

William Buhlman - The Spiritual Path - Belief is NOT the Way! del 2+7sek

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I think that the key thing here that's often lacking from this discussion is the idea that we're immortal. People are so obsessed with this single life, which is true. That's the way it should be.

I mean, this is what we're here to do. Let's do it. But the point is, we have been around for a long time, and there's a lot more going on.

In other words, each life is like a paragraph in a book. It's not the book itself. And I think people lose track of that when they say, oh, I hear it all the time.

My parents were awful. They created all these issues for me. Yes, but they also created opportunities that now you have things to work on and overcome.

There's always an opportunity for growth in every, let's just say, challenging situation. Why is there wars? As crazy as it sounds to people, and people don't like to hear this, there must be a benefit somehow from the very nature of conflict. There is a learning opportunity.

Yes, it's a harsh learning opportunity, but it gets back to the fact that we're immortal. And the history of humanity is a history of wars. So there's obviously, these are dramatic learning opportunities.

And people don't like to hear that, because they think that the world should be sugar and spice and everything nice. But that's not what the physical world is designed for. People forget we live in a multi-dimensional continuum of potentially millions of realities.

The physical world is not designed to be the sugar and spice place. We have these opportunities to experience more pristine realities when we die. But there's a learning curve to be and learning opportunities that we confront when we enter the physical.

It's a tough training ground. So I think you have to look at it from a wider perception, I think is what I'm saying. I agree.

I absolutely agree. Well, my next question is, it seems that so many of the gifts that people receive, spiritual gifts, come through tragedy. You've touched on this before.

In fact, earlier in this conversation, do you think it has to be that way? Or again, is this just par for the course the way this reality is designed? I don't have to is I wouldn't call it have to I think there's, there's choices that we make when we even choose our parents. And in those choices, we know, to some extent, that there's going to be challenges

inherent when two people get together, based on their history, and their track record, which some people you should at least to some extent, have some knowledge of that when you're pre planning sessions. Now granted, it's not extensive, but there'll be some.

And I think that there's the nature of this reality makes it a, let's just say, a harsher training ground, than many of the realities that exist on the astral, and in other realities beyond the astral. And it's, it's, it's kind of baked into certain degree, you know, what's the biggest problem facing humanity today? It's, it's, it's not all everybody's so fixated on poverty and discrimination. And these, that's not the big problem.

The big problem is lack of knowledge of self, I'm just gonna say that, not knowing that I sell what they are, they don't know where they come from. And they don't know where they're going. So of course, they're going to do ignorant, stupid stuff.

They're acting out of ignorance of self. I'm not the first person to have said this. And this is the core issue that needs to be addressed.

This is why the exploration of consciousness is so critically important for all of us to learn to become explorers of our inner self to some degree, through whatever path you choose, you know, shamanism, yoga, whatever, you know, there's multiple paths available that people are pursuing. And it's so important nowadays, to learn about what you are and where you're going. So that you, you don't have to go through the all the terrible stuff that is occurring on Earth today.

You can see once you know what you are and where you're headed, and what you truly are, you can you it's like you have this giant beacon lighting the way. And you can see beyond the pitfalls that many people fall into the ego created pitfalls is what I'm referring to, because all pitfalls are self created. And you're no longer a victim.

Most people walk around with some kind of victimhood wrapped around them. They take the cloak of victimhood, whether it be the government did it to me, the church did it to me, my parents did it to me. Look what they're all doing.

They're wrapping their their consciousness in victimhood. That's a very negative, self defeating state of consciousness. Instead, let's take that energy and and become explorers of self explorers.

I love that word. And you've said that so many times, and I agree with you wholeheartedly. Let's, I also like to say, let's investigate the mystery.

Let's explore and investigate the mystery. You know, in that regard, Bill, you say in this book, and you've said before, we tend to take our spiritual journey too seriously. And it seems it's because there is so much pressure to adhere to certain taught principles, too many manuals or too many guidelines.

So let me ask you, how do you feel about what I like to call the improvisational journey, making things up? Let's say it's meditation. I don't want to do TM. I'm one of those people that was trained in transcendental meditation at 13.

And even as a kid, I thought to myself, I'm tossing the mantra, there's another way of doing it. And I started on an improvisational journey, self discovery, once again, I think I know what your answer would be. But talk about that a little bit.

What about the improvisational spiritual journey? Oh, I think it has to be it has to come from within us. I think that's so important. That we don't get the problem with looking outside of us is that we end up being a result of others.

We end up being guided and directed and manipulated by others. I don't care who it is. That's why I think it's you have to be discerning and everything you read.

Absolutely. And everything that you allow in your state of consciousness, you have to be discerning about who you surround yourself with. All of these things are important, because the journey that you're speaking of is a self directed inner journey.

And that's what it's all about. That's what I love about out of body experiences, that it couldn't get more individualized. No one is telling you what to do what to think and where to go.

It's all up to you. And there's a lot of self responsibility, you are totally responsible for your journey of consciousness, when you have an out of body experience. There's no one that's going to walk up to you and be your guide.

No, you don't think your guides are you don't think that guides aren't present in some cases. I think there are guides present, but a good guide is not going to interfere with your journey of consciousness. I say this all the time, they are present and more likely, there's a stay on the sidelines out of vision.

That's what I have found in mind. I occasionally I want you can request and I have done so you can make the request to communicate and to even perceive your guide. But in general, a good spiritual guide is never going to interfere with your journey.

Because they are the, the prime directive is self evolution through self exploration. That's the prime directive. Absolutely, of all spiritual guides, because it must be self directed.

Otherwise, you end up being the pawn of someone that's the problem with religions. And these, these, these people that identify and when that's a problem with labels today, the biggest one of the issues now that we're starting to get again, unfortunately, into this crazy political season, everybody's wrapping themselves in labels. My God, could it be any more negative? You are just you, you know, no one is a democrat or republican.

We're souls trying to discover what we are for God's sake, give up, give up all these roles, give up all this labels. They're all labels are nothing but limiting. Labels limit us.

I don't care what kind of limit. And you see it all the time when people declare themselves to be a Baptist, or I'm a Buddhist. What do you just what did you just do? You just put yourself in a box created by someone else.

Your Buddha, Buddha created a box. It's called Buddhism, essentially, and his followers, I was gonna say the followers, probably just like all religions. It's not a you just have to be careful not to fall into a box that limit us.

That's why I think it's so important to be a free thinker, and not be a part of I'm not a member of any organization. I'm not a member of any group. I'm really not.

I'm a guest trainer at the Monroe Institute. But I'm a guest trainer. I've never been trained by Bob Monroe, to be a facilitator.

Most people don't even know that they assume I am. Yeah, no, I never did. And I never would.

Yeah, because that's another box. And people want to be people feel comfortable when they're part of an organization or part of a collective. Yeah, I never felt that way.

I don't want to be part of any collective. It's bad enough that I have to say I'm right now part of the human race. And you know, at the age of 68, that won't last long.

So my point is that I'm not even that. Yeah, I know. I'm, I'm not.

I'm not a biological human. I exist beyond my body. Yeah.

And when I when I transition, I don't need this humanoid form, because I know it's a temporary vehicle of consciousness. But most people don't understand that most people don't. Well, again, we're going back to indoctrination and programming.

And I have to tell you, this is why you and I have been friends for so long, Bill, because I'm one of those proud card carrying members of the I don't join a group club. I don't, I, you know, throughout childhood, I suppose, and adolescence and teenage years, there was, I would dip in and out, but not really, I have never had a need nor an affinity for group joining, pledging a sorority in college, going to workshops and lectures, I, you know, and I say it all the time, it's not necessary, I think you undermine your own ability to travel a sovereign, a true sovereign journey and really explore. But I say that, I'll also put on the record for those that feel that it's enhancing, and in some ways, maybe it can be go for it.

But I too, that's just my preference. I've never been Yeah, it's an individual thing. It's an individual thing.

Yeah, absolutely. I'm just saying that's my way of doing it. Right.

That's but I'm not saying it's for everybody. It's obviously not. People need to have a support.

Most people need to have some kind of collective support system for their journey, it appears. I've never needed that. Maybe it's because I was an only child brought up with an old with only my mother, and I was brought up by myself.

And I would, I learned to be self support. Maybe that had something to do with it. There you go.

I didn't know you were an only child. Well, guess what? Guess who else is? Me. There you go.

There's something that I think, I think quite possibly, you know, I just realized that I learned at a very young age that it's up to me to do do stuff on my own, to entertain myself to do my own journey to make my own decisions. Right. And I think looking back, that probably helped me.

Sure. Sure. And an only child of my father left when we were five.

So I was so but the point is that it wasn't a negative, it was a positive. For me to be able to be self sufficient, I learned at a very young age to be self sufficient. And I learned that I don't need to be to depend on I don't, you know what I mean? Yeah, I learned to be self sufficient in as many ways as possible.

It's interesting that in the beginning of the conversation, I asked you, what is it that makes certain individuals have more of a proclivity for exploration than others. And we came up with a few ideas. But I think you just given me some insight, Bill, as to you having the the benefit of alone time, understanding the the power and solitude, even at a very young age, kind of put you in that position to and have the time and the space to ask those questions and to and to be able to ponder some of the things that you were being told and didn't feel were quite right.

Being an only child, and I can relate to that I learned something new about you today. That's really, there's a lot of little things I think that affect our journey. And I but mostly it's curiosity.

Some people just have this burning need to know short answers, and they're willing to take the risks, they're willing to step out of their comfort zone. That's a big deal to step out of the comfort zone. Many people don't have that I've noticed over the decades.

They they they're they'll read a book about something that's out of the comfort zone. And that's about the extent, right? They they're not going to leave their church and start

becoming and start taking up inner exploration, because it's not comfortable for them. And that's it's that inner driving force that you can't put your finger on.

That is so important. Hmm. Wow.

I think you're right. Big deal there. Listen, I want to, I want you to tell us maybe another story if you can from the book or elaborate on one.

And I hope you can this is fresh, you know, right out right off the presses. So hopefully you have a recollection of all that you wrote. There is one chapter.

Good. There is one chapter in your book about a man who was the sole survivor in a fatal car accident. Can you talk about what he went through in terms of his guilt? And the revelations that he had while experimenting with out of body experiences and, and this had to do with understanding the afterlife state? Yeah, it was this was a this was really some of these stories are quite moving.

This was about that we talked about earlier about how our near death experience can shift us into a different state and really be life changing the same. This is about an accident, how it affects. I was involved in a serious car accident when I was a teenager.

And not now this story, of course, is a fictional, but at in many ways, but it's it's based on the fact that a life changing event, like a car accident can have a major shift in your state of consciousness, because you start to question everything, especially if it leads to a profound experience, like a near death experience. And what I wanted to get across was the idea that for us to embrace these, in other words, a car accidents, a hideous event, but yet it can lead many of these hideous events. Cancer is another one.

We've talked about this. Cancer is another one. Any kind of life threatening event in our lives is often a pivotal moment, where we have to really look at ourselves deeply.

And make a shift. And these are the these are the those moments in our lives, I feel, that are critically important to our personal development, whether it be a car accident, or a life threatening illness, or or a child dying, or a loved one dying of any kind, which we all are going to confront these kind of things. Our parents are going to die.

And we're have to confront it. So no one's no one's immune from these type of events. And it's more about what can we learn from these traumatic events? How can we take this terrible event and turn it into a positive? And that's what this story really is about.

Learning from our trauma, to the point that we have a breakthrough, and and really gain something this inner knowledge of ourselves. I think this is really an important lesson. In other words, don't dwell on the negative aspects.

That's kind of the underlying lesson. Don't dwell on the people have a tendency to totally

dwelling on the loss. Well, sure, of course.

And or and which is I understand that I've suffered loss as well. But there's there's look deeper is all I was trying to say here. Dig a little deeper.

What did we gain? What did we there's something gained in everything. There's a lesson learned. And we have a tendency sometimes to go through life and not look at the lesson learned.

And and to take give or give ourselves credit for what we've gained from the experience. And I think that that was really the purpose of the story. Great.

That sounds like a profound one. And how many stories are in the book, by the way? Do you know offhand? 13 different stories. Yeah, 13 did covering a wide variety of subjects.

One of them is interview with a guide, which isn't really I thought was an interesting story about a non physical reporter on the astral who gets an opportunity to actually interview a higher vibrational guide. And that that was it's it's just a different take on what I tried to do is expand some of these stories beyond the physical and give us a little insight into non physical reality. Right.

And insights that could be gained from these stories. I think each story is an opportunity to take away something sure. That's significant, and to learn from it.

Basically, there's it's a way to teach metaphysics in a fun way. So are all of these stories fiction or some are a mixer? There it's a mix. It's a mix.

Okay, right. Yeah, some of them are. All of them are based on actual out of body experiences.

And but there are some of them are more fictionalized than others. Like the interview with an astral guide. Yeah, that was a little of both really.

But the point is, yes, they're, they're fictionalized stories based on actual out of body experiences, lucid dreams, and also some near death experiences that have been shared with us over the years. Beautiful. And it's out today.

Congratulations. So tell us about it. It's out today.

The Kindle version is out the paper edition will follow in about two weeks. Okay, it was an odd launch. Yeah, yeah.

I've never seen this happen before. That's okay. It's still gonna do well.

So the Kindle is, yeah, the Kindle is available. Now. Okay, great.

And I plan on at some point having an audible. Sounds good. I don't know when I've been

too busy to even think about that.

But I'm getting tremendous requests for that. And I'm already sent it my there'll be a German version and a Romanian there'll be multiple language versions. I love it.

They'll probably early next year. I love it that you know, that is such a good that is to me the ultimate thumbs up that what you're talking about the subjects that we're talking about bill are resonating it seems on a broader scale. More people are hungering for this information.

They really are. And that's that's a great thing. That's a wonderful thing.

Your book is beyond the astral metaphysical short stories. And I can't wait to get my hands on it. I got a sneak peek, but I want to read the whole thing because the stories sound great.

So thank you for sharing it with us so much and always enjoy having you. Listen, I want to remind the journeyers if you enjoyed this episode and particularly if you know someone that might resonate from some of what you heard today, I urge you to like and share this content with your circle of friends and family. Maybe you or someone you know will have their own spiritual epiphany while listening to this great chat or reading the book.

So please share and spread the word. And of course, if you enjoy higher journeys, I invite you to subscribe to our channel for brand new episodes each and every week. So thank you so much.

And thank you, Mr. William Buhlman. Always a pleasure to have you on always a pleasure to chat and chat and chat and we'll continue after we get off the air, too. So thanks, my friend.

Hey, thank you.

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