



Jeshua: The Personal Christ Vol. 7

Chapter 11 - The Out-of-Body Experience

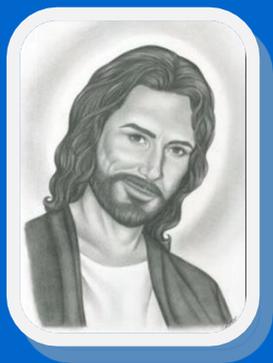
Study Guide

September 9, 2020

Volume 7, Chapter 11

“I cannot - I would not - but I cannot abandon you. I cannot leave you. We are made of the same stuff, the same divinity, so always I walk with you.”

Jeshua



Introduction

What important advice in these times of change “it behooves you not to take your hologram and yourself too seriously; allow yourself to be the Beholder and watch the interaction in the hologram and to have a sense of humor about it.” He talks to us about nonjudgement of others with a new metaphor of “judge’s robes”, which is very effective in my mind, at times when it is easy to have strong opinions.

Jeshua explains why we get so hooked into the stories in the movies “so that you can review, re-look at the lifetimes you have had.” That part resonates with me as I have identified with various characters in movies that I have watched. “As you watch the moving dramas, allow yourself to recognize that you have played those parts.” This is much as he has told us about experiencing the science fiction as past or future lives.

The powerful message of this whole book is repeated “Everything is within you. You can change your world. You make your world every moment.”

But the crux of this chapter is the out-of-body experience, which he gently leads us through in a meditation. He takes all the fear out of it as it is not a “near death experience” as some people think and shows us how it can be done as an expanded awareness exercise.

The power principles of “The Out of Body Experience (OBE)”:

- As we stand in the place of the Beholder, we can have a sense of humor about what we perceive is happening.
- We resonant with various movies, because they remind us of prior lifetimes that we have lived.
- Everything that we are watching is within us. “If you were not watching it, it would not be happening.”
- Believe that you can change your world when you expand your hologram and beliefs.
- Out-of-body experience can be consciously done in a relaxed meditation. “Play with the imagination of being out of body.”
- “There is only one of us. We are made of the same divinity, so always I walk with you.”

Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- Have you ever identified with a movie character to the point of being upset at their fate? What movie and/or character or circumstance was it? How does it tie in with your life now? Are you more sympathetic to those kind of circumstances (star-crossed lovers) that may be similar now? Has the wisdom or experience that you gained from that lifetime led you to see things differently from other people (ie. Human rights or social justice issues)? Explore the implications with your study partner, make notes.
- What does it mean to you to “change your reality, by kicking out the feeling of separation, of abandonment”? Do you feel Jeshua (and other masters, angels, loved ones) are with you whenever you think of them?

Affirmation for the Week:

“I can change
everything into
love.”

Jeshua

Assignments

- Jeshua tells takes us step-by-step in a meditation to experience being out-of-body. Record his meditation (page 113 – 115) on your phone or another device and play it to yourself in a relaxed state. How does it feel? Where did you choose to “go”? Make notes when you return and discuss with your study partner.
- The Monroe Institute has been leading people through OBEs for the last four decades and has a number of books and resources on how to do it. There’s an interview with William Buhlman on YouTube at:
<https://www.youtube.com/watch?v=CJAAdXrhMx8&list=PLtixZm5IzFzx8C8CnRp6rJF-OoERqfT-b0>
- Also there is a TedTalk “How OBE can transform yourself and society” by Nanci Trivellato: <https://www.youtube.com/watch?v=NMBNZspm7I> who takes a look at OBEs from the point of view of psychology and as a researcher.
- **Affirmations for the Week:**
 - I behold my hologram with a sense of humor.
 - I Am one with All-that-Is. There is no separation.
 - I can change everything into love.

NOTES:

