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Out Of Body Experience And Astral Travel Understood

An out of body experience, which is sometimes referred to as an OBE, occurs when a person feels like he or she is floating outside of their body. It is a scientifically proven phenomenon that typically occurs when a person is about to die.

This idea of presenting the body outside the body of one's origin is also termed as the astral projection along with the terminology of out of body experience.

This is an idea that certainly shouldn't be scoffed at. There are countless people that were thought to be at death's door that have made it back with vivid memories of seeing their physical body lying lifelessly in a room. They can also give an unusually detailed description of the activities that were going on in the room.

In olden times, an out of body experience was called spirit walking. People have reported this phenomenon throughout the ages and it has become the subject of scientific studies in modern times.

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.

Sometimes certain people undergo this phenomenon suddenly without any pre-posted signals. This may be cases due to high mental or physical trauma or may be due to a high dose of psychedelic drug invasion into the body. It can also be due to reaching in a state of trance or coma.

There are numerous sites on the internet that promise you astral projection and travel joys. Astral projection is rather easy if you learn the right way to do it. It has been said that astral projection is a natural process that has been used since ancient times.

Many generations later, the descendants of those ancient people who were so adept at out of body experiences have now forgotten how to do it. Fortunately, astral projection does not require an extreme amount of spiritual or mental power.

There is one thing you do need to have mental focus about - the fear of not being able to return once you project yourself out of your body can actually prevent you from having an out of body experience. This subconscious fear holds you back, and you need to let it go.

It is believed that the astral body leaves the physical one for a few little seconds. So as soon as one feels like being out of it, one should believe in that, if one believes that he can project his astral body outside his own body, this belief can take him further to the astral world. This is so because of the auto-suggestion of the mind to accept the term that he has already gained astral projection.

However, if there is just this brief bit of fear that one's astral body is going to escape one's physical body and he is going to end up in the state of limbo, one is better off not trying any sort of experimentation.

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.

The first step to start with is laying down in a silent place where one doesn't get easily disturbed by others. Then let the hands rest on the sides so that the vibes of mother nature attracts the inner-sensuality or feelings one is experiencing at that moment. After breathing deeply, one needs to start focusing on the astral body to explore the areas beyond one's physical vision.

You will notice a tingling feeling; encourage this sensation as it is the feeling of the astral body leaving the physical body. Try to push out any physical thoughts that are entering your mind, just concentrate and breathe.

Typically, an OBE will begin with a rapid pulse and vibrations. When you feel these vibrations, simply let them

wash over you, staying calm. Instead of getting excited, just calmly allow the vibrations to assume control of your entire being. You'll soon leave your physical body and take a thrilling astral journey into an unknown realm.

Many people throughout the ages have learned how to have an out of body experience or astral travel. Some of them report the event is cut short due to their fear of leaving the side of their physical body.

Others report they visit other realms where they undergo experiences that are so real they are certain they are not dreaming. You can learn how to astral travel just like humans have done throughout history, it all starts with the belief that you can.

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