

And of course, my mother would just tell me, oh, Willie, that's just a dream. And it would

continue to happen over a period of time. And before I knew it, you know, I began to get more and more, let's just say, for lack of a better word, control.

And before I knew it, I was able to gain, and that's what I tried to share, kind of like the learning curve that I went through during this period of time, where I was like a—it's like a child learning to walk, to move out of the crib, and then begin to its first steps. And I tried to share that feeling I had and how frustrating it was, trying to share these experiences. I remember even telling a childhood friend of mine, I had a good friend of mine in school at the time, and I'm trying to share with him this.

And even he wouldn't believe me. And it shows the frustration that we have to remember. This is before the words of out-of-body even existed.

This goes quite far back into like early, well, it'd be late 50s. And I tried to share my journey the best I could with some literary expansion to it of this learning curve I went through, where I would slowly learn to control my astral, for lack of a better word, my non-physical or my astral body. And I would learn to go through the roof.

I shared a story, which I still vividly remember. My mother asked me for evidence, because I kept on bringing this up at different times of the day, I would tell her. And I was upset that my mother wouldn't believe me.

Yeah, yeah. Which is, you know, you want your mother to believe you, for God's sake, if nothing else. So anyway, there was a ball in the gutter.

I went through the roof and I could see on the roof. And I could actually, I told her, oh, there's a ball in the gutter on the roof. And I still vividly remember saying, oh, there's all kinds of junk on the roof from you kids playing.

You know what I mean? Even that didn't. Then I got a ladder and I went up and I showed her, oh, there was a ball there. But even that wasn't enough.

So I tried to show the frustration, I think, that a lot of people have. There's a lot of children that have out of body experiences. I remember from doing my survey a couple of decades ago, and I would receive thousands of children's experiences.

And that always stuck in my mind. That there's hundreds of thousands of children every day have out of body experiences. Well, you and I have talked about that.

In fact, when I was preparing my lecture quite a few months ago, I wanted to get some information about the numbers of all individuals in the United States, adult or children. And I think the number was 50,000. And maybe that's conservative, a reported OBEs.

But the child factor seems to be extremely high. Why do you think that is? What is it about being younger that might trigger out of body experiences more than older people?

I found that children before puberty are very open to having this type of experience. I think only for the very reason they haven't been programmed as much.

I think it's the same reason why monks select young boys the age of five or so to become monks. They catch them before they've been programmed of all the physical. They've received that heavy physical programming.

Anyway, children are open to having all kinds of non-physical. But but at the same time, but at the same time, Bill, it sounds like yours is an example that wasn't a self-initiated. That was a very spontaneous out of body experience.

So absolutely. So let me see if I understand what you're saying. Just by not being indoctrinated into, let's call it a normal reality.

There's just a more of a natural affinity to put yourself in a position to naturally go into the out of body state. Is that what you're saying? Because it's a natural state. And that's what a lot of people don't seem to understand today.

They think you're forcing something. You're not forcing anything. We're already at.

I have found and I'm not the only one who says this. There's many, many researchers and that have found the same thing. You know, we spend a third of our lives in this altered state we call sleep.

What do people think occurs at sleep? We actually do begin to separate from our biological bodies. That's how we recharge. And I have found that because I've observed my I've observed my wife.

I've observed animals. I've observed other people. When we sleep, we have a natural tendency to move out of phase with our body.

It doesn't mean we're floating at the ceiling, but we're out of phase. We're like three, four. Most most people are like it appears to be like three inches out of phase.

And those are your nonphysical bodies floating out of phase of your physical. And that's when the charging occurs. And that's what you're dreaming.

But science doesn't acknowledge that. It's all they acknowledge is REM. Of course, you know, REM periods.

And because you can't there's no way to visually do a video. And at least currently, to my knowledge, there's no way, unfortunately, to videotape the astral body effectively, even though many people try. Curly in photography, I think, has attempted to to capture at least the auric field around the body.

Some of the aura effects, yes. But this is a natural people forget this is just a natural. We

we end up experiencing ourselves.

It's an aspect of us. That's what people seem to people are so fixated on their biological body is them. That's the core issue here.

When the reverse is true, you know, when we die, the only thing we're taking with us is our as our state of consciousness. There we go again. Right.

We're back to that magical term. It's consciousness is the only thing that's real because it's the only thing that's lasting. All the stuff around us is a passing facade.

Everything. It's all going to be dust. And when we we we leave and we're all good, we all have we're all on the same journey.

We're all on a journey beyond the body. And it's wouldn't it be wise to learn about the journey you're on? I mean, that's to me is what always blows my mind. It's like million billions of people are like ostriches with their head in the sand.

Oh, I don't want to think about that. It's crazy. Don't I want to know what goes on? I want to know what happens.

It's crazy not to know where you're going to where your true home is. Well, you know what I've I've I've learned over the years, Bill, that it is crazy, you know, particularly for those who have a natural, they're naturally inquisitive to want to know answers to these big questions. And I say maybe we'll never fully know, but that should not hinder our or inhibit our ability to look.

But I have learned over the years to say for the people that aren't interested, well, you know what? Let them live the lives that they need to live. And hopefully one day they will get some answers even without looking for them. I don't know.

So I let those be on their own course. And those of us that are that are poised to to explore further, let us do so with with more of a depth and and learn what we can. Let's talk about this because I want to I want to touch on a few of the stories because so many of them look so fascinating and so inspirational.

Let's talk about some what would be considered a less serious view of what we call reincarnation. And this is about soulmates planning a future life while in the I would assume in between life state. Do you recall what I'm talking about? And I know that you wrote this book with your wife, lovely wife, Susan.

I don't know if she wrote this particular story or not or documented it. But can you talk about that? A less serious reincarnation. Soul Sisters is a great story.

It's about people making they meet and they make a plan for their future incarnation. And they sit around essentially having drinks while they're just siding. It's like a kind of

like a restaurant or a meeting space.

OK, and they get together and they begin to plan their next journey together into the physical world. And it's a very light hearted. A lot of the stories are it's a mix, but some of the stories are quite funny, actually.

And one of them is actually quite hilarious with the infants that are speaking to one another. But in Soul Sisters, it's a very light hearted. I think it's a light hearted but very it conveys a lot of really profound information in a way that I think people can relate to of just two people sitting together planning their future life together on on Earth and what the potential might be and what the roles may be, where what would be the entrance point, for instance, what parents would you pick and then and they both have to coordinate the parents.

Are they going to be siblings? There's a lot of pre planning decisions that are made. We take this for granted. Most people never think about this, of course.

But all of us made a certain degree of serious pre planning before we come here. Right. For one thing, we selected our parents.

You're really sure of that? Gun to your head, forcing anybody to incarnate. I think that's important. I need to ask you this.

Do you really let's I want to make this a sticking point for a minute, because this has been said before that we choose the lives that we have. We choose our parents. We choose perhaps every aspect.

I'm just going to I don't know. I'm going to say I'm on the fence about that. I don't know.

I certainly think that we do have skin in the game. I like to say that all the time. You really, really feel what? Why do you think that is that we choose? Because how else could it be? Who else would choose? If if there is an external force choosing, then that would be very disempowering to our entire evolutionary cycle.

Think of it. I mean, it has to be the individual soul making the selection or not making the selection, I feel, or it would not be it would be it would become a very corrupted system where someone is forcing you to do something against your will. And I'm sure the evidence of that.

Right now, granted. Now, I know what you mean. A lot of us have just parents that are not, let's just say, less than ideal, for lack of getting into too much.

That's not even really what I mean, though, that that was the people. I think that self-determination is one of the keynotes of of of an evolving soul. If we don't have self-determination, let's face, don't we have it through our entire life? We make millions of

decisions that determines the outcome of our life.

And would that change just because you're not in a body? Right, right. I don't think that's a logical conclusion. Granted, it's a tough decision.

And there's no I'm not saying that I'm not saying there's there's this predetermination. I'm saying that people select the parents and then all hell breaks loose because no one going to no one knows for sure whether those parents are going to be a good couple or good parents or follow me. You're making that basic call that, oh, I'll take I'll pick these parents for whatever reason.

Maybe it's karmic because of other connections. It's a complicated event, but I want to be clear to the audience. I'm not saying that it means that we are determining the outcome of that life.

It's far from that. It's all you're determining is the birth point. And then from then, anything can happen.

Some say that we're let's say we do. Let's say that the process is that we are choosing all aspects of our life. We choose to be come in with a debilitating disease or, you know, blind or, you know, crappy parents that it's not about the choice to live a horrible life, but just to experience what it feels to suffer and maybe even come back from that very challenging state.

So it's just an interesting I just thought I'd explore that with you. That's all we don't know for sure. And, you know, the other the other thing I just want to make this quick point.

The other thing is some feel that the choices that we're making are more agreements in a group setting. Let's say that they're a group of discarnate souls that are kind of sitting around like these two women, I suppose, which I love. That's a really neat thing where they sat around having drinks, talking, planning their next life.

So maybe it's an agreement among several people. Yes, definitely. It's agreement from between many people.

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