

Lucid Dreaming? Out-of-body Experience?



**My personal experience with self-awareness while dreaming,
and at the sleep/awakening onset:
*A training technique; related phenomena; & more***

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Never be discouraged when sailing into the dream world! There are different levels of natural awareness among those of us who search for these experiences: some have more than others, with less work. Still, we all get there sooner, not later.

When one hears about Out-of-Body Experiences (OBE) the first thing that comes to mind is that these are adventures for mystics. Yet, what is now known by the scientific community is that, there is a very good chance that most of us at least once in life have experienced an exceptionally clear dream where one might even be aware that this dream is not one's real-world reality, *but a dream*. They are called Lucid-Dreams. Also, many of us might have at least once experienced the spontaneous sensation of leaving the physical body, as well as the related phenomena that sometimes accompany them: vibrations, electricity, lights, and various sounds like the sound of wind, bells, wind-chimes, and so on. These phenomena are frequently mingled with the hypnagogic images, which are the images one sees when approaching the sleep onset. It is interesting to note that phenomena like lights and sounds are also from the pool of Kundalini Phenomena. There is an argument about the similarities between Lucid-Dreaming and OBEs and very few, if none, references that sleep-onset experiences resembling Kundalini phenomena. They are obviously unresolved issues, as our body of knowledge on these subjects is very incomplete, as is our lack of skills in these areas.

Most of us are not naturally owners of special or paranormal skills, OBEs & Lucid

Dreaming being part of them. The good news is that they are learnable skills, though there are not many experienced teachers on this subject. There are a few high-priced, yet unreliable, new age teachers and their special schools. Then, what about using books? There are many books on the subject Lucid Dreaming and OBE, old and new. But again, many of these books are not reliable and honest writings, leaving us at the mercy of luck. Now suppose one finds a teacher. The question then is: is this teacher a natural OBEer or Lucid-Dreamer, or is he/she a learned one? I suggest one can learn from both types. If a person is a naturally gifted OBEer or Lucid-Dreamer, he/she wouldn't know about the natural difficulties of us ungifted ones. Someone who learned from scratch had to resolve and overcome lots of problems and difficulties. On the other hand, naturally gifted ones should be able to help one better in otherworldly issues, as one expects they should know what they are doing over there better than the ones not as skilled. Still, the path to learning OBE or Lucid-Dreaming is characteristically an individual learning experience, due to its special internal-mental characteristics, and knowledge is frequently built by self-experimenting and studying ones own possibilities and experiences.

My case is one of those not naturally gifted ones. I became involved with OBE and Lucid Dreaming through a series of coincidences that generated experiences. Then, my learning was helped by my natural curiosity and self-experimentation. I have to admit that I have not overcome all of the problems I have encountered with OBE and Lucid-Dreaming. Problems with *how to always have an experience at will*, though I am able to recognize the characteristics of an OBE-type or a Lucid-Dreaming experience and act accordingly. Problems with *how to keep a clear and lasting awareness*, though I have had relative success in having these experiences to a certain extent. Besides, I have not found a truly sure-fire set of techniques because I have kept to one set of techniques I once learned in Brazil. What I have found personally, is how to increment those techniques for my own purpose, and how I discovered interesting phenomena through the use of these techniques.

In the following I will be describing the procedures I follow on a more or less regular basis. I have divided these procedures in two parts. In the first part I introduce the technique that I call *the bare bones exercises*. In the second part, which I call *the filling in the bones*, I will comment about what I have learned that works, as a result of the years of (on and off) practicing these exercises, most of the time by myself. They include techniques of concentration, relaxation, fixing of memory, and most importantly, of *motivation*, that I use. It includes the next important trick (at least it's important to me): that of detecting the *phenomena*, as they will demonstrate if the whole procedure is working or not. I also comment on how to detect or produce sleep onset features that lead to the conscious leaving of the physical body, the OBE-type experience. Where applicable, I include samples of experiences from my own notes.

Perhaps my difficulties and successes might give some good ideas or new insights to wannabe OBEers or Lucid-Dreamers. Also, they might help you to not be shocked or disturbed with phenomena that you may experience on the threshold of the sleep/awakening onsets. So, bear them with me.



Part I: The “Bare-Bone” Exercises



The following set of exercises is described as I first learned them from Rotilde Cassiano de Almeida, who represented Maria Aparecida de Oliveira, from Brazil. She is best known by her nickname: Bianca. The full set is composed of five exercises. The first one is supposed to be for the oxygenation of the blood, though its retention-of-breath part might not deliver its intended objective. The second and third exercises are supposed to be *brain-gland exercises*: the second one being for the hypophysis (pituitary gland) and the third one for the pineal gland. The two last exercises are defined as *brain-exercises*: the fourth one is a *brain-pulsation exercise*, and the fifth one would (supposedly) build an exit-channel that can be used to exit the material body.

Never mind the controversial aspect of what these exercises are supposed to deliver. At the time I learned them, and until quite recently, I didn't have any way to challenge either the origin or the specific “brain-glandular” work these exercises would do. Nor can I now decide with certainty, with my present knowledge of functional neuroanatomy, if these exercises do specifically what they are supposed to do. What I do know is that as soon as I work with them, principally the brain-exercises, there is a tendency to experience phenomena of lights, sounds, and vibrations. However, one should admit that these phenomena might well be the result of concentrated mental work, or special biological or neural conditions.

My colleagues and I followed Bianca's challenge that “if we did practice the exercises regularly, we would be rewarded with the *leaving of the material body consciously*.” These techniques seemed to work straight away for some, but for the majority it took from one to three months to start noticing the leaving of the physical body. Yet, for others, it didn't seem to have any effect at all, though we were never sure why. The conclusion is that many of us were rewarded as promised, though not in a perfect way as we all expected. Now, let's go on with the exercises.

THE BARE-BONES EXERCISES:

1. **The *breathing exercises*:** [This is supposed to help the cleaning of stagnated areas of our lungs.]

While raising your arms slowly to the height of your shoulders, inhale, being careful not fill your lungs too much. With your arms at the height of your shoulders, hold your breath, stretch your arms outwards then tilt them backwards slightly, while also tilting your head backwards. Then, hold your breath for more or less 15 to 20 seconds. Return head and arms to former position (before tilting them backwards), while still holding your breath. Then, also being careful to do it slowly, exhale making an “o” with your lips, blowing of the air (it makes a “foooooo” air-noise) while lowering your arms back down. Relax by inhaling and exhaling deeply. Repeat this procedure three times. Next do breathing relaxation this way: inhale deeply while raising your arms above your head. Then, without holding your breath, just blow all the air from your lungs while letting your upper body bend loosely downwards, just letting loose your arms and body. Repeat it three or four times, at will. Next repeat that first part of the exercises three or four more times, again doing the breathing relaxation at the end of each exercise.

2. **The *finger-exercise*:** [This is supposed to be an exercise for the hypophysis (pituitary gland).]

Sit comfortably on the floor with your back against something, so that you don't feel tired. Again, this is a slow motion exercise, and it takes a while until you finish. Therefore, it's important that you are comfortable. You can then use your right knee (or your left knee, if you are left handed) to hold your elbow. Now look at your index finger, with your arm extended resting on your knee. First, look at your finger and try to stop your thoughts the best you can. That will also make your finger-exercise a good *concentration exercise*, and it's my suggestion that you do try to concentrate your gaze, as it will definitely improve your odds for results. Now, move your finger very slowly with your gaze fixed at its tip, while counting at (about) the speed of a clock's seconds, from one to approximately sixty. At the counting of sixty, your finger must have arrived at the approximate center of your forehead. (At the Yoga's *third-eye position*.) And you are still looking at your finger, though after a certain point you will not be able to see it anymore, and you will be quite cross-eyed. At this point you are touching the forehead, so now, while you count from one to ten (approximately), make a very slow circular movement of your finger at this position, as if massaging that point. Then, stop the movement and while still with your gaze fixed at the finger, move it very slowly to the starting position with your stretched arm, while again counting at the speed of a clock's seconds, from one to about sixty. Repeat this whole procedure five or six more times, without at any instant deviating your gaze from the finger. Also try your best not wander in your thoughts, and use the counting procedure as an extra focusing motivation. **Note:** While doing the finger exercise I also use “brain pulsation” (see below about this) as yet another focusing, or concentration strengthening.

Also note that this exercise should not make you permanently cross-eyed. Ophthalmologists use it to train your eyes to actually not be cross-eyed. However, it is a good idea to relax your eyes after finished. See my *biography* ([below](#)) about this fact.

Next three exercises should be done while lying down.

Therefore, while lying down, put yourself in as relaxed a state as possible, and be covered with a blanket. That is important, as one usually feels cold when deeply relaxed. Again breath deeply, holding the air in the lungs for a short while then exhaling slowly. Don't exaggerate in the slow motion. The objective now is to just help you become relaxed. At this point, before going into a deeper relaxation, do *the second eyes exercise*, now with them closed.

3. **(Closed) eyes exercise:** [This is supposed to be an exercise for the pineal gland. It's done preferably in the dark.]

With closed eyes look upwards cross eyed, holding your eyes at this position for a short while. (Note: *Not at a slow motion, this time.*) I usually count about ten seconds. Relax and remain so for another ten seconds. Repeat this process five or six more times.

4. **“Brain-pulsation” exercise:** At this point, you should try to reach a deeper relaxation using any technique you know. (Or you can use *the technique of relaxation I use* – [See below](#).) When you feel yourself very relaxed (deeply, if possible), you should pay attention to that blackness in front of your closed eyes, as if a black-screen. Now comes the tricky part of this exercise: *you must try to feel as if your brain is pulsating*. (You might want to play with this pulsation beforehand, just to get the idea of how you might do it.) Never mind of its oddity, its lack of reality, even the sense of its nonsense. Myself, and my colleagues in Brazil, always had many questions of *how to go about with this brain-pulsation*. Could it be just the pulsation of the heart? Bianca advised that it should not be heart-pulsation. Soon we just concluded that there wasn't any other way than to just try and do it the best we could. At first I thought the muscles on my neck or from the back of my throat were doing the pulsation... And it might well be, I should admit. So, what to do? Play with it, and do it the best you can, but at all times try to “brain-pulsate” and try to not use any muscles, and to achieve that vary the ways you do it, until you find one way that seems more or less reasonable. Honestly, I don't believe I ever really found a convincing way for doing “brain-pulsation”... I just did it and do it for the sake of the exercise, *and because of the combined results obtained by doing the complete series of exercises*. However, sometimes I do feel as if something pulsates in my head, after all those years of experiences! Sometimes it seems inside the head, other times it seems as if on my forehead. But these sensations came independently, and unexpectedly. Now, let's go on with this exercise.

Remember: You are now deeply relaxed, and only seeing the blackness of your mind. Also, you are already *acting* on that “brain-pulsation.” Next, you are going to build numbers on that black-screen in front of your eyes by using this (oh-so-odd) act of

“brain-pulsation”! Here is how. Pick the number ten first. Separate it into one and zero, and you are going to pulsate the number one on the left side of the screen, then the zero on the right side of the screen.

Important: *You will not be seeing the numbers.*

Build the number one: [This is done on the left side of your black-screen.] You will build the number one on that black screen of your closed eyes, by pulsating (almost like jerking, or like push-slide) movements. So, make the number one almost as if you have a chalk in your fingers and you are writing the number one on a blackboard. So, you start the number one and in a *jerk* you move the chalk up to the top of the number one, then in another *jerk* you move the chalk down to the bottom of the number one. Hey! Do NOT see the number. Your objective now is to *build numbers* on the black screen of the mind, by (regularly) pulsating – or *jerking* – movements, not build an image of it. You will only have the *feeling of movements and pulsation/jerking*. You will build this number one that way, counting these movements, say, sixty times, or approximately one minute. I mean, make those jerk-movements at the speed of the seconds, more or less. But don’t do it too fast, nor too slow making your exercise too long or tiring.

[**Note:** If it becomes too tiring, just do the exercise with a smaller number of repetitions that is more comfortable for you. Never exaggerate. If you do, you will discover yourself just falling asleep. It is important that this exercise doesn’t make you tense and tired, therefore losing your relaxation, or falling asleep.]

Build the zero: [This is done on the right side of your black-screen.] The zero is continuous, so here you will have the opportunity to do a continuous *circulation* with either jerking re-starts every time you complete the circle, or just counting the continuous circulation sixty times. Again, exactly as when you are using the chalk to write on the black board, rewrite on the same zero, over and over again.

Build the number 9: [This is done on the right side of your black-screen.]

Build the number 8: [This is done on the center of your black-screen, with the number eight lying down as the symbol of infinity.] Do this in such a way that the center of infinity symbol is at the center of the screen. Then go about moving in a sliding-jerking (more of an impulse-ing way) back and forth movement, sixty times.

Build the number 7: [This is done on the left side of your black-screen.] As usual, do it sixty times.

Build the number 6: [This is done on the left side of your black-screen.] Just like the number nine, but inverted.

Build the number 5: [This is done on the center of your black-screen] Again, it will be using both sides of the black screen, though more centered.

Build the number 4: [This is done on the right side of your black-screen.] Like the number one, but this time done with three jerking movements.

Build the number 3: [This is done on the right side of your black-screen.] This number has two round parts, and you can do it in two half circular movements, back and forth, sixty times.

Build the number 2: [This is done on the left side of your black-screen.] Do it more or less in the same way. I say more or less, because there is a curved and a strait part in the number two, right? Then, input some *circulating movement* while doing the round part of the number two, and a *strait jerk* in the strait part. Again, count about sixty movements.

Build the number 1, again: [This is done on the center of your black-screen.] I like to do this number more like an upward arrow. Just to have a little part on each side of the screen but with a main movement in the center, with up and down movements. (Sixty times, as usual)

Build the zero, again: [This is done on the center of your black-screen.] You will do here a *circulating movement* exactly at the center of your closed-eyes' black screen. *Try now to make this circulating movement as smooth as possible*, every time you complete a circle. (At least for me, this movement does not seem too easy, but after some practice, it will become easier, and it might even take off by itself.) Do this about sixty times, as usual, and – still circulating – go the next step of these exercises.

5. The building of the exit-channel: [This is done on the center of your black-screen]

In the last part of the former exercise you were circulating the zero. Now, still circulating, you should count from one to five then *impulse this circle out and away from your forehead's black screen*. This is done by imagining that this circle is moving outward away from your forehead. (Watch for tension building at this phase, because this action of pushing this circulating-zero out with your mind is a very tricky step.) Do this for a while. The idea is to continue building those circles and throwing, or pushing them out and away from your forehead until you “go with it” – exiting your physical body!

A VARIATION of these exercises:

This variation is mainly what I have been practicing for years. It simply consists of instead of building the numbers on the black screen, to imagine building them through various regions of the brain. (Bianca suggested this alternative sometime in 1980 or 1981.) Therefore, you can imagine you are building numbers from the forehead to the back of your brain, with the specific intention to stimulate all the areas of the cortex, and probably other brain organs as well. I don't specifically use it very accurately. I don't believe that is possible at all. However, I do *pulsate the number one* as if throughout of the main cleft of the brain: the central one. Then, when I am *circulating the zero* in the last part, I like to do it as if propagating from back of the head to the forehead, and out, in

the process of *building the exit-channel*. Otherwise, I just imagine right or left brain-areas, generally. While doing *this variation of the exercise*, I suggest that you try a few different areas of the brain just to see how you feel them.

There is one important trick: *THE PIN-POINT OF LIGHT*.

At this step Bianca [then represented by Rotilde Cassiano de Almeida] asked us to ***watch if you detect a point-of-light***, and if so, “you should try to circulate this point-of-light until it circulates by itself.” Then, “impulse it outwards, going along with it, out of the material body.” (Actually, it was exactly this very comment, and the “light” bearing results of this series of exercises that made me continue doing them for years, on and off, with many interesting consequences). The facts are that, again, this step is a tricky tension-building step. So watch out!

COMMENTS ON THE BARE-BONES EXERCISES:

If you were able to keep the relaxation you started with up to the last exercise, and did not feel too tired so that you disconnected your awareness (fell asleep), you have done it right. Still that did not guarantee it to work straightforwardly for myself and for my colleagues at that time. Despite of the difficulties, there were a few case-stories where it did work, as it should. But these few cases didn't prevent many of us from feeling dismayed with the scant results. Therefore, during the period I participated in Bianca's group, there were many questions, and consequent discussions about those difficulties. It soon became clear that one very important step toward the awareness “out of matter,” as Bianca liked to refer the OBE, was also to be aware of ourselves in dreams. She pointed out then (that was from December 1980 to sometime in 1984) that frequently we are already out of the body while sleeping, but unconscious of our situation. (Note: this was before I, or any of our group's participants, ever heard about research on Lucid-Dreams. So, it was never mentioned as such.) She always advised us to keep a dream journal, so that we had a reliable record of our memories of dreams and experiences. She also insisted that ***we do not discard unusual, or strange and uncomfortable dreams***. For example, she pointed out that those odd situations in a dream could have been specially prepared by “helpers” (from the otherworld...) to call our attention to the fact of being out of the body, though not conscious of our situation. In fact Bianca would tell us that we are indeed taught in (otherworldly) classes by special helpers who were (or are) involved in the development of humans. So, during our weekly meetings, there frequently was a lot of telling of stories on discovering ourselves conscious in dreams. It was fun and relaxing, and we laughed at our difficulties, while discussing the reason for certain dream-behavior. We would frequently discover that what one was experiencing frequently somebody else had experienced, as well. She insisted that these teachings, coupled to our daily exercises, would then progress us in stages. Bianca is supposed to be fully aware on the other planes, so that she would access our level development in this otherworld, and we were then informed about our new level. Many of us did progress to higher levels, including myself, but I noted that these progressions didn't help the solving of our problems with *leaving the material body at will* or in improving our consciousness

(or awareness) out of the body, significantly. I mean, our problems persisted, and that caused many of us to drop out of our discussion group. As far as I know, these problems always existed in Bianca's group to this day, and it is sad that it is so. Of course we all wanted a reliable set of procedures that would indeed take us out of the material body without going through so much pain. I have learned through the years that the ability for awareness in dreams, and the conscious entering either the dreamland or any supposed other world, does develop if worked on. ***More importantly, it is not necessary to use a specific set of exercises like Bianca's, as demonstrated by the studies on Lucid-Dreaming, and by the modern "OBE-ers" from the Internet community.***

One other point that Bianca frequently warned the components of our group was that "if you don't exercise you not only would not progress (meaning become better acquainted with these other worlds), but worse, you would lose the ability to remember your experiences." Your level of awareness would drop. I have observed through the years of working on this issue that this is not completely true. I have noted that in periods that I am not able to do work toward these experiences, I would not forget how to do it, but its importance would recede to a subconscious level. Just like if you learn to play piano well, then for whatever reason you had not played piano for quite awhile, you would still play piano, but not so well anymore. Indeed, it might happen that you would have difficulties to remember your memorized music. The same happens with OBE or Lucid-Dreaming skills. I have had many periods of time when I was not able to pay attention to my experiences, or even to keep them in my dream-journal, due to novelties, or just due to a special busy or tricky period of life. Then, even though it receded to the back of my memory, I have always been able to reawaken my abilities, and even to learn further from the point where I had stopped by once again working in an extended period of time - so that it gives me time to practice again - on my awareness. This fact gave me more confidence and soothed my guilt about not being able to keep up my work in this area. *That should help you to be motivated, and not give up, due to a busy-life style.*

For myself, the "brain-pulsation" exercise has been the most important of all. It is one that slowly, but surely, has provided me with important phenomena while approaching the sleep onset. Despite the difficulty of understanding the "how to" mechanism, once I had done it for a period of time, *coupled to deep relaxation*, it was soon obvious that I was feeling vibrations that propagated in waves throughout my body, and other phenomena I already knew, as for example, lights and sounds. Lights and sounds would start to come more frequently and in a wider variety when I did exercises more regularly. These results appeared in a more obvious way after I followed an extended period of practicing exercises, where I had made a point to learn more about these "brain-exercises." This period happened at the same time I was also learning to do a better relaxation exercise and to input a communication with my subconscious mind, with the help of a psychologist from Pretoria, South Africa. (I was working at the University of Pretoria at that time.) The pay off for this special coupling of events, plus my working in an extended time without too many interruptions, was impressive. Some of my best experiences appeared during that time, which also included a period of about six months after I moved to the United States. By following this more serious approach, results started to show in less than a month. I started to note the sleep-onset phenomena more

frequently and my instances of getting out of the body had increased in number and quality. I also had better memory of those experiences.

In commenting about the above successes and difficulties, my point is that the discovery of phenomena at the sleep onset, coupled to the work on dreams, does bring us to the conditions for the OBE-type experience. My involvement with Bianca and her group demonstrated this fact very clearly. For myself, the sleep-onset phenomena brought to the stage another interesting fact: the discovery of the “energies” inherent to our brain/nervous system, which I discovered later to be related to the Kundalini phenomenon. That is for myself, the most important result from these exercises, though not specifically restricted to them, as demonstrated by the tradition from Eastern Yoga-schools.



Part II: Filling in “the bones”



THE EXERCISES THE WAY I DO THEM

Here is the scheme I more or less follow, when doing the above exercises.

At night I first go to a quiet place, where I will not be interrupted (in my case, it is my bathroom!), and would do two sets of exercises: the breathing exercises and the “finger” exercises. Then, I go to bed, where I do the second set of eye-exercises as explained above. Usually, I will not start the brain-exercises before I go through my deep-relaxation procedure, which I will be describing later. But I will not delay in this procedure because at night we are usually tired, and the longer it takes to these exercises, the more likely we are to fall asleep. Therefore, I like to do a very good deep-relaxation, coupled with the autosuggestions that I want to input, during naptimes when I have plenty of time and I am not tired.

Usually I don't have experiences that can be interpreted as OBEs at night, as I usually just go to sleep after I finish the series of exercises. However, I do have frequent sleep-onset experiences, ranging from vibrations to sounds and lights, but frequently nothing happens as well. My golden-time is in the mornings, and it has been so since my youth. (See about that on my biography, below.) It is important to note here that nap times are very good times for OBE-type experiences, as well. Therefore, my alarm clock is just almost always set at 4:00AM. I usually get up (which the cat helps, if I am lazy...), go to the kitchen and feed the cat, before I grind my guarana (an drink from the Amazon, from the Indians), which is then taken with water and sugar. Then I put the cat out, and I take time to either read a little or do some work before I go back to bed, taking care not to delay too long. This time usually depends on family-conditions, which runs with my husband's time for work, my own times for work, my daughter's school, and so on. I next go back to bed and do *my short-series of exercises*, which consist of the closed-eyes exercise, the brain-pulsation exercise, and a little of the building of the exit-channel exercise. I sometimes shorten the number of repetitions in these exercises if I tend to be too sleepy or approaching the sleep onset too fast, or if the available time before the time

to get up seems too short. I don't delve in the building of the exit-channel for too long, usually just turning to one of my sides while doing my favorite variation: *the arrow* (the number one with extensions on both sides) and a little of circulation of the zero. **But there is a very important trick:** I will be alert for *sliding-out sensations*, as *wobbling*, *swinging*, and *head-get-ups sensations* (feels like my head suddenly just moves out in a get-up movement), while approaching sleep-onset. These are sensations that demonstrate *I am loose or disconnected from the physical body* by whatever mechanism that produces them, and ready to move out. I will only have to *impulse myself out*, as if getting up from my bed; only it will be from my own physical body.

I also like to test for *looseness* (or *disconnection of the subtle body from the physical body*) by mimicking from memory (oh-so-slightly) the *swinging movement*. Many times this simple play has worked for me. This idea came from my memory of similar sensations during the sleep onset. Also, from personal experience and from many comments from relatives and friends about the fact that after long trips in any vehicle, that we tend to have *falling dreams* or we *feel like we are still traveling in the vehicle* – that is, perceiving the wobbling movements of the vehicle. That pretending this *swinging movement* while waiting for sleep works by similarity to this effect: seemingly, we tend to memorize movements, and they reflect to what's going to our subtle body at the sleep onset. Visions of lights, like for example flashing lights, have the same tendency: one memorizes it, and then it sort of replays them at the sleep-onset, more like “mimicking” or “reflecting on” the memory. Usually, if during the sleep onset I am already feel the subtle body loose from the physical body, I purposely increase this swinging action in my imagination, which will in fact increase the extent of the swinging movements of the subtle body, and I will then “impulse myself out” of the physical body. If I see a light and I am able to fix my gaze on it, I will try to rotate or circulate it, as Bianca suggested, which for myself this procedure is mostly unsuccessful, with few exceptions. Sounds, voices, “swash” (brain?) sounds, usually just alert me to the proximity of sleep-onset, but I haven't experimented very much on using them as a get-out-f-the-body trigger, with very few exceptions. (Note: Sounds are also frequently associated with lights phenomena.)

Once out of the body, I might either feel myself completely out and move away from my body quickly, or I will not be quite loose from the physical body, feeling unmistakably still glued or stuck to it. It's always interesting for me to discover a hand(s), a leg(s), or the trunk (mid-body), sometimes even the head, still sticking to the body. I have learned by experimenting during these situations that if I just keep myself calm and wait a little while, I am usually able to unglue myself (my subtle body) from the physical body without any problems. Otherwise, I would just be reabsorbed back into the body. That means I will have to impulse myself out again if I feel the subtle body is still quite loose, or in the process of disconnection from the physical body. In these situations, I usually remain very quiet and alert for evidence of looseness. I know by experience that it will very likely happen again.

For me, when already outside my physical body, it is almost always dark near the body, even though I do seem to have some type of perception, as I always know where I am

going. (I have noted the same tend to happen to other OBEer's experiences. Yet, with others, problems of darkness seem non-existent.) My ability to see well while out of my body varies from poor to clear. In my case, my experiences included very few good-cases (however never exceptionally clear) of clear sight ability. The experiences with clear-sight always appear from my awakenings from dream situations. Also, it is important to note here that even though I seem to be quite conscious and seeing the environment well, I am never sure if it is a real environment or if it is just a "brain-made" environment. For myself, this is always the case, even though I do have unmistakable sensations of leaving my body. But then, as I have declared in the introductory comments, I am NOT an exceptionally skilled or an expert OBEer or Lucid-Dreamer...

The experience of returning to the physical body also varies widely, from clearly feeling the re-entrance into the physical body, with vibrations and sounds, to awakening back in the body as if it was just switched on, with not an inkling that I did reenter the body at all. The conscious returning to the body might happen from both, Lucid-Dreams and OBE-type experiences. There are also many instances where I just lose consciousness, the experience becoming just dreams, even though it might have started with full awareness of the separation from the physical body. And yes, we can also be involved with the annoying *false-awakenings*. (I have noted that those "false awakenings" seem to happen when one is too drowsy to be able to awaken the body, though not entirely sure of its veracity, with obvious need to research this matter further.)

The variations in the conditions that lead to having a conscious OBE-type experience are enormous, but soon we seem to learn about patterns, and we develop tricks that work. That is what seems to happen with many OBEers, and it happens with me as well. The tricks mainly work, though not always, which is a hard test on our patience and endurance for defeats! Also, for a reason that I still don't understand, we don't seem to always be ready for experiences (of any kind, indeed, not only getting out of the body consciously.) For myself there are periods when nothing happens, and during my time with Bianca's group the same happened with my colleagues. There were times we believed we had lost the ability to have OBEs, or lucid-dreams, to just suddenly start having them once again. Bianca used to say that those hiatus were related to a change in *frequency* (a frequently used term in her group discussions), from a lower to a higher level. As soon as we would supposedly be established in the new level, the experiences would return. With more experience and after studying others OBEers and Lucid-Dreamers' experiences, I tend to place that idea on hold, as it might well be something else, entirely. However, that is an issue that must be mentioned, as it is important when one wants to keep going with our learning about the ability to develop consciousness during dreams and sleep-onsets.

So, if nothing happens in terms of OBE-type experiences, *I always observe my dreams!* I personally believe there is nothing more important than to keep this observation going, and keep the communication with the subconscious-mind on.

DEEP RELAXATION THE WAY I DO IT

This is a technique of deep relaxation, only. There is no mysticism here, whatsoever. In fact, I have learned it from a psychologist, while she was teaching me how to improve memory recovery from dreams, by doing self-hypnosis. Then, I used it in my nightly and mornings' exercises.

You are now lying down on a bed or on the floor. Or may be you have decided to just lie on a reclining chair. It doesn't really matter, as soon as you are very comfortable and that you consider you might fall asleep while in relaxation.

Imagine as if a warm blanket is moving up from your legs, starting at the toes, and as it does so, you feel all the muscles become relaxed. After a while, you will almost feel this imaginary blanket moving upwards, while relaxing your body. It is a good idea at first to do this process very carefully so that you imprint your memory on how you want it to happen. Then later, this relaxation process can be done faster and efficiently. A variation of the imaginary blanket that I have experimented with, is to imagine a sort of pump located on the top of the head that sort of pulls all tensions and discomforts up, starting at the toes and moving upwards until it reaches the top of the head, where they then disappear. While this imaginary pump is pulling the tensions upward to the top of the head, it leaves behind a warm- numb body.

Next, imagine yourself as if going down a flight of stairs, say, made of 10 steps. Carefully step-by-step, imagining your – preferably bare – feet stepping on them, approach a favorite environment of yours. It is important, I should note, that you choose this environment beforehand, and that you always use this favorite environment for the purpose of the relaxation exercise. I, for example, use my memory of the place where I was born in Brazil. It was a beautiful and special place and I enjoy going there in this exercise. So, I step out of the stairs right in front of a pair of huge Buriti palm-trees, into the green grass with its characteristic flowers all grown around. My feet are bare, and I feel this grass on my feet, and I can even see the remaining grass flowers on them, which are small black specks. I look up at the Buriti palm-trees and can hear its “palms” clap in the breeze, while its enormous leaves screech with their movement caused by the wind. Its big hanging bunch of fruits, brown and shiny, hangs from its top, and I almost can feel the smell and the taste of one of its fruits that I can pick from the ground. I just about can hear the river moving fast toward the waterfall, gurgling, while the waterfall thunders in the distance. In the sky, the sun shines in a pleasant way, and – alas – I can feel the warmth of the sun, and just almost see it, as well... and so on.

In your imaginary relaxation environment, you might want to meet a friend, or anybody you would like to (a friend, a relative, even a saint... whoever you wish). Then *tell your friend your purposes*: to achieve an exit of your matter (OBE) consciously, then to keep this consciousness while out of your physical body, and to remember the experience fully upon returning your physical body, or waking up from your sleep. *Also, it is a good idea to tell your friend your purpose in finding, doing, or learning something meaningful,*

while OBEing, so that you don't get bored and uninterested, halting your experiments.
Note that if you are doing this at night, it is a good idea not to delay in it for too long. You still have a long leg in exercising. You might want to play with that at a special time, rather than at the time of sleep. That is especially important if you are tired from a day's work.

If you want, or if you believe it might help you to relax further, you could again go down another flight of stairs (say 10 more), to another environment, and again declare your purposes, so that your subconscious mind is well imprinted.

Important: While doing this practice, do not come back up from this deep relaxation state. From there you just turn-off you relaxation environment to the blackness of your dark-screen of your mind – the blackness that is located right in front of your closed eyes. You now will not see anything, just that blackness.

If you are doing exercises as explained by Bianca (the bare-bone exercises), your next step is to try to “feel as if your brain is pulsating.” At this point you should go on with the brain-exercises, and finally the building of the exit channel.

MOTIVATION AND THE SUBCONSCIOUS MIND

MOTIVATION & MEMORY:

Motivation will ensure you will keep doing the exercises, or if not, it will help you to keep going back to this theme and doing at least some exercises. Also, it is important in the establishment of *memory*. In this sense, *motivation* and *memory* are obviously interrelated. So, I will just comment on the motivation, and it should immediately apply to memory, and vice-versa!

One good way in establishing motivation & memory is to keep a diary. Another trick is to have a group of friends interested in this subject, and may be even interested in following these or other procedures. The important aspect is to keep yourself interested in talking about and exchanging stories of experiences, discussing the results, and principally, having a good time with it. That almost surely will guarantee at least, say, 50% of your success. (Stories published on the Internet from other people might help some, as you may be able to find from websites and bulletin boards.)

• SUBCONSCIOUS AND SUPER-CONSCIOUS MIND:

There is obviously a confusion of terms, when one deals with this matter, due to the various sources of knowledge on this subject. These sources are religion and esoteric philosophies, the academic psychology and theories of psychoanalysis. These last ones include the techniques of hypnosis and self-hypnosis. It should also be included here the Kundalini issue, which after I have investigated the subject, showed once again the signs

of actions from the subconscious and super-conscious mind.

The issue here is twofold. One is that we should use the tool of *imprinting the subconscious mind* to help us to automatically remember that we are either dreaming, or at the sleep onset. This last one will afford an experience of OBE type. The first one will enable us to have a Lucid-Dream. We can do this *imprinting of the subconscious mind*, for example, by having a strong interest in this matter. *That is involving both, intention and feelings*. However, it is said that *excessive effort in the process of imprinting the subconscious mind tends to work against it: the relaxed way should be best*. I agree that there is a fine line, if not a gray-line, about being in a relaxed way and being in a tense effort. Therefore, the only thing I could say is: *Don't worry too much!* Is that possible? It all depends on our personality...

Going back to the point, the *imprinting of the subconscious mind* is the process of convincing our mind to remember at the right moment. There are many uses for that, but here our interest is related to the OBE and the Lucid-Dreaming experience. You can search references on the subject of *suggestion and autosuggestion*, and *hypnosis and autohypnosis* and see what authors on this subject tell about what to do. However, I believe you can use your imagination and be creative about it. That's mostly what I do. Of course, sometimes it doesn't work. Yet, frequently it works in unexpected ways.

Here is what I do: While in the relaxation procedure, where I visit that nice place of mine, I tell my special friend about my intentions and objectives. Also, during the day I take certain quiet moments to think and feel about this issue. I “pray” (talk to) to my super-conscious self. Before going to sleep, I remember my intention, and once again I *think and feel my intention*. And, I make a habit of the first thing to do after awakening in the morning being that of asking: *What was I dreaming about?*

The second issue is that you can establish a sort of communication channel with your sub and super conscious mind. We are all able to do so, to a certain extent. Just look at the innumerable references about techniques of hypnosis, self-hypnosis, dream-interpretations, “feeling interpretations,” intuition skill building techniques, visualization techniques, and so on. (I suggest you to read some of the literature about this subject, if you haven't done so before.) It is important that you learn to detect, by yourself, the subtleties of these contacts with your sub and/or your super-conscious mind. I agree with other OBE-ers who say that, actually, it is the subconscious (or super-conscious, if we call our super-ego so) mind that commands the quality and frequency of our experiences. That applies to the appearance of phenomena, as well, principally if you are curious about them. The subconscious mind is affected by motivation, as well as the seat of memory. So, this is an utmost important issue!

Therefore, when dealing with Lucid-Dreams and OBEs, one is also dealing with our mind. And that is, in my point of view, an essentially “terra incognita.” That warns us to not be shy, and to be investigative.

THE THOUGHT-PLAY:

The ability to build powerful thoughts and the corresponding emotions for prayers, spells, curses, is only suspected to exist by the majority of the population. However, this is a very special human ability. In the esoteric literature there is information about *thought-forms* (more precisely: *thoughts-emotion forms*). In religious literature there is the emphasis on *the power of prayer*. Pagans use the casting of spells. And so on. For the ones interested in learning the Lucid-Dreaming, or learning to have OBE-type experiences, it is an important tool.

I commented above on the importance of imprinting the subconscious mind with the idea to remember that you are dreaming, or to keep awareness while falling asleep. It is important to realize here how everything might be falling in the same category. I believe that *the imprinting of the subconscious mind* and *the building of thought-forms* is one and the same thing. Obviously there is the physiology of the process, which happens in the brain. However, there are many cases in literature and in folklore pointing to the human ability to build and project these *energetic thought agglomerates*, if we can call them so, and direct them outwards, as well.

HELPERS FROM THE “OTHERWORLD”

(See the section with one of my experiences, “*Someone talks to me*,” and the story on “*Happy gypsies at the Valley of the Dawn*,” at the end of this article.)

One very important conclusion I have arrived after years of experimenting with dreams and sleep-onset experiences, or OBE-type experiences, is that *we have helpers*. I just suppose they are from this otherworld... Frequently, *who* is helping seems not at least interested in showing him/herself. I just know for example, that I am being taken to someplace, or that a situation is generated apparently with the purpose to awakening my awareness. Sometimes someone talks to me or show me certain images, frequently during sleep onset. This someone’s voice varies: man, woman, child, with all tones. Also, there are never mean or rude words. Frequently, in my case, they are awakening calls, when I am supposed to do something or to keep myself alert, or just comments on trivial things. I don’t recall being taught anything special... Perhaps I am no special person, as most of us, and so there is no special teaching, either. Still, they are always there ready to help, many times, and sometimes in a striking way.

Modern Lucid-Dream researchers insist that voices and visions we have during sleep-onset are from our imagination. That they are just part of our dreams, which our brain/mind builds from our daily experience. (Hypnagogic and hypnopompic visions.) I suppose that is a reasonable argument. However, from my experiences with spiritism in Brazil, I should not accept that possibility as the only one possible. My experience described in the session – *Someone talks to me* – (see the last section – *Experiences* – in this article) is one striking example. During my work with the Vale do Amanhecer

(Valley of the Dawn), a spiritism work with mediums (near Brasilia, Brazil's capital), I had many instances of both, dreams and experiences during my participation with their work that showed a special interaction with the spirits that worked with that organization. There is one common characteristic with all of them, at least with my respect: *they are caring*. Those communications, help, tips, and so on, usually come unexpectedly, and in a loving way. I could and can feel that. My only reaction in those situations is that of a grateful receiver: *Thank you!*

Therefore, in our endeavor for this adventure into the dream world, it's a good idea to give a little consideration that help might come. As in any endeavor in our daily life, we might ask for help, and we might receive it. It doesn't matter if it comes from a relative that had passed away, or from a total stranger who is engaged in helping adventurers just like us. With relation to dreams or OBE adventures, our positive state of mind will assure that whoever comes will be a knowing person, who could effectively help with our awkwardness, our forgetfulness, our anxiety, our fears, our hopes. A good helper will do the necessary job, and will not be interested in recognition. That is an important characteristic, as it shows actions of a universal brotherhood. I mean the person who gives has in mind the universal love among us all.

My background is Christian, as are most Brazilians. However, I am not a religious person, also a characteristic that is adopted by most scientists, having the aim of unbiased points of view. Still, I can see many times those helpers use the specific symbolism the situation ask for, as in the Vale do Amanhecer's spiritism work, or just reflecting their own background, as my (may be) "grand-father communication" above. That is fine, if we know how to respect the colors and flavors of the many influences in this world. Neutrality is one important attitude, as it will help us to receive help without the inconvenience of fear.

If you are not clearly conscious and skilled in these realms, it is logical to be concerned about the type of helper you are dealing with. What I do about this matter? I just let it go unchecked... It might not be too safe, but as I have mentioned above, I have learned that the good helpers usually don't care to be detected, and do not directly interfere with you. Therefore, I assume that one of their jobs is to protect us in our ignorance, if there is any risk at all. (If you do get involved in bad experiences, and you have reasons to suspect interference or an encounter of the bad-type, read Markides book-series about *The Magus of Strovolus*. They have some advise on what to do about this situation.) Sometimes helpers are so subtle that I am not sure if the help came from outside myself, or from my sub/super-conscious mind. In other instances, however, I have help from unexpected sources, of the happy-type, like for example a child who plays a high-note violin tune, while insuring I get the experience/communication, besides calling me "Mom," to my amazement. (I have never lost a child before, and even had a little difficulty to conceive my only daughter.)

As soon as you start noticing the instances you are aware of yourself, be it in dreams of sleep/wake onsets, you will notice you have help. The ever-present *friends of the otherworld*, though sometimes they don't seem like friends when they apply extreme

measures to makes us conscious... (See my experiences with odd dreams, below.) Therefore, it is important to be open and even seek help. However, I believe the most important help we can have to begin with, is from ourselves through our subconscious and super-conscious mind.

OBTAINING HELP - THE LONER WAY

WHY BE ALONE? – We surely shouldn't be, even though I know that it is not an easy matter to find a group of friends willing to meet frequently to discuss this matter. One modern community is obviously the Internet! Join a new-age association. This last one I don't trust it myself. But remember, I am a physicist/neuroscientist, so I'm supposedly a stubborn grounded person.

As a wanderer physicist, as I have been, I had problems with meeting people that would share an interest in this matter. I did try to do something about my solitude, mainly concerned that my motivation was always on the verge of dwindling to dangerous low levels. As I always considered this experience to be important to myself, I had to be creative to find solutions. Of course, -- reading books -- is a wonderful motivation and I have done lots of that, whenever I could find something interesting.

Groups of friends with related interests worked sporadically. Also, they not always specifically matched the area of OBE/Lucid-Dreaming. However, my interests are broad, and they do include many others making the experience or participating in a group a rewarding one. Usually they ranged from spiritism and spiritualism, while living in Brazil, to the cognitive-mind studies, while living in San Antonio (Texas). However, I had also dealt with hypnosis and self-hypnosis, both in Sao Paulo and Pretoria, this last one specifically oriented to memory from experiences out-of-body. After I moved to Austin (Texas), however, my attempts to find people interested and maintain a group failed, and I directed my efforts lately to writing, and to investigating the Internet community. [As an update, as I have written this text in the second part of the nineties, I have been associated to the Institute of Neuroscience and Consciousness studies (INACS) since late 2006. This connection has rewarded me with many new acquaintances, and a new attempt to maintain a discussion-group, though this also failed due to the lack of consistent attendance by its members.] Therefore, that demonstrates the obvious difficulty in finding groups of friends that remain stable for a prolonged period of time.

I consider the loner-way - when oriented and well planed - the most stable one. Of course life will always appear to be taking you out of the chosen route. But - on the positive side - we can always consider these disturbances as the normal background noise. The *average effort* is what we should be looking for. If this average has a high enough level, one will be getting results. And that will motivate you to keep going.

WHAT IF I DON'T GET RESULTS? – Well that can happen too... However, my experience - with myself and by observing friends and colleagues' efforts, and by descriptions in the modern literature - shows that there is a high chance that we do get results. *It will all depend on how interested we are.* Note that by reading this subject in this article, it's already interest enough to cause a spontaneous experience of OBE/Lucid-Dreaming!

So... Cheer up! There is light at the end of this tunnel!



Part III: Phenomena at the sleep/awakening onset



WHAT IS THE KEY TO SUCCESS?

While learning to keep awareness at the sleep onset, we start to observe various types of phenomena. Some of them are obviously physiological. They are for example:

- The state of relaxation
- Stopping of thought process (due to tiredness, etc.)
- Outside sound disconnection
- Being unable to move
- And so on...

However, there are others that psychology calls the hypnagogic and hypnopompic images, which appear at the sleep and awakening onsets, respectively. They include

sounds, as for example, voices, bells, wind chimes, etc.; lights and visions; and the very realistic dreams. These last ones also include the so-called *false awakening*: we can always find stories of somebody that had an especially clear dream situation, where he/she didn't notice it was actually a dream... Obviously, the sleep and awakening onsets also includes the sensations attributed to OBE experiences. They might also include the sensation of vibrations, which OBE-ers like to associate as a good pre-OBE condition.

Of course, the instances of OBE-type experiences that include the sensation of leaving of the physical body appear when one is able to *keep awareness while falling asleep*. I believe that ***training oneself to keep awareness while falling asleep is the most important training one should be involved with, if one wants to have those OBE-type experiences.***

While falling asleep, with awareness, one can soon observe that frequently the *disconnection process* (of the subtle body) happens at a certain point, automatically. Sometimes, I should note, there are only images and sounds, and no disconnection sensation. *I like to use the trick of mimicking the swinging or swaying movement, which seems to trigger or attract that disconnection.* One can really feel the transition between the memory of swinging/swaying, to the real swinging or swaying at the disconnection. *I usually pick it up from there by just motioning myself out, in a get-up movement. Only, at this point, I would get up in my subtle body.* The physical body would be already in a paralysis situation, normal during sleep.

From my personal experience, when leaving the material body, I have found *a few interesting situations*. One is that sometimes I feel as if part or parts of my body are not fully disconnected, yet. In the beginning, when I encountered this situation I felt in trouble, as I couldn't completely get out... I forced the situation many times, becoming anxious, which did not always brought me back to the body and to awakening! *After a few situations, and the fact that I would not always return, I discovered that when I stopped struggling, and then carefully tried again, those parts that were still stuck would come out easily, signaling the end of the disconnection process, and I would just distance myself away from my physical body.*

The common wisdom is that there is a greater chance to be reabsorbed to the physical body, at its proximity. Therefore, first of all, I tend to quickly distance myself from the physical body. However, I have also observed that is not always the case. It has happened situations where even though I had laid myself on my physical body, I didn't get reabsorbed, which was somehow puzzling. I even believe that the situation of *false awakening* happens due to these *non-reabsorbing conditions*, where one is just trapped in a clear-dream situation where one is not lucid, or is lucid in the sense of a very realistic dream, but not realizing the situation. (Actually, sometimes the person IS realizing the situation, but has not idea on how to trigger the reconnection factor in the physical body.) That's also one reason why it is so important the *tests of reality* as suggested by the Lucid-Dreaming schools. There also are other situations where we just "fall down," or just "float up" from the body, which once again shows that sometimes, while maintaining awareness, the process of disconnection happens without being noticed.

ANY RELATION TO KUNDALINI PHENOMENA?



Let's review:

Other than *the sensation of the leaving of the material body in a subtle body*, the sleep/awakening onsets might also include:

- The sensation of vibrations
- Strange sounds, as the sound of wind, wind chimes, explosions, or something that can't be interpreted or related to any known sounds
- Lights: from reddish or moon-like lights to being as brilliant as the Sun or cars' high-beam head-lights

These last ones - lights - can also show in a variety of shapes and forms, with or without movement. Movement seems to be an interesting characteristic of the appearance of lights... I have also noticed that *mimicking of lights* might occur, not only of the Sun and car-headlights, but also of the Nova-Dreamer's blinking lights, which I have noticed while using it in the nineties, and fires or torches, or fire-works. Also, many times lights are associated with a sound, sometimes high pitched like, other times like small explosions, or popping sounds, or electric-spark sounds.

When one reads about the Kundalini manifestations, one realizes the similarity between the phenomena just described, observed at the sleep/awakening onset, and the manifestation of what is called of Kundalini energy. I have discovered that similarity by chance, when I was reading an article on OMNI magazine.

The exercises I practice (Bianca's exercises), which are mainly directed to the brain, seem to induce phenomena that resemble Kundalini manifestations. However, from the experiences that happened to me before I started Bianca's exercises, I noted that inductive situations, like staring at lights or the sun, the Nova-dreamer blinking lights, fire-works, car-headlights while driving at night, lightning, etc., may produce these light

phenomena.

Now, are they a *mimicking characteristic* from our memory, produced by a subconscious mechanism? Are they just a trigger of an inherent energy we own? - The Kundalini? These questions should be investigated, and nowadays that is becoming a real possibility.

My personal experience shows one point: If we exercise (Bianca's) these phenomena tend to appear with a higher frequency, than if not. However, if it enhances the possibilities for having OBE's" I can't be sure. Vibrations are considered to be one good characteristic for leaving of the physical body in an OBE... However, my experience shows that it's not always true. Actually, *the perception of the separation or disconnection of the subtle body from the physical body* frequently does not contain vibrations at all. There is just that swinging or swaying sensation, like that of floating on water surface. Sometimes not even that.

THE MEDITATION POSSIBILITIES

My experience with Meditation, as per the systems used in Yoga, in general, is very poor. I have never practiced any forms of Yoga, as per my choice. However, the system that I presented above (Bianca's exercises), and all the necessary steps to follow it, does qualify as a *meditation practice*. I have concluded that it is so, after reading the many descriptions on how meditation of various kinds should be done.

The one difference I can detect, compared to the traditional practices of meditation in Yoga, is that the practice presented here uses movement without visualization, while Yoga, as well as esoteric practices of meditation, use visualization as the main focus of the process. Besides, there are presently other forms of meditation practices that use not only the focus on breath, but also other means to produce a state where thought – the self-talk we are usually engaged in our minds – is mainly quieted. In modern literature there are many descriptions of people who faithfully practice meditation with interesting results, where many of the phenomena described by the people practices modern meditation are similar, if not the same, as the ones I have personally witnessed.

Therefore, after many years of analyzing this issue, I have concluded that *the practice of Meditation, by whatever process chosen, is key in developing the conditions where it will allow for out-of-body experiences, as well as manifestations of energies characteristics of the human body, including its relation to this "subtle body" we go out into another world.*



Part IV: My biography, as related to the lucid-dreaming and OBE experiences



[Picture by Eric Kretz]

The beginning:

One night, when I was about 12 years old, I must have entered the sleep/awake onset, while awakening. ... *“And I was trapped! There was this intense vibration moving up and down my back, which at the same time spread throughout my body. It felt like an electrical current. I tried to move, but I couldn’t. After a few attempts to become fully awoken, I concluded that it was similar to the vibrations (body-shaking-like) mediums exhibited while incorporated by a spiritual entity. ...Or possessed? That could be the case... - Oh my God! - I thought. - I am being possessed!”* That sensation of electricity was impressive, and I couldn’t move! I became really anxious, and made an even bigger effort to regain myself, until after seemingly an eternity, the vibrations and electricity subsided and I could move myself again. I then immediately got up, wrapping myself in my blanket, and ran to my parents room. I called them in distress, and explained that there was a spirit trying to possess me. They soothed me and suggested to pray to God and not to be worried. I reluctantly returned to my bed not at all sure, if it happened again, I could escape from that *powerful electrical grip* I had felt. I did as my parents suggested, prayed, but sleep took a long time to overcome my fear. Despite of my intense fear I eventually succumbed to my sleep, not returning to that disturbing electrical grip” again.

Even though I haven’t had any more of those “electrical vibrations” experiences again for years, it was undetectable from my memory. However, I did have interesting morning dreams, and many of them that did seem OBEs/lucid-dreams, according to my present understanding. Also, many of them had the characteristic of “flying dreams,” or those

with difficulties of some sort, which I later discovered were also are symptomatic of the condition of OBE-ing.

Difficult-dreams:

When I entered university at 18 years of age, I had to go through a long bus ride to reach it, every day. Then, at night, tiredness would be present even though I had to prepare either homework or get ready for an exam. My way around the problem was to go to bed earlier, get up with enough time in the morning to study or do my work. It worked well and faster, and I frequently had enough time to take a short nap before my time to get up and start to get ready to leave. It was in these conditions that I once again started to experience that frightful “electricity and vibrations” at some point of the quasi-sleep situation. I obviously remembered my first experience, and the oh-so-scary possibility of being possessed. As during the first time, I resisted to the vibrations, and it worked a few times, until in one instance I didn’t win on it... Instead, I slipped out of the body somehow, to soon slip back in. I noticed that! Actually, during this second situation, I frequently happened to slip in and out, sequentially, and that was what made me to finally slid out completely, remaining out of the body for a while longer. I then learned that what was “moving in and out” was actually myself, not some possessor spirit. Soon, when vibrations came, I allowed this “slipping out of the body” to happen, and I discovered that I could even move away from my body. I frequently couldn’t see well, but I had a sense of direction somehow, and I would move away from my body for a very short while to soon be back again.

This period of “difficult dreams” were gone, but not before a period of time where I was once again frightened to the point of thinking I was becoming sick, somehow. The *discovery of myself slipping out of the body* was an important step, and it freed me from the fear of possession by spirits. I also soon related these “slipping out and in” with the falling dreams, and with those “*interesting head-moving up*” *sensations at the sleep onset*. However, freeing oneself of fears is not an easy thing. For a long time I would still be a bit fearful of these morning vibrations and in-out-slipping until about 7 or 8 years later, when I was finishing my masters degree with the Institute of Theoretical Physics in Sao Paulo, I decided to stop by Atibaia, a city in the Northeast region of Sao Paulo state, where the Rosicrucian fellowship I had participated with, had a branch of their main center (in Sao Paulo city), where now resided their president, [...]. So, in one of my visits to the Institute, for the purposes of the Master thesis, I drove to Atibaia to meet [...]. While there I described by problems with the sleep paralysis, as well as the associated perceived “slips” that appeared as if I was leaving my physical body. I wanted to hear his opinion about this matter. He didn’t respond right away, perhaps considering what I had just described. Then he told me: “By what I know about the phenomenon of astral-projection (how out-of-body experiences are called in esoteric literature), I can tell you that what you described to me are indeed indicative of astral-projection.” I didn’t ask further questions, and he didn’t elaborate. However, I drove home thinking about this matter, amazed about he told me. It was not too long after this encounter in Atibaia that I attended that “course on getting out of the matter consciously,” which was presented by Rotilde Cassiano de Almeida about Bianca’s experience.

Almost exactly one year before I attended the course about Bianca's method or "getting out of matter consciously," presented by Rotilde, which happened in November 1980, I was having problems with headaches. To investigate its possible causes, I went to an ophthalmologist. After examining my very good-vision and concluding I didn't have any defective sight, the doctor decided to move a pencil close to my eyes to test my ability to converge the eyes. Apparently it was not done to his satisfaction and he concluded I should follow a short treatment for a mild strabismus. He explained that it could be the reason for my headaches. (Actually, my headaches were due mainly to rhinitis or sinusitis, worsened by allergies.) He then recommended I visit his technician, who worked in another office, and I started a series of about four weeks strabismus treatment.

The treatment consisted of eye-exercises, in essence. Nothing else. I was put in a device where I would have to exercise eye coordination, while fixing some barely seen moving target... Then, this technician would use a transparent plastic ruler with graduated prisms. While looking at a pinpoint light located on a dark-wall and while the room was darkened, I was supposed to focus that light to one point. And I would repeat that focusing when the technician changed a grade of prism, until I couldn't focus the light anymore. I was supposed to try my best, and obviously that caused extreme tension on the muscles of the eyes. For home exercise, she prescribed to use a pencil and move it slowly from the distance of an arm-length closer and closer to the my eyes, while keeping the pencil focused, and back again, a few times. Then repeat it at least four times a day, being careful to relax the eyes-muscles by looking at a distant view for a short while. While I was doing this treatment, I soon started to have "car-head-light dreams," as I called those dream-snippets that I had after driving for a while at night. These light-dreams would appear close to the falling asleep, and they would surprise me, making me to come back awake. They were just interesting then, except for the fact that they increased in frequency after I was involved with the strabismus exercises. Again, they didn't specially called my attention, until a year later I decided to give a try at that "course on leaving the matter consciously," as the Bianca's course was called.

At about December 1980, when a friend of mine suggested trying Bianca's course, I was suspicious. I had already a couple of instances of meeting some weirdoes when I got involved in a UFO investigation with this same friend of mine. My friend had warned me that Bianca (along with her partner at the time, Herminio) were the same famous couple who had been abducted by a UFO years before. – *They are fakes!* – I warned my friend. Worse, they charged for that course, and I reasoned that – *if they charge they might just be interested in money, not truth.* Still, we both decided to "pay and see," falling to our curiosity. The person who was representing Bianca, Rotilde Cassiano de Almeida, happened to be a picky UFO investigator. He had gone to a recent UFO-meeting that had happened earlier that year in Brasilia, where he met Bianca and Herminio. Bianca had then mentioned how she had learned "the method for leaving the material body consciously." In a challenge that she took from Rotilde, he started practicing these methods very meticulously, to test their veracity. [I believe there was a "money back guarantee," in this challenge...] And now Rotilde was helping new ones in these methods, as he claimed his diary of experiences had increased daily. He introduced this course to

the exercises spread in four weekends, keeping from then on regular meetings during Saturdays. At a certain point, he had given the “finger exercises,” and toward the end of the series of them he then instructed to “search for a point of light,” then “to circulate (spin) it,” to “build the exit-channel.” It was all fine to this point, except that dreams with lights immediately started to happen again for me with a frequency that was noticeable, principally after we were instructed to “search for a point of light”... I noticed that, as they were similar to the “car-head-light dreams at the border of sleep” that I had a year before.

I should note here, however, that “dreams with lights” on the sleep onset happened to me several times before what I have just described. However, they were not especially noted as something special. However, as described elsewhere (see my article on *Kundalini Manifestations, the Lucid-Dreaming, and Out-of-Body Experiences*.) I did have one special experience of seeing a “light,” as the sun going down near the horizon at the border of sleep, one late night when I returned from the Vale do Amanhecer (that should have been 1977), where I participated in their spiritism-practices, though experiences at the border of sleep (hypnagogia), are not fully characterized as dreams.

EXPERIENCES

1. *Someone talks to me* (Sao Paulo, November/1976):

I was busy trying to finish my graduate school semester at the Instituto of Fisica Teorica (IFT), in Sao Paulo (Brazil), and at that time I had also started a relationship with a boyfriend who was younger than me. This fact had caused annoyance to his parents, and we had decided we should both finish our relationship for the sake of peace of mind on both, his parents and us. Despite of our simple decision, I became discouraged to continue my graduate program in Sao Paulo. I had seemingly accumulated hurt-feelings and this ending was just too much for my tolerance, and I decided to return to my parents' home in Brasilia, stopping my graduate program at a position in the semester that would cause me to lose it. That had been my decision when I went to get some of my books that my boyfriend had stored for me at his parents' home. I didn't know but he was there, instead of being at his school, and it was a surprise for both of us when I showed up there at his home. I got my books and was leaving when I somehow felt impelled to tell him that our decision to finish our relationship was a mistake. He agreed, and there and then we resumed our relationship, and I abandoned my decision to quit graduate-school.

That evening I was puzzled about the strange impelling feeling that I had during the day, while at my boyfriend's home, but felt relieved about the turn of events, and I prayed to God, grateful for this better solution. I was lying on my bed, thinking, the moon was shining through the window and it looked beautiful and peaceful,

reflecting well my state of mind. Soon I turned on my tummy to wait for sleep. At that time I had the habit to use a chenille bed cover as my top bed-sheet, with the fluffy part of it inverted. I had done that during the winter to help me keep warm. Now summer was starting and I still kept it that way, but I would sleep only in my panties. So, lying down on my tummy, this chenille cover was about halfway down my bareback. I had my arms wrapped around the pillow, close to my face. That way I approached sleep peacefully, until suddenly, while I was almost falling asleep, I seemed to have noticed the chenille-cover move up my back! This odd sensation alerted me back awoken, and surprised I verified that the cover was still halfway my back, as before. I shrugged out the odd sensation, and went almost immediately back to my former position and approached sleep once more. Soon again, it felt as if the chenille cover moved up my back! This time I decided to remain very quiet and observe this odd sensation.

While I observed, I noticed that what I believed was the chenille cover moving up my back, was actually a warm and pleasant form of warm vibration-sensation on my back. This sensation slowly moved up to my neck, then to my ears, covering it completely with that warm vibration-sensation. Right after it had covered my ears, I heard a man's voice talking inside my head, but I couldn't understand what he was saying. It was somehow garbled. I courageously asked in my thought: "Repeat it!" And I heard it again, this time very clear and loud: "Believe in Jesus. I wish you peace." Again I asked: "Repeat it!" – "Believe in Jesus. I wish you peace." ... And again: "Repeat it!" – "Believe in Jesus. I wish you peace." And then this warm sensation slowly moved off my ears to my neck and my back, where it had started, and then disappeared.

I then moved myself out of this sleep threshold to analyze that experience. I was very much impressed with the intensity and clarity of that man's voice, which I had heard as if inside my head. It seemed more real than somebody's voice coming from outside through my ears! How amazing, I wondered.

There was yet another remarkable characteristic about that man's voice in my head. Its Portuguese accent was different from the one spoken in Sao Paulo, where I was living at that time. Also, I noticed this man's voice was quite similar to my uncles' voices, my mother's two brothers. I then wondered if that man's voice in my head could have been from my deceased grandfather Geraldino, my mother's father, whom I have never met. He died long before my birth, when my mother was about fifteen years old.

For me, due to my cultural background, the supposition of a deceased relative communicating with me was no problem. In Brazil *spiritism* is common, where the concept of spiritual guides is part of their doctrine, and I had participated in spiritist work before this experience. Therefore, I felt grateful about the possibility of my grandfather talking to me. I strongly suspected then that the impelling feeling to talk to my boyfriend to return our relationship, which happened earlier that same day, had saved me from my decision to return back to Brasilia, consequently interrupting my studies in a very bad situation. So, I concluded: *Who else would most care to save me from that bad situation, other than my long-deceased grandfather?*

Therefore, I did finish that semester, saving my graduate program. Later, the

following year, my boyfriend and I did break apart, and I returned to Brasilia, where I found a job at the University of Brasilia. In this new situation, my graduate school from Sao Paulo agreed to accept my thesis for a master degree in Physics, done with an advisor I found at the University of Brasilia. That “man in my head” had probably saved me from a big trouble, besides using well the opportunity to provide me with a very interesting experience. From then on, every time I visited my grandmother in the city of Uberlandia and looked at my grandfather’s picture on the wall, I couldn’t help but wonder: “*Was that man you?*” Despite of my suspicions that it was my grandfather the responsible for that experience, I could obviously never know for sure if it was true. But then again, I would remember: “*Who else would care?*”

2. Happy Gypsies of the Valley of the Dawn

Lucia was a medium who worked at the Valley of Dawn, where I also did spiritual work. She had a not very common characteristic for a medium of the types that “incorporate spirits,” here in the US known as channeling: Frequently she would be completely displaced from her body, *with awareness*. When this happened, it was in fact a mixture of incorporation of the spirit in her body, coupled with an out-of-body experience for her spirit. Not always that happened to her, though, but by the time I met her, she had had many events of working as a medium, while an OBE also happened. Once, while visiting Lucia, she recounted one very special event of these conscious “displacements,” or OBE, while in a work of spirit incorporation at the Valley of the Dawn.

One day Dona Veneranda, my neighbor and also a medium worker at the Vale do Amanhecer (Valley of the Dawn), invited me to visit Lucia, after the birth of her son. On the way to her home, Dona Veneranda mentioned to me about Lucia’s exceptional experience with gypsies spirits. It happened in one of the special works developed at the “Valley” done only for the mediums, usually on the first Monday of the month. It was called the “gypsies work,” one of the so-called “currents of energy,” therefore the gypsies-current, that was associated with the spiritual-gypsies group.

That day Lucia was working as a medium at the temple, and was therefore incorporated by a “gypsy.” When that happened she discovered herself conscious out of her body, and started interacting with the other “gypsies” spirits that stood nearby. These spirits were dressed like traditional gypsies. She told me how beautiful they looked, and that they seemed happy for participating in the work, and that they also chatted with her. She told that they took turns to incorporate in her body, one after the other, so that all had the opportunity to do spiritual work during that special event. Then, after finally returning to her body at the end of this spiritual work, she mentioned that the contrast was so great that she perceived the persons in that physical environment like ugly and rough, compared to the wonderful looking gypsies and the beautiful environment she was in, while out of her body.

