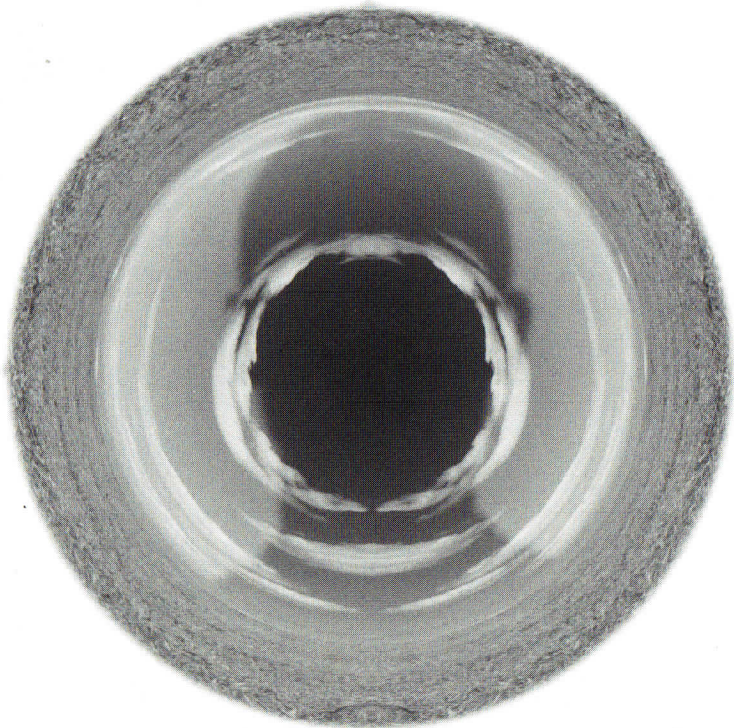


How to  
Have an **Out-of-Body Experience**



**WILLIAM BUHLMAN**

## SESSION ONE

### Out-of-Body Preparation (79:43)

- 1 Introduction (0:42)
- 2 Our spiritual awakening (6:16)
- 3 My first experience (6:24)
- 4 Preparing for out-of-body experiences (OBEs) (7:06)
- 5 The vibrational state (6:11)
- 6 Overcoming our fears (3:47)
- 7 Conditioning for OBEs (4:52)
- 8 Separation and control (8:10)
- 9 The target technique (36:10)

## SESSION TWO

### Cultivating Spiritual Experience (66:05)

- 1 Introduction (0:33)
- 2 The direct path to a spiritual experience (10:02)
- 3 A conditioning technique (8:27)
- 4 The energy vortex technique (21:34)
- 5 Non-visual techniques (3:08)
- 6 The ladder technique (22:17)

## SESSION THREE

### The Astral Realm and Soul's Journey (63:09)

- 1 Introduction (0:35)
- 2 The inner journey of the soul (13:20)
- 3 Contacting loved ones (10:18)
- 4 The bridge technique (15:17)
- 5 Early-morning method (3:25)
- 6 The portal technique (20:28)

## SESSION FOUR

### Dreams, Guides, and Helpers (62:15)

- 1 Introduction (0:34)
- 2 Dreams and OBEs (10:08)
- 3 Shamanism and OBEs (8:05)
- 4 Sending healing energy during OBEs (3:30)
- 5 Shamanic technique (14:41)
- 6 Working with guides and helpers (5:45)
- 7 The globe technique (19:28)

## SESSION FIVE

### Working with Karma and Past Lives (79:51)

- 1 Introduction (0:34)
- 2 Group consciousness on the astral plane (13:30)
- 3 Dissolving our fears and limits (10:17)
- 4 Experiencing past lives (10:52)
- 5 Balancing and dissolving karma (10:34)
- 6 Out-of-body affirmations technique (34:00)

## SESSION SIX

### Enhancing Your Spiritual Exploration (60:38)

- 1 Introduction (0:35)
- 2 Reviewing our journey (2:39)
- 3 Creating our reality on the astral plane (14:17)
- 4 The floating cloud technique (14:34)
- 5 Afterlife and the astral plane (7:56)
- 6 The chakra technique (20:32)