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Is Out Of Body Experience A Myth

An out of body experience or OBE, is when someone has the sensation of floating outside his or her body. This scientifically proven experience normally takes place when a person is very near-death.

There is also a phenomenon known as astral projection and this is when your physical body is being observed by you from outside of your body, this is also an out of body experience.

This is an experience not to be scoffed at, because a large number of people who were supposedly at death's door, came back with memories of watching their physical body lying in a room. They could also describe the activities going on in the room during that period.

This term got identified in 1943, before that it was called in more belief-centric term as 'projection.' In earlier days this term was considered as similar as spirit walking, but recent researches by scientists reveal the fact that it cannot be something as imaginary as that like spiritwalking.

It is hard to be skeptical about the reality of the out of body experience since it is estimated that nearly ten percent of us will experience it at least once in our lives.

The state of out of body experience is brought about by many other conditions like when a person is suffering great physical or mental trauma and depression. Also use of psychedelic drugs on patients suffering severe conditions brings out this experience or some may visualize certain incidents linked to out of body during trance or coma stage.

There are a number of sites on the Internet that promise you the enjoyment of astral projection and travel. If you know how to do it, astral projection isn't difficult at all.

The sad part is that many people have forgotten how to do it. The plus is that you do not need to have a high level of spirituality or spiritual power to have an out of body experience and you don't have to have a high level of mental power either.

The thing one needs is to have the power to control oneself: that is to say one must remove away all the fears out of his mind that he may not return from his different world where he was feeling out of body. This will bring up the consciousness and divert away the attention for gaining that particular feeling required for out of body.

There is an underlying belief that your astral body can leave the physical body for a short time. For people that embrace this belief, astral travel or out of body experiences are easier to do. This is due to the fact that this person's mind has already been conditioned to let go, which is essential to astral projection.

But if in the same instant one gets the fear of not coming back from his astral world anymore or getting into his physical body from the outwardly projection, one should not perceive it any further.

Once the mind has been silenced and you know that you believe the astral body will return you can use meditation or hypnosis to achieve a successful out of the body experience. This should be begun by thinking positively, repeatedly tell yourself that you want to astral travel and that it is safe. Once the mind finally takes over you will find that you are very open to the idea of astral travel.

You must choose a time and location where you will not be disturbed. Lie down with your arms at your sides. Take slow deep breaths and focus on your breathing to the exclusion of everything else. Enter a state of deep relaxation so that your physical body will let go of your astral body and let it go forth into new dimensions that are not open to mental or physical exploration.

Mentally encourage the tingling sensation you'll feel in your body. Dismiss any conscious thoughts that come into your mind and continue breathing deeply and gently.

An OBE usually begins with a rapid heartbeat and vibrations. Allow these vibrations to completely engulf you. Don't allow yourself to get overly excited. Concentrate on remaining calm. Allow the sensations to completely

take over your body, soul, and heart. You will soon find that your astral body is leaving your physical body and you are beginning an exciting astral journey.

Many people have developed the ability to astral travel. Some of them report that the out of body experience is cut short because of their fear of getting to far away from the physical body.

Others report they leave for unimaginable new spheres of existence and have experiences with such a level of clarity they cannot be mistaken for dreams or imaginings. You have the ability to astral travel as well. You can learn how to do it but the first step is in believing you can and that it is totally safe to do so.

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