

TRANSCRIPT OF THE

DO_OBE

ASTRAL PROJECTION/OOBE CLASS
CONDUCTED IN THE COMPUSERVE NEW AGE FORUM.
MAY & JUNE, 1994



NOTE TO THE READER:

This file is the **actual transcript** of the on-line class I gave in the New Age forum on CompuServe during May and June of 1994. Way before the internet. The reader will note the crude format of communication back then. No nice message boards or emoticon images. Nope, just plain text with an illogical format. FYI, CompuServe used to charge like \$10.00 an hour for access!! No joke. But I digress.

I found this transcript perusing cyberspace in December of 2007. God, 13 years after the class was given. These transcripts used to be available in the New Age forum library of files. But CompuServe, once the hub of cyberspace activity and the coolest place to be is basically a dead ghost town now. Back then, the only other commercial service was Prodigy – anyone remember that? Even before AOL, which, hey! Does anyone remember AOL even?? Sorry, I keep digressing.

I am making these transcripts available mainly because DO_OBE has become a phenomenon in and of itself. Originally, the file was as listed above, the class notes for the class in these transcripts. Now, DO-OBE the book is all that remains and the class is long forgotten. Until now that is. But really, its mainly a historical thing, or maybe just a vanity thing. Who knows? I don't think there is much of a difference anyway. Anyway, one more bit of bytes to throw out there.

I want to acknowledge <http://beyond-the-illusion.com/> for salvaging and preserving these transcripts. Thanks whoever you are!

Be cool, everybody!

Don DeGracia
December, 2007.

OBE CLASS/CONFERENCE
May 10, 1994 10pm - 11:30 EST

(NEWAGE FORUM -- Room 12)
(Transcript follows...)

=====
(12-37,Rilla/Moderator) Without further ado....let's begin...
please hold your questions until...
I open the floor for questions. GA Don!

(12-27,Don D.) Thanks, Rilla...
First, I want to thanks everybody...
for showing up and taking an interest in the class!...
I've prepared some things I'd like to say....
hopefully not to exceed 10 minutes...
then we can take questions....
First, I want to state the purpose of this class...
and that is to *broadly* cover the OBE....
As I said in the notes....
both theory and practice are important...
and we will cover both here....
Next, I want to state the goal of this class...
and that is that I want everyone who really...
wants to learn to astral project to REALLY LEARN...
wants to learn to astral project....
So, in this spirit, I want to say that...
even though I have created a schedule of what...
we shall cover in this class...
I feel your learning needs are more important...
than sticking to any kind of rigid schedule..
so, we shall be rather loose about things...
if need be....
A couple more things...
One, I want to say that your dreams are...
very important to this whole enterprise...
Second, I want to repeat how important it is...
to keep a journal of your experiences...
Finally ...
Tonight's topic is "Occult Ideas"...
and I want to briefly stress, what I think are the...
important ideas in the reading assignment...
There are 4 ideas...
1. Occultists teach that our consciousness...
is NOT created by our physical body..
but that it transcends our physical body...
2. Occultists teach about the planes of nature...
and I want everybody to understand what these planes
are...
Occultists teach that we each have "bodies"...
or vehicles corresponding to these planes...
and that it is these bodies we are using when ...
we have OOBES/astral projections...
and 4. that occultists explain ...
astral prjecting as being a process...
very much like tuning a radio into a radio station...
execpt when you project...
you are tuning your consciousness into one
of the planes.
So, that's it for my into remarks...
Let's open up the floor!

(12-37,Rilla/Moderator) okay...

First, StevenE. GA

(12-32,Steven Estrada) ok

I'm a litytle scared about *inducing* for
lack of a better word...
I read all about the emotional part and am scared
I may get in trouble...
since I'm under a lot of emotional stress lately...
What do yoiu think Don.... GA

(12-27,Don D.) Boy, Steve! We couldn't have picked a better starting
question! First, the OBE itself is NOT scary...
as I said, fear is an initial part of the experiecne...
but goes away naturally with increasing experience...
However, if you are under emotional stress...
of any kind, its best not to bite off anything new...
especially playing around with altered states of
consciousness...
until you work your life into a more comfortable situation.

(12-32,Steven Estrada) ? (follow up question)

(12-37,Rilla/Moderator) sure...one

(12-32,Steven Estrada) ok only 1 for now...

I play with altered states of conscious all the time...
especially being out of a job...
So I WANNA do this as part of my spiritual training...
And I'm gonna no matter what anyone sez (stubborn Steve)...
Perhaps it would be wise to say a prayer 1st...

like I do for protection FROM the astral world...
when I meditate....
What do you think about that?...
Especially the pasrt about prayers...

(12-27,Don D.) Steve, God gave us a will...

(12-32,Steven Estrada) to keep astral being away...

(12-27,Don D.) but he (she it?) also gave us brains...

and the brains are there so we can create and reflect...
the harmony of God's being in our own lives.

(12-37,Rilla/Moderator) okay...

(12-37,Rilla/Moderator) next is Michael P

(12-37,Rilla/Moderator) GA

(12-5,Michael Pagano) ok

(12-5,Michael Pagano) Don, five years ago I went under the gas at the
dentists office...

I entered this state where I felt this was the
real state and the one..

I left was nothing and all my worries were
REALLY trivial..

I have never been able to feel this way again
after that experience...

Any ideas where I was..? Thanks in advance. GA

(12-27,Don D.) First, I'd like to make a quick comment....

to Steve E. and that is that we should talk more...
in depth about your conerns either in e-mail or msg
board...

I think yu raised important questions, and

I simply can't...

answer them sufficiently here....

Now, Michael...

The state you experienced is common under the...
influence of drugs (my friends know I know what i am...
talking about here!)....

It is NOT a realistic state of mind though...

if you use it as an escape from the problems of...
everyday life. However....

it can be a real blessing if you use it...

It can be a real blessing if you use the experiecne...

to help you get a new perspective on your life...

In terms of "where" you were at...

the drug numbed parts of your brain and
created in you..

a not complete state of awareness.

(12-37,Rilla/Moderator) okay...

(12-37,Rilla/Moderator) Michael? Follow up?

(12-5,Michael Pagano) No, Thanks, Don!

(12-37,Rilla/Moderator) okay...

(12-37,Rilla/Moderator) John e m

(12-37,Rilla/Moderator) GA

(12-27,Don D.) Hope that was helpful, Michael.

hi - a pragmatic question from the scientist in me ...

does the altered state actually correlate

to a "physical" ..

reality. as in as one is projecting ...

do the observed physical plane phenomena actually ..

correlate to the Real world of our physical bodies ..

and if not why?, how does one separate a ...

fictional experience from the "real" experience"

and why does it happen?? ga

(12-27,Don D.) Oh Boy!

(12-27,Don D.) You devil!

(12-27,Don D.)

(12-27,Don D.) First, some people, (Robert Monroe for example)...

claim that there OBEs occur in the physical world...

In all my experiences out of body, I have never been

able to confirm this...

Why do my experiences not correlate to the physical
world?

Honest to God, if I knew this, I'd be the greatest
physicist alive!

And psychologist too!

I don't think any one knows the answer John...

? follow up

(12-27,Don D.) The best I've heard is the occult ideas of the planes...

as a way to explain the lack of correlation. does the ..

actual plane exist as a single plane in our
own space...

are we observing experimental evidence of the
"multiple " ..

world hypothesis? ga

(12-27,Don D.) John, you know i can't do these questions justice here!

sorry ga

(12-32,Steven Estrada) ? to john e m

(12-37,Rilla/Moderator) perhaps a good topic for the message board?

(12-27,Don D.) If you want, lets start a thread about it. I'd love to discuss

(12-27,Don D.) it with you.

(12-37,Rilla/Moderator) okay...
(12-37,Rilla/Moderator) Jose is next
(12-35,Jose) okay - hi
(12-37,Rilla/Moderator) Jose> GA
(12-35,Jose) regarding the dweller on the threshold
what kinds of experiences does one commonly
have in confronting...
the negative aspects of his/her personality
on the astral? ga
(12-27,Don D.) Usually, the experience takes the form...
of encountereing a pitch black being...
who makes you scared as hell...
and may actually attack you.
(12-37,Rilla/Moderator) follow up?
(12-35,Jose) yes
and this is a manifestation of your character?
can it harm your astral?
(12-27,Don D.) Absolutely not!...
Once you encounter this being, and see it
for what it is..
it will dissapear from your obes...
The whole experience is the way Nature shocks you...
into taking a good look in the mirror.
(12-37,Rilla/Moderator) okay...
(12-37,Rilla/Moderator) Hutch is next. GA
(12-18,Hutch) A comment on Steve E.'s earlier point ...
About a month ago I started to experiment with lucid ...
dreaming following LaBerge ...
I was undergoing some moderate emotional stress...
which concurrently escalated into making me ...
an emotional wreck. I don't believe the LaBerge text ...
talks about any cautions one should take while doing ...
the astral thing. Like Steve, I'm bound and determined ...
to experience the astral. A new thread on caution ...
would be good. Thanks!
(12-37,Rilla/Moderator) okay...
(12-37,Rilla/Moderator) Bob M. > GA
(12-49,Bob M) My girlfriend was in a car accident at a young age.
She said she remembers seeing
the accident site from above and her father holding
her. How do you suppose she
Hutch., we need to do that....
got there? Near death experience or OBE?
She was bleeding from the head and has
an enormous scar to prove it, but was never
techinically dead.....
she also felt a presence with her..
any comment son that?
(12-27,Don D.) Bob, that sounds like a NDE to me...
these have much in common with OBEs...
(12-32,Steven Estrada) ! on that.
(12-27,Don D.) death itself is the ultimate OBE.
(12-27,Don D.)
(12-37,Rilla/Moderator) follow up?
(12-49,Bob M) yes
she felt a presence with her and a great peace
do you suppose it was a "guardian angel"?
(12-27,Don D.) Bob, the idea of "guardian angel" is complicated...
It could have been anybody...long desceased relatives,...
friendly spirits..or even her own higher self.
(12-37,Rilla/Moderator) Okay...
(12-37,Rilla/Moderator) folks...
I have seven people here lined up...
and Don needs to get going...
(12-27,Don D.) No, I can stay longer!
(12-37,Rilla/Moderator) can we do some quickies?
let's limit to one quesiton, no follow ups...
and then follow up on the board tomorrow.
okay...
John l is next GA
(12-13,john l) ok..i am not very good at remembering dreams...
in fact i have only remembered maybe 5 in my life...
how can i will my self to remember my dreams?
(12-27,Don D.) There are a number of things you can do...
one is to alter your sleep schedule, waking yourself..
up in the middle of the night...
This may help you recall dreams better...
Another good thing to do is what I describe
in the notes...
and that is to not think about anything
else immediately...
upon waking up in the morning, but just try
to lay and recall your dreams.
(12-37,Rilla/Moderator) ok
(12-37,Rilla/Moderator) Next is Jerry
(12-37,Rilla/Moderator) GA

(12-17, Jerry S) I think the most important thing you need is determination..
This overrides fear, and aids in success.
You need firm resolve. ga

(12-27, Don D.) Jerry, thanks for that...
however, you need to be intellectually
prepared to cope with the...
realities you will experience out-of-body...
I have spoken to over 50 people since I put the class...
notes into cyberspace....
and the most common question I am getting
from people is that they...
will tell me of something that happened to them,
and then ask...
what it was and if what it was was ok.
So, there is no substitute for understanding what is
happening to you.

(12-37, Rilla/Moderator) okay...
(12-37, Rilla/Moderator) Paul V is next. GA
(12-33, Paul Vercellotti) OK, quickly here:
This pertains to John e.m.'s question
about whether or not an A.P. corresponds to the
physical world: I think (as do other
people) that it can if you want it to.
If you want to observe the physical world in an A.P.,
then you can if you order all 'hallucinations'
to go away, so that you only see the physical
world unaltered.

(12-27, Don D.) I'm in no rush
(12-33, Paul Vercellotti) (Everyone should try to write the questions
beforehand if they can.)
(12-27, Don D.) Paul, have you ever done this?
(12-33, Paul Vercellotti) Only twice, but this is because I'm having
trouble making them last long enough.
Twice I've correctly identified what a friend had...
put on display in his room for me.
When I haven't ordered the ...
hallucinations to go away, there were little
anomalies with the reality...
that I was in - (Things were just in the wrong places,
or not there at all. ga

(12-27, Don D.) Paul, I want to make clear that I am not saying ...
that what you or John described is impossible...
As a matter of fact, many people report
such experiences, However, I can only go on
what I have experienced...
and I have done many experimtns while out-of-body...
to test the idea that I could percieve
the physical plane and I have never been able
to confirm this ideas.

(12-37, Rilla/Moderator) okay
(12-37, Rilla/Moderator) Steven E. GA
(12-32, Steven Estrada) I have recently went through a psychic attack...
directed to me from the astral plane...
as dreams of being attacked...
So let me tell Jose, that the way to battle...
any negative energy/entity encountered there
is to NOT FEAR it.
If you do - it CAN do you harm.
Next ? - files 1 and 2 from the homework...
don't have anything to say about new techniques...
What are we trying to do this week? ga

(12-27, Don D.) Mainly, the idea tonight was to discuss occult concepts of
the obe... However, I think that whatever you
people feel we should discuss...
is what we should discuss....
Regarding battling hostile entities...
I've done this a few times...
and you can bash their faces in if you want...
you have extrodinary power in the OBE realm...
and nothing can harm you there,
unless you allow it to because you fear it.

(12-37, Rilla/Moderator) okay...
(12-37, Rilla/Moderator) Jose> GA
(12-35, Jose) what does hypnogogic mean?
(12-27, Don D.) Hypnogogic is a term created by psychologists...
to explain the fact that people falling off to sleep...
will see very clear images of things behind their...
closed eyes.

(12-37, Rilla/Moderator) okay...
(12-37, Rilla/Moderator) Becky...and then Bob M...Becky> GA
(12-8, Becky) I find my dreams always come true and usually I find
that I can remember most everything in detail.
What is this/or been?

(12-27, Don D.) Becky, dreams can be prophetic. most dreams are...
if one learns to interpret them correctly....
Seth teaches that we create our futures in our dreams...

in terms of "where" have you been...
there are a number of ways to answer this...
you are in a ghost future, but it is also your ...
subconscious mind, which is also what occultists call ...
the astral plane.

(12-37,Rilla/Moderator) okay...

(12-37,Rilla/Moderator) Bob M> GA

(12-49,Bob M) Why is it that people who are really into
this material, have such trouble
having an experience(OBE). I'm an intellectual,
I understand the concept of it. I try,
maybe I just try to hard? It seems to me,
from the people I know, that it just
"happens"...meanwhile, I'm racking my brains trying
I've had a little experience
with lucid dreaming, but that's about as far as it goes.

(12-27,Don D.) Good question Bob...

One, people have different degrees of talent to having
OBEs, just like playing musical instruments...
this is very important and can't be ignored...
practically speaking what this means is that
some people need to practice more thanb others...
The next thing though is to make sure you
are practicing the right things.

(12-37,Rilla/Moderator) okay...

(12-37,Rilla/Moderator) Jose...and then we will go informal

(12-37,Rilla/Moderator) Jose> GA

(12-35,Jose) i think i've seen these so called hypnogogia. what are they?...
does in mean that i maight be close to prjecting?
are we seeing these with our astral sight?
I tried to wave my hands in front of my face
with my eyes closed but without effect. ga

(12-27,Don D.) Jose, I'd like to talk to you more about this...

so we should start a thread or you can send me email...
but I believe you are seeing these
with your astral sight...
psychologists do not know what these images are.
But yes, you are close to projecting.

(12-37,Rilla/Moderator) Don...

(12-37,Rilla/Moderator) how about closing the formal part now...

(12-37,Rilla/Moderator) and then you all can chat.

(12-27,Don D.) Closing remarks:

One thng thast hits me is that the CO
is NOT a good way

(John e m) schedule 1.5 hours next time for the class. ga

(12-27,Don D.) I feel bad I couldn't devote more thought to the questions
that were asked...
This stuff is very personal, and is very real
in our lives and simple answers are not going
to bring effective solutions, except in simple cases,
of which there were only a few tonight..
I suggest that we take our concerns to the msg board...
which will get broad feedback from other memebbers...
and especially those who also project...
Otherwise, if people have things they think are too
personal, I gladly offer my assistance and ear..

(John e m) I wanted an opinion mostly, not scientific proof

(12-37,Rilla/Moderator) okay...

(12-37,Rilla/Moderator) formal co is over...

(12-37,Rilla/Moderator) feel free to stick around and hash this out...

(12-27,Don D.) I want to thank everyone for showing up.

(12-37,Rilla/Moderator) get/give feedback...

(12-37,Rilla/Moderator) ask more questions

(12-27,Don D.) So, I'm up for a free for all for a while!

(12-37,Rilla/Moderator) it's just me...

(12-37,Rilla/Moderator) I've had a long day

(12-32,Steven Estrada) hey Don - are we trying anything new this week
in our dreams,

(12-20,Jessie) Nothing like coming in at the very end. Hi Don, Rilla

(12-37,Rilla/Moderator) Don said he can stay

(12-32,Steven Estrada) or just dreaming regular?

(12-27,Don D.) Whatever you want, Steven.

(12-32,Steven Estrada) I want to LEARN to consciously oobe.

(12-27,Don D.) You can do it Steve.

(12-32,Steven Estrada) i ONLY DO THAT IN MEDITATION, NOIT DREAMS.

(12-32,Steven Estrada) HOW do you do it in dreams?

(12-27,Don D.) I don't get it Steve, what are you saying?

(12-27,Don D.) Did you read the notes I posted?

(12-32,Steven Estrada) I want to get in a dream, and affect what happens.

(12-32,Steven Estrada) I read the notes. No training there.

(12-32,Steven Estrada) At least not files 1 and 2.

(12-27,Don D.) What do you want to affect, Steve?

(12-49,Bob M) this is my girlfriend...

(12-27,Don D.) Steve, in Files 3 anfd 4 i give lots of technique.

(12-32,Steven Estrada) Bash someones face in maybe on the astral plane (g)

(12-17,Jerry S) The notes mention keeping a diary, which is an essential step.

(12-27,Don D.) Jerry, and John, thanks for showing up!
(12-27,Don D.) It was good moral support!
(12-17,Jerry S) Good job Don.
(12-12,Richard @)) where are the notes Don?
(12-8,Becky) Thanks Don.
(12-49,Bob M) I think i am one of those people who can obe real easy
and id also like to learn.
(12-27,Don D.) They are in the Psychic Abilities Library...
(12-27,Don D.) the file is called Do_OBE.ZIP
(12-8,Becky) I really enjoyed it, but I will probably be posting
on the message board with my many questions. Nite.
(12-20,Jessie) I agree, the notes are great!
(12-32,Steven Estrada) What i WNAT to do is what jeff Wiley and his
crew do all the time, group dreams and such.
(12-36,Beth) Steven> Did You have to do that?
(12-27,Don D.) Oh, John , don't worry about it!
(12-32,Steven Estrada) They MANIPULATE their dreams.
(12-13,Joe G) I am new ... but can I jump in ... something about dreams
(12-13,Joe G) has been bugging me for years
(12-27,Don D.) What's up , Joe?
(12-32,Steven Estrada) Beth > it was line noise.
(12-27,Don D.) So, John, I'm eagerly awaiting your letter!
(12-13,Joe G) I know I am dreaming and I try to wake myself up by
(12-13,Joe G) opening my eyes
(12-13,Joe G) However ,, I can't .. Isrtuggle to open them and can't
(12-27,Don D.) joe, what you describe is really common...
(12-13,Joe G) this has been going on for years. This is also the first
(12-13,Joe G) place I ever got to talk about this.
(12-27,Don D.) Joe, have you read my class notes yet?
(12-12,Richard @)) Cool I have had the same
(12-12,Richard @)) experince.
(12-27,Don D.) yes, me too, many times.
(12-13,Joe G) It is really wierd. I even feel like I am walking in the room.
(12-13,Joe G) Sometimes, I try to knock over a lamp to wake up. I
(12-13,Joe G) actually think I did it, but when I really wake up .. nothing
(12-13,Joe G) is changed.
(12-12,Richard @)) I will be alseep and I will bream I
(12-12,Richard @)) am dreaming and then I will force
(12-12,Richard @)) my self to wake up but when I
(12-12,Richard @)) wake up I am still asleep then
(12-12,Richard @)) some times I wake.
(12-27,Don D.) Joe, that sounds just like what happens to me in my OBEs!
(12-27,Don D.) Richard! What a blast!
(12-13,Joe G) Richard, that is just like me.
(12-27,Don D.) This is some really weird stuff, no?
(12-49,Bob M) My girlfriend, sitting here, wants to know why she has had
so many supernatural
(12-49,Bob M) experiences. She can't tell if it's luck or is she more in tune
with these occurences.
(12-49,Bob M) Or maybe it's because of her NDE. What do YOU (anyone) think?
(12-13,Joe G) I am afraid to go to sleep sometimes. I hate it.
(12-12,Richard @)) Bob> it is because she has the
(12-12,Richard @)) power to let them hapen. but she
(12-12,Richard @)) dose not weald the power but
(12-12,Richard @)) expereses it's self as wreard
(12-12,Richard @)) things.
(12-27,Don D.) Joe, write me in the e-mail and we can talk about your
(12-27,Don D.) experiences. Do you have my e-mail address?
(12-49,Bob M) I'm changing my name to Shelby and she's taking the reigns..
(12-13,Joe G) In order to wake up, usually start yelling. This wakes up
(12-13,Joe G) everyone in the house.
(12-13,Joe G) No, I would like to do that.
(12-27,Don D.) Bob, to your girlfriend, it may be that she is just in tune
(12-27,Don D.) with things. Maybe her NDE was all a part of a greater
(12-27,Don D.) pattern.
(12-13,Joe G) Like I said,,, this is the first I ever really discussed it.
(12-49,Shelby) This is Bob' girlfriend. What do you mean greater pattern?
(12-27,Don D.) Joe, I got your e-mail address and will write you. This is
(12-27,Don D.) sensitive stuff and we can't really discuss it here as it
(12-27,Don D.) needs.
(12-27,Don D.) Hi Shelby.
(12-27,Don D.) What I mean is...
(12-12,Richard @)) Shelby> what do you meen by
(12-12,Richard @)) supernatural expericnes.
(12-12,Richard @)) ?
(12-13,Joe G) Thanks Don, I will look for it. I will be talking to you
(12-27,Don D.) that maybe it is part of your natural abilites unfolding as
(12-27,Don D.) you grow older.
(12-27,Don D.) Will do, Joe.
(12-49,Shelby) Seen many ghosts... and dreams seem to come true
(12-12,Richard @)) shelby> did you see what I typed
(12-12,Richard @)) before?
(12-49,Shelby) I must have missed it.....
(12-49,Shelby) Richard>Just scrolled up and read it.
(12-49,Shelby) Don D.> What is natural abbilities?
(12-12,Richard @)) Shelby> do you think it could

(12-12,Richard @) aply to you. I have inabled
(12-12,Richard @) putegists to perate with out me.
(12-27,Don D.) Shelly, it is natural to hav psychic abilities...
(12-27,Don D.) As I have gotten older I have discovered that I have them.
(12-27,Don D.) This may be what is happening to you.
(12-49,Shelby) i just seem to be so confused about everything
(12-12,Richard @) people can do much more than
(12-12,Richard @) they think they can when they
(12-12,Richard @) inpower forces that they do not
(12-12,Richard @) conciously controll.
(12-49,Shelby) I'm 19
(12-49,Shelby) Thanx Richard
(12-27,Don D.) I'm 28.
(12-12,Richard @) well Shelby I am 20 and started
(12-12,Richard @) fealing the energys when I was
(12-12,Richard @) 14
(12-27,Don D.) Right now, you are facing a lot of different things...
(12-49,Shelby) I was 4 when I had my car accident NDE
(12-12,Richard @) what is NDE?
(12-49,Shelby) Near Death Experience
(12-27,Don D.) Do you remeber it at all?
(12-12,Richard @) that will do it to you.
(12-49,Shelby) yes.
(12-49,Shelby)

(12-27,Don D.) If you want, maybe you could e-mail me about it.
(12-49,Shelby) I saw my father holding me and I was bleeding and he was crying...
(John e m) gotta go guys --- thanks for nice conference. I'll send ..
my transcript to Rilla to post on-line
(12-49,Shelby) OK. But this is my boyfriend's account so I don't know who
it's going to say it's from.
(12-12,Richard @) people forget the first time they
(12-12,Richard @) go through that way.(when they
(12-12,Richard @) are conceived)
(12-27,Don D.) Thanks John!
(12-27,Don D.) That's ok Shelby, just mention in the letter that its from
(12-27,Don D.) you.
(12-27,Don D.) Bye John!

(12-11,Rilla) hi!
(12-9,Denis) I almost went to bed and missed the CO!
(12-11,Rilla) oh no!!
(12-11,Rilla) heaven forbid!
(12-11,Rilla)
(12-9,Denis)
(12-11,Rilla) you could have come in ASTRAL!
(12-11,Rilla)
(12-9,Denis) I guess... Kinda hard to ask questions, tho
(12-11,Rilla) heheheh....good practice though!
(12-10,Quinn) I think I'm in Astral
(12-11,Rilla) A "come as you are in Astral" party?
(12-11,Rilla) hehehe
(12-10,Quinn) Sure, why not?
(12-10,Quinn) After all, I attend "night school", as we all do.
(12-9,Denis) Yes
(12-11,Rilla) Quinn...ah ha!!
(12-11,Rilla) Another member of "the class", eh?
(12-10,Quinn) Yup.
(12-11,Rilla) Do you get the "bus" dreams too?
(12-11,Rilla) John> could you possible transcript again tonight??
(12-10,Quinn) Just came in, "bus" dreams? you lost me.
(12-11,Rilla) You did such a good job last week!
(12-9,Denis) Rilla> I drove a flying/submarine bus last Saturday night...
/send ll ok I've got capture on!
(12-11,Rilla) the same people who get the "class" dreams usually get
the "bus" dreams too
;:[11] Rilla - thank you!!!
(12-11,Rilla) Denis> hehehe....sounds exciting!!
(12-11,Rilla) Did you ever think that that might be a UFO dream?
(12-11,Rilla) That's what some people think of them.
(12-9,Denis) Rilla> Yes... I even parked it in a parking lot
(12-11,Rilla) Denis! Wow!!
(12-11,Rilla) K Mart?
(12-11,Rilla)
(12-10,Quinn) Rilla> As a teacher of the Mysteries, perhaps you were just
(12-10,Quinn) leading your students?
(12-9,Denis) Rilla> It was fun flying over the cars to find a spot
(12-11,Rilla) Quinn> that what some have said
(12-10,Quinn) Denis too!
(12-9,Denis) I said that?
(12-11,Rilla) what?
(12-10,Quinn) Denis> No, sorry, I meant that you as a teacher of the Mysteries
(12-10,Quinn)
(12-9,Denis) Quinn> that what some have said
(12-9,Denis)

(12-15,Don DeGracia) Hi everybody
(12-11,Rilla) Hi Don!
(12-11,Rilla)
(12-9,Denis) Hi Don!
(12-15,Don DeGracia) Kathy says hi too Rilla, and hope you're feeling better.
(12-10,Quinn) Hi Don.
(12-11,Rilla) Tell her thanks! I'm working on it!
(12-14,Mark Doblekar) Hi Everyone.
(12-15,Don DeGracia) Hi Quinn
(12-11,Rilla) Hi Mark!
(12-15,Don DeGracia) Hi Dennis
hi everyone!
(12-11,Rilla) oops...hi Paul!
(12-11,Rilla) missed you!
(12-11,Rilla) Hi Hutch!
(12-15,Don DeGracia) Hi John
(12-17,Paul Vercellotti) Howdy folks.
(12-10,Quinn) Now hat evryone's "hi"

(12-11,Rilla) hahahsa
(12-15,Don D.)
(12-3,Hutch) Howdy!
(12-11,Rilla) turning on alternate capture buffer
(12-10,Quinn) Rilla> Is that an altered state of consciousness ?
(12-11,Rilla/Moderator) heheh...yepwine induced

(12-10,Quinn) John E.> What is the Teosophical view on Dreams?
(12-10,Quinn) That's Theosophical....
ummmm don's an expert more than I.
(12-9,Denis) Good evening!

(12-15,Don D.) Leadbeater has a great book on the topic.
(12-10,Quinn) I'm familiar w/ Leadbetter, have some of his work.
(12-15,Don D.) His stuff is very good.
(12-3,Hutch) I thought the Windows help file on Theosophy in one of
(12-3,Hutch) the Libraries was very good.
(12-10,Quinn) Yeah. Like Besant more tho.

(12-15,Don D.) Me too in some respects.
(12-10,Quinn) Which library Hutch?
(12-15,Don D.) Thanks hutch.
(12-3,Hutch) I don't recall. I did a search under WinCIM and found it.
(12-3,Hutch) Thanks Don!
(12-15,Don D.) I'm gonna make a multimedia version of the file...
(12-15,Don D.) complete with animations of auras and stuff.
(12-10,Quinn) Hutch> Okay, thanks, I browse it later.
(12-3,Hutch) Great! Is there an agenda for this evening?
(12-10,Quinn) Suzanne's here, let's ask her.
/users

User	User ID	Nod	Area	Name
3	71726,1440	OKC	Rm 12	Hutch
9	73051,264	NDK	Rm 12	Denis
10	74077,1735	BWT	Rm 12	Quinn
11	76702,1766	GRM	Rm 12	Rilla/Moderator
12	76220,131	CCJ	Rm 12	john e. m.
14	71674,46	CVK	Rm 12	Mark Doblekar
15	72662,1335	TYL	Rm 12	Don D.
17	76116,2636	NLV	Rm 12	Paul Vercellotti
21	72233,1273	FJJ	Rm 12	suzanne/LIB AS'T
24	74004,3525	SPN	Rm 12	Ann
26	73504,244	BAA	Rm 12	Ivan
27	74053,1542	FJK	Rm 12	Michael B. Harkness

(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) if everyone is ready...
(12-11,Rilla/Moderator) how about if we get started?
(12-15,Don D.) sure
(12-11,Rilla/Moderator) Don...anytime you are ready.
(12-11,Rilla/Moderator) GA
(12-10,Quinn) !
(12-21,suzanne/LIB AS'T) evening everyone!
(12-10,Quinn)
(12-15,Don D.) Well, I've a couple of preliminary things to mention...
(12-15,Don D.) 1. About these COs...
(12-26,Ivan) hello all
(12-15,Don D.) after last week, it is apparent to me that..
(12-15,Don D.) I can't answer some questions with the depth they
(12-15,Don D.) deserve..
(12-15,Don D.) so what i will do if I find myself in this position...
(12-15,Don D.) is recommend we start a thread.
(12-15,Don D.) 2. I send out an e-mail today...
(12-15,Don D.) about preparing your questions before its your turn to ask..
(12-15,Don D.) to save some time....
(12-15,Don D.) Otherwise, I want to highlight what I feel are the...
(12-15,Don D.) important aspects of the reading assignment...

(12-15,Don D.) BTW, for those of you who don't know, there is a ...
(12-15,Don D.) schedule of reading in the file APREAD.TXT...so you can..
(12-15,Don D.) come prepared to the COs. Each CO is supposed to
(12-15,Don D.) focus..
(12-15,Don D.) around the reading assignment...
(12-11,Rilla/Moderator) .
(12-11,Rilla/Moderator) Did that help?
(12-15,Don D.) Each CO is to focus around a reading assignment...
(12-15,Don D.) For tonight, the points I want to make are...
(12-15,Don D.) 1. The term "OBE" (out-of-body experience)...
(12-15,Don D.) is a term made up by parapsychologists, and assumes...
(12-15,Don D.) a physical view of the projection experience.
(12-15,Don D.) 2. The term "lucid dream" (LD) is a term from psychology..
(12-15,Don D.) and implies that the experience is symbolic, similar to ..
(12-15,Don D.) dream interpretation..
(12-15,Don D.) Thus, last week we discussed the occult views, which
(12-15,Don D.) are...
(12-15,Don D.) represented by the term "astral projection"...
(12-15,Don D.) The take home message is that these three terms...
(12-15,Don D.) represent 3 different ways to look at the same phenomena.
(12-15,Don D.) The moral is:
(12-15,Don D.) be open minded about these ideas, and learn as much as
(12-15,Don D.) you can about all the viewpoints of astral projection....
(12-15,Don D.) That is my main point about the theory of astral projecting.
(12-11,Rilla/Moderator) .
(12-15,Don D.) Finally, i want to say that the way I view the projection..
(12-15,Don D.) experience is that it is like using a radio..
(12-15,Don D.) You tune your consciousness into the OBE realms..
(12-11,Rilla/Moderator) .
(12-15,Don D.) So, that's about it for my main points tonight.
(12-15,Don D.) Questions? Comments?
(12-15,Don D.) Hi Jack!
(12-15,Don D.)
(12-10,Quinn) ?
(12-3,Hutch) ?
(12-11,Rilla/Moderator) Quinn> GA
(12-11,Rilla/Moderator) Then Hutch
(12-10,Quinn) Thanks...
(12-10,Quinn) Don you stated that Lucid dreaming (psych. term) and OBE are the
(12-10,Quinn) same. DOn't the parapsychologists and the pschlogists view...
(12-10,Quinn) them differently?
(12-11,Rilla/Moderator) .
(12-10,Quinn) ga
(12-15,Don D.) Yes they do view them differently...
(12-15,Don D.) Generally, the psychologist sees the phenomena...
(12-15,Don D.) as being like a dream, therefore relating to the...
(12-15,Don D.) subconscious mind and they have worked out...
(12-15,Don D.) ideas about how our subconscious expresses itself...
(12-15,Don D.) symbolically to our conscious mind....
(12-15,Don D.) OTOH, parapsychologists, have taken a somewhat,
(12-15,Don D.) IMHO,..
(12-15,Don D.) naive view of projections as being a wraith of some sorts...
(12-11,Rilla/Moderator) .
(12-15,Don D.) that leaves the physical body and travels through...
(12-15,Don D.) the physical world....
(12-15,Don D.) On the basis of my experiences, the psychologists are...
(12-15,Don D.) much closer to the truth
(12-11,Rilla/Moderator) Quinn> follow up?
(12-10,Quinn) Follow up please?
(12-11,Rilla/Moderator) sure
(12-11,Rilla/Moderator) ga
(12-10,Quinn) I personally agree w. the OBE view, however see it as travel...
(12-10,Quinn) through the astral world, not the physical. The Causal Body striving
(12-10,Quinn) for freedom of expression, if you will. Any comment? GA
(12-11,Rilla/Moderator) .
(12-15,Don D.) I agree with that view pretty much...
(12-15,Don D.) have you ever projected?
(12-10,Quinn) Yes
(12-26,Diane Kuszyk) no
(12-15,Don D.)
(12-26,Diane Kuszyk) m
(12-10,Quinn) Consciously, not in sleep...
(12-26,Diane Kuszyk) m
(12-26,Diane Kuszyk) m
(12-26,Diane Kuszyk) m
(12-10,Quinn) many years ago after a d rug induced "hyper". Then again in
(12-10,Quinn) sobriety, but not often. GA.
(12-11,Rilla/Moderator) Diane> are you having trouble?
(12-26,Diane Kuszyk) no
(12-27,Michael B. Harkness) ?
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) Hutch?
(12-11,Rilla/Moderator) GA
(12-3,Hutch) Thanks. Can things from the astral plane "come back" with you,
(12-3,Hutch) let's say in the form of emotions, to the physical plane? GA
(12-26,Diane Kuszyk) go newage

(12-3,Hutch) Right on, Diane!
(12-3,Hutch) GA
(12-15,Don D.) Hutch, I think you can bring anything that is
(12-15,Don D.) *psychological* back and forth with you....
(12-15,Don D.) however, I do not think you can bring physical things into
(12-15,Don D.) the OBE realm
(12-11,Rilla/Moderator) Hutch? GA
(12-3,Hutch) I have a friend that swears when he was young, he left the door ...
(12-3,Hutch) "open" to a bunch of emotional stuff that came after him.
(12-3,Hutch) Thoughts? GA
(12-15,Don D.) Yes, I could imagine that something like this could
(12-15,Don D.) happen...
(12-15,Don D.) that is why you have to have some idea of the kinds of...
(12-15,Don D.) forces and phenomena that operate in the OBE realm...
(12-11,Rilla/Moderator) .
(12-10,Quinn) !
(12-15,Don D.) and that is why I prefer the occult views of the
(12-15,Don D.) experience.
(12-3,Hutch) Follow up?
(12-3,Hutch) GA
(12-19,Penny) ?
(12-11,Rilla/Moderator) Hutch> GA
(12-3,Hutch) Quinn mentioned the "Causal Body". Where does that fit in the five
(12-3,Hutch) body model?
(12-3,Hutch) GA
(12-15,Don D.) I use the term "buddhic body" for the causal body....
(12-15,Don D.) you will find both terms in use in this context, and others
(12-15,Don D.) as well.
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) it's time to let Diane have a turn. GA
(12-11,Rilla/Moderator) okay..
(12-11,Rilla/Moderator) no Diane...
(12-11,Rilla/Moderator) Richard> GA
(12-11,Rilla/Moderator) oops
(12-11,Rilla/Moderator) sorry
(12-11,Rilla/Moderator) Michael H
(12-11,Rilla/Moderator) THEN Richard
(12-27,Michael B. Harkness) Often when I am dreaming I can influence or control the activity or
event. I especially enjoy flying. But I feel
(12-27,Michael B. Harkness) sometimes that the colors could be more vivid or brighter any
suggestions? GA
(12-15,Don D.) Why? Are the colors NOT vivid in your dreams?
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) hang on...
(12-27,Michael B. Harkness) Not as bright as I think they should be
(12-11,Rilla/Moderator) Michael Harkness?
(12-27,Michael B. Harkness) hard to explain
(12-27,Michael B. Harkness) ga
(12-15,Don D.) I don't know what to make of what you are asking
(12-15,Don D.) Michael..
(12-1,Pat) ?
(12-15,Don D.) I don't know how you can make your *dreams* more
(12-15,Don D.) vivid...
(12-15,Don D.) However, I have found that sometimes in my projections...
(12-15,Don D.) some are less vivid than others. I don't know why this
(12-15,Don D.) is.
(12-27,Michael B. Harkness) thanks for the in sight GA
(12-11,Rilla/Moderator) Mike? Finished?
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) Quinn is next
(12-11,Rilla/Moderator) GA
(12-27,Michael B. Harkness) yes ga
(12-11,Rilla/Moderator) Penny> GA
(12-19,Penny) I am sorry, but I am new to this and
(12-19,Penny) I did come in late, but my question
(12-19,Penny) is this: Is OBE a different thing
(12-19,Penny) than an intentional astral
(12-19,Penny) projection? I am thinking of ap as
(12-19,Penny) different from lucid dreaming. I am
(12-19,Penny) thinking that AP is where the astral
(12-19,Penny) body travels around in what we
(12-19,Penny) know as physical reality.
(12-15,Don D.) Penny, i discuss this in my notes if you want to read
(12-15,Don D.) more...
(12-15,Don D.) but from all my experiences, I don't think there is a ...
(12-15,Don D.) difference between astral projections, lucid dreams and
(12-15,Don D.) OBEs.
(12-15,Don D.) ...
(12-15,Don D.) I do not think in any case does ones consciousness...
(12-15,Don D.) literally travel in the physical world....
(12-15,Don D.) I think ones consciousness enters subplanes that are...
(12-15,Don D.) close to the phyecial plane, and mirror events that ...
(12-11,Rilla/Moderator) .
(12-15,Don D.) occur on the physical plane, sometimes more, sometimes..
(12-15,Don D.) less accurately. That is why people some times *seem* to
(12-15,Don D.) be...

(12-15,Don D.) in the physical world. .
(12-19,Penny) So, what about bi-location, where
(12-19,Penny) the person *intends* to be there,
(12-19,Penny) and people see that person?
(12-19,Penny) Thanks. ga.
(12-15,Don D.) I have read about this but never experienced it...
(12-15,Don D.) neither do I know anyone who has experienced anything...
(12-15,Don D.) like this. Have you had such an experience?
(12-15,Don D.)
(12-19,Penny) Ok, thanks. I will let you get back
(12-19,Penny) to technique. Thanks.
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) Next is Pat
(12-1,Pat) I often experience severe
(12-1,Pat) headaches after oob, any
(12-1,Pat) solutions?
(12-15,Don D.) Pat, what do the headaches feel like? Are they
(12-15,Don D.) migranes?
(12-1,Pat) not migraines, but severe, behind
(12-1,Pat) eyes sometimes w nausea
(12-1,Pat) ga
(12-15,Don D.) I get these fairly frequently too. Its a real bummer, no?
(12-15,Don D.) I don't know what causes this, but it is obviously
(12-15,Don D.) somekind..
(12-1,Pat) yes, any solution that u have
(12-1,Pat) found?
(12-15,Don D.) of physiological backlash from the OBE...
(12-15,Don D.) No, I have not found a way to prevent this...
(12-11,Rilla/Moderator) ?
(12-11,Rilla/Moderator) !
(12-9,Denis) !
(12-1,Pat) thank you
(12-3,Hutch) ?
(12-15,Don D.) Pat, you should write me about this, I'd like to get more
(12-15,Don D.) information from you about this.
(12-15,Don D.)
(12-1,Pat) ok
(12-11,Rilla/Moderator) Can I interject something?
(12-15,Don D.) Sure.
(12-11,Rilla/Moderator) even though I am just the moderator
(12-11,Rilla/Moderator) I've found that the headaches can come from ...
(12-11,Rilla/Moderator) stimulating different "brain cycles"...
(12-11,Rilla/Moderator) they will pass with continued work...
(12-1,Pat) !
(12-9,Denis) !
(12-11,Rilla/Moderator) and it also will help if you are being especially careful to do some...
(12-11,Rilla/Moderator) sort of "grounding" while you are actively doing work such as OOBES. GA
(12-15,Don D.) I want to add that I get headaches...
(12-15,Don D.) simply from lack of sleep, like when I stay up all night
(12-15,Don D.) studying...
(12-15,Don D.) and I think the OBE state is different from sleep...
(12-15,Don D.) so your body thinks it is still awake...
(12-15,Don D.) So, it might just be as simple as getting the right amount of
(12-15,Don D.) sleep...
(12-15,Don D.) before practicing the OBE work.
(12-15,Don D.)
(12-11,Rilla/Moderator) Okay...if Pat is finished, Denis is next.
(12-11,Rilla/Moderator) Pat?
(12-1,Pat)
(12-11,Rilla/Moderator) okay...Denis? GA
(12-9,Denis) Okay...
(12-9,Denis) I read somewhere that headaches can be caused by...
(12-29,Marina/Lighthouse)
(12-9,Denis) an abrupt return in the physical. Any comments
(12-11,Rilla/Moderator) .
(12-11,Rilla/Moderator) Don...did you get that question?
(12-15,Don D.) No
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) Denis> resend?
(12-9,Denis) Okay... I'll retype...
(12-9,Denis) I read somewhere that headaches can be caused...
(12-9,Denis) by a fast re-entry in the physical. Comments?
(12-11,Rilla/Moderator) if you can see this...
(12-11,Rilla/Moderator) type a !
(12-15,Don D.) a !
(12-5,Lance K. Campbell) !
(12-9,Denis) a !
a !
(12-28,Helen S/CHANNELING) !
(12-11,Rilla/Moderator) Denis> exit the forum and re-enter
(12-3,Hutch) a !
(12-9,Denis) Ok...
(12-11,Rilla/Moderator) This is a good time...
(12-29,Marina/Lighthouse) !
(12-11,Rilla/Moderator) to let all you CIM folks know...
(12-11,Rilla/Moderator) that there is a SERIOUS problem with the HMI programs...

(12-11,Rilla/Moderator) WINCIM and DOSCIM...
(12-11,Rilla/Moderator) and MACCIM apparently.
(12-11,Rilla/Moderator) sigh
(12-27,Michael B. Harkness) a!
(12-4,Denis) Better?
(12-15,Don D.) sigh
(12-11,Rilla/Moderator) Anyone who is locked up...
(12-27,Michael B. Harkness) no
(12-28,Helen S/CHANNELING) Yes, Denis!
(12-11,Rilla/Moderator) can clean it up by exiting the forum and re-entering.
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) Denis...lets try again.
(12-11,Rilla/Moderator) ga
(12-4,Denis) Ok...
(12-4,Denis) I read somewhere that headaches can be caused...
(12-4,Denis) by too quick a re-entry in the physical...
(12-11,Rilla/Moderator) .
(12-4,Denis) I experiences this when I was awoken by a...
(12-4,Denis) sudden noise
(12-4,Denis) Sorry
(12-15,Don D.) I don't know how one can control how quick or how slow
(12-15,Don D.) they re-enter their body...
(12-15,Don D.) I always wake up abruptly from my projections...
(12-15,Don D.) unless I have a false awakening.
(12-5,Lance K. Campbell) Don, is that you...the guy who wrote the OOB seminar?
(12-15,Don D.) Yes, Lance. This IS the OBE seminar!
(12-15,Don D.)
(12-1,Pat) !
(12-11,Rilla/Moderator) I've lost track...
(12-11,Rilla/Moderator) I'm sorry folks...
(12-11,Rilla/Moderator) who is next?
(12-3,Hutch) ?
(12-11,Rilla/Moderator) Pat is next
(12-11,Rilla/Moderator) Pat> GA
(12-11,Rilla/Moderator) oops
(12-11,Rilla/Moderator) Hutch first
(12-11,Rilla/Moderator) sorry...
(12-11,Rilla/Moderator) this got confusing with all the lock ups
(12-1,Pat) I have always found lucid dreams
(12-1,Pat) to be VERY different than oob
(12-11,Rilla/Moderator) Hutch, then Pat ten Lance
(12-3,Hutch) Who or what tells us of the higher planes? ...
(12-11,Rilla/Moderator) okay...
(12-11,Rilla/Moderator) Pat> ga
(12-3,Hutch) GA
(12-1,Pat) see above
(12-15,Don D.) Hutches question...
(12-15,Don D.) Hutch, the idea of the planes goes back about 2000...
(12-15,Don D.) years to ancient India, where the ideas and practice of...
(12-15,Don D.) yoga evolved. It was these early yogis who discovered
(12-15,Don D.) and...
(12-15,Don D.) recorded the existence of the higher planes. It is a very
(12-15,Don D.) old idea.
(12-3,Hutch) Are there beings that "straddle" multiple planes like us? Not human?
(12-3,Hutch) GA
(12-11,Rilla/Moderator) who is next?
(12-11,Rilla/Moderator) Don> I think you might solve this problem for now...
(12-11,Rilla/Moderator) by going informal?
(12-11,Rilla/Moderator) that should keep the CIMMERS from locking up.
(12-15,Don D.) Well, it is 11 Pm. Lets do it.
(12-11,Rilla/Moderator)
(12-11,Rilla/Moderator) Folks...
(12-11,Rilla/Moderator) I cant recommend highly enough...
(12-11,Rilla/Moderator) that those of you who use HMI programs...
(12-11,Rilla/Moderator) ...
(12-11,Rilla/Moderator) use a back up ASCII program for conferencing.
(12-11,Rilla/Moderator) AT least until they get this bug fixed.
(12-11,Rilla/Moderator) .
(12-28,Helen S/CHANNELING) .
(12-11,Rilla/Moderator) thanks Helen
(12-11,Rilla/Moderator) did that unlock folks?
(12-15,Don D.) Hutch> If there are such beings, they are not physical,
(12-15,Don D.) though other animals acess the astral and mental planes
(12-15,Don D.) too.
(12-3,Hutch) I thought Seth might be one ... non-physical, for example.
(12-3,Hutch) GA
(12-15,Don D.) Sure, Seth is a great example, but his perspective is much
(12-15,Don D.) broader than ours. he is not a single human, but many,
(12-15,Don D.) many humans all at once, and even more too!
(12-3,Hutch) Which planes would he exist on?
(12-5,Lance K. Campbell) ?
(12-15,Don D.) All of them and more.
(12-11,Rilla/Moderator) Lance> we went informal...you can just take normal turns now
(12-11,Rilla/Moderator) sorry for all the confusion.
(12-5,Lance K. Campbell) cool
(12-15,Don D.) What's on your mind Lance?

(12-5,Lance K. Campbell) I had a void experience
(12-5,Lance K. Campbell) and I woke up 24 hours later
(12-5,Lance K. Campbell) Is this a common occurrence?
(12-5,Lance K. Campbell) In other words, I missed an entire day
(12-28,Helen S/CHANNELING) Yes, but for shorter periods of void.
(12-15,Don D.) Lance, that's pretty uncommon as far as i can tell. Also...
(12-15,Don D.) I get the impression that your void experience is different
(12-15,Don D.) from what I describe....
(12-15,Don D.) What do you mean by "void"? Were you just out?
(12-15,Don D.) unconscious?
(12-5,Lance K. Campbell) I was using the trance method
(12-5,Lance K. Campbell) and I left my body
(12-5,Lance K. Campbell) and I saw the hypnogogic images (they looked like
(12-5,Lance K. Campbell) computer icons)
(12-5,Lance K. Campbell) and that's all I remember
(12-5,Lance K. Campbell) I went to bed at 8pm
(12-5,Lance K. Campbell) and I woke up at 8pm the next day
(12-15,Don D.) Lance, you blacked out completely. This is NOT what the
(12-15,Don D.) void is....
(12-5,Lance K. Campbell) Very Strange!
(12-4,Denis) Lance> Wow! A real missed-the-exam dream!
(12-5,Lance K. Campbell) Fortunately it was on a Sunday
(12-15,Don D.) It sounds to me like you fell asleep after you saw the
(12-15,Don D.) hypnogogic images, and that you were very tired and slept
(12-15,Don D.) a long time...
(12-5,Lance K. Campbell) I guess, but I had no reason to be tired
(12-15,Don D.) At any rate, what you did experience sounds really good.
(12-5,Lance K. Campbell) It was interesting, but a bit strange
(12-4,Denis) Lance> That was some trance! I think some advanced yogis are able to do that too
(12-15,Don D.) Well, i want to say one last thing pertaining to the
(12-15,Don D.) conference...
(12-15,Don D.) If anyone had questions that didn't get answered, please
(12-15,Don D.) feel free to write me.
(12-17,Melody M. Pierson) sorry i'm late..hello don and all. i surely do have a question.
(12-4,Denis) Lance> Did you feel hungry or thirsty when you woke up?
(12-15,Don D.) What is it Melody?
(12-5,Lance K. Campbell) Hungry, and very disoriented. My housemate didn't know
(12-5,Lance K. Campbell) what was going on...
(12-17,Melody M. Pierson) i am not sure what the subject matter was here tonight..but maybe you
can help with this psychic energy ...
(12-17,Melody M. Pierson) that pops into my head and out of my mouth.
(12-15,Don D.) I don't understand, Melody.
(12-1,Pat) I think i know what u r
(12-1,Pat) saying---does this upset u?
(12-17,Melody M. Pierson) example..i meet a total stranger on the beach..i ask to see his palm. i
don't read palms...
(12-17,Melody M. Pierson) i hold his hand and tell him i cannot pick up ANYTHING about him...
(12-17,Melody M. Pierson) except that his mother breeds dogs in Virginia.
(12-17,Melody M. Pierson) his mouth drops. I don't know how I knew. This happens about 6 times a
year.
(12-4,Denis) Lance> Yogis are said to be able to slow down their metabolism so as to appear dead.
I suspect
(12-4,Denis) you inadvertently did something similar
(12-2,Wolff) Reguly Melody?
(12-17,Melody M. Pierson) no..in waves...it stops...it comes...2 weeks..then nothing...a
month...then nothing..like that.
(12-2,Wolff) Mmmmmmm
(12-5,Lance K. Campbell) Denis> I guess that's possible, although I know nothing
(12-5,Lance K. Campbell) about yoga
(12-5,Lance K. Campbell) It would have been by pure luck
(12-17,Melody M. Pierson) Then of course everything told to me from this Native American about me
being a Shaman..
(12-11,Rilla/Moderator) folks...
(12-2,Wolff) sounds like you are having uncontrolled channeling sperts
(12-17,Melody M. Pierson) is coming to fruition..signs at every turn..tangible ones, too.
(12-11,Rilla/Moderator) I need sleep
(12-11,Rilla/Moderator) you all have fun!
(12-11,Rilla/Moderator) hugs around!!
(12-15,Don D.) Bye Rilla.
(12-4,Denis) Good night Rilla!
(12-25,Becky) Nite Rilla
bye rilla!
(12-17,Melody M. Pierson) g'/nite rilla
(12-1,Pat) Melody>then maybe u need to go
(12-1,Pat) with the flow
(12-2,Wolff) Bye Rilla see you later say hi to D> for me
(12-5,Lance K. Campbell) Seeeyyaaahhh Rilla
(12-17,Melody M. Pierson) hard to go with the flow when the waters run still and then start to
swirl.
(12-17,Melody M. Pierson) i need guidance to get in touch with my spirit guides..that is what
this is all pointing too.
(12-2,Wolff) Have you focus on the energy when it happens?
(12-17,Melody M. Pierson) any suggestions?
(12-5,Lance K. Campbell) What happened to the dream projection talk?
(12-17,Melody M. Pierson) don't have time to focus..i close my eyes..feel an inner
energy/heat..then I speak..it happens very fast.

(12-2,Wolff) good that tells me something
(12-5,Lance K. Campbell) Don? Are you still answering questions?
(12-25,Becky) Don, I'm new with OBOE and am still having trouble. I can't seem to connect. Wish I knew what I'm doing wrong or just more
(12-25,Becky) practice.!!!
(12-2,Wolff) Tell me in more detail one expearence
(12-17,Melody M. Pierson) i speak to a doctor's secretary on the phone. she is pregnant. 2nd time. 1st time she lost the baby.
(12-17,Melody M. Pierson) so no one in the office talks about the current pregnancy.
(12-17,Melody M. Pierson) in her last trimester..close to her due date..i feel it safe to ask how she is.
(12-2,Wolff) Empathic
(12-17,Melody M. Pierson) she says fine..she has had an ultra sound..(this is by phone)...I tell her it is a girl, right?://
(12-28,Helen S/CHANNELING) Gotta run. Bye.
(12-21,J & C & A) Hi Everyone, Three of us are together, coming to you live from woodstock
(12-17,Melody M. Pierson) right, she says...I then say..out of the blue..So you picked a name..right. Right.
(12-2,Wolff) you seem to sense strong feeling about people who you are in
(12-2,Wolff) contact with
(12-17,Melody M. Pierson) I say WOULD YOU LIKE TO KNOW THE NAME YOU CHOSE?
(12-2,Wolff) and?
(12-17,Melody M. Pierson) she says uh uh..hesitatitng...I say confident as the midnite stars...ALEXANDRA.
(12-17,Melody M. Pierson) she says who told you. I say no one.
(12-17,Melody M. Pierson) She freaks out when she sees me next. Like that.
(12-2,Wolff) you pick up strong emotion tell me a nother please
(12-1,Pat) Melody> have you been doing this
(12-1,Pat) long, like years?
(12-2,Wolff) somthing with low emotion
(12-17,Melody M. Pierson) when i was a little girl...then i just focused on my music..now it is coming back..my 8 year old daughter is very
(12-17,Melody M. Pierson) strong at this.
bye

11:32pm EST

***** 5/24/94 9:54 PM Forum CO

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R 12 : *SYSTEM* | Switching to Dreams/Mind/ESP
          Don DeGracia | Hi Pat!
          Pat | howdy don, hi john
          john e. m. | hi pat
                   | hi don :-)
                   |
          Don DeGracia | Hi John.
                   | John, have you met Pat?
          john e. m. | no
          Don DeGracia | Well, John, meet Pat...
          john e. m. | has you (pat) been to the others (co's)?
          Pat | hi john :>
          Don DeGracia | Pat, this is John, a good friend of mine and
                   | fellow
                   | theosophist.
                   |
          john e. m. |
          Pat | yes, i have been to some co's,
          Don DeGracia | Well, we have afull house tonight!
          Pat | missed you 1st one on the 10th
          Hutch | Hi Don!
          Don DeGracia | Hi Hutch!
          john e. m. | i think everyone is watching startrek? when
                   | is it on - on the central/pacific etc.?
          Don DeGracia | I'll bet that's it!
          Pat | thought that was next sat
          Hutch | Last night, here in San Francisco.
          john e. m. | it just finished here. taped three hours worth
          Don DeGracia | Wow!
                   | Well, Pat, you gonna run the clas tonight?
          Pat | where are you, don and john?
          Don DeGracia | I'm in Detroit, and you?
          john e. m. | 1 hour behind the scenes preview and the 2
                   | hour movie. (I'm in Charlotte EST)
          Pat | no way jose---madison wis
          Don DeGracia | Hey, John, isn't Mike Grenier up in Wis?
          john e. m. | he is in Minneapolis I think!
          Don DeGracia | Well, should we get strated?
                   | Started?
          john e. m. | sure
                   |
          Penny | <---Walks in late.
          Mark Doblekar | Heloo everyone.
          Pat | yuppo
          Don DeGracia | Hi all.
          john e. m. | don is moderating
          Don DeGracia | Yes, everybody, Rilla has relinquished her
                   | gavel to me...
                   | for the rest of the COs.

```


john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

Sheila
Don DeGracia
john e. m.
Sheila

So, we will continue to follow the formal CO procedure...
Ok, so tonight, the the lesson is...
Using dreams as a means to astral project...
. First, I've a quick preliminary remark, then the...
usual introductory statements summarizing this weeks...
material, and then q\$a....
Prelim remarks: A lot of people are getting a great...
start on projecting...
. there are a lot of good messages on the Dreams...
section right now, so I would suggest those of you...
interested check them out...
Remeber that you can search the msgs easily using AP...
as a search term...
. Also, feel free to pcik each others brains too...
Now, important points for this week...
1. Record your experiences!
2. To use dreams as a means to astral project...
you have to recognize that your dreams are....
. REAL EXPERINECES....
Dreams are DIFFERENT than your physical waking life...
but they are just as real...
You have to begin to identify with the you that is the...
actor inyour dreams...
. 3. Dreams are unconscious astral projections and...
astral projections are conscious dreams...
4. The idea of using dreams as a means to project...
involves TAKING YOUR WAKING MIND INTO YOUR DREAMS...
. 5. You want to create a CONTINUITY OF MEMORY...
BETWEEN YOUR WAKING AND DREAM MINDS...
6. There is a SPECTRUM of awareness between...
dreams and astral projections. They are not seperate things...
. but the two ends of a continuum...
and finally, 7. Things you can do to project from...
dreams:...
A) Work to remeber your dreams...
B) Condition yourself to become lucid while dreaming...
. by looking for anything that can trigger you to ...
become lucid..
C) Built the desire to project...
D) Do the excersies I put at the end of FILE 4...
in the class notes...
So, that's it, for a broad overview of this week's topic...
. Let's up up the floor to comments and questions...
anybody!
?
Sheila, GA.
. Don, you said that ...
you can't go into the physical...
world during a projection...
But i think I did that once...
I saw myself meditating...
I was above watching...

john e. m. Sheila	.
Don DeGracia	Everything was crystal clear... What was happening? ga Sheila, this has been a persisent question... since the class has begun..
john e. m. Don DeGracia	.
	What you describe is very common... many projectors experience this... and near death expereinces are like this... However, I do not believe that you are ... directly percieving the physical plane...
john e. m. Don DeGracia	.
	what I believe to be happening in these circumstances... in that one is percieving etheric subplanes ... that are "shaped" in the form of the physical... plane, and thus mirror events occuring on this... plane...
john e. m. Don DeGracia	.
	This kind of theory... explains why you get both circumstances... of people acurately perceiving physical events... during projections, or people NOT accurately ... perceiving events during projections, which is...
john e. m. Don DeGracia	.
	the case with me. Do you have a follow up question Sheila follow up?
Sheila	Go !
Don DeGracia	I knew a woman...
Sheila	.
john e. m. Sheila	who saw a friend on the other coast from her...
Lunar Beam	whats going on in here?
Sheila	come to her room in the middle of the night... He spoke to her and...
Lunar Beam	discussion?
Don DeGracia	Robert Monroe describes doing this too... the next day she called him and...
Sheila	.
john e. m. Sheila	in fact he said he had deliberately come to her...
Don DeGracia	How do you explain this?...ga Again, Sheila, there are numerous reports of this... kind of thing happening during projections...
john e. m. Don DeGracia	.
	however, they do not occur in any consistent... pattern so that one could say that projections... always and accurately give physical information... I am not saying such occurances are impossible... because you just described one! However, they are the exception and not the rule... as far as my personal OBEs have gone.
Sheila	Thanks.
Hutch	?
john e. m. Don DeGracia	.
	Sure Sheila. Hutch GA.
Hutch	Don, pardon me for reading ahead ... but I've noticed in your notes that your personal ...
john e. m. Hutch	.
	AP experiences seem much different ... than those described in LD books I've read ... in that you seem to take on more the role ... of "explorer" rather than "controller" in the ... dream state. My question is ...
john e. m. Hutch	.
	do you feel this affects the "quality" ... of ones' lucid dreams? It seems that ... an "explorer" is much closer to my normal ... dreams, yet I don't feel at all lucid. GA

Don DeGracia
john e. m.
Don DeGracia

Lunar Beam
john e. m.
Lunar Beam
Don DeGracia

Lunar Beam
Hutch
Don DeGracia
Jeff W.
Don DeGracia

john e. m.
Hutch

john e. m.
Don DeGracia

Lunar Beam
Don DeGracia

john e. m.
Hutch

Don DeGracia

Hutch
Don DeGracia

john e. m.
Don DeGracia
Lunar Beam

Don DeGracia
Lunar Beam
Don DeGracia
john e. m.
Don DeGracia

Lunar Beam
Don DeGracia
Lunar Beam
Don DeGracia

Lunar Beam
Don DeGracia

Hutch
john e. m.
Don DeGracia
john e. m.
Don DeGracia
john e. m.
Don DeGracia
Pat

Jeff W.
Don DeGracia
john e. m.
Jeff W.

john e. m.

Well, Hutch...
.
being lucid is, as I experience it...
and as I try to describe in the notes...
is that it is ME over there in the dream...
world....
cool
.
Hi all
I am fully aware that I am Don, and have a
life...
here in the physical palne..
yep...have you ever reached the Budhic plane?
.
This is what i mean by "lucid"...
!
because I am not in this world...
that is why I am an "explorer"..
Does that make any sense Hutch?
.
Yeah! Since I haven't had ...
a "lucid dream" yet I'm still trying to
understand ...
Part of my problem in becoming lucid, ...
I think, is that in my dreams ...
I really do seem to be "myself", ...
doing pretty much whatever I feel like. ...
I don't seem to care much when ...
weird things happen to me. GA
.
Hutch, are you aware that you are in the
dream...
?
world? AAnd are you fully aware of your life
in this...
world when you dream?
Hutch.
.
Dream world - no, real world ...
I always thought, yes! Maybe the real answer
...
is "no". That could be a good tip. GA
Hutch we can talk more about this on the msg
boards..
Yes - Thanks Don!
to help give you a better sense of what its
liek being ...
lucid in the dream...
.
Ok, Lunar Beam, GA.
I am having trouble projecting! I did it
twice by accident but now i can't do it
Well, here's what i suggest Lunar...
ok
can you write me a letter either on...
.
e-mail or on the Dreams message board...
telling me about your expereinces....
me?
and once i know more aobut your expereinces...
ok...
maybe we can figure out how you can project
again...
brb
Is that ok?
I think Lunar has left us . GA
i think L.B. has brb'd
Ok.
probably should move on.
Well, next?
.
Pat, you want to add anything to all this?
no, but i belive jeff had a ? (hi
Jeff)
?
Oh! Jeff
.
Hi Pat....
Don, I read someplace...
and I can only assume that it was in the
theosophical..
liture, that the etheric body can not
seperate from
the physical...
.

Jeff W.
Don DeGracia

I'm just wondering if you ever heard this?
Well...

PATRICIA ESTEP
Don DeGracia

I have heard that the etheric...
can separate from the physical...
Hello. WhoHello.
in the theosophical literature....
this is how they describe how mediumship
occurs...
What the theosophists do describe is that it
is...
unhealthy to do this...

john e. m.
Don DeGracia

.
Now, in terms of projecting...
I frankly do not know for sure if that
paralyzed...
or lethargic state is indeed the use of the
etheric...
body or not...

PATRICIA ESTEP
Don DeGracia

Fascinating
but I feel it is a useful distinction to make
anyway...

john e. m.
Jeff W.
Don DeGracia

.
!
because this state is clearly different from
the normal...
dream or OBE states where one freely moves.

Jeff W.

Jeff, follow up?
Until you started talking about it...
I was assuming that the etheric could not
project...

john e. m.
Jeff W.

.
and that experiences of "near physical", and
such
were low astral exp.s...

PATRICIA ESTEP
Jeff W.

It !/exit
I do like your idea though, it helps explain
some
things.

john e. m.
Jeff W.

.
like the paralysis.
Don...

Sheila
Jeff W.

?
sometime I want to get into this more...
about the question of whether it's possible
to see...

john e. m.
Jeff W.

.
or effect the physical from the astral or
etheric.
Done.

Don DeGracia

Well, Jeff...
another implication to the distinction ...
between etheric and astral...

john e. m.
Don DeGracia

.
ties into what Sheila asked about
perceiving...
physical events...
I think that "etheric projections" can give...

Jeff W.
Don DeGracia
john e. m.
Don DeGracia

.
at least to some degree of accuracy...
information about the etheric..
or at least I'm willing to be sold on the
idea....
for intellectual reasons .
Sheila.

Sheila
john e. m.
Jeff W.

Jeff, what does low astral mean? ga
.
Sheila>...
by low astral I mean a lower subplane of the
astral
plane....
this is closer in "vibration" to the
physical, and so in
theory...

john e. m.
Jeff W.

.
(my theory) it might be possible to see, or
effect...
the physical from there. Kind of a reverse
clairvoyance (sp?).
Then this doesn't have anything to do with
paralysis?

Sheila
Don DeGracia
Jeff W.

It's also where the "nasties" hang out.

Don DeGracia
john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

Janice
Don DeGracia

Lunar Beam
Don DeGracia

john e. m.
Lunar Beam
Sheila
Anna
Don DeGracia
Sheila
Lunar Beam
Don DeGracia

john e. m.
Don DeGracia

Jeff W.

Janice

Jeff W.
Don DeGracia

Hutch
john e. m.
Janice
Lunar Beam
Jeff W.

Hutch

Jeff W.
Lunar Beam
Hutch
Don DeGracia
john e. m.
Hutch

Don DeGracia
Lunar Beam
Jeff W.

Janice
Don DeGracia

Hutch
Peggy

If I can put my 2 cents worth it ...
.
Sheila, the paralysis is due to the fact
that....
your body has fallen asleep, but your mind
has not...
but your mind still can sense the body to
realize it...
is paralyzed. This is something that
.
even neurophysiologists know about....
However, what they do not know is that a
person...
can be conscious in this state too...
And when you are conscious in this state....
I call that being in the "etheric plane"...
.
Now, with the idea of the astral plane...
this is when you have totally lost touch with
any...
sense of your physical body at all....
like in your dreams for example....
and are in the place I refer to in the notes
as the...
OBE realm...
HI Jeff I showed up aren't u proud.G>
But the sometimes confusing part....
is that these two states may overlap a little
bit...
none of this is cut and dry....
i'm back
and even experienced projectors like Jeff and
I...
are constantly struggling to get some
handle...
on making sense of all this.
.
hi ANNA
Thanks jeff, and Don.
hi Lunar
Sheila, fllow up?
yes, done. ga
hey anna send me a p-message
Well, gang, its 11 PM...
I think we should close the formal CO...
I want to thank you all for showing up and
participating..
.
and wish you continued success with your
practices.
End of formal CO...
Let the party begin
Wow, Don that was great!
Glad I could make it for part of it.
I finally make it to a
CO and it ends
Oh, Janice! Maybe next time!
Janice :(
Thanks Jeff!
?
.
sorry Don
?
Hutch, Lunar. It's not formal now so just
blurt out your
questions!
I see I'm in the company of experienced
projectors!
It's a free-for all!
ok... hey Don will ya chat wit me
Any word on how long it took to get there?
Yi!!!
.
I've been trying diligently for a couple
months ...
Lunar, where are you from?
HOUSTON, TX
Hey, we should all thanks John for putting
in all
those periods to keep the CIM folks from
locking up.
Jeff> where Donna and Paul been?
Hutch, it took me about a month for my first
one.
thank john e.m.
'p

```

Lunar Beam      %j$KC\ra5+7Ugwe&
john e. m.      it keeps it from locking up?
Hutch           .
Don DeGracia    were you conciously trying for it Don?
                Thanks John!
                Yay!
Jeff W.         Yes, there's a bug in the CIM software.
Lunar Beam     than x
Don DeGracia    John
john e. m.      tough job!!
Pat            thanks john
Don DeGracia    Yes, I was Hutch.
Lunar Beam     .
Jeff W.         John> the little finger must be getting
                tired!
Hutch          I think on a bell curve, I'm right around a
                "D"
Jeff W.         Hutch, how long have you been trying?
john e. m.      .
Hutch          a couple months now -
Jeff W.         You will succeed. It's take time to sink it
                into the
                subconscious.
Lunar Beam     i am having trouble AP... i keep levitating
                by accident... anybody else have this happen?
                .
Hutch          I think I'm close!
Don DeGracia    I think you are too Hutch.
john e. m.      .
Jeff W.         Hutch, are you trying to project via the
                trance state,
                or though a dream (lucid dreaming)?
Don DeGracia    Lunar, are you sleeping when you levitate?
Lunar Beam     .....
                .....
Hutch          I'm trying both!
john e. m.      .
Jeff W.         I've had hundreds of "lucid dreams", but only
                a
                handful of waking to OB experiences.
Lunar Beam     i am in a deep state of relaxation... i can
                do it willing ley... it just happens
                sometimes when i am trying to project
Hutch          Jeff> I just read I should try the trance in
                the early morning.
Jeff W.         Hutch> The reason that time is good..
Don DeGracia    Lunar, I think you are astral projecting when
                you levitate.
                .
john e. m.      is that by then your mind is rested, but your
Jeff W.         body is
                still very relaxed...
                it takes an awake mind, and a _very_ realaxed
                body.
Lunar Beam     no, it is physcical levitation... i have had
                people talking me through it and my physical
                body rose
Hutch          Jeff > aha! I think I tend to think too
                much ...
Jeff W.         Lunar> WOW!
Don DeGracia    Who was talking to you Lunar?
Hutch          ... probably not very relaxing.
                ,
john e. m.      .
Hutch          .
                .
                Must drop out. Thanks all!
                .
john e. m.      Bye all, I've got to go answer some messages.
Jeff W.         Ok Hutch, we'll see you later!
Don DeGracia    bye jeff!
john e. m.      Take care too Jeff, thanks for droppin by
Don DeGracia    both of you!
Pat            ,bye jeff
john e. m.      is everyone still ok? no one locked up?
Jeff W.         Be lucid.
Don DeGracia    You did great John!
john e. m.      thanks !!
                .
Pat            nite all, good luck in you
                endeavors!
john e. m.      bye Pat -- nice meeting you!
                well ... not much left here... any more
                questions??
Don DeGracia    Nope, lets call it a night.
john e. m.      ok

```

Don DeGracia | by all!
| Bye!

***** 5/24/94 11:25 PM Forum CO

On line CO #4 for Don DeGracia's OBE class

***** 5/31/94 9:56 PM Forum CO

R 12 : *SYSTEM* | Switching to Dreams/Mind/ESP
john e. m. | .

Joy Barish | HI John do Iknow you??

john e. m. | doubt it !!!

Joy Barish | Im into Jungian dream interp. myself ,hardly
| anyone else
| is, but for me its the only way to go-progress
| spiritually
| I mean, Ive said that before.
| HI Denis.

john e. m. | .

Don DeGracia | Joy, I'm into Jung dream interpretation too!

Joy Barish | Aha--- how long??? Don..???

Don DeGracia | only a couple years now.

Joy Barish | Ive hund. of draems here in
| my note books,one has to face
| oneself totally lst though, a lot of people
| wont do that..

Don DeGracia | Joy, did you know this is a formal CO on OBEs?

Joy Barish | sorry dreams, am just back from London a few
| days still jet
| lagged....

john e. m. | .

Joy Barish | sorry I didnt know!

john e. m. | don is monitor

Don DeGracia | We havent started yet. In a couple minutes
| tho.

john e. m. | wanta start??

Don DeGracia | Might as well.

john e. m. | shoot

Don DeGracia | Ok, lets start
| Well, Denis, Joy and Joe, welcome to the 4th
| CO...
| on OBEs...
| Tonight the topic is how to leave your body...
| using the method of going into trance.
| Keeping to the regular format...
| I'll give about 10-15 minutes worth of...
| material...
| then open the floor up for discussion.
| So, off we go....
| Tonight we will discuss how to induce a
| trance...
| and what happens to you as you go into
| trance...
| and what it actually feels like to "leave"
| your body.

john e. m. | ...

Don DeGracia | .
| .
| 1. Trance is a process of keeping your mind
| awake...
| while your body falls asleep...
| 2. To go into trance:...
| A. You will lie down in a comfortable place
| with...
| the intent to project...

john e. m.
Don DeGracia

.
B. You will allow yourself to relax ever more...
deeply while at the same time, you will keep your...
mind focused on your self-awareness....
C. You can stare into the darkness behind your...
closed eyes and look for little, sparkley lights...

john e. m.
Don DeGracia

.
(ideoretinal lights). You may see hypnogogic...
images appear. These images are harmless....
D. You should stay very conscious of your ...

john e. m.
Don DeGracia

.
kinesthetic sensations. Kinesthetic sensations are...
your sensations of your body, how it feels, what it's...
position is, etc....
Eventually, you will feel your body doing one of the...
following:...
Slipping, sinking, floating, drifting....
Allow this to happen.

john e. m.
Don DeGracia

...
. E. You may experience the following: Tingles and...
chills in your body. You may hear weird sounds. ...
You may see a bright white light....
F. Finally, one of the following may occur:...

john e. m.
Don DeGracia

.
1. You lose consciousness momentarily... (i.e. blackout)...
2. You find yourself floating in a great darkness....
If this happens you are out-of-body...
3. You may find yourself all of a sudden somewhere...

john e. m.
Don DeGracia

.
else, NOT where you had started out, in which...
case, you are out-of-body....
4. You may wake up...

john e. m.
Don DeGracia

.
5. You may fall asleep....
3. This whole process may require practice... before you actually leave your body. This process...
is not cut and dry. You may or may not experience...

john e. m.
Don DeGracia

.
the above senstaions, but chances are good you will ...
experience some of them. A very large variety of...
things could possibly happen to you as you go deeper..
into trance....
4. It is important that, no matter what you feel or...

john e. m.
Don DeGracia

.
perceive, that you REMAIN CALM AND RELAXED....
5. The only time you should stop is if you feel any type...
of pain. If you feel any kind of pain, wake...
yourself up. Do NOT proceed if you feel any kind...
of pain...

john e. m.
Don DeGracia

.
So, this is what it's like to go into trance, and ...
these are the things you will feel and perceive as you...
leave your body. You may or may not feel afraid...
We have been discussing the fear responce on the...

john e. m.
Don DeGracia

.
message board. ...
Generally speaking, this entire process of going...

john e. m. | into trance is completely safe...
Don DeGracia | .
| So, that's it for my opening remarks.
| Let's open up the floor to comments,
| questions, etc.

Pattie | Howdy folks! :)

john e. m. | send a ? to ask a question! and a ! to make a
| comment

Denis | ?

Joy Barish | Don, Ive been in the metaphysical field for
| 25plusyears,
| ahve many many bookson astral projection, my
| soninfla.is
| adept at it not me I t s not mything, IVE
| stud. it alot
| re.Dr.Crookall but I feel onehas tohave a
| very loose astral
| bodyas he calls i t for it to work .
| sorry ididnt put a ! John.

Don DeGracia | Denis GA

Denis | Ok...
| When I go into trance...
| usually comes a moment when I feel these
| jolts...
| of almost electricity that makes me kick...
| around. I usually turn around and go tho
| sleep then :(
| Any ideas what these may be about? GA

Joe G. | ?

Don DeGracia | Denis>

Joy Barish | I! Idont knowif Im to talk or not but thats
| Kundalini up the
| spine believe me Denis. Ive had it but not
| re. trance. Its
| real-joltsof electricity, nearly went out
| once of myu body
| butina stateof shock then.!

Don DeGracia | Where do these jolts occur? Are they through
| your ...
| whole body?

Denis | Don> Mostly in the lower part of the torso...
| Kundalini did occur to me, Joy
| GA

Don DeGracia | Denis>

john e. m. | .

Don DeGracia | I was gonna say what Joy said!

Pat | !

Don DeGracia | Basically, those kind of feelings are
| kundalini....

Joy Barish | I had it once in stae9f shock , nearlyu
| wentintoa nother
| dimension,but idont prac. astral projection,
| am afraidof it,
| am moreinto Jung as Isaid I feel Ill go
| farther that way,
| bes. dont have a very loose astral ala Dr.C.

Don DeGracia | Denis> Does it hurt at all?

Denis | Don> No...

Joy Barish | ! Its painless..!

Denis | Just uncomfortable... How do I overcome those
| feelings?
| GA

Joy Barish | ! what doyou want to accomlish over there so

tospeak

john e. m. .

Joy Barish Denis?? oh ? sorry.

Don DeGracia Denis, I suggest we talk via e-mail about this...
or on the msg boards...
Cause I don't think we have time to get into it here...
to the depth it requires...
Sound ok to you? ga

Pattie ?

Denis Don> Ok, GA

Don DeGracia Joe G Question?

Joe G. The pain you spoke of ... Is this in the subconscious

Don DeGracia Joe are you finished?
With your question that is?

Joe G. Yes ... Sorry

Don DeGracia Ok! :)
There is usually no pain at all when you go into trance...
The only reason I said anything about pain... is because there is a very small chance that ...
a few people may encounter feelings of pain...
And I am simply saying this as a "just in case" type thing.
Does this make sense to you Joe? GA
Joe?

Joe G. Whenever I have lucid dreams,,, I wake myself up by
screaming ... This is why I asked. Is there any relation
here ?? GA

Don DeGracia Why do you scream?

Joe G. That is between trance and lucid dreaming ..
GA
Because I want to wake up. My lucid dreams are scary ..

Don DeGracia Do you wake up afraid Joe?

john e. m. .
.

Joe G. YES .. If I go right back to sleep, I am back in a dream
state. I now turn on alight to make sure I am awake.

john e. m. ,

Don DeGracia What is in your dreams that is so scary?

john e. m. .

Joe G. That there is someone in the room, or someone chasing
me. This may be off the subject of OBE's , I am just
wondering if there is any relationship.

john e. m. .

Joe G. My wife kust kicks me know to wake me up ..

Don DeGracia Tell you what Joe, just like I asked Denis...
We can talk about it further in the e-mail...
if that is ok with you.

john e. m. .

Joe G. Sounds fine. Thanks Don.

Don DeGracia | Thanks Joe.
| Well, any other questions? John? Pattie?

Pattie | ?

john e. m. | none here!

Pamela J. Coupe | hello - may i join in?

Don DeGracia | Hi Pamela...this is a formal CO on OBEs.
| Pattie GA.

Pattie | Don, I'm new to this, so bare with me.... how
| do you decide where to go
| on OBEs? Do you just float with the "wind?"

Don DeGracia | Well, Pattie, I have never had any control at
| all...

john e. m. | .

Don DeGracia | over where I end up after I "leave" my body...
| so basically, I just go with the "wind".....
| and if you read some of my journal entries...
| in the class notes, you will see how literal
| this is...
| sometimes!

john e. m. | .

Pattie | IS your higher self or spirit guide
| chaperoning you?

Don DeGracia | If it is I sure don't know about it!
| But I suspect that something like that is
| going on...
| whether I know about it or not. GA

Pattie | Don, have you looked around to see if someone
| else is with you? Or are you
| Don, alone?

john e. m. | .

Pattie | ga

Don DeGracia | I meet people and creatures in my OBEs...
| but it always seems to be just me who is
| having ...
| the adventure. In other words...

john e. m. | .

Don DeGracia | I don't sense a presence with me. GA
| Any more Pattie?

Pattie | Nope, thanks!

Joe G. | ?

Don DeGracia | Any one else? Comments? Questions?

Pamela J. Coupe | ?

Don DeGracia | GA Joe.

john e. m. | .

Joe G. | Don, Do you wake up right after your OBE is
| over ? Do
| you stay in a trance ?? Can you control this
| ??

Wizard | Greetings all

Don DeGracia | Joe, I usually wake up abruptly after my
| obe...
| One second I'm on the astral plane, next
| instant...
| I'm laying on my bed. GA
| Follow up Joe?

Joe G. | I really uncomfortable about letting my
| "mind" go like that.
| Were you ever uncomfortable at first ...

Don DeGracia | No. I was really enthusiastic about doing it.

john e. m. | .

Don DeGracia | And very curious to explore.
| We'll do one more question.
| Pamela GA

Wizard | Don, what is best way to induce OBE;
| sometimes i sence
| im almost there never quite get out.

john e. m. | .

Joe G. | I don't know how ready I am for this, but I
| can't stop
| thinking about this CO. thanks again don

Pamela J. Coupe | Do you have documentation on learning how to
| do OBE"S - how long did it take you to learn
| this?

Don DeGracia | Sure Joe. We'll get you up to speed in no
| time.
| Pamela>
| I have a 148 page book in the Psychic
| Ablilities library..

john e. m. | .

Don DeGracia | the file is called DO_OBE.ZIP. This file is
| the "class
| notes"..
| Feel free to check this out...

john e. m. | .

Don DeGracia | In terms of how long it took...
| I had my first projection about 3 to 4 weeks
| after...
| I started trying to project. GA

john e. m. | .

Pamela J. Coupe | Thank you so much - I definately will
| download this file!

Don DeGracia | I'll love to hear your comments about it,
| Pamela...
| and feel free to write if you have any
| questions...

Pamela J. Coupe | Thank you!

Don DeGracia | for I have detailed methods in it for
| achieving OBEs. GA.

john e. m. | .

Don DeGracia | Well, gang, it's about 11 o clock...

Pamela J. Coupe | I just completed a paranormal
| Goodnight Don - Thanks again!

Don DeGracia | so, I think we'll end the formal part of this
| for tonight.

john e. m. | .

Don DeGracia | Good night every one, and thanks for showing
| up...
| and once again, if you have questions...
| write me via e-mail, or post me a msg in the
| Dreams msg
| section.

john e. m. | .

Denis | Night Don!

Don DeGracia | Ok. End of formal CO. Go wild everybody!

Pattie | Go Wild!

Joe G. | good night all !!!

Pattie | I'm still here? :)

Pamela J. Coupe | I wish I had known about this conference - i
| love this subject!!!!

john e. m. | .

Pattie | Don, do you do OBEs while dreaming?

Don DeGracia | Pattie...
I sometimes become lucid while I am dreaming..
that is the easiest way to get into an OBE.

john e. m. | .

Don DeGracia | Pamela> we have 4 more COs about this...
so feel free to show up. Its Tues night at
10 PM EST.

Pamela J. Coupe | Its on my calendar!

Don DeGracia | Cool!

Pamela J. Coupe | I jI just completed a 9 week course on the
paranormal ...

Pattie | Don, if you're doing OBEs while dreaming, how
do you know it's real?

Pamela J. Coupe | It was absolutely fascinating. We studied
OBE, life after death, etc. etc.

Don DeGracia | Pattie, the dream turns into an OBE...
The "reality" of it has to do with me
becoming *lucid*..

Pamela J. Coupe | I understand that while you are "sleeping"
your spirit is out of your body anyway

Don DeGracia | which is to say, I am all of a sudden aware
that I...
am dreaming, and aware that my body is lying
in my bed
in my house..
This is a lot different state of mind than
what...
one normally has when they dream. GA

Pamela J. Coupe | My paranormal instructor has OBE"s all of the
time.

Pamela J. Coupe | Hi Wizard!

Wizard | I just cam in a little while ago and its my
first time at this
conference

Don DeGracia | Hi Wizard!

Wizard | I am having problems inducing OBE an i heard
you took a
course or program , maybe yoiu can help

Don DeGracia | I'm *giving* a program, Wix!

Wizard | I was told that one method was to sleep at 12
mid, wake
up at 4am, walk arould for 15 min, then go
back to sleep,
but to try to OBE at that point

Don DeGracia | Sorry, Wiz!

john e. m. | .

Don DeGracia | Wizard, I have a whole book in the Psychic
Abilities
library...the file is called...
DO_OBE.ZIP, and it details exactly what you
need to do
to have an OBE. You should check it out.

Wizard | I just downloaded those files and i intend to
read tonite

Don DeGracia | Cool!

Wizard | thankyou, maybe ill try hooking up with
conference next
Tues 10pm

Don DeGracia | Feel free.
Also, feel free to write me if you've got

| questions or
 | anything.

Starr | Questions about what??

Pat | Don, let me know what u find out re the muscle
 | spasming-- that is what happens to me also
 | with my
 | eyes

john e. m. | .

Don DeGracia | Muscle spasms, huh?
 | I don't think you've mentioned that before.

Pat | (nystagmus)

Pattie | I get muscle spasms in my eye sometimes too..
 | does that mean anything?

Starr | you guys have such a boring conversation

Don DeGracia | Hi Starr!

Quinn | No male bashing now.

Starr | at least now i've got some attention!

Wizard | hi starr

- Visitor | good eve. Starr and everyone else...!

PJ | I see no staff in here, so I take it this is
 | informal, right?

Quinn | 93 PJ

Pattie | PJ, you bet!

Starr | hi Wiz and Don. I was just kidding before

PJ | Hiya Quinn!
 | Is there a topic?

Don DeGracia | Yea, life!

Quinn | Don't know, just entered myself,

PJ | Could you maybe narrow it down a bit?
 | I mean frankly I don't know much about death.
 | So everything else fits into life.

Wizard | Don , i have another question

Don DeGracia | Sure Wiz

Wizard | Im sort of in school involved in medical
 | proffession, would
 | that type of "logical" backround interfere
 | with OBE
 | I can see where people are more imaginative
 | can probably
 | induce OBE

Don DeGracia | Wizard, I'm gettting my PhD in molecular
 | biology...
 | so, I'd have to say, "no".

Pat | I am a nurse and i do obe all the time

Wizard | Question answered.....thankyou

Don DeGracia | No, Wiz, actually, you are in a great
 | postion..
 | to learn to OBE...
 | becuse if you think logically in the first
 | place...
 | it will be easy for you to learn...

Wizard | in that case, i just have to keep trying

Don DeGracia | and you will be very observant and get a lot
 | out of it.
 | GA

Ivan | Howdy

Wizard | greetings ivan

Don DeGracia | Ivan, Welcome.
| So, what shall we talk about now?
| Hey, everybody...

Pat | hi still here

Don DeGracia | did you hear about the crook congressman that
| got
| busted?

Pat | no

Don DeGracia | Whata schmuck.

Wizard | no

Don DeGracia | Really?

Pat | oh, i thought it was a joke (blush)

Don DeGracia | Serious.

Joe G. | me too. pat (double blush)

Don DeGracia | He was embezzled about half million from us
| tax payers.

Joe G. | must be that rostenkowski dude

Don DeGracia | That's the guy!
| Whata superhero (not)

Joe G. | Let's send him on an OBE out of the country
| !!!

Don DeGracia | Great idea!
| I was gonna say that we could all go OBE and
| haunt his
| dreams.

Quinn | Everyday events where I live.

Don DeGracia | where do you live Quinn?

Wizard | And tonite we talk about politics and Astral
| projection is
| this the wave ov the future Next on 60
| Minutes

Quinn | Land of OZ - a.k.a. Washington DC.

Joe G. | what is scary is that he is one of 400 some
| congressman.

Pat | lets all just run for congress

Joe G. | I wonder how many haven't gotten caught yet .

Don DeGracia | Whata nitemare. Who needs to project to find
| demons?
| they are all in D.C.

Quinn | Not to many are crooked believe it or not.

Don DeGracia | I don't

Wizard | Hey Hey Hey, my sister lives in DC, and only
| half here
| neighbors are truely demons

Joe G. | Then why are we in over 4 trillion in debt
| ??? Somebody
| is on the take,

Quinn | The company I work for researched the
| spending budgets of all
| Congressman....
| Most were within reasonable limits,
| however....
| When attempted to review the tax returns, CIA
| shut em down.

Don DeGracia | Figures!

Joe G. | How about the boneheads who took a helicopter
| to plat
| golf !!!!!

Quinn | Said it was against national Interest. USA
| Today put up a fight though.

Don DeGracia | and for only \$13,000!
| Hell, that's a lot of moola to rent two
| helicopters.

Quinn | The \$13K was paid back.
| paid

Joe G. | I think its time to cut all the salaries by
| 20 percent and
| strip away perks. I wouldn't mind paying out
| taxes then.

Don DeGracia | Well, gang, I gotta split. It was fun.
| See you next week!

Quinn | Rid the lobbies and PAC's, then no self
| interest gets involved in the
| law making process.

Wizard | I have to go to, Ive got a patient at 8am

Joe G. | Hooray to that. I hate PAC's

Wizard | good nite all

Quinn | Me too Joe.

Don DeGracia | by wiz.

Quinn | Nite Wiz

Joe G. | Well, time to go get "lucid" ... good night

Quinn | Nite

***** 6/7/94 9:54 PM Forum CO
Don DeGracia's OBE CO #5

Note to the reader: you will notice throughout the transcripts
that there is some one who is only sending a "." about every 5
lines. This is done to prevent the software from locking up
during a CO. Sorry if this creates any reading inconveniences.
Thanks - Don

R 12 : *SYSTEM* | Switching to Dreams/Mind/ESP
Richard Atkins | HOWDY
Don DeGracia | Hi!
Pat | hi don!
Pamela J. Coupe | Hi Don! I downloaded that manual of yours -
| so far, its great!!!!
Don DeGracia | Hi Pat!
Pamela J. Coupe | Thanks Pamela!
Don DeGracia | Can someone have a OBE if they are on
Pamela J. Coupe | prescription drugs such as
Don DeGracia | So, how is everybody tonight?
Pamela J. Coupe | sleeping pills
Richard Atkins | GOOD
Pamela J. Coupe | Great!
Pat | okey dokey
Richard Atkins | Don, I am new to this but would like to get
| some
| information on biofeed back can you help?
john e. m. | .
Don DeGracia | Richard, I don't know much about
| biofeedback...
Richard Atkins | What is the easiest way to have an OOB
Don DeGracia | but, when we get around to the question and
| answer
| session in a bit, you can ask. Sound ok?
Richard Atkins | ok
Don DeGracia | Pamela, i'll try to handle your question
| later in the CO...
| is that ok?
| Matter of fact, after my "intro remarks",
Pamela.. |
| can have the first question, then Richard...
Sound cool?
Richard Atkins | ok

Pat theres no pamela on my
roster

Don DeGracia Apparentlyt she left!
Well, let me see if my assistant is ready,
then we can
start.

Richard Atkins Beyond

Pat .

Richard Atkins Who is here?

TADPOLE I'm here.

Don DeGracia Ok, every one, lets get started for tonight...

Richard Atkins Hello Pat

Don DeGracia Welcome everybody...

Denis Yippee!

Pat .

Richard Atkins Wahooooee

Don DeGracia this is the 5th in a series of 8 COs...
about how to OBE....

Pat .

Don DeGracia As usual, I will open with about 10-15 minutes
worth...
of preliminary remarks and then we will open
the...

Pat .

Don DeGracia floor for questions and answers. Please
remember...
this is a formal CO....

Pat .

Don DeGracia If you have a question, please put a "?"
thanks...
Instead of sticking to the schedule I posted
for ...

Pat .

Don DeGracia tonight, I have decided that it would be
better...
to give kind of a progress report to you, and
to...

Pat .

Don DeGracia spend one more CO discussing the methods
for...
achieving OBES....

Pat .

Don DeGracia First, I want to say I am really pleased with
how...
the class is going. People are doing really
well...

Pat .

Don DeGracia on all fronts: you guys are learning how to
get...
control of the elements that will let you
projet, you...

Pat .

Don DeGracia are all asking extremely intelligent
questions...
(quite a few of which I have no answers for),
the ...

Pat .

Don DeGracia messages being posted are really good, and
you are all...
doing a great job comunicating amongst each
other...

Pat .

john e. m. .

Don DeGracia and sharing your experiences...
GOOD JOB EVERYBODY!!!
Now, let us discuss methods some more...

john e. m. .

Don DeGracia Instead of discussing what is in the notes, I
want...
to spend tonight clarifying some of the ideas
in the
notes..
and addressing some of the more common
questions...
I have been getting. There are 4
topics/questions...
that need clarifying and these are:
1. Distractions to going into trance:
physiological...
and psychological....
A number of you, as you have begun to
practice...
the trance method, have come to realize that
any number
of...
distractions are possible. I ahve gotten

reports of...
itching, fidgeting, changes in body
temperature,...
and other minor distractions. These happen
because...
and other minor distractions. These happen...

john e. m.
Don DeGracia

because your body is not used to relaxing....
You simply have to overcome these with will
power....
And likewise when you concentrate. As I
said,...
your mind will wander all over the place if
you let it...

john e. m.
Don DeGracia

The only way to overcome this is by will
power...
The best thing to do, and the easiest is what
I...
said in the notes: try to stay focused on the
fact...
that you are aware of yourself...

john e. m.
Don DeGracia

Some of you have reported more serious kinds
of...
distractions such as strange feelings in your
face,...
neck, or eyes, strong vibrations coursing
through...
your body that are so strong they break your
trance...
Also, some of you are reporting things like...

john e. m.
Don DeGracia

seeing blinding flashes of white light, or
getting...
strong "rushing sensations". To address
these,...
let's move on to the next topic:...
2. What is kundalini?...

john e. m.
Don DeGracia

One of the problems with the notes I wrote is
that I...
do not go into enough detail about what...
kundalini is and how kundalini relates...
to the OBE. And even right now I cannot say
too much..

john e. m.
Don DeGracia

There is a rich literature available
explaining...

Richard Atkins
Don DeGracia

what kundalini is, so if any of you want more
info,...
just write and I'll send you references...
For our purposes here, I will define
kundalini as an....

john e. m.
Don DeGracia

energy that is DORMANT in you normally, but
that...
gets triggered off to some extent when you
try to...
project. It is because of the increase in
kundalini...
that many of you are experiencing the kind
of strange
sensations you...
are describing...

john e. m.
Don DeGracia

The main thing about these sensations is
this:...
AS LONG AS THEY ARE NOT PAINFUL, YOU ARE OK...

Richard Atkins
Don DeGracia

-
If you feel any pain, then STOP trying to
project. ...
Now, I do say this in the notes, but it is
very...

john e. m.
Don DeGracia

important that you all know this.
And the point for bringing this up here is
that I...
recommend that those of you experiencing
these...
kinds of sensations learn what kundalini is.
This is...

john e. m.
Don DeGracia

very important for those of you having these

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

Pat
Don DeGracia
john e. m.
Don DeGracia

Richard Atkins
Don DeGracia

Richard Atkins
Don DeGracia

Pat
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

Pat
john e. m.
Don DeGracia

Pat
Don DeGracia

Pat
Don DeGracia
Richard Atkins
Don DeGracia

Pat
Don DeGracia
john e. m.

kinds of...
sensations...
Next topic:
3. What is lucidity?...
At this stage, most of you are studying your
dreams...
. .
or you are combining meditation techniques
that you
already...
do with the OBE techniques in my notes...
This is very good that you are doing this,
but what...
. .
is happening then is that many of you are
having...
experiences in which you are SEMI-LUCID. ...
Remember, the goal you are trying to achieve
is...
to be as LUCID as you can. Being lucid means
that...
your mind acts pretty much the same way in
your...
. .
altered state of consciousness as it does
when...
you are awake. One sure-fire sign that you
are...
lucid, is that you should be at least
surprised...
about where you are at. There should be some
type...
of excitement or surprise if you really do
become lucid...
at least the first few times this happens....
. .
As you continue to practice, in your first...
. .
experiences your mind will probably be a
combination...
-
of how you act in dreams and how you act when
...
-
you are awake. These can be confusing
because,...
. .
when you wake up, you will not know if you
were...
. .
dreaming or had actually had an OBE. What
you...
have to do to overcome this is, when you
wake...
. .
up and remember your experience, you have to
ask
yourself...
this question: IF THAT HAD HAPPENED TO ME...
WHILE I WAS AWAKE IN THE PHYSICAL WORLD,...
. .
. .
WOULD I HAVE RESPONDED THE SAME WAY?...
When you begin to answer "yes" to this
question...
more often than you answer "no", then you can
be...
certain that you are having experiences that
are...
. .
more like OBEs instead of dreams....
It's very important to keep these ideas in
mind because...
what you are trying to achieve is TAKING YOUR
...
WAKING MIND INTO THE ALTERED STATE OF...
. .
CONSCIOUSNESS.
. .
Welll, gang, I've gone on a lot longer than I
thought...
so, I'm gonna blow off the fourth topic and
open the ...
. .
floor to discussion.
. .

Richard Atkins	.
Don DeGracia	So, the first question will be from Richard Atkins...
	Richard
Richard Atkins	Hello
Don DeGracia	Hi!
Denis	?
Don DeGracia	Richard, do you want to ask a question?
Richard Atkins	Can you leave your physical body when you are awake and have two conscious personalities?
john e. m.	.
Don DeGracia	Richard, I cannot leave my physical body... when I am awake, but some people can... so yes, this is possible... When this happens though, I do not think... it produces two different personalities... I think what happens is that your personality...
Pat	.
Don DeGracia	is perceiving two worlds at once.. Richard, follow up question?
Richard Atkins	WOW
john e. m.	.
Don DeGracia	Anything else Richard?
Richard Atkins	What is the easiest way to project?
Don DeGracia	Well, I don't have time to answer this in any detail here... I wrote a 140 page file on the topic!...
Pat	.
Don DeGracia	Have you downloaded this?
Richard Atkins	I have had four experiences that were amazing.
Don DeGracia	If not, I suggest you do, it goes into great detail... on how to project. Richard, if you want to talk some more, could you write me a message...
Richard Atkins	OK thank you Don.
john e. m.	.
Don DeGracia	in the Dreams section, or send me e-mail? Thanks Richard.
	Denis is next. Denis .
Denis	Ok... What causes pain in kundalini awakenings? I've heard and read about this but nobody ever says anything about causes, or even *concrete* dangers... Just curious
	GA
Don DeGracia	The cause of the pain is the following... and this is just a rough sketch...
Pat	.
Don DeGracia	What happens is the kundalini is at the base of... your spine in your etheric body...
Pat	.
Don DeGracia	When it gets "awakened" or released.... it spirals upwards through the etheric spine and...
Pat	.
john e. m.	.
Don DeGracia	etheric chakras with very great force... Now, in the average person.... there are a lot of other types of energy...
Pat	.
Don DeGracia	blocking the etheric spinal passage... and what happens when the kundalini is released...
Pat	.
Don DeGracia	is that it literally burns through these other energies... and can potentially cause great pain.....
Pat	.
Don DeGracia	Some of the "concrete" dangers are the following... 1. You could feel great pain physically.
Pat	.
Don DeGracia	2. You could get shkes, experiences extremes of... temperature, and other physical side effects...
Pat	.
Don DeGracia	3. Even worse, it could potentially... expose your mind to etheric and astral forces...

Pat | Que mas?
 changes in temperature, pain,
 kundalini sounds like meanpause

Don DeGracia |

Pat | Actually, Pat, you hit on an important idea...
 and this relates to what we are talking about
 in e-mail...

Pat | .

Don DeGracia | right now. But some modern researchers have
 looked
 into this...
 idea of kundalini, and it has a lot in common
 with ...

Pat | .

Don DeGracia | hormone action. As a matter of fact, some
 researchers...
 have gone so far as to suggest that what
 kundalini...
 really is is an anti-estrogen response in
 women...

Pat | i thought so, i started oob 1 year
 before onset of menses

Don DeGracia | or anti-androgen response in males...

Pat | .

Don DeGracia | That's interesting. I didn't have my first
 one till...
 after puberty. I was 14.
 Still, a lot of people think that kundalini...
 slow starter don

Pat | is actually a neuro-endocrine phenomena, and
 has
 nothing...
 to do with occultism at all.
 The men are always slower than the women, eh?

Pat | This does not however explain
 the similarity in the other owrls

Don DeGracia | What do you mean?

john e. m. | .

Pat | the worlds that i see which
 others have seen, it is iether real
 or a geneitc memory

Don DeGracia | BTW, just wanted to say that of all the
 occult ideas,...
 the idea of kundalini is the most amenable to
 physiological...
 analysis.
 But yes, you are right...
 these kinds of ideas do not take into
 account...

Pat | .

Don DeGracia | the *content* of the altered states...

john e. m. | .

Don DeGracia | and the fact that the content is similar
 from...
 person to person, give or take a little bit...

john e. m. | .

Don DeGracia | However, I think our altered states may tie
 into...
 our genetic memories at some level or another.
 ga

Pat | the "reality" is really irrelevant
 anyway

Don DeGracia | Yes, as long as the expereinces are
 meaningful...
 besides, I think its real anyway. Screw the
 people that
 don't.

john e. m. | .

Pat | Exactly
 ga

Don DeGracia | Well, does anyone else have any comments?
 If not, we'll end the formal part of the CO...

Richard Atkins | Have a nice night

Don DeGracia | and go informal, seeing that its 11 o 'clock.
 Thanks Richard, you too!
 Well, gang, its officially informal now!
 Ok, we can cuss now, its informal

Don DeGracia's OBE CO #6

Note to the reader: you will notice throughout the transcripts
 that there is some one who is only sending a "." about every 5
 lines. This is done to prevent the software from locking up

during a CO. Sorry if this creates any reading inconveniences.
Thanks - Don

```
***** 6/14/94 9:55 PM Forum CO
R 12 : *SYSTEM*
Becky      | Switching to Dreams/Mind/ESP
Don DeGracia | Hi John. Are you here for the class?
john e. m.   | Hi. Who's here?
Becky      | hi -- yes
Don DeGracia | Hi Don.
john e. m.   | Hi Becky.
Becky      | ho becky and don!
Don DeGracia | Been waiting for ya
john e. m.   | Ho John!
            | .
Don DeGracia | i'll try to make the .'s more freq. this time!
john e. m.   | Oh, heck John, you did great laast time.
            | .
            | .
Don DeGracia | Big turnout tonight!
john e. m.   | hi greg!
Becky      | I noticed
Pat        | hi everybody!
Gregory A. Whelchel | Have you started yet?
Don DeGracia | Hi Pat!
Becky      | Hello Pat
john e. m.   | hi pat!
            | brb -- gotta let the blue demons out of the
            | cage (macaws!)
Don DeGracia | Greg> in a couple minutes we'll start.
Gregory A. Whelchel | ok
john e. m.   | .
Pat        | macaws--neat, my son thinks hes a
            | macaw!!
Don DeGracia | Well, should we start?
Pat        | ok
john e. m.   | fine -- ga
Gregory A. Whelchel | sure!
Becky      | Why not
Don DeGracia | Ok, lets get started...
john e. m.   | .
Don DeGracia | same old format, I'll say my intro stuff,
            | then we'll...
            | have an open floor. Remember to ? if you got
            | a ....
            | question. So, here we go...
            | Tonight we begin our final topic: In the OBE
            | realm..
            | We will discuss what it is like in the OBE
            | realm...
            | .
john e. m.   | for the final 3 classes. I'd like to discuss
Don DeGracia | 3 topics
            | tonight..
            | 1. Problems with lucidity....
            | Even though I said that the idea of
            | projection is to...
            | take your waking mind into the dream realm,
            | what you...
            | .
john e. m.   | will find is that when you actually become
Don DeGracia | lucid...
            | "over there" that it is not so clear cut. In
            | spite of the...
            | fact that you are aware, you will find...
            | yourself doing things, thinking things and
            | feeling...
            | things that you wouldn't do here in the
            | physical world....
            | .
john e. m.   | You will also find that your memory doesn't
Don DeGracia | work as...
            | .
john e. m.   | good *for specific things* mainly the things
Don DeGracia | you read or
            | the...
            | things that people say to you are hard to
            | remember...
            | I point this out so you can pay attention to
            | these...
            | factors. If you observe these differences
            | make sure...
            | you record them in your journal...
```

john e. m.
Don DeGracia

2. The OBE realm...
. Being in the OBE realm is very much different than... being in this realm. Whatever the laws of nature... are in that realm, they are different than the laws of nature... here on the physical plane. Some highlights:...

john e. m.
Don DeGracia

.
a. Your thoughts and emotions can take on life... outside of you during an OBE>...
b. Places and events in the OBE realm can be... symbolic as much as they can be literal... That is,... the logic of dream interpretation plays a role during...

john e. m.
Don DeGracia

.
OBES....
3. Things you can do there that you can't do here..
Old news:...
a. flying...
b. moving through walls...

john e. m.
Don DeGracia

.
The only thing to say about these 2 abilities is that.. they don't always work. You may try to fly or pass... through a wall and find that nothing happens.... I do not know why this is....
The exciting one:...
c. Using psychic powers...

john e. m.
Don DeGracia

.
You can literally use psychic powers during OBES...
You can read minds quite literally. you will "feel"... the thoughts of other beings in your mind and you will... "feel" other beings "feeling" your thoughts...
Psychokinesis - you can move things simply by...

john e. m.
Don DeGracia

.
thinking about them in the OBE realm. You can... also cause things in your imagination to form in... front of you...
You may also get glimpses into your other lives:...
past lives or even future lives...

john e. m.
Don DeGracia

.
You will find yourself doing these things quite... automatically during projections. This is one... reason why your lucidity in the OBE realm is... *different* than it is here. Again, I point this... out beforehand so that you can recognize that these...

john e. m.
Don DeGracia

.
things are happening to you when you are OBE...
Also, and this is very important, you will find.. yourself using psychic abilities in your dreams too...
One of the reasons you want to try to remember your... dreams as best you can is so you can see yourself ...

john e. m.
Don DeGracia

.
using these psychic abilities.
So, that's it for tonight's spew. Let's open up the... floor for questions and comments.

Gregory A. Whelchel

GA
?

john e. m. Don DeGracia Gregory A. Whelchel	. Greg, GA Don, have you ever run into beings that are what some people... consider higher extensions or aspects of yourself? go
john e. m. Don DeGracia	. Greg, are you asking if I have ever met my higherself... during my OBEs? ga
Gregory A. Whelchel Don DeGracia john e. m. Don DeGracia	yes ga Well... . The answer to this is "yes" and "no"... let me explain... The answer is "no" in the sense... that I have never directly encountered some effluent.. being who said, "Hi, Don, I am your higherself"...
john e. m. Don DeGracia	. But, the answer is "yes" in the sense that... I have encountered symbolic circumstances... during my OBEs that were obviously my "higher self"... trying to communicate things to my, Don, the personality...
john e. m. Don DeGracia	. So, I've not directly encountered anything, but I have... indirectly encountered transcendental stuff. Greg> Follow up? GA
Gregory A. Whelchel john e. m. Gregory A. Whelchel	good because lately I have encountered . beings that appear to be teachers some that even take the form of people I have studied with... here in the physical, that have been giving me insights... about cleaning up the emotional center, if you will...
john e. m. Gregory A. Whelchel	. so as to be able to remain focused while OBE.... They seemed so eerily familiar to me however.... as if talking... to just another forgotten part of myself. GA Thanks.
Don DeGracia john e. m. Don DeGracia	Greg... . what you are saying makes a lot of sense... Actually, this is something I should have put in the... class notes, the idea of meeting "teachers", during... OBEs....
john e. m. Don DeGracia	. My most interesting expereince ever in this regard... though was during a dream... Where some one I didn't know was teaching me how to... feel people's thoughts.
john e. m. Don DeGracia	. So, any more questions? Pat, would you like ... to comment about some of the beings you have met?
Mark Doblekar Hutch john e. m. Pat	? ? . I often become the beings--- especially a bird being, feel part bird and person
Don DeGracia	Mark> GA
Mark Doblekar	sorry, PAT and Mark! Can two people try to meet in a OBE? Like a planed meeting? GA
john e. m. Don DeGracia	. Mark, I'll get to your question, but let me discuss... Pats comment first, ok?
Mark Doblekar Don DeGracia Pat	OK Pat, you actually become the being? yes

john e. m.
Pat
Don DeGracia

Pat
Don DeGracia
john e. m.
Pat

john e. m.
Don DeGracia

Pat
Don DeGracia
Pat

john e. m.
Don DeGracia

Pat
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia
john e. m.
Mark Doblekar

Hutch
Don DeGracia

Hutch
john e. m.
Hutch

john e. m.
Hutch
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Pat
Don DeGracia

john e. m.
Don DeGracia

.

I can then change my body to other beings
Does your self-identity change when this happens?

yes, it changes but i can feel the pat-self
What changes in your awareness, Pat?

.

I can feel the "otherness" and look down
and see the bird body, sometimes i see a
very strange body

.

"Feel the otherness": does this mean you
feel...
like you are two beings at once?
a merging of 2 beings
Do you get new insights when this happens?
oh, yes, and this is often when i see the
non earth colors
ga

.

Pat, I'll stop now, but we can get back to
this...

ok
later if others want to. Let me answers...
Marks question now...

.

Mark>...Lots of authors of OBE report ...
meeting other people and having both....
people remember it. I myself, in spite of
many...
attempts have never been able to do this.

.

Mark> Follow up? GA

.

No, that pretty much answers what I wanted to
know. Thanks.

?

Ok....
Hutch was next. Hutch
I've started reading Monroe's "Journeys" ...

.

and he mentions a big, immovable "arch" in
one of his ...
"locales" as if it's something everyone can
experience...
Have you heard of others running into this ...
and are there really consistencies in the
astral planes ...

.

that folks run into while OOB? GA
Hutch...
First, about Monroe's arch...
I think I remember him describing this...

.

I have never seen anything like it, nor have
I read...
any other authors that describe this site...
About your second question, regarding...
consistencies in the astral plane...

.

this gets back to what i say in the notes
about...
how our language isn't very adequate for
capturing...
dream and OBE realm experience...
But, the thing is...

.

what IS consistent about these inner realms...
is the fact that they seem to be organized...
based on emotional and mental qualities...
I honest to God do not know if the idea of...

.

geography has any meaning at all in the
context of...
the obe and dream realms. It is possible
that the ...
"places" we "go" to in dreams and OBEs are ...
totally self-created...

.

!

But every person that has ever projected
enough...
to get a sense of how it is organized...
all agree that the dream and obe realms are...

.

layered, or form strata of different levels

of...
emotion or insight.
Hutch> Follow up? GA
Hutch One ...
Do you find a difference in the places you go
...
depending on whether you go in from a dream
...
john e. m. are we still formal ??
Hutch or from a trance? GA
Don DeGracia John> Yes.
Hutch> I've found no obvious difference...
between where I go when I dream or when i am
OBE...
with one major exception...
I seem to be able to experience a much
broader...
range of "places" when I am OBE. GA
Hutch Thanks! GA
Gregory A. Whelchel ?
Don DeGracia Hutch> sure!
Pat> Did you have a comment?

john e. m. .
Pat I cant see any of hutchs sendings, but
wnted to say...
that there seems to be a consistency in not
only selvels but content of dream words
ga

john e. m. .
Pat worlds
Don DeGracia Pat, from what you have told me of your
expereinces...
you seem to expereince an amazing
consistency...
to the "places" you go when OBE compared to...
my expereinces...
Pat yes, don,l but other people have seen the
same worlds
Don DeGracia The "locations" i "go to" seem very random.
john e. m. .
Don DeGracia That too is really intresting...
Pat ga
john e. m. .
Don DeGracia Frankly, i do believe there are "places"...
out there that we could all go to...
as long as we were all "tuned into" the
same...
emotional and mental frequencies.
Pat> Thanks for sharing that!

john e. m. .
Bruce & Lauree M. Have you ever traveled to The Temple?
Don DeGracia Gregory is next. Gregory> GA.
Gregory A. Whelchel thanks...
Don DeGracia Bruce etc, we are still formal till 11 PM
Gregory A. Whelchel I wanted to say first that I have taken
repeat visits to...
john e. m. .
Gregory A. Whelchel particular places that I found really
pleasant...
but I have yet to be able to do this at
will...
I usually intend to come back and then I do
.... sooner or later.
...
I had a q re Monroe...
In "Far Journeys" he said he was able to
"park" his Astral bod..

john e. m. .
Gregory A. Whelchel and then move out into "total freedom" as he
called it...
What in the world was he talking about here?
Is he entering and.
using what could be termed the Causal body?
I noticed he was...

john e. m. .
Gregory A. Whelchel then able to experience a MUCH wider range of
levels than...
john e. m. .
Gregory A. Whelchel previously, from his Astral only. Comments?
GA
Don DeGracia Greg, I think that is a reasonable way to
think....
john e. m. .
Don DeGracia about what Monroe describes...
I do not really know though what he is
talking about...

john e. m.
Don DeGracia

john e. m.
Don DeGracia

john e. m.
Gregory A. Whelchel
Don DeGracia

Pat
john e. m.
Don DeGracia
Pat

Gregory A. Whelchel
Don DeGracia

Gregory A. Whelchel

john e. m.
Pat

john e. m.
Don DeGracia
Pat
Don DeGracia
john e. m.
Don DeGracia

john e. m.
Don DeGracia

Gregory A. Whelchel
Don DeGracia
john e. m.
Gregory A. Whelchel

Don DeGracia
Gregory A. Whelchel
john e. m.
Gregory A. Whelchel
Don DeGracia
john e. m.
Gregory A. Whelchel

john e. m.
Gregory A. Whelchel

john e. m.
Gregory A. Whelchel

Don DeGracia
john e. m.
Don DeGracia

john e. m.

with this idea of "total freedom"....
.
but, according to traditional occult teachings...
when you assume one of the deeper bodies (or...
"higher" , if you will)...
you can still access the lower bodies and expereince...
.
through them, but you now have a broader range of...
expereicne at your access.
Greg> Follow up? GA
.
No that's great. Thanks! GA
Sure!
Anything else?
Anybody?
?
.
Pat GA
This "total fereedom"...
do you still have the sensation of a body?
Monroe indicated that he did not have the sensation of a body...
Well, the times I've expereincned "total freedom"...
sorry!
He was more like light. That's ok.
ga
.
ahhh-sounds like what i call dispersal--fo ahead
.
I was gonna say that when I've expereicned...
ga
"total freedom"....
.
that the whole idea of form of any type seems...
irrelevant. Even time and space no longer apply...
From what i have felt, all I know for sure is that...
these feelings and insights completely dwarf...
.
this little creature who is typing these words. GA
Next?
?
Greg> ga
.
Hate to keep hogging the floor, but since no one is asking...
go for it!
Can we back up just a little and cover odd..
.
sensations experienced when getting out? ga
Sure, what do you have in mind? ga
.
Well, I sent you a little e-mail filling you in on the ...
details, but since we're here now...
lately I have been getting into an incredibly intense...
vibration just when my body goes paraleptic....
.
that is accompanied by a very loud (non-physical) buzzing...
.
sound much like ten-thousand bees buzzing around my head...
Sometimes it causes extreme headaches and pressures on the...
chakras... What do you make of this? GA
First, Pat, Denis, and you Greg, I've been ...
.
busy and haven't gotten to mail yet! :(
So, I'll be answering asap...
Greg, these thing syou describe are relatively...
common...
.

Don DeGracia | These sensations relate to kundalini flaring up...
 | the most important thing is to not push it...
 | if you start feeling pain...
 | Otherwise, if its not bad then just go with it...
 john e. m. | .
 Don DeGracia | because these sensations are preliminary to...
 | the various altered states. GA
 Gregory A. Whelchel | ok...
 | It's a little scary at times...
 | because it's so intense...
 john e. m. | .
 Don DeGracia | We'll let Greg finish then go informal.
 Gregory A. Whelchel | Other times it actually seems to straighten out my body in...
 | some way that is so beautiful and fulfilling....
 | I can't really describe it. But, I've noticed it has to do...
 | with controlling the Heart chakra and not letting that tighten..
 | up with fear... Does that make any sense? GA
 Don DeGracia | Greg, it makes tons of sense to me...
 | I know that tightening feeling at the chest really well...
 john e. m. | .
 Don DeGracia | A big part of what you are describing is simply...
 | becoming familiar with it. As you become accoustomed...
 john e. m. | .
 Don DeGracia | to these sensations, they don't affect you as much...
 | And the other part of the equation, as I say in the class...
 | notes, is to have some way to understand what is ...
 | happneing to you. In your case, Greg, you need to...
 john e. m. | .
 Don DeGracia | be up on ideas about kundalini and the chakras...
 | read about other people's expereicnes and that kind of ...
 | stuff. Again, as long as there is no bad pain...
 | you should be ok. GA
 john e. m. | .
 Gregory A. Whelchel | Good, I was afraid I might be doing damage to myself. Thanks! GA
 Pat | ?
 john e. m. | .
 Don DeGracia | Sure
 | Pat, GA
 Pat | you said that u want to see yourself using psychic aboilities when oob, why?
 Don DeGracia | Why does one want to see themselves using ...
 | psychic abilities during an OBE or dream?
 Pat | yup
 Don DeGracia | Well, for one, to just know what it feels like...
 Ollamh Dearg | ?
 john e. m. | .
 Don DeGracia | Also, I think that these are much cleaner during a...
 | dream or OBE. That is, you get a much clearer ...
 | sense of what they are and how they work and feel...
 | And then, what happens, is that once you *learn*...
 john e. m. | .
 Don DeGracia | these sensations from dreams or OBEs, the learning...
 | carries over into your physical life and you start to ...
 | recognize pychic events occuring there too.
 | Does this make sense, PAt? ga
 Pat | yes, but u feel that develping...
 john e. m. | .
 Pat | your psychic abilities in this world..
 | is beneficial?
 g
 A
 Don DeGracia | Is that a trick question!!

Pat	No
john e. m.	.
Don DeGracia	Honestly, i think that developing psychic abilities... is good as long as its not too much too soon... A person could go nuts if they got too much too quick... but a little bit helps to make people more empathic... and if there is anything the world needs now... it is more empathy! Ollamh? Querstion? GA
Ollamh Dearg	Don, don't you find that your "will" is much more focused when OOBЕ and that you are able to think more clearly? Not to mention have a greatly expanded
john e. m.	.
Don DeGracia	Ollamh, ... I do not find my will more focused when OBE compared... to when I am here in the physical, but it is much more... focused than when I simply dream...
john e. m.	.
Don DeGracia	In terms of expanded consciosness during OBE... yes, to a certain extent, but I have to look for it... If, for example, i decide to look through my... memories when OBE, I find all kinds of memeories there.. that i do not have when I am physical.
john e. m.	.
Don DeGracia	Ollamh> GA
Ollamh Dearg	Thanks...
Don DeGracia	After Ollamh, we go informal!
Ollamh Dearg	I have been OOBЕ and I foind that we have no distractions from the socalled "solid state"...
john e. m.	.
Ollamh Dearg	reality that we are currently in....this means that we are actually... experiencing our own created reality as it intersects with... other entities that are also capable of creating a reality... I was just wondering if your experiences were similar.
john e. m.	.
Ollamh Dearg	ga
Don DeGracia	Yes, Ollamh, I think that is a nice characterization... of our expereince here in the physical plane. I think..
john e. m.	.
Don DeGracia	the creative aspect is much "cleaner" during dreams... and obes. Well gang, let's call it a night. We are formally informal as of now!

Don DeGracia's OBE CO #7 - IN THE OBE REALM

6/21/94 9:55 PM Forum CO

R 12 : *SYSTEM* | Switching to Dreams/Mind/ESP

Denis	Hi Don!
Don DeGracia	Hi Denis
Denis	I was wondering when you'd show up
Don DeGracia	Aqui! Well, looks like we got a giant turnout tonight!
Pat	hi denis!

Denis | Yep... :(

Pat | early yet

Denis | I was briefly lucid last night

Don DeGracia | So, Pat, if you would be so kind...
| as to put a . every about 5 lines....

Pat | ok

Don DeGracia | we'll see if we can keep from locking up!
| Cool! Should we start?

Denis | Sure, I guess...

Pat | sure

Don DeGracia | Ok, well usual format...
| got short intro stuff...
| then we'll gab...

Don DeGracia | so...
| Tonight we are going to discuss the OBE realm
| itself...
| Places you can go and beings you can meet..
| 1. Places you go when out-of-body: the OBE
| realms...
| In simple terms, the OBE realm can be thought
| of as...
| a series of layers, and these are the
| subplanes....
| The subplanes have an order to them. The
| order of...
| the planes corresponds to the range of
| human...
| emotions. At the "low" end you have "bad"
| emotions...
| like fear and dread. At the "high" end of
| the..
| subplanes, you have "good" emotions such as...
| truth and spiritual insight. This is how the
| OBE regions...
| are organized..
| In between each subplane is an empty space
| called...
| the void. If the subplanes are like radio
| stations...
| the voids are like the static nothingness
| between....
| the radio stations. When you are in the
| void, ...
| everything is dark and quiet...
| In my OBE class notes, I described 4
| different types...
| of subplanes: lower, middle, higher and
| surreal...
| The lower regions are dark and scary and it
| is hard...
| to move on them. The middle regions look
| very much...
| like this physical world. The higher regions
| are full...
| of sparkling colors and make you feel very
| good when
| you....
| are on them. The surreal regions are very
| abstract...
| spaces of moving color patterns and may be
| very...
| beautiful....
| You could potentially end up in any of these
| the OBE realms....

Don DeGracia | There are two types of beings you can
| encounter...
| during your OBEs: nonhuman beings and human
| beings...
| The nonhuman beings could be anything:
| talking...
| animals, spirits, ghosts, zombies, fairy
| folk. All of...
| these types of creatures exist in the OBE
| realm...
| They may be friendly or they may be hostile

or they...
 may be totally indifferent to you. The same
 is true...
 when you meet humans in the OBE realms...
 I have found that most of the humans I meet
 in my...
 OBEs are not very lucid. A lot of them act
 like...
 dreamers and do not seem to be aware that
 they...
 are on the planes. They often act very much
 as people
 act here in the physical world..
 Don DeGracia When you meet beings in your OBEs you should
 talk...
 to them. Ask them questions. Ask if they
 know...
 where they are at. Ask them what their names
 are...
 Ask them what year it is. By the answers
 they give to...
 these questions, you can see if they are
 lucid or not...
 Finally, the last thing I want to say about
 the OBE...
 realm is that you do not have to fear
 anything you meet...
 out there. Nothing in the OBE worlds can
 harm you...
 If worse comes to worse, just wake yourself
 up from...
 the OBE....
 Don DeGracia So, that's a brief overview of the OBE realm
 itself...
 You can get more information by reading my
 class...
 notes or reading other books about astral...
 projection or the planes...
 So, that's it for my spew tonight...
 Lets open the floor up to questions and
 discussion...

Denis | !

Don DeGracia | Any one want to say anything?
 Denis> Question? Comment?

Denis | I had a dream last week that seems relevent
 to the subplanes...

MIKE G. VON HALLE | So Don, your talking about the subplanes in
 the astral world/plane, correct?

Anthony R. | hi

Don DeGracia | Denis first, Mike second

Denis | In a nutshell, I visited 3 planes...

Don DeGracia | hi Anthony...this is a formal CO.

MIKE G. VON HALLE | Sorry, I butt in, I'm new at this.

Anthony R. | What's that mean?

Don DeGracia | Mike> no problem!

Denis | It started in a dark and gloomy place...
 Night, with red volcanoes in the background...
 People running scared all around me...
 I moved "forward" and ended up in a foggy
 place...
 people around me were wandering aimlessly...
 I was walking ahead in a tunnel...
 noticing as I walked branch leading away from
 the main corridor...
 I reached the end of the tunnel and had to
 dig "up"...
 I emerged from a white cliff (snow?)...
 facing a gold wall...
 I climbed over it and on the other side was
 this old egyptian city with people in it...
 I woke up at that point, just before entering

the city... :(
GA

Don DeGracia | Denis> Thanks for sharing that....
Mike> quick answer, yes, I am talking of the
subplanes of
the astral...
though I use the term "subplane pretty
loosely...
after we discuss Denis' dream..

Denis | Sorry, forgot to mentionned that I had that
dream after "intending" to visit planes

Don DeGracia | we can come back to this if you want...
Denis>...
It does sound like you roamed through a few
different...
regions...
In the misty place whre people were
wandering...
aimlessly, what did the people look like? GA,
Denis

Denis | They look like pale zombies... GA

Don DeGracia | I've been to a place where it was all dark
and misty...
and people were wandering aimlessly...
but the people looked like shadows or
silloutttes to me.
Ok, Mike, GA
GA = go ahead
Mike, did you want to follow up on your
question?

MIKE G. VON HALLE | I have a background in TM and have been trying
to tie this meditation in to other occult
activities

Don DeGracia | You can use your meditation practice as a
means...
to achieve the OBE state.
GA, Mike.

MIKE G. VON HALLE | I read The projection of the Astral Body by
Muldoon and Carrington and that started me
looking in this forum

Don DeGracia | There are a lot of people in the forum that
can astral...
project and Muldoon is a favorite of some of
them.

MIKE G. VON HALLE | Your course has been excellent for me in an
effort I've been pursuing for some time to
tie the various aspects together

Don DeGracia | Glad to hear it.

MIKE G. VON HALLE | GA

Sheila | !

Don DeGracia | Sheila,> Comment?

Sheila | Yes,

Don DeGracia | GA, Sheila

Sheila | I've not had ...
much happen this week ...

Don DeGracia | :(

Sheila | but I was reading...
your book and I was...
struck by what you said about...
people being dazed when you meet...
them in the planes because...
I did have a similar experience during...
journeying...It was the only time...
I met someone and he was just...
as you described people you met. GA

Don DeGracia | Yes, Sheila, it really suprised me as time
and time...
again during my OBEs, I'd talk to people...
and they wouldn't respond to me with any ...
intelligence at all....
Its one of the reasons I accept the occult
viewpoints
now...
Because occultists say that people are like
this on the...
planes. GA

MIKE G. VON HALLE | Are they dazed because they are not lucid
dreamers? GA

Sheila | I was wondering...
if the planes you describe...
are the same as where I go when I journey??
GA

Don DeGracia | Sheila> I don't know for sure...
but it sounds like it might be...
I'd need to know more about the contents of
your...
journeys to be more certain.
GA

Sheila | Well, the main difference...
as far as I can tell is..
that when I journey I am only in a light
trance...
and am (usually) aware of where...
I am physically as well as where I am...
in whichever world I journey to.
That made me thing...
it was different, but...
this meeting of the guy was so similar to...
your experiences...I don't know...
My experiences...
during a journey do involve other beings...
and they are very aware...
as am I of them and we interact...
in very specific ways...
Usually they set up some kind of concrete...
experience for me to undergo...
and it makes sense, though...
I can also do things like fly and things
BA
GA

Don DeGracia | Sheila, you and I have discussed this about...
how you seem to be in both places at once....
which is kind of the borderland where it's
part...
astral projection, but part clairvoaynce...

Sheila | No this is different...

Don DeGracia | but still, I suspect that what you are
percieving in this
state....
is the same thing I percieve when out-of-body.
ga

Sheila | It is not like a dread...
I mean dream...
I am much more conscious of everything...
I don't have the words to explain the
difference
(frustrated)...
but it is not...
like that other experience I described to
you. GA

Don DeGracia | If you want Sheila, we can explore this more
in the msg
board...

Sheila | OK

Don DeGracia | becasue I'd like to understand better what
you are trying
to describe...
right now, i want to move on to Mike's
question..

Mike...
you asked...
Are they dazed because they are not lucid dreamers?
Basically, the answer to that is yes, because by definition...
a lucid dreamer is lucid!...
I can't say with any certainty about this...
and all I can go by is what people with much more...
advanced psychic skills than I have have to say...
but according to highly skilled psychics....
these people are most likely deceased people.. who no longer have a physical body...
And, again, according to occult ideas....
after we die, our personality slowly fades away...
and our spirit returns to the greater essence of which it is...
a part....
so, it is likely that a lot of these "dumb" people I meet...
during my OBEs are actually people's personalities...
in various states of, for lack of a better word, decay.
Mike>GA

MIKE G. VON HALLE | This is fascinating
How do you perceive a person on the astral plane in a non-lucid dream state?
GA

Don DeGracia | Well, this gets a bit more complicated....
but my theory is that....
living people who dream go to different regions...
of the subplanes than people who no longer have a body...
In other words, there are dreamer regions and regions...
for the discarnate. and these regions are pretty much...
seperate. So, when you are dreaming, you are actually interacting...
with other dreamers...

Sheila | ?

Don DeGracia | Now, for some reason, going OBE allows one to...
access the regions where discarnate humans are at.
Mike> Follow up, then we'll take Sheila's question.

MIKE G. VON HALLE | OK, are there discarnates on all the subplane you visit?

Sheila | Last summer I had a (non-Lucid) dream in which my father...
sorry

Don DeGracia | Mike, its really hard to answer that....
Its important to stress that this is just an idea...
I have no way to prove that these are dead people...
Its a nice theory, but there are other ideas too.
So, lets take Sheila's question, then Pat's comment.
Sheila>GA

Sheila | About my father...
he's been dead for 14 years...
In this incredible dream...
which was so vivid...
he came to me while I was talking...
to Helen...I ran from him but he caught up...

Sheila | and when I turned around I saw him as the
 most alive...
 most vital person...
 more than he was in the last many years of
 his life...
 and he said to me "I love you more than
 anything...
 in the world"...I was so overwhelmed that...
 I woke up...Helen said she thought it
 really...
 was my father...Yet I was not projecting..
 GA

Don DeGracia | Sheila...
 Even tho I posit this idea that dream regions
 are...
 seperate from the regions of the deceased...
 its well known that very strong emotional
 bonds...
 will attract people together on the planes....
 and it sounds to me that your Father came and
 visited you one night while you were
 dreaming...
 Yes, you were not projecting...
 but don't forget, the only real difference
 between
 dreams...
 and projections is the state of your mind,
 not where you
 are at. GA, follow up, Sheila?

Sheila | no, but thanks
 GA

Don DeGracia | Ok, Pat, you had a comment?

Pat | the people that i meet...
 in other worlds seem to be...
 living people...
 the lower realms
 seem to contain the dead
 which dissapate
 but i dont know to where GA

Don DeGracia | I think that there is some truth in looking
 at it that way,
 Pat...

Denis | !

Don DeGracia | Its a fine distinction between a living being
 and that...
 being's personality while here on the physical
 plane...
 but when you get to the nonphysical realms...
 the distinction becomes much more clear
 cut....
 and you realize that you are NOT your
 personality, ...
 but are the being who animates the elements
 that...
 make up the personality...
 It sounds to me, Pat, like these beings you
 meet who...
 are alive indeed are alive...
 and that in the lower realms what is
 happening is the
 decay...
 of the physical personality....
 I'll bet any money that the beings you meet
 who...
 claim to be alive don't have a personality in
 the same
 way we do right now. GA, Pat.

Don DeGracia |

Pat | so you dont feel that you take any part
 of...
 the personlaity when you die to the
 next...
 life?
 .

Don DeGracia | Well, you have to distinguish...
 between innate tendencies on one hand....
 and the way these tendencies manifest
 during...

your incarnation on the other hand....
So, for example, if a person had a tendency
towards...
over possessiveness....
in this life he may be a successful
buisnessman....
but in another incarnation, the same
tendency....
may manifest as being a crook....
or in another life he may be a politician and
be both
But do you see the idea I am getting at, Pat?
GA

Pat | so the innate personality migrates?

Don DeGracia | I wouldn't call it a personality per say...
| its more like a grouping of tendencies or
| qualities...
| that could take on myriad of forms depending
| on...
| the circumstances...

Pat | the essence perhaps

Don DeGracia | Yes, that's a good way to think about it...
| but also keeping in mind that this essence
| itself...
| can change as it expereinces life in
| innumerable forms. GA

Pat | thanks ga

Don DeGracia | Ok, lets take Denis' comments, and then we'll
| call it a
| night.
| Denis> GA

Denis | I've read somewhere that dead personas
| "dissipate" when people reintegrate their
| higher selves,
| like a part merging with the whole...
| Just thought I'd add my two bits GA

Don DeGracia | That's eactly what we are talking about Denis!
| So, gang, i gues we'll go informal now....

Denis | (I know... I had the sentence typed ahead...
|)

Don DeGracia | thanks a lot everyone for showing up...
| and special thanks to Pat for keeping us from
| crashing!

Don DeGracia's OBE CO #8 - Last CO - Wrap up and summary

***** 6/28/94 9:58 PM Forum CO

R 12 : *SYSTEM* | Switching to Dreams/Mind/ESP

Don DeGracia | Well, should I do my spew for tonight?...
| Then the 3 of us can sit around and gab.

Patricia L. Harper | ok

Denis | Sure! It's your show!

Don DeGracia | Ok then, lets do it....
| Well, tonight is the final CO for this class.
| I will...
| summarize what I've tried to teach you here
| and ...
| make some final comments...
| First, we learned the theory of OBEs/astral
| projection/..
| lucid dreaming. We have seen how each of
| these terms
| stems ...
| from a different view of the world but that
| each term...

Michael Pagano

hello

Don DeGracia

refers to essentially the exact same experience...
*
Second, we have studied two techniques by which...
to achieve OBEs: becoming lucid in a dream or by..
going into trance. Again, the message is: no matter...
what method you choose - stick to it!
Practice is the...
key to success....
*
Third, we studied what happens in the OBE state and
in...
the OBE realm...
*
Now, my final comments. These are the thoughts I feel
are...
most important and are the thoughts I would like to...
close the class with:..

Don DeGracia

*
1. OBEs/astral projections/lucid dreams are very...
closely related to your normal dreams. Study your...
dreams and in doing so, you will be setting the stage...
to achieve OBEs/projections....
*
2. OBEs are not a science. Presently there are a
variety...
of ways to understand OBEs: occult views,...
parapsychological views, psychology views. Each...
of these views has its own validity. Each is worth...
learning and thinking about. The best you can do is...
to be OPEN MINDED as you learn more and more about...
the nature of this experience. Keep your mind open...
and don't stop trying to learn. There is always more...
to learn. Never make the mistake of thinking you...
know it all...

Don DeGracia

*
3. LEARN TO OBE. Talk is cheap and actions speak...
For all the pages and pages of debate, for all the talk...
and theorizing, the fundamental fact remains that...
OBEs/projections are something you can learn to do...
for yourself. Learn to do it, then see which views best
fit...
your experiences. Or perhaps you will experience...
things completely unique that no one has ever..
described before...
*
Finally, I want to say "thank you" to everybody that
has...
participated in this workshop. It is because of you that...
this has been a success. And I want to wish all of you...
the best of luck as you each progress on your...
individual quests for self-discovery....
So, as Porky Pig says....
"That's all folks!"
Well, here we are....
what do you two want to talk about?

Pat, do you want to add anything to all this
for the
record?
GA

Patricia L. Harper | me????

Denis |

Don DeGracia | But of course!

Patricia L. Harper | sounded good to me!
i haven't been..

Denis | Like I said last week, your workshop had some
positive effects on my dreaming activities...
(sorry)

Patricia L. Harper | oob for a couple weeks

Don DeGracia | Let's hear it, Denis.

Patricia L. Harper | ga

Denis | For instance...
In my dreams, I've been playing with
"changing the channel" and seeing...
what effects it has with my lockmold...
Also, I've been trying a bit more to extract
info from dream characters...
I notice, like you say in the notes, that
most of them don't seem lucid at all
GA

Don DeGracia | Denis, why don't you elaborate on each of
those in turn...
Explain about this "changing channels"....
then tell us about the people you have met.
GA

Denis | Ok...
One trick I use to change channels is to
become aware of transitions...
like, for example, when I go through a door,
climb stairs, etc...
Before going through, I try to think of a
destination...
so far, I got some good results...
I also noticed that if I close my eyes, and
think "higher" or "lower"...
the scene changes in some ways when I open
them again...
In one case, I was in a corridor that seemed
pretty dense to me...
after closing my eyes and "tuning up", I
ended up in another corridor...
which felt different -- lighter

Denis | Curious thing about these dreams is I wasn't
always lucid...
I was just tuning in and out... Sometimes,
the transitions led to lucidity...
sometimes not. Comment on that? GA

Don DeGracia | Denis> WOW!
That's some really cool stuff...
I've never thought to do anything like paying
attention...
to "transitions" as you call them...
But it makes a lot of sense...
that you would discover interesting things
happening...
in these transitions...
Also...
The fact that you are not necessarily lucid
when you do
this....
makes sense...
I think what is happening is that you have
conditioned...

Don DeGracia | your mind and the ideas are carrying over to
your...
dream mind. ...
Denis> Where did you get the idea to pay
attention to
these transitions? GA

Denis | Yeah. Last few week's dreaming have been
| *exceptional*, thanks to you, I think ...
| I'm not sure where I got the idea... In a
| dream, probably...
| It's something I have been aware of for
| sometime now...

Denis | The idea of trying to influence the
| destination probably comes from reading
| Monroe...
| about his
| IDENTs or whatever he calls it...

Richard A. Dahlen | hi

Pat Harper | denis do u fly at all in your dreams?
| hi richard!

Don DeGracia | Hi Richard, this is a formal CO on OBEs

Denis | Pat> Usually yes. I also levitate a lot
| Actually, Me walking in a dream is the
| exception...

Don DeGracia | Denis> interesting that you would associate
| IDENTs...

Pat Harper | have u tried flying
| away from the earth?

Don DeGracia | with transitions.

Denis | Pat> No, or I don't recall...

Pat Harper | it's real neat denis

Denis | Don> Sort like dialing a phone number before
| calling someone...
| I figured I could try to picture my
| destination before getting on my way
| GA

Don DeGracia | Pat, have you tried to fly away from the
| Earth? If so,
| what have you seen?

Pat Harper | I can change worlds in this way

Don DeGracia | Do you ever look back at the Earth?

Pat Harper | yeah!

Don DeGracia | What's it look like?

Pat Harper | doesn't always look the same, don

Don DeGracia | The times I've done it...
| the Earth looks almost cartoonish. Does it
| look real to
| you, Pat?

Pat Harper | sometimes it looks just like...
| what u would expect...
| that is like the space pictures...
| u know, i think i've told u
| that i cant go to the moon...
| tho i have tried

Don DeGracia | I remember the moon idea, but you never...
| told me what the Earth looks like to you....
| That is really interesting that you see it
| realistically.

Pat Harper | not always realistically...
| sometimes it is.....
| kinda foggy like i cant ..
| quite make it out

Don DeGracia | That may be due to the fact that you are....
| transferring your consciousness from one plane
| to
| another..
| do you think? GA

Pat Harper | yeah and looking for the bubbles to start

Don DeGracia | Yea, its then that you would see the bubbles usually, right? GA

Pat Harper | yeah, up there near the moon---sometimes i go immediately to the bubbles ga

Denis | !

Don DeGracia | I want to ask Denis... Denis> Can you tell us about the people you've met OBE? GA

Denis | Ok. Most of them are kinda "dumb"... They will answer some bizarre answer to my questions... Some of them will acknowledge that they are dreaming...

Don DeGracia | What do you ask them?

Denis | Their name, our location, what are they doing here... That sort of thing... For example, in one dream... I was coming back from some adventure (that someone beforehand told me... was VERY dangerous)... When I came back, one guy was gesticulating to me, cheering and saying he couldn't believe I came back... That caught my attention and ask him what is name was...

Jerry | ? ==> Don

Denis | He immediately replied "J.C. Penny" then hesitated, then added "Abe"

Pat Harper |

Don DeGracia | Jerry> after Denis is done, you can go.

Denis | Another time, I spotted a lady that was looking at whatever was going on... like a silent observer. I went to her and ask her who she was... she was startled, gave me a wink and said "You're getting good at this, aren't you" and then disappeared...

Don DeGracia | wow!

Pat Harper | wow!!!

Denis | I could go on and on, but GA

Pat Harper | Denis, these are GREAT!!!

Don DeGracia | They really are, Denis. Let's come back to this... but lets take Jerry's question. Jerry. GA

Jerry | When I attempt took Anyway, I feel myand I feel sort of like I am floating... At this point, I am enjoying the experience, but then.... I freak out so to speak and feel that I am not breathing... then I am back in my bed and all sensations and images are gone... Any suggestions? GA

Don DeGracia | Jerry, ... It may be that you are going into trance... and loosing consciousness of your physical body... if this is the case, then you will no longer feel... yourself breathing....

Now, when you loose all the sensations and
wake up...
are you breathing ok? GA

Jerry | Yeah, a little heavy but not really
unusual....

Don DeGracia | Jerry, go ahead.
sorry!

Jerry | What could I try o to prevent this....
GA

Don DeGracia | Jerry, does this happen every time?

Jerry | Unfortunately yes, or else I "fall asleep".

Don DeGracia | Jerry...
I honestly don't know what to tell you...
i have never had such a thing happen to me...
so I don't really know what could be going
on...
two things occur to me off the top of my
head...
1. either its what I said above...
that when you go into trance you loose
contact with...
your physical body, and can therefore no
longer...
feel it breathing. If this is the case there
is no problem...
or...
2. there is something about going into trance
that ...
messes up the regions in your brain that
control your
breathing...
if this is the case, then you have a real
problem...
Now, I've never heard of such a thing
happening...
but you can't be too careful....
What you can do to test this is the
following...
Next time this happens just keep going....
DON'T freak out!....

Denis | !

Don DeGracia | If the feeling subsides...
then you are ok...
if there really is a problem with your
breathing...
you will simply pass out...
your brain will automatically take over...
and your breathing will be ok...
kind of like what happens if a kid holds
their...
breath for too long. That can't hurt a kid
because the...
brain has built in safe guards to prevent
one from...
holding their breath...
Now, this is drastic advice, but I don't know
what else to
tell you, or how else you could determine
what is
causing this...
Jerry> any follow up comments?
GA

Jerry | Yeah, but I have to take a phone call right
now, will be back. GA

Don DeGracia | Ok, Denis, GA, then we'll go informal.

Denis | I remember some underwater dreams where I
woke up gasping for air because I had been
physically holding my breath for too long...
If Jerry is really stopping to breathe,
shouldn't he feel
something stronger upon awakening (like
hearth pounding) or something?

Denis | GA

Don DeGracia | Yes, i suspect he would.
 | That's strange what is happening to Jerry.
 | Like I said, i
 | never heard of such a thing.
 | GA

Denis | But then again, what do I know? I never
 | have been able to go OBE via trance.... GA

Don DeGracia | So, Denis, is it that you mostly become lucid
 | while you
 | dream?
 | BTW, we're informal now.

Jerry | I'm Back.

Don DeGracia | Hi Jerry.

Denis | Yes. I have at least 3 dreams every night...

Pat Harper |

Denis | The third or following dreams is likely to be
 | lucid

Pat Harper | oops sorry

Denis | BTW, I had a false awakening this morning

Don DeGracia | But you haven't been able to get there via
 | trance?GA

Denis | Don> Yes. That is correct...

Don DeGracia | What kind of results have you gotten from
 | practicing
 | trance methods?

Jerry | Denis, the first few times this has happened,
 | I did wake up...
 | gasping for air, and pounding hart, but that
 | was a few years ago....

Denis | The closest I got in a trance was feeling l
 | was floating in a dark bottomless void...
 | (Sorry, Jerry...)

Jerry | I had given up on AP,ing, until I found Dons
 | paper. GA

Denis | Then my legs started kicking on it's own and
 | broke it... :(

Don DeGracia | Denis> How often have you tried to practice
 | trance?GA

Denis | Don> Would you believe, every night before
 | going to bed for about a year now?
 | I actually have better results falling back
 | to sleep in the morning...
 | sometimes I'm able to "walk-in" a dream
 | consciously

Second Childhood | Hi Denis, can you describe your technique for
 | a newcomer?

Denis | SC> Of walking in a dream?

Don DeGracia | Denis> I've rarely ever tried trance when
 | going to bed at
 | night...
 | I've almost always done it after waking in
 | the morning...

Second Childhood | no, how to practice the trance - what do you
 | do?

Don DeGracia | You should get up for about 15 minutes, then
 | go back to
 | bed...
 | and try the trance techniques.
 | Second Childhood....

Denis | Don> Yeah, I guess I should try that on a
 | more regular basis

Don DeGracia | I have written a file that explains how to go
| into trance...
| in the Psychic Abilities library. The file
| is called
| DO_OBE.ZIP...
| and it explains in detail how to go into
| trance to leave
| your body.
| Denis....

Second Childhood | oh. I'll get it. I meditate myself and
| was interested.

Don DeGracia | from what you say...
| I think you would have great success doing
| the trance
| method...
| I recommend that you alter your schedule and
| try it...
| more consistently. I'll bet you get
| results...
| Like I said, wake up for 15 minutes, then try
| the trance
| techniques. GA

Denis | Will do, Don... I'll let you know what
| happens...

Don DeGracia | Definitely do!
| Denis> what you said about the people you
| talked too...
| sounds a lot like what's happened to me. GA

Denis | Yes... If I remember your notes...
| I had those experiences before reading them,
| BTW...
| for me, it was a confirmation of what I'd seen
| GA

Don DeGracia | That's what I've gotten from talking to
| people in the
| forum too.
| Well, gang, I think I'm gonna call it a night.
| I'll see everybody around...

Denis | Good idea, Don... Me too

Don DeGracia | Thanks for coming to the class!
| I'll let everybody know if there will be more
| COs.

Jerry | See Ya.

Denis | Thanks for giving it in the first place

Don DeGracia | bye