

Here is 6+ years of information that I have collected on psychic mediums, astral projection and near death out of body experiences, aliens/extraterrestrials, and other spiritual information:

<https://www.jameslimborg.com/temp/psychic-mediums-and-astral-projection-oobe.txt>

Start reading Conversations With God now - Neale Donald Walsch was homeless for 1 year, he was ready to kill himself but instead he cried out to God asking God why his life was so difficult. God answered him saying "Do you really want the answers to your questions or are you just venting." God wrote 4 books through Neale Donald Walsch titled Conversations With God. Neale asks God many questions in these 4 books and God answers all of those questions. I listened to a video with nature sounds playing very quietly in the background as I read these 4 books. I made the font-size really big on my screen so it was easy to see and read. I started with Book 1 and I immediately scrolled down to where God starts answering Neale's questions; I was hooked after reading that and ended up reading all 4 books.

Book 1: http://www.universe-people.com/english/svetelna_knihovna/htm/en/en_kniha_conversations_with_god_1.htm

Book 2: http://www.universe-people.com/english/svetelna_knihovna/htm/en/en_kniha_conversations_with_god_2.htm

Book 3 [HTML]: <http://www.jameslimborg.com/temp/neale-donald-walsch-conversations-with-god-book-3.html>

Book 3 [PDF]: https://www.zensauce.com/books/EN_CONVERSATIONS_WITH_GOD_3.pdf

Book 4: <http://www.jameslimborg.com/temp/neale-donald-walsch-conversations-with-god-book-4.html>

Book One is to contain basic truths, primary understandings, and address essential personal matters and issues.

Book Two is to contain more far-reaching truths, grander understandings, and address global matters and issues.

Book Three is to contain the largest truths you are now capable of understanding, and address universal matters and issues-matters being dealt with by all the beings of the universe.

Book Four is about aliens God calls Highly Evolved Beings [HEB's].

God's 3 Basic Wisdoms [From Book 3 above]

1. We Are All One.
2. There's Enough.
3. There's Nothing We Have To Do.

If you decided that "we are all one," you would cease treating each other the way you do.

If you decided that "there's enough," you would share everything with everyone.

If you decided that "there's nothing we have to do," you would stop trying to use "doingness" to solve your problems, but rather, move to, and come from, a state of being which would cause your experience of those "problems" to disappear, and the conditions themselves to thus evaporate.

Neale Donald Walsch shares his story:

<https://www.youtube.com/watch?v=GKUirsOMt1A>

Banner image of my favorite spiritual quotes:

<https://www.jameslimborg.com/temp/I-Am-Love.jpg>

Everything is God/Love in Truth. Anything not coming from Love is acting in Fear. Fear is the opposite of Love.

There is only God/Love and everything is that; Everything-else is an experience God/Love is having.

Every piece of this universe and beyond is an ego/separation experience God/Love is having with and within itself.

Ego is what allows God the experience of feeling-like an individual and separate; Without ego everything would feel one with everything.

God calls itself 'I Am'. God is conscious emotional energy. All experiences happen within God's consciousness.

Everything vibrates at a frequency; That vibration is energy; That energy is God's consciousness.

A spirit/soul is God's energy having that spirit/soul/ego/separation experience.

Everything/Everyone/Ego is God/Love in Truth and has the experience being a multidimensional being existing on many levels simultaneously. Love is at a high-frequency; Fear is at a low-frequency. In every-moment a person is choosing either Love or Fear.

Love accepts and trusts all things and does not judge. Judging is labeling things good, bad, right, wrong, better, best, ugly, beautiful, using the words should, shouldn't, need, must, normal, sin, sinner, etc. Judging is also stereotyping and assuming things.

Love includes... joy, peace, compassion, gratitude, abundance, freedom, wisdom, accepting and trusting all things, not judging.

Fear includes... anger, depression, anxiety, lack-of-Love, not accepting or trusting things, judging things.

Whatever frequency [Love/Fear] you are at you attract and experience [Be Love if you desire love-based experiences].

Whatever a person thinks/says/believes they manifest/create and experience; Monitor what you think/say/believe;

Consistently think/say/believe whatever it is you desire to experience and imagine and feel it as if you already have it to manifest/create it.

Focus less on doing and more on what you are being [Love/Fear] in all the things you are doing.

Be true to who you are and allow others to be true to who they are. You cannot stand in the light if you are holding others in the dark.

Share your truth and what others do with that truth is none of your business. Think BOTH/AND instead of EITHER/OR.

There is only the now/present moment [Past/Future are illusions]; Time and Space are one in the same and are illusions.

Search Youtube for: Mary Rodwell [She has given over 3,500 regressions helping people remember their experiences with aliens]. Barbara Lamb [Has given over 5,000 regressions]. Sherry Wilde [Has had experiences with aliens her whole life]. William Tompkins [Designed ships for the US Navy. He said humans have been off-planet working alongside aliens since the 1940's]. NewRealities [Alan Steinfeld]. Listen to aliens/extraterrestrials and spirits sharing Loving messages through people: Channeling Erik, Daniel Scranton, Sohmalife Sanctuary, Jane Warren Campbell, OmNa Sanctuary Natalie Glasson, Paul Selig, Channeling Beings Of Light, Aaron Lacey, Gina Lake Channeling Jesus, Denise Kane, Darryl Anka [Bashar], Keren Quennel, Channeling Julius [Brad & Kasey Wallis], Abraham Hicks. Psychic Mediums: Matt Fraser,

Theresa Caputo, Kim Russo, Tyler Henry, Marisa Ryan, Monica Ten-Kate [Monica The Medium], Maureen Hancock, Lisa Williams, Thomas John. Read the books titled: Conversations With God by Neale Donald Walsch, Jeshua The Personal Christ [Volumes 1-7], The Way Of Mastery, Seth Speaks, I Am The Word by Paul Selig, The Forgotten Promise by Sherry Wilde. Energy Healing: Healing & Beyond, Jeanette Wilson, Kimberly Meredith, Dr. Erik Pearl [Reconnective Healing], Jane Sibbett, Jeffrey Saunders [The Canadian Healing Medium], Anthony William [The Medical Medium], Dr. Laurence Brock, Edd Edwards. Listen to hundreds of people share what happened when they died [Near Death Experiences]: JeffMara Podcast, Wisdom From North.

James Limborg Spiritual Experiences including many ufo/alien sightings:
<https://www.jameslimborg.com/temp/James-Limborg-Experiences.txt>

Watch my Spirit-Orbs video to see spirit-orbs flying through the window-glass in my house [This proves they are not dust/water particles or insects because those things cannot fly through window-glass]:

<https://www.youtube.com/watch?v=ljuzmnFsaU>

Anyone can capture spirit-orbs flying around their house using an infrared (night vision) camera or a full-spectrum camera [A full-spectrum camera is a camera that does-NOT have an infrared-filter over the camera lens blocking-out infrared light]. Many cell phones will capture spirit-orbs with the video recorder. Security camera systems with infrared (night vision) will capture spirit-orbs. Most camcorders will-NOT capture spirit-orbs because they have an infrared-filter over the lens blocking out the infrared light.

Spiritual T-Shirt Designs by James Limborg:

<https://jameslimborg.myspreadshop.com/spiritual?collection=jNspyfvhtO>

Erik Medhus [A spirit that communicates through many psychic mediums; has answered hundreds of spiritual questions]

About Erik: <https://channelingerik.com/about-erik/>

YouTube videos: <https://www.youtube.com/user/drmedhus/videos>

Blog Posts: <http://www.channelingerik.com/archives/>

PSYCHIC MEDIUMS

There are thousands of psychic mediums helping people connect with their deceased loved ones including pets. Here are some that I have provided. Search for them on YouTube.

Best Psychic Directory [Helping you locate reputable and legitimate psychics and mediums]: <http://www.bestpsychicdirectory.com/>

Marisa Ryan [Also communicates with aliens/extraterrestrials]

<https://www.youtube.com/watch?v=-zsLyCI45dY>

<http://www.marisaryan.com/>

Matt Fraser

Watch Matt LIVE giving readings: <https://youtu.be/ywvsHvyjKcY>

<http://www.meetmattfraser.com/>

Theresa Caputo

<http://www.theresacaputo.com/>

Long Island Medium (TV series)

Tyler Henry

<http://www.tylerhenryhollywoodmedium.com/>

Hollywood Medium (TV series)

Predicts heart problems 3 months before Alan Thicke dies:

<https://www.youtube.com/watch?v=uvCgxn8yQes>

Kim Russo

<http://www.kimthehappymedium.com/>

The Haunting Of... (TV series): <http://www.mylifetime.com/shows/the-haunting-of>

Monica The Medium (TV Series)

<http://www.monicaithemedium.com/>

Jodi Livon

<http://theintuitivecoach.com/>

John Holland

<https://johnholland.com/>

<https://www.youtube.com/user/johnhollandpsychic/videos>

James Van Praagh

<http://www.vanpraagh.com/>

Maureen Hancock

<https://www.maureenhancock.com/>

Lisa Williams

<http://www.lisawilliams.com/>

Anthony Mrocka

<http://anthonymrocka.com/>

Watch him give a reading:

<https://www.youtube.com/watch?v=QHBYuNAX9HQ>

Reginald Lewis:

<http://www.reginaldlewis.com/>

<https://www.youtube.com/user/reginaldlewismedium/videos>

William Stillman

<http://www.williamstillman.com/>

https://www.youtube.com/channel/UC7H_bJ5GFpdFwBrpLx-p5Qg/videos?sort=dd&view=0&shelf_id=0

Thomas John

<https://www.mediumthomas.com/>

https://www.youtube.com/channel/UCkVtMSis7Px3bISd3sSqDAg/videos?shelf_id=0&view=0&sort=dd

The Psychic Twins

Photos: <http://www.jameslimborg.com/temp/the-psychic-twins.html>

<https://www.psychictwins.com/>

<https://www.facebook.com/thepsychictwins>

<https://twitter.com/PSYCHICTWINS>

<https://www.youtube.com/channel/UCJZSVCGZksXJWIQECPJvk1A>

Online Store (Shirts, accessories, jewelry):

<https://psychictwinsshop.com/>

Jeffrey Wands

Email: jeffreywands.com@gmail.com

To schedule a reading with Jeffrey Wands call 516-883-5959 now:

<http://www.jeffreywands.com/>

<https://www.youtube.com/watch?v=9SdWL42aTeQ>

Ira Israel

<https://eyetwoeye.com.au/>

https://www.youtube.com/channel/UC9B6gILqV_AbqkwRmi3kaRQ/videos

[?sort=dd&shelf_id=0&view=0](https://www.youtube.com/channel/UC9B6gILqV_AbqkwRmi3kaRQ/videos?sort=dd&shelf_id=0&view=0)

Pamela Theresa

<https://www.mediumintheraw.com/>

<https://www.youtube.com/user/mediumintheraw/videos>

Amber (West Coast Medium)

<http://thewestcoastmedium.com/>

In these YouTube videos Amber answers many questions:

<https://www.youtube.com/watch?v=QRDYlrAZNkU>

<https://www.youtube.com/watch?v=5wT51mAMf30>

<https://www.youtube.com/watch?v=NfIyMzxIVn0>

<https://www.youtube.com/watch?v=k0GDI7mEIOQ>

Harry T

<http://www.harrytoofficial.com/>

https://www.youtube.com/user/HarryTPsychicMedium/videos?view=0&shelf_id=0&sort=dd

Psychic Mediums that connect with Erik Medhus - Learn about Erik on the About page at his website: <http://channelingerik.com/about-erik/>

Erik Medhus [A spirit that communicates through many psychic mediums;
Has answered hundreds of spiritual questions]

About Erik: <https://channelingerik.com/about-erik/>

YouTube videos: <https://www.youtube.com/user/drmedhus/videos>

Blog Posts: <http://www.channelingerik.com/archives/>

Celestine Grace

<http://www.divinemessages.love/>

Emanuelle McIntosh

<http://www.emanuellemcintosh.com/>

Jamie Butler

<https://jamiebutlermedium.com/>

<https://www.facebook.com/JamieButlerMedium>

<https://twitter.com/Jamiebutler>

All psychic mediums that connect with Erik Medhus:

<http://www.channelingerikmediums.com/psychic-medium>

Evidential Mediums: <http://www.channelingerikmediums.com/evidential-medium>

Kim Moore

<http://www.readingsbykim.com/>

<https://www.youtube.com/user/Kimmoore73>

Char Margolis

<https://www.char.net/>

Patty Griffin

<http://www.pattygriffinmedium.com/>

Erica Altmiller

https://www.youtube.com/channel/UCye6Qw64M9b7FzqtnVMLt6w/videos?view=0&sort=dd&shelf_id=0

<http://3riversmedium.com/>

<https://www.facebook.com/3riversmedium/>

Joseph Tittel [Taught me to thank the Universe/God for all the things that I am grateful for each/every day, and then to send the love, joy, happiness that I feel to the center of the Earth for everyone to receive]

<http://www.josephittel.com/>

<https://www.youtube.com/user/preciousnewbie/videos>

Mark Nelson

<https://www.marknelsonmedium.com/>

https://channeling.com/?page_id=143%3f&varname=mark

John Edward

<http://johnedward.net/>

Tracey-Lee

<http://www.traceyleepsychic.com/>

Melinda K Lyons, Last Frontier Medium

<http://www.lastfrontiermedium.com/>

<https://www.youtube.com/channel/UCPDO3pdxpICAMsXPh5tUUHQ>

Listen to her Near Death Experience:

Part 1: https://www.youtube.com/watch?v=ExephVKQ5_U

Part 2: <https://www.youtube.com/watch?v=bzNxquLnmvA>

Part 3: <https://www.youtube.com/watch?v=YRaGmbWdyTM>

Travis Sanders

<http://www.psychictravissanders.com/>

<https://www.youtube.com/user/PsychicTravisSanders/videos>

Monica Teurlings

<http://www.monicateurlings.com/>

https://www.youtube.com/channel/UCjajVaezvzMqp7AIsz-dkfA/videos?view=0&sort=dd&shelf_id=0

Karyn Reece

<https://karynreece.com/>

Pet Psychics:

Sonya Fitzpatrick:

<https://www.youtube.com/user/SonyaFitzpatrick/videos>

Lorrie The Pet Psychic: <https://lorriethepetpsychic.com/>

Brent Atwater: <https://www.brentatwater.com/>

THE CLAIRS [PSYCHIC ABILITIES]

Clairvoyance (Clear seeing, psychic vision, inner seeing, scenes or images).

Clairaudience (Clear hearing, psychic hearing, inner hearing, voice, accents, sounds, music, etc.).

Clairsentience (Clear feeling/sensing, psychic feeling/sensing, emotions, physical sensations, including clair empathy).

Clairtangency (Clear touching or more commonly, psychometry).

Claircognizance (Clear knowing, psychic knowing, thoughts come very strong and feel like absolute truth).

Clairgustance/Clairambience (Clear tasting, psychic tasting, sometimes also called clairambience).

Clairance/Clairscent (Clear smelling, psychic smelling, sometimes also called clairscent).

Clair empathy (is the ability to clearly and directly experience other people's emotions, thoughts and symptoms, as if they were your own. It is the awareness or perception of emotional energy).

CLAIR SENSES IN MORE DETAIL

CLAIRVOYANCE

Clairvoyant (clear vision) -- To reach into another vibrational frequency and visually perceive "within the mind's eye" something existing in that realm. A clairvoyant is one who receives extrasensory impressions, and symbols in the form of "inner sight" or mental images which are perceived without the aid of the physical eyes and beyond the limitations of ordinary time and space. These impressions are more easily perceived in an alpha state and during meditation, though many clairvoyants can obtain visual information regarding the past, present and future in a variety of environments.

CLAIRAUDIENCE

Clairaudience (clear audio /hearing) -- To perceive sounds or words and extrasensory noise, from sources broadcast from spiritual or ethereal realm, in the form of "inner ear" or mental tone which are perceived without the aid of the physical ear and beyond the limitations of ordinary time and space. These tones and vibrations are more easily perceived in an alpha state and during meditation, though many clairaudients can obtain verbal and sound-related information regarding the past, present and future in a variety of environments. Most Channelers (also known as Mediums) work with both clairvoyance and clairaudience.

CLAIRSENTIENCE

Clairsentience (clear sensation or feeling) - To perceive information by a "feeling" within the whole body, without any outer stimuli related to the feeling or information. (Also see clair empathy)

CLAIRSCENT

Clairscent (clear smelling) - To smell a fragrance/odor of substance or food which is not in one's surroundings. These odors are perceived without the aid of the physical nose and beyond the limitations of ordinary time and space.

CLAIRTANGENCY

Clairtancy (clear touching) -- More commonly known as psychometry. To handle an object or touch an area and perceive through the palms of one's hands information about the article or its owner or history that was not previously known by the clairtangent.

CLAIRGUSTANCE

Clairgustance (clear tasting) -- To taste a substance without putting anything in one's mouth. It is claimed that those who possess this ability are able to perceive the essence of a substance from the spiritual or ethereal realms through taste.

CLAIREMPATHY

Clairempathy (clear emotion) - An Empath is a person who can psychically tune in to the emotional experience of a person, place or animal. Clairempathy is a type of telepathy to sense or feel within one's

self, the attitude, emotion or ailment of another person or entity. Empaths tune into the vibrations and "feel" the tones of the aura.

CHANNEL/CHANNELING

Channel -- A person who allows his/her body and mind to be used as a mechanism for etheric world intelligence to bring psychic information or healing energy to others.

Channeling -- To allow an etheric world intelligence to enter one's mind and impress thoughts upon the consciousness to be spoken aloud, using one's voice or body to deliver the information or healing energy.

NEAR DEATH [OUT OF BODY] EXPERIENCES

People who have died and share what they experienced while out of body. God told several of these experiencers "No one is a sinner. Sin is a human creation; Not Gods." and "The Word of God was changed; Go back and tell everyone." Many experienced a Life Review and said no matter what you've done in this human experience you will-NOT be judged.

Near Death Experience Panel, Coming back from the other side:

https://www.youtube.com/watch?v=A1_Fu2upxKw

Raymond Kinman

<https://www.youtube.com/watch?v=tgYHxrBn5Ao>

<https://www.youtube.com/watch?v=hSQ6vcC6O-w>

Robin Landsong:

<https://www.youtube.com/watch?v=YeS3VHle-Jc>

So think of all your problems as a Mountain crumbling down to sand creating a BEAUTIFUL beach; There is a reason for your suffering; For everyone's suffering; We are all (as one) creating that BEAUTIFUL beach. That's what I learned from her NDE.

Neurosurgeon, Eben Alexander has near death experience:

<https://www.youtube.com/watch?v=jFIF8K1fkg8>

<https://www.youtube.com/watch?v=QOSb3G53HsA>

<https://www.youtube.com/watch?v=qbkqj5J91hE>

Anita Moorjani: <https://www.youtube.com/watch?v=deKiTEE5Zdc>

Nancy Rynes: <https://www.youtube.com/watch?v=ii1UDGWi6Gk>

Catholic Priest [Father Nathan Castle]

<https://www.youtube.com/watch?v=bK1O46eLfaU>

Stephen Weber

https://www.youtube.com/watch?v=2Y_tfGYSpnE

This video is missing audio from the video above:

<https://www.youtube.com/watch?v=xtPEYLjKY7U>

Ken Leth

<https://www.youtube.com/watch?v=VKhDoIj5pmo>

Ashley Marks

<https://www.youtube.com/watch?v=TMSrrSy2ckw>

Nanci Danison

Part 1: <https://www.youtube.com/watch?v=DFDI-jgFVqs>

Part 2: <https://www.youtube.com/watch?v=jgrEI7fIT20>

Part 3: <https://www.youtube.com/watch?v=DN-S0D3N2WM>

Part 4: <https://www.youtube.com/watch?v=18GWv4y6-8>

Part 5: <https://www.youtube.com/watch?v=1hqNRso6zqE>

See more of her videos:

<https://www.youtube.com/user/NanciDanison/videos>

Doctor has near death experience:

<https://www.youtube.com/watch?v=0N7tCeqPoqk>

Amy Call: <https://www.youtube.com/watch?v=I9Y3WnsaejA>

Dr. Eben: <https://www.youtube.com/watch?v=sCRwuJoQAZg>

Peter Anthony:

<https://www.youtube.com/watch?v=LamIFhFnILE>

<https://www.youtube.com/watch?v=wsg50DyPGNo>

Nuture Your Soul

Part 1: <https://www.youtube.com/watch?v=4iHeeEAP3uo>

Part 2: <https://www.youtube.com/watch?v=yuT00-uHnqI>

Part 3: <https://www.youtube.com/watch?v=eUtgPfk3tM>

Part 4: <https://www.youtube.com/watch?v=WJV4I7gGhhc>

Part 5: <https://www.youtube.com/watch?v=Dx4gyze8m7g>

Krista Gorman - A physician

<https://www.youtube.com/watch?v=oIZibemcrrU>

<https://www.youtube.com/watch?v=9TFFHkXvQdY>

Natalie Sudman

https://www.youtube.com/watch?v=dVz6Zv3_IWk

<https://www.youtube.com/watch?v=PCyQi-7jx4A>

<https://www.youtube.com/watch?v=-D6bLxwrlGw>

<https://www.youtube.com/watch?v=SSaGhvFdk8A>

<https://www.youtube.com/watch?v=NVzWcDK9qRs>

<https://www.youtube.com/watch?v=9eb2xy3IXgM>

Texas Rodeo Cowgirl

<https://www.youtube.com/watch?v=4nZPIJD7Enk>

Dr. Lani Leary

<https://www.youtube.com/watch?v=M-M9kIN667w>

MarVeena Meek

https://www.youtube.com/watch?v=XRVi_7MnZ34

Dr. Penny Sartori - Researched hospital patients near death experiences and shares her findings/discoveries:

<https://www.youtube.com/watch?v=At2WLB2MMEk>

Don Ley

<https://www.youtube.com/watch?v=t2CDAONfUfI>

Penny Wilson [Nurse]

<https://www.youtube.com/watch?v=KQXS4ZOcEL4>

Garnet Schulhauser [a Lawyer] meets a homeless man that turns out to be his spirit guide:

<https://www.youtube.com/watch?v=QZvIrECMiaU>

<https://www.youtube.com/watch?v=8ALfnLHtvmw>

Alex Aquarius [drowned in shower]

<https://www.youtube.com/watch?v=VI2D9hN9LIU>

Jeff Olsen:

<https://www.youtube.com/watch?v=6tBOQMYKDxE>

Kimberly Clark

<https://www.youtube.com/watch?v=S6GVCx0MpXc>

Heidi Craig

<https://www.youtube.com/watch?v=YTYQy7eUWzo>

Richard Woidtke

<https://www.youtube.com/watch?v=6omm9KCBxd0>

Barbara [Meets God; Has astral projection experiences]:

<https://www.youtube.com/watch?v=HVUtHTtmj5E>

Tricia Barker

<https://www.youtube.com/watch?v=xKZBIuA4pRw>

More videos on her NDE:

<https://www.youtube.com/channel/UCyIstVbBhilo1gdUmazkReQ/videos>

Dr. Mary Neal

Part 1: <https://www.youtube.com/watch?v=DX473dF7ChY>

Part 2: <https://www.youtube.com/watch?v=ULsl92H-Noc>

Dianne Sherman

<https://www.youtube.com/watch?v=kEVTPTMr00o>

Pegi Robinson

https://www.youtube.com/watch?v=gj_SIpAcerk

Peter Panagore

<https://www.youtube.com/watch?v=NnzpqUa7yKg>

<https://www.youtube.com/watch?v=R8o2rcWldWk>

<https://www.youtube.com/watch?v=oA4q-vAKvKE>

More videos: https://www.youtube.com/channel/UCUicEaTyda21_5-vziOU5yw/videos

Ingrid Honkala

<https://www.youtube.com/watch?v=nNNgp4Yulnk>

Part 1: <https://www.youtube.com/watch?v=nii04h5EpQ0>

Part 2: https://www.youtube.com/watch?v=E-C_8TRyKx4

Girl shares her near death experience:

Part 1: <https://www.youtube.com/watch?v=7CZzJmqPfcU>

Part 2: <https://www.youtube.com/watch?v=LWTWDXy-ne8>

Michael Tamura has 3 NDE's:

<https://www.youtube.com/watch?v=8MXYJoyX8TU>

Renee Pasarow

<https://www.youtube.com/watch?v=rSrHE8zkwYg>

Ella Dawn

<https://www.youtube.com/watch?v=8xAIyiwaYAA>

John J. Davis

<https://www.youtube.com/watch?v=-rMGUR Ae7qo>

Grandma shares her death experience:

<https://www.youtube.com/watch?v=LHIF26NvE6I>

JC Gordon

<https://www.youtube.com/watch?v=s3xRwn4B4QM>

Man meets Archangel Michael

<https://www.youtube.com/watch?v=bh0VPG5xCyA>

Henry

First Death: <https://www.youtube.com/watch?v=REgvwBsPR7I>

Second Death: <https://www.youtube.com/watch?v=JuOvnvcnmfQ>

Laura Rose has an out of body experience and visits her dad for a day:
<https://www.youtube.com/watch?v=JLKQJvqcGDM>

This man had a Shared Near Death Experience:
<https://www.youtube.com/watch?v=no2GSsCNIKM>

Listen to more Shared Near Death Experiences:
https://www.youtube.com/results?search_query=shared+death+experience

Near Death Out Of Body Experiences Playlist 1:
<https://www.youtube.com/user/NDEaccounts/videos>

Near Death Out Of Body Experiences Playlist 2:
<https://www.youtube.com/channel/UCyIstVbBhilo1gdUmazkReQ/videos>

Near Death Experience Research Foundation [NDERF]
<http://www.nderf.org/>

JeffMara Podcast - Many people sharing their Near Death Experience
https://www.youtube.com/channel/UC_c8KysI2G9rAbNyD1dVd6g/videos

YouTube Playlist, Many videos of people sharing their Near Death out of body Experiences:
<https://www.youtube.com/playlist?list=PLT8b8q8z453qdLMYbdnTUpor4xj3nxg9A>

CHANNELING SPIRITS/ALIENS

Erik Medhus [Channeling Erik]

About Erik: <https://channelingerik.com/about-erik/>

YouTube videos: <https://www.youtube.com/user/drmedhus/videos>

Blog Posts: <http://www.channelingerik.com/archives/>

Daniel Scranton

<https://www.youtube.com/user/danscranton/>

Sohmalife Sanctuary

<https://www.youtube.com/c/sohmalifesanctuary/videos>

Ray Heitman

Channeling Beings Of Light

<https://www.youtube.com/@ChannelingBeingsofLight>

Channeling Future Pleiadians and Hybrid Children:

<https://www.youtube.com/@ChannelingFuturePleiadians>

Channeling Hybrid Children:

<https://www.youtube.com/@ChannelingHybridChildren>

Natalie Glasson OmNa

<https://www.youtube.com/user/omnaschool/videos>

Jane Warren Campbell [AKA Rashana]

<https://www.youtube.com/@JaneWarrenCampbell/videos>

<https://www.rashanasoundessences.com/>

Channeling Beings Of Light

<https://www.youtube.com/@ChannelingBeingsofLight>

Bashar [Darryl Anka]

<https://www.youtube.com/watch?v=DyNwxRMgJbY>

More videos:

https://www.youtube.com/results?search_query=bashar+channeling

Paul Selig

<https://paulselig.com/>

<https://www.youtube.com/user/paulseligvideos/videos>

Excellent teachings in this video:

<https://www.youtube.com/watch?v=4x7duL9SD74>

Listen to his book titled 'I Am The Word':

http://www.audible.com/pd/Religion-Spirituality/I-Am-the-Word-Audiobook/B00KH9NXDA/ref=a_search_c4_1_1_srTtl?qid=1487228923&sr=1-1

...or read the book: <https://www.amazon.com/Am-Word-Guide-Consciousness->

[Transitioning/dp/1585427934/ref=src=1 1?ie=UTF8&qid=1487228979&sr=8-1&keywords=i+am+the+word](https://www.youtube.com/watch?v=1585427934&ref=src=1%201%20?ie=UTF8&qid=1487228979&sr=8-1&keywords=i+am+the+word)

Scroll down towards the bottom of this text to read all of the notes I got from listening to Paul Selig in videos and from reading his book titled 'I Am The Word'.

Aaron Lacey

<https://www.youtube.com/channel/UCz0891Sn6c3iJmLbtGy9j5Q/videos>

Keren Quennel

<https://www.youtube.com/c/KerenQuennelHerosJourneyGuide/videos>

Denise Kane

<https://www.youtube.com/c/DeniseKane/videos>

Gina Lake Channeling Jesus

<https://www.youtube.com/c/GinaLakeChannelingJesus/videos>

Keren Quennel

<https://www.youtube.com/c/KerenQuennelHerosJourneyGuide/videos>

Kasey and Brad Willis, Channeling Julius, Expand With Julius

<https://vimeo.com/xpnsionnetwork>

https://www.youtube.com/results?search_query=kasey+brad+wallis+julius&sp=CAI%253D

<https://expandwithjulius.com/>

Abraham Hicks

<https://www.youtube.com/@AbrahamHicks/videos>

Abbey Normal

<https://www.abbeynormalswisdomquest.com/>

YouTube Videos: <https://www.youtube.com/channel/UCiLCKaIFUqXGF-Jm6wZak8A/videos>

Ivan Teller

<https://www.ivanteller.com/>

YouTube videos:

<https://www.youtube.com/channel/UC3QuoqILakumu4bc0a9pOA/videos>

Channeling "Xoltal" [He has stopped channeling messages on Youtube]
<https://www.youtube.com/channel/UCou0Vtg0fwwiaVWK6FX7ILw/videos>

ALIENS/EXTRATERRESTRIALS INFORMATION

Barbara Lamb is a world-renowned ET regression therapist, crop circle researcher, speaker, and author:

<https://barbaralambregression.com/>

Videos:

https://www.youtube.com/results?search_query=barbara+lamb&sp=CAISBBABGAI%253D

Mary Rodwell

<https://www.maryrodwell.com.au/>

Videos:

https://www.youtube.com/results?search_query=mary+rodwell&sp=CAISAhqC

Sherry Wilde [Has had experiences with aliens/extraterrestrials her whole life. Read her book titled The Forgotten Promise by Sherry Wilde]

<https://www.youtube.com/watch?v=yJiCJXqkkPI>

<https://www.youtube.com/watch?v=Qs1Wd8wP9OU>

More videos:

https://www.youtube.com/results?search_query=Sherry+Wilde&sp=CAASAhAB

NewRealities [Youtube channel] by Alan Steinfeld has lots of Alien/Extraterrestrial related videos:

<https://www.youtube.com/c/newrealities/videos>

Book titled MAKING CONTACT by Alan Steinfeld:

https://www.amazon.com/Making-Contact-Preparing-Realities-Extraterrestrial/dp/1250773946/ref=sr_1_1

William Tompkins

<https://www.youtube.com/watch?v=CLFLY3MHsvo>

Part 1: <https://www.youtube.com/watch?v=Sb18kkVIRh4>

Part 2: <https://www.youtube.com/watch?v=oPMOjV9SMOo>

More videos:

https://www.youtube.com/results?search_query=William+Tompkins

Former Canada Defense Minister, Paul Hellyer says aliens exist and have been here for thousands of years:

<https://www.youtube.com/watch?v=Pq6VTzacb9I>

John Mack - MD, was a professor of psychiatry at Harvard Medical School and founding director of the program for Extraordinary Experience Research (PEER) on the Oprah Winfrey Show:

<https://www.youtube.com/watch?v=kfBODQZTQR0>

Book by Alan Steinfeld - Making Contact: Preparing for the New Realities of Extraterrestrial Existence

<https://www.amazon.com/Making-Contact-Preparing-Realities-Extraterrestrial/dp/1250773946>

Some of the world's top UFO researchers discuss alien disclosure:

<https://www.youtube.com/watch?v=2MZwh6p-OTw>

Emery Smith

Facebook: <https://www.facebook.com/emery.s.smith>

<https://youtu.be/Rs87oceutIM?t=190>

Videos: https://www.youtube.com/results?search_query=emery+smith

Ex-UFO Program Chief at the Pentagon says "We may not be alone."

<https://www.youtube.com/watch?v=-2b4qSoMnKE>

Sammy Hagar shares his alien/extraterrestrial experience:

<https://www.youtube.com/watch?v=9KEfH7R6QUw>

<https://youtu.be/0mAjq47sPrk?t=217>

Sammy Hagar had a psychic tell him he would catch a big break in

music: <https://youtu.be/GAIOj0VqqEQ?t=211>

Sammy Hagar's dad visits him from the dead:

<https://www.youtube.com/watch?v=oJBj4lgOvSw>

Randy Cramer

<https://www.youtube.com/watch?v=1ea9vtwnQjo>

<https://www.youtube.com/watch?v=i48nHo5WKas>

https://www.youtube.com/watch?v=s_TUe6uowKI

<https://www.youtube.com/watch?v=5NKVoUAYQNO>

<https://www.youtube.com/watch?v=NZMme1BgciA>

More videos:

https://www.youtube.com/results?search_query=randy+cramer&sp=CAI%253D

Corey Goode

Youtube channel:

<https://www.youtube.com/@SphereBeingAlliance/videos>

<https://spherebeingalliance.com/>

Jane Pooley - Humalien, My 3 Hybrid Children:

<https://www.youtube.com/watch?v=oBkT5dXNxJI>

Steve Greer

<https://www.youtube.com/watch?v=LhLzxlzoujk>

More YouTube videos:

https://www.youtube.com/results?search_query=steven+greer

<http://www.disclosureproject.org/>

<http://siriusdisclosure.com>

<https://www.facebook.com/Dr-Steven-M-Greer-194568653910069/>

Mark McCandlish:

<http://markmccandlish.com/>

https://www.youtube.com/results?search_query=Mark+McCandlish

Josie

Part 1: <https://www.youtube.com/watch?v=x1oWTITJPtY>

Part 2: <https://www.youtube.com/watch?v=dqGy1l1MhLk>

Buzz Aldrin [Astronaut] confirms seeing a space ship:

https://www.youtube.com/watch?v=ZNkmhY_ju8o

Boyd Bushman:

https://www.youtube.com/watch?v=VA3HV_gfq80

More videos:

https://www.youtube.com/results?search_query=Boyd+Bushman

Pete Peterson

https://www.youtube.com/results?search_query=Pete+Peterson

Billie Woodard

Part 1: <https://www.youtube.com/watch?v=dvPetkrUg7M>

Part 2: <https://www.youtube.com/watch?v=Uog2CGjC8x8>

Learn the Truth about what is to come, 9/11, Pearl Harbor and more:

<https://vimeo.com/226176842>

Website: <https://zorraofhollowearth.com/>

Zorra of Hollow Earth videos:

<https://www.youtube.com/c/ZorraofHollowEarth/videos>

Donna Lynn

<https://www.youtube.com/watch?v=wwJaEistzS4>

CIA public documents prove astral projection out of body experiences, aliens, consciousness creates reality are real:

<https://www.youtube.com/watch?v=YW56ZOGp4M>

Read the public CIA documents here:

<https://www.cia.gov/library/readingroom/docs/CIA-RDP96-00788R001700210016-5.pdf>

Yanick Aumond alien experiences:

<https://www.youtube.com/watch?v=av0gngRhFW4>

Rick Maarhuis shares many of his alien experiences; Both him and his sister have been visited by aliens most of their life:

https://www.youtube.com/channel/UCVVqDnE-ii20DAY_wrGAYg/search?query=alien

Travis Walton alien experience:

<https://www.youtube.com/watch?v=VqSjenNPf30>

Banned UFO television show:

<https://www.youtube.com/watch?v=LBZQ6oY1pHM>

Bob Lazar - Robert "Bob" Lazar (born January 26, 1959) is an individual who claims to have worked as a scientist and engineer, reverse engineering extraterrestrial technology at a site called S4 near the Area 51 test facility.

<https://www.youtube.com/watch?v=igUMDICqTpQ>

James Gilliland

<https://www.youtube.com/watch?v=uKCq7HfZh9A>

<https://www.youtube.com/watch?v=eEGfWtp-abI>

More videos:

https://www.youtube.com/results?search_query=james+gilliland

Listen to the Art Bell radio shows to learn about aliens and time machines; The proof is in those radio shows:

https://www.youtube.com/results?search_query=art+bell+alien+time

Gina Maria Colvin Hill - Takes photos of space ships in the sky using a clip-on lens on her iPhone 8:

<https://www.youtube.com/channel/UC-JEgJ3NV-lpnAjbm81tNsg/videos>

The Late Lt. Col. (USAF), Wendelle Stevens and his Alien Encounters:

<https://www.youtube.com/watch?v=ANc-Xz6rGjs>

<https://www.youtube.com/watch?v=sbnzmFUHVyg>

<https://www.youtube.com/watch?v=VFqfiMzqhAg>

Big Foot is an alien race:

<https://www.youtube.com/watch?v=6XIUPWF7yrY>

<https://www.youtube.com/watch?v=6XIUPWF7yrY>

Hybrid Human Alien Children Part 1, Bridget Nielsen

<https://www.youtube.com/watch?v=fSMKJBGhSmA>

Hybrid Human Alien Children Part 2, Aluna Verse

<https://www.youtube.com/watch?v=6HkfZe1eHZc>

Alien Abduction by Calvin Parker, Interview with Pascagoula Abductee

<https://www.youtube.com/watch?v=WG1ajdvaZF4>

Woman shares her families alien experience

<https://www.youtube.com/watch?v=FqLb2BmOrrw>

Dr. Bruce Goldberg

https://www.youtube.com/results?search_query=Dr.+Bruce+Goldberg

Checkout videos from TheHybridChildren on YouTube; Information about aliens, hybrid children, and all things spiritual:

<https://www.youtube.com/user/TheHybridChildren/videos>

Girl visits a parallel time-line (another reality) on Earth, October 18th, 2016:

Part 1 and 2: <https://www.youtube.com/watch?v=9HI354tlaWI>

Part 3: <https://www.youtube.com/watch?v=T7mECZI7080>

Gabe Salomon - Information about aliens, hybrid children, and all things spiritual:

All videos:

https://www.youtube.com/channel/UCNnV77OTJqBhbZY_LqVofRQ/videos

This is one of the best videos I've seen in 10+ months titled... I Have A Confession To Make: <https://www.youtube.com/watch?v=N4woOJvtaws>

Navigating Belief Systems:

<https://www.youtube.com/watch?v=ueIRjPDDQLw>

The Starseed Download (Everything you need to know about Starseeds):

<https://www.youtube.com/watch?v=Oowpy5DoGIw>

How to Keep Your Cool During ET Contact:

<https://www.youtube.com/watch?v=xBYQrx4gA8Q>

First Contact Agenda (A Starseed Mission Briefing):

https://www.youtube.com/watch?v=Lu_QacUewrI

Bridget Nielsen - Information about aliens, hybrid children, and all things spiritual:

<https://www.youtube.com/user/TheHybridChildren/videos>

Presentation on hybrid children:

<https://www.youtube.com/watch?v=A4NA-EbtfhI>

Cosmic Agency [The Pleiadian's Share Information]

<https://www.youtube.com/channel/UC2MMhSGDuf9kKXPvXfgOr9w/videos?view=0&sort=da&flow=grid>

Families: <https://youtu.be/Jsg2I2I4iK4?t=549>

Meeting the Pleiadian's:

<https://www.youtube.com/watch?v=xax0BqRRHQM>

Eddie Page [a Pleiadian living on Earth; He had a bunch of videos on YouTube and then went missing; Where is Eddie Page?]

https://www.youtube.com/results?search_query=eddie+page

Girl shares her alien experiences:

<https://www.youtube.com/channel/UCrAZI1Ou0gUHPpntMOdJbMw/videos>

Best UFO Sighting I [James Limborg] have seen:

<https://youtu.be/dNEaPmwqMYs?t=99>

BOOKS I RECOMMEND

Start reading Conversations With God now:

Book 1: http://www.universe-people.com/english/svetelna_knihovna/htm/en/en_kniha_conversations_with_god_1.htm

Book 2: http://www.universe-people.com/english/svetelna_knihovna/htm/en/en_kniha_conversations_with_god_2.htm

Book 3 [HTML]: <http://www.jameslimborg.com/temp/neale-donald-walsch-conversations-with-god-book-3.html>

Book 3 [PDF]: https://www.zensauce.com/books/EN_CONVERSATIONS_WITH_GOD_3.pdf

Book 4: <http://www.jameslimborg.com/temp/neale-donald-walsch-conversations-with-god-book-4.html>

Book One is to contain basic truths, primary understandings, and address essential personal matters and issues.

Book Two is to contain more far-reaching truths, grander understandings, and address global matters and issues.

Book Three is to contain the largest truths you are now capable of understanding, and address universal matters and issues-matters being dealt with by all the beings of the universe.

Book Four is about aliens God calls Highly Evolved Beings [HEB's].

Jesus came through a man named Jon Mark Hammer to create these three books:

The Way Of Mastery

Book 1 - The Way of the Heart:

<https://www.youtube.com/playlist?list=PLB4RQJZJRCbW78aKxZrIWbCIno0vagKsB>

Book 2 - The Way of Transformation:

<https://www.youtube.com/playlist?list=PLB4RQJZJRCbWc5OKKfIqcO-x1pQkitgCq>

Book 3 - The Way of Knowing:

<https://www.youtube.com/playlist?list=PLB4RQJZJRCbXKv5KBfZFxFzTtJjrxY9Mh>

"There is only God and you are that." -Jesus [Lesson 33, Book 3, The Way of Mastery]:

<https://www.youtube.com/watch?v=R2rc7D5v7Ow&index=9&list=PL-E4gfe94rpmtocJj4Nzolc7N53uQbOP7>

Shanti Christo Foundation: <http://shantichristo.com/>

Shanti Christo store: <http://shantichristostore.com/>

Book available on Amazon: https://www.amazon.com/Way-Mastery-Shanti-Christo-Foundation/dp/0977163202/ref=sr_1_1?ie=UTF8&qid=1508998137&sr=8-1&keywords=the+way+of+mastery

https://www.amazon.com/Way-Mastery-Shanti-Christo-Foundation/dp/0977163202/ref=sr_1_1?ie=UTF8&qid=1508998137&sr=8-1&keywords=the+way+of+mastery

Jeshua The Personal Christ [At least 9 volumes] - Jesus channeled these books through Judith Coates:

All Videos:

https://www.youtube.com/results?search_query=Jeshua+The+Personal+Christ

Volumes 1-6 Audio Book Playlist:

https://www.youtube.com/playlist?list=PLe8xR0EnHemcUtKQOstDN55u4rjDpM_dl

What Jesus Wants You to Know Today: About Himself, Christianity, God, the World, and Being Human [Jesus channeled this book through Gina Lake]

<https://www.amazon.com/What-Jesus-Wants-Know-Today-ebook/dp/B07S3XBPW5>

Seth Speaks by Jane Roberts

Seth is a spirit that communicates through a psychic medium explaining in detail who we are, why we are here, where we go after we die, and much more.

Listen to the book at YouTube:

<https://www.youtube.com/watch?v=m7mGDHMwu-Y>

Buy the audio book at Audible.com: <https://www.audible.com/pd/Seth-Speaks-Audiobook/B07LCS77W3>

Buy the book at Amazon.com: <https://www.amazon.com/Seth-Speaks-Eternal-Validity-Soul-ebook/dp/B007QQU9DO>

I Am The Word by Paul Selig

<https://www.audible.com/search?keywords=paul+selig>

The Forgotten Promise by Sherry Wilde

<https://www.audible.com/pd/The-Forgotten-Promise-Audiobook/B00PR3OBZA?qid=1601530516>

Alan Steinfeld - Making Contact: Preparing for the New Realities of Extraterrestrial Existence

<https://www.amazon.com/Making-Contact-Preparing-Realities-Extraterrestrial/dp/1250773946>

SPIRITUAL TEACHERS, MOTIVATIONAL SPEAKERS

Eckhart Tolle

<https://www.youtube.com/user/EckhartTeachings/videos>

NewRealities [Youtube channel] by Alan Steinfeld

<https://www.youtube.com/c/newrealities/videos>

Book titled MAKING CONTACT by Alan Steinfeld:

https://www.amazon.com/Making-Contact-Preparing-Realities-Extraterrestrial/dp/1250773946/ref=sr_1_1

Bob Olson [Professional Investigator] investigates psychic mediums, near death and astral projection (out of body) experiences - Proof of an after-life:

<https://www.youtube.com/user/AfterlifeTVChannel/videos>

Gigi Young:

https://www.youtube.com/channel/UCo_fdaL6nGtL3fjyP8NsNaw/videos

Spiritual Awakening:

<https://www.youtube.com/user/SpiritualAwakeningNt/videos>

Teal Swan: <https://www.youtube.com/user/TheSpiritualCatalyst/videos>

Gabe Salomon - Information about aliens, hybrid children, and all things spiritual:

All videos:

https://www.youtube.com/channel/UCNnV77OTJqBhbZY_LqVofRQ/videos

This is one of the best videos I've seen in 10+ months titled... I Have A Confession To Make: <https://www.youtube.com/watch?v=N4woOJvtaws>

Navigating Belief Systems:

<https://www.youtube.com/watch?v=ueIRjPDDQLw>

The Starseed Download (Everything you need to know about Starseeds):

<https://www.youtube.com/watch?v=Oowpy5DoGIw>

How to Keep Your Cool During ET Contact:

<https://www.youtube.com/watch?v=xBYQrx4gA8Q>

First Contact Agenda (A Starseed Mission Briefing):

https://www.youtube.com/watch?v=Lu_QacUewrI

Bridget Nielsen - Information about aliens, hybrid children, and all things spiritual:

<https://www.youtube.com/user/TheHybridChildren/videos>

Jake Ducey: <https://www.youtube.com/user/jakeducey/videos>

16-year old Greta Thunberg has something to say to everyone of Earth:

<https://www.youtube.com/watch?v=FWsM9-zrKo>

https://www.youtube.com/watch?v=uRgJ-22S_Rs

[https://www.ted.com/talks/greta thunberg the disarming case to act right now on climate?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare](https://www.ted.com/talks/greta_thunberg_the_disarming_case_to_act_right_now_on_climate?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Bruce H. Lipton, PhD at <https://www.brucelipton.com/>
DNA/Genes do not control you; You control your DNA/genes:
<https://www.youtube.com/watch?v=YackvFSIDQk>

ENERGY HEALERS, HEALING

Jeanette Wilson

Hundreds of videos of Jeanette Wilson healing people:

<https://www.youtube.com/channel/UCh-8D80H-ZlyInBQzQmkPyg/videos>

Get healing from Jeanette Wilson via Skype/Phone:

<https://jeanettewilson.com/product-category/private-consultations/>

Official site: <https://jeanettewilson.com/>

Kimberly Meredith

<https://www.youtube.com/watch?v=HUL8rEn293E>

More videos:

https://www.youtube.com/results?search_query=kimberly+meredith

Official Site: <https://www.thehealingtrilogy.com/>

Reconnective Healing, Dr. Eric Pearl:

Learn about Reconnective Healing:

<https://www.youtube.com/user/TheReconnectionTV/videos?view=0&flow=grid&sort=da>

Official Site: <https://www.thereconnection.com/>

Anthony William [The Medical Medium]

<https://www.medicalmedium.com/>

Edd Edwards

<https://youtu.be/u0ViusQpEOc>

https://www.youtube.com/watch?v=z6D4_8MjP68

<https://youtu.be/VPSBGSa8dWw?t=36>

Website: <https://edwards.com/>

Dr. Laurence Brock

<https://www.laurencebrock.com/>

Jane Sibbett

<https://janesdancinghands.com/jane-sibbett/>

<https://www.youtube.com/watch?v=HmLdCzHJ2Pc>

Jeffrey Saunders [The Canadian Healing Medium]

<https://www.youtube.com/channel/UCBtLQBL7VqQntXujOEdeA0w/videos>

<https://www.facebook.com/thecanadianhealingmedium>

<https://www.facebook.com/groups/158933832468503/>

<https://www.instagram.com/the.canadian.healing.medium/>

<https://ca.linkedin.com/public-profile/in/jeffrey-saunders-142569202>

Dr. Alan Botkin first discovered EMDR and induced ADC [after death communication], Grief and Trauma healing:

<https://www.youtube.com/watch?v=kDiKP29usn0>

<https://www.youtube.com/watch?v=xv3RfCLIL7M>

MED BED & ET ENERGETIC HEALING

BUY NOW for \$250.00 at <https://awakening.education/et-and-med-bed-energetic-healing/?cookieUUID=31dfad48-4fcf-4215-8dbc-00098344828c>

I found that page above through Sarah R. Adams website:

<https://www.sahradams.com/>

I found Sarah R. Adams website through Alan Steinfeld's video:

<https://youtu.be/8PSydFeQWtk?t=5850>

Doctors didn't want to admit that energy healing cures cancer and more;
Now they admit it; Neurosurgeon says energy healing is real [with
Kimberly Meredith]: <https://youtu.be/ZnNcwI-NLjM?t=32>

INCARNATION [aka Re-Incarnation, Past/Future Lives/Life]

'Incarnation' is the correct word to use because 'time' is an illusion [Time is only something we experience here on earth]. On the other side [aka

Heaven, the spirit world] time is shaped more like a figure-8 (where the future connects with the past; and vice versa). We can incarnate into any time period, on any planet, and as any life-form we want. Each one of us is living many lives all at once [Not one life at a time or one life after the next]. All lives and experiences are happening at once.

Nikola Tesla has incarnated as Patrick Flanagan:

<https://www.youtube.com/watch?v=fE3RXWEI tk>

<https://youtu.be/1f-YpmP2xKo?t=2855>

YouTube videos of Children who remember their incarnations:

<https://www.youtube.com/watch?v=Uq8l4XVfgPA>

<https://www.youtube.com/watch?v=ijNpbbCqYCc>

<https://www.youtube.com/watch?v=xLbnDVzEwIq>

<https://www.youtube.com/watch?v=N2cTXq54PRc>

<https://www.youtube.com/watch?v=oMcQ-5knYgg>

Watch the television show titled Ghost Inside My Child (which is actually about children remembering their other-incarnated/past lives):

https://www.youtube.com/results?search_query=Ghost+Inside+My+Child

Dr. Michael Newton at <http://newtoninstitute.org/>

Man has pain in his side from past life experience being in a war:

<https://www.youtube.com/watch?v=Fk3s40UnoDE>

Checkout videos from TheHybridChildren on YouTube; Information about aliens, hybrid children, and all things spiritual:

<https://www.youtube.com/user/TheHybridChildren/videos>

SPIRITUAL AWAKENING

Jim Carrey has a spiritual awakening

<https://www.youtube.com/watch?v=uIaY0l5qV0c>

Sammy Hagar of Van Halen believes psychic mediums can connect with spirits/aliens:

<https://www.youtube.com/watch?v=DfDRZHyjIJg>

Shares his alien/extraterrestrial experience:

<https://www.youtube.com/watch?v=9KEfH7R6QUw>

Valarie Bertinelli shares her spiritual experience with her deceased ex-husband Eddie Van Halen: https://youtu.be/IhC_TRGse1w?t=499

Listen to other people's spiritual awakening stories:

https://www.youtube.com/results?search_query=my+spiritual+awakening

OTHER SPIRITUAL INFORMATION

Scientists proved that consciousness creates reality.

What you think/say/believe you manifest/create; so monitor your thoughts.

If you want positive experiences then THINK/SAY/BE positive.

Here is the scientific proof that consciousness creates reality:

<https://www.youtube.com/watch?v=KYX4ki7y-xI>

CYMATICS

Humans learning that music/notes/sound frequencies create sacred geometry which looks like crop circles:

<https://youtu.be/Q3oItpVa9fs?t=15>

I [James Limborg] think that if you combine a frequency or group of frequencies together you will have a crop circle design; The crop circles are frequency messages from aliens.

Your Soul/Spirit Plan [soul contract, soul agreements], Robert Schwartz Interview:

<https://www.youtube.com/watch?v=WEOugRfLVus>

<https://www.youtube.com/watch?v=TRLDdw8UzhQ>

Learn what your Life Purpose/Path is by entering your birth-date at these websites; They are amazingly accurate; Erik Medhus [his links are above] said that the quickest way to learn your life purpose is with Numerology:

<http://www.peacefulwarrior.com/life-purpose-calculator/>

http://www.tokenrock.com/numerology/life_path/

Kids learning to see with a blindfold on:

<https://www.youtube.com/watch?v=rC7xZmLcOeY>

3D/4D/5D - Dimensions Explained in detail:

<https://channelingerik.com/where-did-those-pesky-dimensions-go/>

DO WE LIVE IN A VIRTUAL REALITY? Watch this video:

<https://www.youtube.com/watch?v=s8SZ0Jhu9e8>

CON-trails versus CHEM-trails; For years planes have been releasing harmful chemicals in the skies around the world:

<https://www.youtube.com/watch?v=hXOFNFWfgmk>

More videos by Spiritual-Awakening.net at YouTube:

<https://www.youtube.com/user/SpiritualAwakeningNt/videos>

<http://www.spiritual-awakening.net/>

Doctor Harry Oldfield [UK, Scientist] created NEV [New Energy Vision] and shows many pictures taken with his energy vision camera system. You can see the chakra energy centers, alien beings next to people, and more:

<https://www.youtube.com/watch?v=IO8xjQI6SgA>

More videos:

https://www.youtube.com/results?search_query=harry+oldfield+

MENTALISTS - Psychic Entertainment

Lior Suchard:

<http://www.liorsuchard.com/>

https://www.youtube.com/results?search_query=lior+suchard

The Evasons

<http://www.evason.com/>

https://www.youtube.com/results?search_query=The+Evasons

Oz Pearlman

<http://www.ozpearlman.com/>

https://www.youtube.com/results?search_query=Oz+Pearlman

Ace McDermott - Australia's Number One Comedy Mentalist

https://www.youtube.com/results?search_query=Ace+McDermott

<https://www.youtube.com/user/AceMcDermott/videos>

Wayne Hoffman

<http://waynehoffman.com/>

https://www.youtube.com/results?search_query=Wayne+Hoffman

Keith Barry

<http://keithbarry.com/>

https://www.youtube.com/results?search_query=Keith+Barry

Max Major

<https://maxmajor.net/>

<https://www.youtube.com/user/itsmaxmajor/videos>

https://www.youtube.com/results?search_query=max+major+mentalist

ASTRAL PROJECTION [OUT OF BODY] EXPERIENCES

Susan Austin

Part 1: <https://www.youtube.com/watch?v=HLEZmJdtNLA>

Part 2: <https://www.youtube.com/watch?v=jJXrhDxTv5o>

Casey Claar shares her Astral Projection out of body experiences:
Videos [10+ years of videos]:

<https://www.youtube.com/user/omcasey1/videos?view=0&sort=da&flow=grid>

Website: <https://consciousnessexploration.com/>

Patreon: <https://www.patreon.com/thegalactictravelchannel>

Boy [Hayden] has astral projection experiences often, created his own planet: <https://www.youtube.com/watch?v=TDLt6EAtkdc>

Interview: <https://www.youtube.com/watch?v=rPuOB2YwOmc>

More videos of Hayden:

https://www.youtube.com/channel/UCwj3IA_YPpAq3yAJhqyLog/videos?shelf_id=0&sort=dd&view=0

Young man gets validation his astral projection out of body experience was a real experience: <https://www.youtube.com/watch?v=iLPthxNhw6c>

Girl gets validation her astral projection out of body experience was a real experience: <https://www.youtube.com/watch?v=iuyGvJnJrPI>

Here's an audio file that may help you astral project; It's by Robert Monroe but I removed all the words/voices; Save it to a CD or USB flash drive and loop the audio playback:

<http://www.jameslimborg.com/temp/Robert-Monroe-Astral-Projection.mp3>

Message from JamesLimborg.com

When you astral project (have an out of body experience) what you THINK happens almost instantly; You move by THINKING "move to my friends house" "move to the moon" etc.; You speak/communicate by THINKING your words [You will hear other spirits/alien-beings communicating with you by their thoughts as well; And you will feel their emotions along with their thoughts]; You can appear/transform into whatever you want simply by THINKING "I want to transform into a tiger now" "I will transform into a butterfly now" etc.; You can move into any time period you want by THINKING "Move to the year 1950 now" "Move to the year 3500 now" etc.. It's important to plan your out of body experiences before having them so you are in control of your out of body experience at all times [If you do not plan your out of body experience

then whatever you happen to be thinking about at the time (positive/negative) will manifest on its own until you take control and set the intention where you want to go/what you want to experience. Each person on earth has a physical-body and a spirit-body; It's the spirit-body that is astral projecting, exploring the spirit world (aka Heaven, astral realm, the other side). The spirit-body is emotional energy that can appear however you want it to appear simply by thought [as mentioned above]; Your spirit-body can see 360 degrees [Say to yourself "I wish to see the full 360 degrees now" to have that experience]. It's important NEVER to feel fear, scared, anger, anxiety when having an out of body experience [and when in this physical experience as well] because those feelings will attract negative experiences; Force yourself to feel love, joy, happiness, gratitude to attract positive experiences in your astral travels and in your physical life on earth. If you see a negative spirit/entity/alien-being simply send it huge amounts of love, joy, and happiness and ask it to please leave your presence now [It has to leave]; You can always ask God, Jesus, Archangel Michael to please come and help you remove the negative energy and/or you can move to a new positive location by saying "Move to a beautiful beach in Maui, Hawaii now".

Some of the things you can do when out of body (astral projecting) include visiting a friend/family member to see and hear what they are doing [Say to yourself "Move to my friends house"; After you wake up, tell them what you saw and heard them do to get validation that your experience was real], going anywhere on earth [Say to yourself "Move to a beautiful beach on Maui, Hawaii"], go to any planet [Say to yourself "Move to the moon now"], visit positive loving alien-beings [Say to yourself "I want to visit a positive loving alien-being now please"], visit a famous person and/or famous persons higher-self, visit a deceased loved one, create things [anything you can imagine, create it while out of body], join a class [Pick any topic you want to learn and say "I wish to join a class right now in this spirit-world that will teach me how to astral project better" "I wish to have a spirit-guide help me work on the problems that I am having in my physical-life", fly around the world [Believe that you can fly and you can; Start flying; Go anywhere you can imagine going], help deceased people (spirits) cross-over [This woman does this: <https://www.youtube.com/watch?v=HLEZmJdtNLA>], visit higher vibration/frequency dimensions [Say to yourself "I want to move

to a higher vibration/frequency dimension now please"]. Erik Medhus (a spirit that communicates through many psychic mediums) said that the silver-cord really doesn't exist; The reason people see a silver-cord is because they heard about it and expect to see it [Remember... What you THINK happens almost instantly in the spirit world; If you THINK you should see something you will. If you see a silver-cord try this... Say to yourself "I wish this silver-cord to disappear now" "Instead of a silver-cord, I wish to see a bunch of butterflies connecting my spirit-body to my physical-body now please"]. Learn about your future by saying "I wish to see all the possible outcomes of my future now please"; Get predictions about the future by saying "I wish to see what major events will happen in the year 2050" [Remember that the future is constantly changing; Just because you see something happening does NOT mean it will actually happen; Many psychic mediums have learned this from spirit; The future is not set in stone; Our freewill is constantly changing what happens in the future].

Bob Olson with AfterLifeTV.com - Interviews William Buhlman on Astral Projection, Out Of Body Experiences:

<https://www.youtube.com/watch?v=omKS82YDjIY>

Validation astral projection is a real out of body experience:

MrDisclosure: <https://www.youtube.com/watch?v=wkAIgeIVMFY>

Phase Evolution:

<https://www.youtube.com/channel/UCIctDkqcjIHSR30Br32DB6A/videos>

Teal Swan has a lot of videos on astral projection and about what it's like on the other side [aka heaven]:

<https://www.youtube.com/user/TheSpiritualCatalyst/videos>

Ryan Cropper has a lot of astral projection videos:

<https://www.youtube.com/user/ryanjcropper/videos>

This is an excellent documentary on astral projection:

<https://www.youtube.com/watch?v=sGwbBRj4Fc8>

Crystals That Help With Astral Projection:

Blue Kyanite

Black Kyanite [for protection]
Amethyst [Auralite 23 from Canada]
Gold/Honey Calcite

Very few people can astral project the first time they try. Some take 2 weeks, 6 weeks, 1 year, 2 years, up to 25 years before they have their first astral projection. There is always the possibility that there is something in your contract/agreement [the agreement you made before incarnating here on earth] preventing you from astral projecting. If it happens it happens; Don't give up; Keep trying throughout your life. Every time you lay down set the intention that you are laying down to have an out of body experience and that you will be 100% conscious and aware during your out of body experience; and that you will remember everything, in complete detail when you return to your physical-body.

Some people have had their 'physical' body teleport/project to a different location:

<https://youtu.be/mOeXnbPsxCc?t=21m8s>

<https://www.youtube.com/watch?v=fxb-AayJQDg>

Erik (at Channeling Erik, link above) says it is possible for humans to move their 'physical' bodies into other dimensions; This is what Erik says, "...they're multidimensional beings who reside in other dimensional planes than we humans do. Until we master that, which is basically just believing that we can, then we'll be able to cross that...". Quote at this link: <http://www.channelingerik.com/godzilla/>

How To Astral Project
SPHERE OF LIGHT Method

Download the instructions; Save this PDF file to your computer for future reference:

<http://www.jameslimborg.com/temp/astral-projection-sphere-of-light-method.pdf>

How To Astral Project

PDF file: http://obe4u.com/files/the_phase.pdf

or download here:

<http://www.jameslimborg.com/temp/the-phase-e-book-astral-projection-travel-guide.pdf>

STEP 1: SLEEP 6 HOURS AND THEN WAKE UP WITH AN ALARM CLOCK

On a night before a free day when you won't have to wake up early, go to bed at your usual time and set your alarm so that you'll only sleep for about 6 hours. When the alarm goes off, you must get up to drink a glass of water, go to the bathroom, and read these instructions once again. Do not attempt any techniques before going to bed the night before, no matter what the case. You just need to lie down and get some sound sleep. The sounder you sleep over these 6 hours, the better your chances of getting results.

STEP 2: GO BACK TO SLEEP WITH AN INTENTION

After 3 to 50 minutes of being awake, go back to bed and concentrate your attention on how you will perform cycles of indirect techniques upon each subsequent awakening in order to leave your body and implement your prepared plan of action. No need to set the alarm clock this time. Each subsequent awakening should occur naturally. If it's too bright in the room, you can wear a special eye-mask. If it's loud - use earplugs.

Meanwhile, focus your attention on how you're going to try to wake up without moving your physical body. This isn't mandatory, but it will substantially increase the effectiveness of the indirect techniques.

Now, sleep for 2 to 4 hours, but take advantage of natural awakenings that occur during this period of time. They will happen much more often than usual. After each attempt - whether successful or not - you must fall back asleep with that very same intention of waking up and trying again. In this way, you can make many attempts over the course of a single morning. Up to a quarter of those attempts will be successful, even for novices (70 to 95% of them will be successful for experienced practitioners).

STEP 3: SEPARATE THE INSTANT YOU AWAKEN

Each time you wake up again, try not to move or open your eyes. Instead, immediately try to separate from your body. Up to 50% of

success with indirect techniques comes during this simple first step - one that is so simple that people don't even suspect that it could work.

In order to separate from your body, simply try to stand up, roll out, or levitate. Try to do it with your own perceived (i.e. subtle) body, but without moving your physical muscles. Remember that it will feel just like normal physical movement. When the moment comes, don't think too hard about how to do it. During those first moments after awakening, stubbornly try to separate from your body any way that you can and no matter what. Most likely, you'll intuitively know how to do it. The most important thing is not to think too hard and not to lose those first seconds of awakening.

STEP 4: CYCLING TECHNIQUES AFTER ATTEMPTS TO SEPARATE

If immediate separation doesn't work out - which would become apparent after 3-5 seconds - start right then and there to alternate between 2 to 3 of the techniques that are most straightforward to you, until one of them works. When this happens, you can try to separate again. Choose 2 to 3 of the following five techniques so that you can alternate through them during awakenings:

Rotation

For 3 to 5 seconds, try to imagine rotating to either side along your head-to-toe axis as vividly as possible. If no sensations arise, switch to another technique. If a real or even slight sensation of rotation arises, focus your attention (Table of Contents) 12 Our web site Videos Books Seminars Forum The Phase. Shattering the Illusion of Reality (2015) Buy new version of this ebook on Amazon, iBooks, and Google books on this technique and rotate even more energetically. As soon as the sensation of rotating becomes stable and real, you should try to separate again using it as a starting point.

Swimmer technique

For 3 to 5 seconds, try to imagine as decidedly as possible that you are swimming or simply making swimming motions with your arms. Try to feel it no matter what, and as vividly as you can. If nothing happens, switch to another technique. There is no need to switch techniques if the sensation of swimming arises. Instead, intensify the sensations that arise. Afterwards, the real sensation of swimming in water will come to

you. That's already the phase - and there's no need for separation when you're already in the phase. However, if such sensations occur while you're in bed instead of a body of water, then you will need to employ a separation technique. Use the swimming sensations as a starting point.

Observing Images

Peer into the void before your closed eyes for 3 to 5 seconds. If nothing occurs, switch to another technique. If you see any kind of imagery, peer into it until it becomes realistic. Once it is, separate from the body right then and there, or allow yourself to be pulled into the imagery. When peering at imagery, it's important not to scrutinize details, lest the image wash away. You'll need to look through the picture, which will make it more realistic.

Hand Visualization

For 3 to 5 seconds, imagine vividly and decidedly that you are rubbing your hands together close to your eyes. Try no matter what to feel them in front of you, to see them, and even to hear the sound of them rubbing. If nothing happens, switch to another technique. If any of the above sensations start to arise, then keep with the technique and intensify it until it becomes totally realistic. Afterwards you can try to separate from the body, using the sensations arising from the technique as a start-off point.

Phantom Wiggling

Try to wiggle your perceived hands or feet for 3 to 5 seconds. Do not move a muscle under any circumstances, and do not imagine the movement itself. For example, try to intensively press down and then up, wiggle to the left and right, and so on. If nothing occurs, switch to another technique. If a slight or sluggish sensation of real movement suddenly arises, then focus your attention on the technique, trying to increase the range of motion as much as you can. Once you can move by at least 4 inches, immediately try to separate from your body starting off from the sensations arising from the technique.

All that you need to do for each attempt is alternate between 2 to 3 techniques for 3 to 5 seconds each. This leads to indirect techniques cycles, where the practitioner alternates one technique after another over the course of a minute in search of the one that works. It is very

important to do no less than 4 cycles of 2 to 3 techniques during an attempt. Remember - even if a technique doesn't work immediately, that doesn't mean that it will not work on the very next cycle of techniques, if not just a bit later. That's precisely why it's necessary to stubbornly alternate techniques, performing no less than 4 complete cycles, but all within no longer than a minute.

For example, the entire process may take place as follows: a phaser goes to bed at 11:30pm and sets his alarm for 6:00am; at 6:00 he wakes up to his alarm clock, goes to the bathroom, drinks some water, and recalls the indirect techniques as well as his interesting plan of action for the phase (for example, to look in the mirror and fly to Mars); at 6:05am the phaser goes back to sleep with the clear intention of entering the phase upon each subsequent awakening; at 7:35am (or whenever natural awakening occurs) the phaser awakes unexpectedly and immediately tries to separate from his body then and there; not having separated within 3 to 5 seconds, the phaser begins to try to do rotations, but those also do not work within 3 to 5 seconds; the phaser performs the swimmer technique, but that does not work within 3 to 5 seconds, the phaser does phantom wiggling, but it doesn't (Table of Contents) 14 Our web site Videos Books Seminars Forum The Phase. Shattering the Illusion of Reality (2015) Buy new version of this ebook on Amazon, iBooks, and Google books work within 3 to 5 seconds, the phaser does rotation again, then the swimmer technique and phantom wiggling for 3 to 5 seconds each; then he once again does rotation, swimming, and phantom wiggling for 3 to 5 seconds each; on the fourth cycle he begins to do rotation and it unexpectedly starts working - the feeling of rotation arises; the phaser keeps with this technique, and spins as hard as he can and separates from his body right then and there using the sensation of rotation: he then runs to the mirror, all the while actively palpating and scrutinizing everything around him from a close distance, which intensifies his sensations; having already looked in the mirror, the practitioner employs the translocation technique and finds himself on Mars, but he is unexpectedly returned to the body; the phaser then immediately tries to leave his body again, but is unable to; he falls back asleep with the clear intention of repeating the attempt upon the next awakening and staying longer on Mars; and so on.

Just repeat the above using the techniques that come most naturally to you, and you'll open yourself up to a whole new universe!

If you take 20 to 30 minutes out of your day to simply train the techniques and the procedure, the method will be (Table of Contents) 15 Our web site Videos Books Seminars Forum The Phase. Shattering the Illusion of Reality (2015) Buy new version of this ebook on Amazon, iBooks, and Google books remembered and work better. This will substantially increase the success of attempts upon awakening.

Dream consciousness is also considered to be a phase experience. If you suddenly realize that you're dreaming while asleep, then that's already the phase. You should therefore proceed to implement your plan of action and stabilize the state. If dream consciousness does arise, it would be a side effect of doing technique cycles upon awakenings. This side effect is quite common - always be ready for it.

STEP 5: AFTER THE ATTEMPT

Fall back asleep if you can after each attempt (whether successful or not) in order to make another attempt to leave your body upon your next awakening. That way you'll not only be able to leave your body in one day, but also to do it several times on the very first day!

Even the most unsuccessful attempt should last no longer than a minute. If nothing happens over that period of time, it's much more effective to fall asleep and catch the next awakening, as opposed to stubbornly trying to squeeze results out of the current attempt.

PLAN OF ACTION IN THE PHASE

Before entering the phase, you should clearly outline what you are going to do there immediately after separation. This will increase both the quality of the experience and the likelihood of it occurring. Below is a list of the most interesting (if not the most straightforward) phase activities (Table of Contents) 16 Our web site Videos Books Seminars Forum The Phase. Shattering the Illusion of Reality (2015) Buy new version of this ebook on Amazon, iBooks, and Google books for novices (choose no more than 2 to 3 activities and remember them well):

- Look in a mirror (a must for the first phase!)
- Eat or drink something you like

- Visit any tourist attraction
- Fly over the Earth
- Fly throughout the Universe
- Fly to neighbors, friends, and family
- Meet a lover Meet a deceased relative
- Meet any celebrity
- Take medicine for treatment
- Obtain information from phase objects
- Travel to the past or the future
- Walk through a wall
- Transmutate into an animal
- Drive a sports car
- Ride a motorcycle
- Breathe underwater
- Put your hand inside your body
- Feel vibrations
- Inhabit two bodies at once
- Inhabit another person's body
- Move and set fire to objects just by looking at them
- Drink liquor

For your first phase, be sure to set yourself the goal of making it to a mirror and looking at your reflection. You should specifically program yourself to do this activity, as it will substantially facilitate your first steps in conquering the phase. You may then complete other items on your plan of action and never return to the mirror again.

If your sensations in the phase are dull (i.e. poor sight or numbed bodily sensations), try to touch everything around you actively and scrutinize the minute details of objects from up-close. This will allow you to have a more realistic experience. The same activities should be performed in order (Table of Contents) 17 Our web site Videos Books Seminars Forum The Phase. Shattering the Illusion of Reality (2015) Buy new version of this ebook on Amazon, iBooks, and Google books to maintain the phase when the first symptoms of a return to the body occur (for example, when everything becomes dim).

Returning to the body is something you needn't worry about. The state will not last more than several minutes in any case, especially for novices who are little-acquainted with techniques for maintaining the phase.

How To Astral Project

This worked for one guy: Say to yourself "I want out, let me out now, this is my will." [Repeat until you are out].

Or try these steps:

1) Vibrational Stage:

- a) Focus on your breathing. Watch yourself breath-in, breath-out.
- b) Set intention: "I am consciously aware during the entire out-of-body experience. I am now out of body." You want to pick something you are emotionally believing.
- c) Watch for the feeling of heaviness/numbness/tingling/buzzing/internal-movement [This is the vibrational stage]. Stay calm and focus on that sensation. Visualize that feeling engulfing your entire body. Surrender to it.

2) Separation Stage:

- a) Pick a thought of somewhere really familiar to you that you can visualize very accurately yourself moving there. **KEEP YOUR MIND FROM THINKING ABOUT YOUR BODY OR YOU WILL GO BACK INTO YOUR BODY. WHAT YOU THINK... IS WHERE YOU GO.**
- b) Set Intention: "I now separate" or "I now move to the door" etc. You can also ask your spirit guide for assistance. You will feel like you are floating; **DO NOT PANIC... STAY CALM.**

3) Exploration Phase:

- a) You may see a 'silver cord' attached to both your physical body and your spirit body. Decide what you wish to experience [Examples: "I now experience the living room"]; You will feel intense movement; **STAY CALM.** There is no limit to what you can experience out of body [Examples: Visit a deceased loved one, understand the dimensions of the universe, experience your eternal/true self, explore your own fears and limitations, learn how to increase/decrease your own density with focus, you could experience the truth of the role that thoughts play in regard to reality, you could shape shift, explore past lives, meet your spirit guides, communicate with animals/trees/insects, interact with other races/locations within this universe, you can create alternate reality

scapes [cartoons], understand how to resolve a current life conflict, do healing on others, visit those that live at a distance from you, observe past events, find your pre-birth intention (aka contract), etc].

4) Returning Phase:

a) Often times your higher-self determines when your exploration is finished and will return you to your body. If not; Focus your thoughts going back into your body; Or set the intention "I now return to physical experience". The first year returning to your body will be quite jarring like you are falling straight into yourself; A real jolt.

Astral Projection Tips by James Limborg:

Once you finally get out of your physical-body you are in your spirit-body; Your spirit-body does not have legs to move around; Your spirit-body is basically a ball of energy that you can form into whatever you want [human form, animal, plant, insect, cartoon, dinosaur, dragon, whatever you can imagine]; To move around you 'think' where you want to go "move to the living room" "move to my friends house" "move 5 feet in front of me" etc. You should set some rules/intentions for every time you have an out of body experience; Create a START location; Say to yourself... Every time I have an out of body experience I want my spirit-body to first go to my START location which is a beautiful tropical island [or whatever you want it to be... it can literally be anything you can imagine... the yellow brick road scene in The Wizard Of Oz movie]. Another rule/intention to set to prevent yourself from making the mistake most people do when they first astral project [which is they make the mistake of thinking about going back to their body... as so as they do... their spirit goes back to the body AND attaches to the body as well]; So tell yourself this... My intention is that every time I have an out of body experience if I think about going back to my physical-body my spirit-body will go to the same location my physical-body is but 4 feet away and 6 feet off the ground looking towards my physical-body; Then say to yourself... Every time I have an out of body experience the only way my spirit-body will attach to my physical-body is if I say this 3 times "ATTACH TO MY BODY NOW". That way when you are truly ready to leave the spirit world you can first think "move to inside my physical body"; Once you are inside your physical-body say this 3 times "ATTACH

TO MY BODY" and your spirit-body will attach. Then just lay there for a minute because you will be in sleep paralysis; Don't try to force yourself up; Just wait a minute or so; Be patient and relax. Keep a large glass of water next to you (on a table or something) when you are trying to astral project or meditate because water will help raise your vibration.

Astral Projection book by Paul S. Mamakos

https://www.amazon.com/Golden-One-Body-Book-Oneness-ebook/dp/B072LXLSDW/ref=sr_1_6?s=digital-text&ie=UTF8&qid=1496347825&sr=1-6&keywords=the+golden+one

I AM THE WORD BY PAUL SELIG

Below is information that I got from listening to Paul Selig (Psychic Medium) in videos and from listening to his audio-book titled 'I Am The Word'.

Word is an action. It is the frequency; it is the action of the creator. And when you bring forth the word through a patterning, you are clearing the patterning. If you change the pattern then you have a different response and a different way of existing in the world.

Repeat this as often as you can: "I am in my knowing." [Once you are in your knowing you begin to accomplish things that you could not have otherwise].

Set this intention everyday:

"I am word through all that I see before me; Word I am word; I am word through the knowing that I need to understand, to receive, to know the intentions that I must set to serve my highest good and greatest growth; I am learning; I am learning; I am learning."

Throughout the day say...

"I am now choosing to think only those thoughts that will bring me peace and will align me to a higher consciousness. I am doing this easily and

through my own intention to know myself as word. Word I am word through this intention. Word I am word."

"I know who I am. I know what I am. I know how I serve. I am here, I am here, I am here."

[When you claim these words you call yourself into present time which is the only time you may know anything. The claim I am here is the claim of the divine-self teaching and speaking, resurrected if you wish as you].

"I know who I am (as a divine being). I know what I am (in this incarnation). I know how I serve (as I am most fully expressed as my divine self)." [By saying that... You call into an agreement through vibration that which you can be in accord with; And this challenges you first and foremost not to decide through the small-self and the small frame she sees through, but to claim the divine-self as who you are, and then call into being what he aligns to, which is vastly greater. When you are frightened you see, you are the small-self. The divine-self, as the truth of who you are, is not afraid, because he cannot align to fear; He 'knows' who he is, who he can only be. Everything else is illusion].

When you are forced to go through a change in your life, say this:
"I am word through my intention to acclimate my frequency to the highest level of consciousness available to me; To show me the way through my present circumstance; I affirm that I am being led by my souls destiny, by my higher knowing, and by those guides and teachers who had held me as I grow and transform in wonderful ways. I am word through this situation; Word I am word."

...and you may say:

"I set the intention as follows; I am word through the situation that presents itself to me as an opportunity for change; I affirm that only good will come from this situation; And that I am being led through it in a high way towards my perfect destiny; I align the situation to the higher frequencies through this constant affirmation; I am word through this situation; Word I am word."

For karma experiences say this:

"I am word through any situations that come forth in karma in a way that will benefit me fully in my understanding and in my truth; I am word through the knowledge that my souls path is a good one; Nor do I need

to fear that my actions in the past will be brought to me in ways that I cannot handle; I am word through this intention; Word I am word."

Say this affirmation:

"I am a child of God; I am in knowing of myself as a child of God coming into himself as the Christ. As I do this I understand and I believe the deep love of my creator is supporting me in ways I know, touch, experience and realize in fullness. I know myself as loved; I know myself as loved; I know myself as loved. Word I am word through this intention; Word I am word."

To experience yourself as love say:

"I am now manifesting myself as the energy of love; I am word through this intention; Word I am word."

This will liberate you to take change as the miracle that it is:

"I am where I am; I see where I am; I am right where I am supposed to be."

Examples of how to use the word - The first part is the intention; the second part is the acclamation [to believe it and honor it]; the third part is reception [I am in reception of my intentions reaping the benefits of that which I have called forth into being; Word I am word through this intention; Word I am word]:

"I am word through this intention to do [whatever you wish say here]. Word I am word through this intention; Word I am word through this intention; Word I am word."

"I am word through this intention to do [whatever I want]; Word I am word through this intention; Word I am word."

"I am word through my desire to know myself more; Word I am word through this intention; Word I am word."

"I am word through my intention to believe in my abilities; Word I am word through this intention; Word I am word."

"I am word through my intention to create the perfect job; Word I am word through this intention; Word I am word."

This will support you through the changes you are going:

"I am word through my understanding of what is required for me to make the changes I have incurred; I am word through this intention; Word I am word."

You can do the above or just trust completely that any intention you set will return to the sender in fullness. [You have to believe you are supported by God with your intention].

Everyone deserves this love... say:

"I am love through the person I see before me. Word I am word."

Feel the energy of a group of people and the world... say:

"I am word through the ones I see before me. Word I am word."

"I am word through my knowing and I am word through all that I will create in the future." [You are beginning to align your future to a higher frequency that will bring about different experiences than you could of had otherwise].

When facing fear say "I need to forgive myself for not knowing how this is going to work-out. I just don't know."

[And that lets you off the hook to begin to call things to you again].

How do you lift the vibration of what you see?

"I know who I am in truth. I know what I am in truth. I am Word through what I see before me."

To heal pain/injury say [This is a request for healing]:

"I am word through this [pain I feel in my leg/heart/vision]; Word I am word."

"I am word through my body. Word I am word. I am word through my vibration. Word I am word. I am word through my knowing of myself as word. Word I am word.

[Now when you claim these words, you are claiming truth. When you claim that I am word through my body, you are setting the intention that the body you stand in, the physical form you hold is in agreement and alignment with the word (which is the energy of the creator in action). When you claim I am word through my vibration, you set the intention that the auric-field that you hold is in agreement and alignment with the vibration of the word (which is the energy of the creator in action). I am

word through my knowing of myself as word claims you in your true identity].

How to hold a high-vibration?

"Claiming the truth of who you are in the face of all challenge."

All things that would confirm that you are not divine are in fact the opportunities you require to claim it.

What to do when someone does/says something you do not like?

When you are given the opportunity to claim them in their divinity, you are truly progressing.

How to heal/remedy/transform a past-memory?

"I am word through this memory; And I am word through any manifestations and any belief systems that were created through this memory that are no longer in alignment with my highest-good. I am now choosing to release any patterns of failure or ridicule or belief in comfort to be attained through ridicule or failure that may have been created through the situation and through this time. I am word through this memory and all that it has begotten me. Word I am word through this intention."

To clear it once and for all say... [This will set an intention that you will not reclaim the patterning]:

"I am now making the choice to have this cleared once and for all and I intend now to release any unconscious behavior that would have me reclaim this pattern that I have stated I am now free of. Word I am word through this intention. Word I am word."

Say this to remove a pattern of worry... [In your mind go to the moment the worry started and say this in that moment...]

"I am now choosing to release the pattern of worry that has created these problems; And I do this fully on all levels [past, present, future]; And align myself to the new thought that I have put forth. I am word through this intention. Word I am word."

End.