

The Out-of-Body Experiment on Skeptiko with Alex Tsakiris

75: News

Marilynn Hughes Out-of-Body Travel (OBE) Experiment Stuns Skeptiko Host

Scientifically controlled demonstration of out-of-body travel yields surprising results and aids grief stricken mother.

Del Mar, CA, June 3, 2009 – For those suffering the loss of loved one grief can be a constant companion. Michelle suffered such a loss when her 20-year-old daughter took her own life in 2004. Earlier this year Michelle spotted an advertisement seeking volunteers for a scientific experiment testing psychic mediums. She joined with hopes of receiving some confirmation of her daughter's existence beyond death. She got a whole lot more.

Join host Alex Tsakiris as he reports the findings of this four-month investigation into afterlife communication and the role of out-of-body experience in alleviating grief. The 50-minute audio program includes interviews with out-of-body (OBE) experiencer, Marilynn Hughes and a grieving parent transformed by the process. The interview can be heard at:
<http://www.skeptiko.com/75-marilynn-hughes-obe-experiment/>

During the interview Hughes describes how the tightly controlled experiment was different than usual:

Marilynn Hughes: "One of the interesting things about doing an experiment like this is that most of the time when this sort of thing is happening I know a little bit about the family. This was actually very interesting for me to do because I didn't know anything up-front, and there was the no feedback rule. It was kind of running blind and just hoping that you're seeing things correctly and translating them correctly. It's really exciting to hear that so many of the things were right. And that it was helpful."

Even Skeptiko.com host, Alex Tsakiris was surprised by the results, and by Hughes:

Alex Tsakiris: "We've worked with some pretty amazing psychic mediums as part of this experiment, but it's hard to get them to commit to a public demonstration like this... Marilynn was fearless... of course, none of it matters unless you get results and in this case we not only received a lot of information suggesting Hughes was able to connect with the deceased, but the transformative aspect of this whole process for Michelle was amazing."

Marilynn Hughes has experienced, researched, written and taught about Out-of-Body Travel and Mysticism since 1987. *Odysseys of Light: Adventures in Out-of-Body Travel* and *Crystal River Flowing: Adventures in Co-Creation* were published by Hampton Roads Publishing in 1991 and 1993. She has written numerous out-of-body experience books since then. She has also appeared on innumerable radio and television programs including: Coast to Coast AM with George Noory, The Joan Rivers Show and BBS International Radio.

About Skeptiko

Skeptiko.com is the first scientifically oriented Podcast exploring new research in controversial areas of science such as telepathy, psi, parapsychology, near-death-experience, psychic detectives, medium communication, reincarnation, and after-life encounters. Each episode features open, honest debate on new scientific discoveries. The show includes interviews with top research scientists and their critics.

About OpenSourceScience

OpenSourceScience is the first scientifically oriented website to bring the power of open source methods to the skeptical examination of controversial areas of science such as telepathy, psi, parapsychology, near-death experiences, reincarnation, and after-life encounters.

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Amy Tanathorn, Artist Comments on the Paintings of Marilynn Hughes

[Marilynn Hughes](#)

by [Amy Tanathorn](#) on August 25, 2013 in [discovery](#)



In this continuing journey of mine, which has intensified as the summer wanes, I made some discoveries, and a highlight is Marilyn Hughes. Let me tell you the story of how I came to find this remarkable person.

As you may have seen in my [previous post](#), I had been reading *Autobiography of a Yogi*, by Paramahansa Yogananda. In one of his later chapters, he describes the materialization of his guru who had passed away some months before. In this chapter, the re-materialized master, Sri Yukteswar, describes the astral plane where he resides, and the planet Hiranyaloka, which has very subtle-bodied souls with extremely high vibrations that are nearly ready to merge with the Source.

On the astral plane

The astral plane is described in the greatest detail. One of the important takeaways is that when our bodies die, our karmic balance creates a certain level of vibration that is naturally compatible on one of the infinite levels of the astral plane. Like a fish to water - it simply cannot live anywhere else. Or to be even more specific, think of saltwater fish who cannot live in fresh water or vice versa.

Anyway, this chapter profoundly affected me and I was on a hunt for more information about the astral plane. I have never had an out of body experience before, nor have I even had a lucid dream, but I sure would like to have this experience!

Marilynn Hughes has been having OBE's (out of body experiences) for over 30 years and in this state she has the goal of purifying her soul, raising her vibration, and balancing her karma. During the first interview I listened to, she revealed much of the same information that Yogananda wrote during his conversation with resurrected Yuktेशwar.

Respect for all

What also impresses me about Marilyn is her respect for the mystics, sages, saints, asectics and prophets from **all** religions. She has been there, after all, and has seen and communicated with many of these masters. We all go to the same place, it is just told differently through different traditions. She herself sees through the eyes of her Catholicism and she also speaks of guardian angels on the other side. For myself, not a Christian, I see anyway what she is speaking of, though some of these words make people

feel uncomfortable. She respects the philosophy and teachings that resonate with me (Buddhist). I read her works with the root spirituality in mind as we all go to the same place, no matter our spirituality or religion, or lack thereof.

Marilynn speaks of her past lives and when you have seen a number of your past lives, you recognize the repeating patterns and the stain of karma that your soul carries. With this knowledge, one may take the steps to balance out that karma. Marilynn has SO much wisdom with her time on the other side, but yet she also has an easy going nature. You can hear it in her voice. She is doing this out of a need to serve and be selfless.

Where to find more on Marilynn Hughes

As a matter of fact, when you visit her website, [Out of Body Travel Foundation](#), you will see that she has authored over 50 books, all of them available for free! She discusses, in her interview, that she was instructed to make this information available by higher beings.

I've gotten a couple of PDFs and a few on MP3 so I can listen on my iPod, but I encourage you to purchase some of her titles on Kindle or physical paper to help support Marilynn's charitable works.

Marilynn's also got a forum and I've even posted a personal question to her regarding a recurring theme I've been having in my dreams. She knows about this kind of stuff! She was very kind and replied to my inquiry and was incredibly helpful. I just want to shout from the mountaintops for anyone who is interested in out of body travel and astral projection to be aware of this wonderful person.

Have you had an out of body experience before? Was it spontaneous or a deliberate act? I would love to hear about your experience.

Spiritual Lifestyles Magazine, By Marilynn Hughes

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spiritual lifestyles



Winter 2004 Issue 4

Unlock your fears and phobias in the unconscious mind

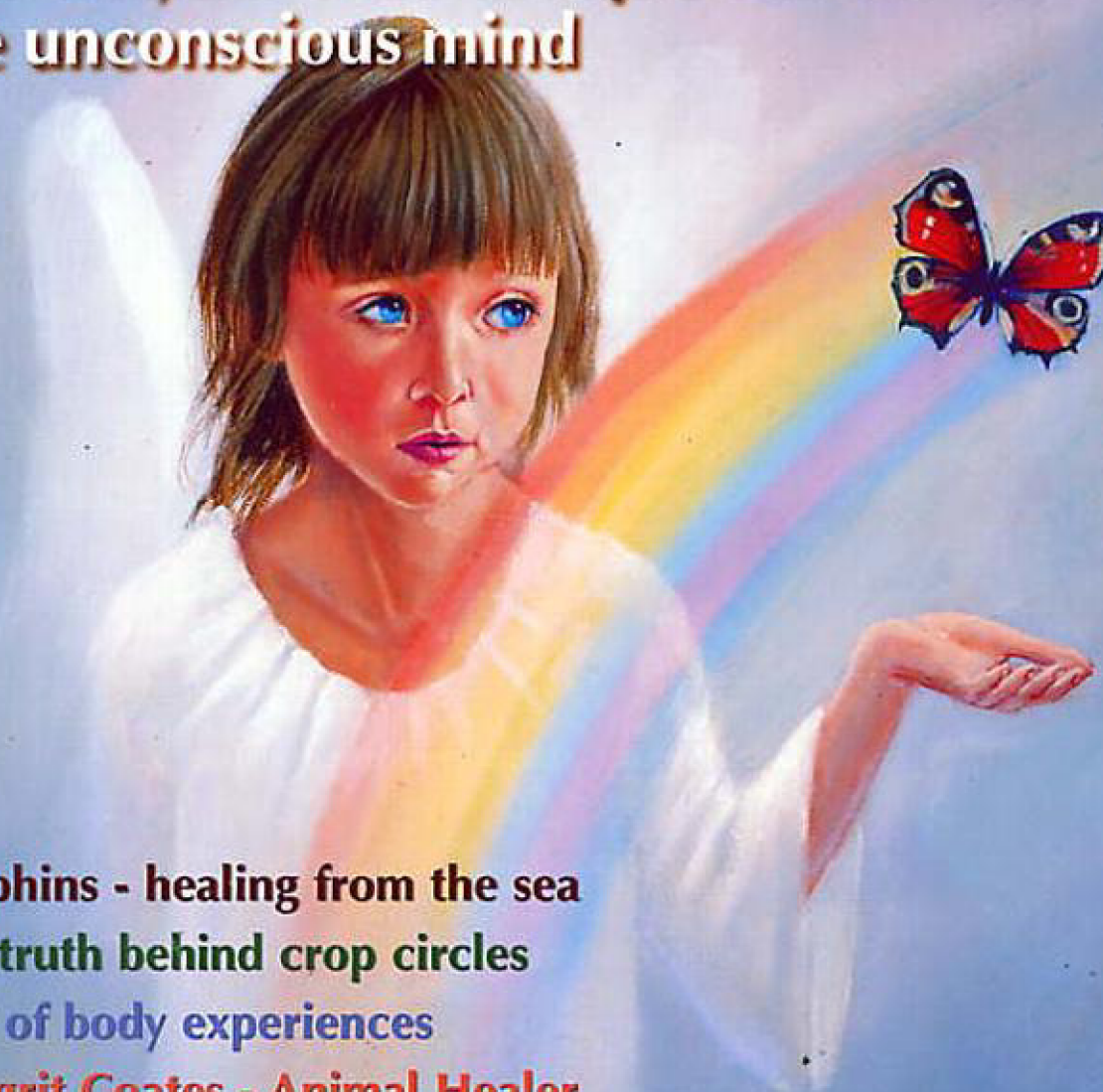
Dolphins - healing from the sea

The truth behind crop circles

Out of body experiences

Margrit Coates - Animal Healer

The retreat with a difference - Henlow Grange





The Mysteries of Out-of-Body Travel

By Marilyn Hughes

It began as a tiny twinkling years ago when I was but nine years old. In the midst of a dark night, the heavens began to open before my astonished eyes. Clouds parted and revealed a marble stairway which led to a podium containing two thrones. Upon them sat who I perceived as God and His son, Jesus Christ. Angels sang around them as I was summoned forth...

Much happened during this visit, but the most important message that would be given to me this eve was that God had a plan for my life and sometime in the future this would be revealed to me.

Thirteen years would pass before the message would begin to impart its purpose. Three months after the birth of my eldest daughter, I spontaneously had my first out-of-body experience. Over the years, my experiences grew into grand vistas of knowledge where my soul was taught the ways of the spiritual world, the mechanics of existence and purified of its many defects. Continuing to expand my horizons, I eventually began to paint what I had seen and to write down the music I would hear in these realms. Finally, the prophets, saints, mystics and sages who had been directing my experiences came to me with a message; gather the ancient sacred texts from every religion throughout time. For those who seek experiences of this nature, I would like to point out two major obstacles that I have seen in myself and others which may hinder the path; a desire for techniques and a misdirected purpose.

It is here where misdirected purpose can come into play. Misdirected purpose can be several things. Firstly, it can manifest itself in someone who starts out with their own theory of truth and expects to prove it. Secondly, it can manifest itself in those who 'play around' with spiritual gifts, wishing to use those gifts for something other than the service of God. Thirdly, it can manifest itself through overt intellectualism; or being too attached to your own preconceived truths.

I began by traveling into my own past lives

Self-serving motivations may work in the beginning, but they will hinder you from achieving anything of significance or even being aware that there is more to know.

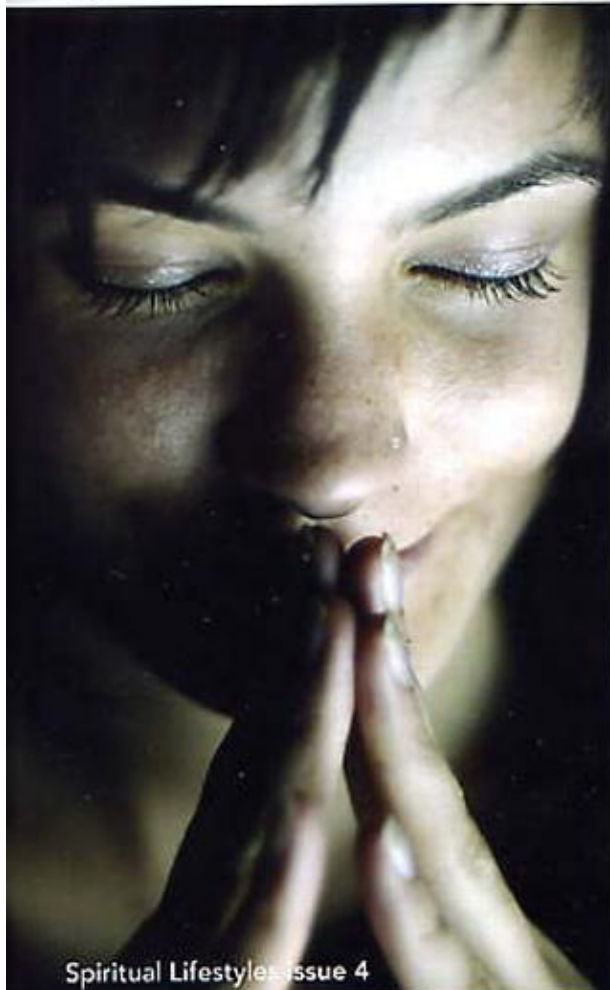
Many stages of transformation occur within the spectrum of out-of-body travel. Knowledge will be awakened within us about ourselves which we may not wish to hear. Many souls are difficult to teach because they don't want to explore the dark places within themselves, but only the aspects of the journey which remain fun. In order to be teachable, you must handle direction from heavenly sources offered for your own transformation. This will require change.

In my journeys, I began by traveling into my own past lives and learning about the karmic thrust which had held my soul to the Earth. But along the way, I would learn about Lost Souls, Reincarnation, Karma, Dreams, Rites of Passage, Initiations into the Mysteries, Ascension, the Nature of Good and Evil, Heaven, Hell, Purgatory, Angels, Demons, Original Sin and Redemption.

Meeting beings from other planets, I was shown how evolution began and continues within our

world, and how it relates to other spheres within our universal system. Undergoing fascinating ritual passages within the pyramids of Egypt, ancient biblical mysteries, and inexplicable secrets of the ages, my soul was then led into the arms of the Angel of the Ascension. Chief Joseph of the Nez Perce taught me the Mysteries of Evolution as the Old Ones appeared to teach me of good and evil. Learning to alter reality from the standpoint of energy, I was given entry to the sisterhood of the medicine women from throughout the ages.

Beginning to tread the holy road of the prophets, saints, mystics and sages from throughout time - including Jesus and the Buddha - they took me down the road of spiritual discipline; teaching me of the angelic and demonic kingdoms and their nature. The scrolls of the prophets emerged from the heavens and stars as brilliant and holy lights. At this time that the Lord revealed to me that I must take all that I had written and compile it into a book with this very title, 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism.'



Spiritual Lifestyle Issue 4

The sequel was given to me while fighting for my life as the result of a very serious and potentially fatal diagnosis. Writing about the mystical process a soul undergoes in preparation for death, I revealed much about the afterlife and the worlds beyond in 'Galactica: A Treatise on Death, Dying and the Afterlife.' Beyond this, I was given to see the grand city described in the Book of Revelation; adorned with gold, pearls, emeralds, amethyst and other precious gems.

Amidst this journey, the Lord gave to me the most simple and profound of truths. As I stood one night waging war between life and death standing at the gateway to the next world, Jesus stood by my side. Conveying that I had completed everything I had to do before leaving this Earth, He gave me a choice. Because my children are still very young, I stood firm in my determination to live as long as God would allow.

At that moment, I had a profound understanding about our mortal realm, the Earth. It is selfishness which holds us to its bounds, and it will be selflessness that will free us from its fetters. No matter what karma may hold you, its root lies in selfishness. And in this lies the secret of liberation from karmic circling, rebirth and continued reincarnation.

As I'd made my decision to stay, the Lord gave me a set period of time to finish my work and 'bring salvation to a higher level.' Soaring at the speed of light through the galactic heavens and into my body below, I began to bring all that had been shown to me into physical manifestation.

And thus, it begins . . .

Marilynn Hughes has been married for 18 years, has three children and has written five books on Out-of-Body Travel. Her latest works can be previewed at www.outofbodytravel.org and include 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' 'Galactica: A Treatise on Death, Dying and the Afterlife,' and 'The Former Angel - A Children's Tale.' Marilynn has been experiencing, speaking, writing and teaching about out-of-body travel since 1987.

Alternate Means, By Preeta Samarasan, Writer for the Hyphen Journal, San Francisco, CA

Marilynn Hughes, mother of three, founder of the Out-of-Body Travel Foundation (www.outofbodytravel.org), author, publisher, and mystic, has traveled, by her own account, to every realm from the “the twenty-third-dimensional, beautiful existences of the golden angels” to “the lowest hell where pure evil resides.” Marilynn is forty-two. She has been making these journeys regularly for about twenty years. They all begin in the same way: her body begins to vibrate uncontrollably, as if there were a jet plane next to her in bed then she either falls out of her body or is lifted out of it. The different realms are accessible through different kinds of tunnels: whirling cloud tunnels to the higher realms, dark tunnels deceptively similar to those commonly described in near-death experiences, but leading instead to a previous life of the traveler, and dirt or mud tunnels to lower realms. Once, before Marilynn traveled to one of the lowest realms, the Blessed Virgin appeared to her with a team of commandos assigned to help her conceal her identity as “an emissary of light.” The lead commando, Marilynn recalls, taught her “a way of actually bringing your vibration inward so it would hide your light.” Thus disguised, she descended into a

dark cavernous space and saw fifteen different levels of hell before entering one of them: Muddy Flats, a “nasty little hole” reserved for those who had committed the mortal sins of Vanity and Greed. Her job here was to offer a second chance to five women who were about to be condemned to this particular hell realm. When a handsome man dressed in a tuxedo offered to dance with her, she declined, so that the five sinners might follow her example and be redirected elsewhere. All but one of the women danced with the sinister stranger, however, and as they danced all four of them were turned into cobweb-festooned bones. The fifth woman refused a dance and the handsome stranger then tried to tempt her with water (“It was very hot in Muddy Flats,” Marilyn remembers, “so we were really feeling the thirst.”). But with Marilyn's support, the woman resisted this temptation, and was thereupon guided towards a sign posted upon the path towards reincarnation.

Shortly after the beginning of the war in Iraq, Marilyn had an out-of-body encounter with Sai Baba, a Hindu religious leader who describes himself as an avatar (In Hinduism, an incarnation of the divine.) but whom many – including Marilyn herself at the point she had the experience – had discounted as a sorcerer or false prophet. Sai Baba led Marilyn's soul to a small Catholic church where they witnessed a group of people indulging in noxious gossip and slander - “a sin akin to murder,

according to the Jewish Talmud,” Marilyn said. As Sai Baba watched this scene, Marilyn saw “a holy rage” emerge within him and in that moment she understood that all the unspeakable violence of this world stemmed from the common sin of judging one's fellow man. “A huge torrent of energy like a tsunami” rushed through her as realized that Sai Baba, a servant of God whom she had judged harshly and prematurely, had been sent to show her the dangers of judging others. If, within our small communities, we judge what we do not understand -- if we never stop to acknowledge the limitations of our perception – what hope can there be for the global community of humankind?

Alaina Park, a thirty-two-year-old Korean-American woman, is unsure what to call the “dream realm that your subconscious explores.” In this other realm, she has visited friends in their apartments, walked around her own house while her body lay paralyzed, and journeyed to landscapes she does not know on this earth: a hill under a purple paisley sky, giant, rambling structures, and recently, an open, vaguely Japanese building constructed of reddish wood. As she walked across the grass to this building, Alaina saw her dad – uncharacteristically wearing a suit, and leaning oddly to one side. There were also three elderly Korean nuns, one of whom looked like her mother. Behind the building, she encountered a shriveled, blackened

figure that appeared to have been mummified by the elements, and a pretty woman making jerky movements while laughing maniacally. When the mummy made eye-contact with Alaina, she was frightened. She's generally afraid, she says, when strange creatures in another realm acknowledge her presence. But of the look a bestial, demon-like being gave her during one journey into the dream realm, she observes: "I was frightened just because it was ugly, just because I'd never seen anything like it, you know? It wasn't doing anything to me, after all." Over time, she's learned to be less afraid during her subconscious explorations. Now she recognizes that she feels "the fear of fear," and the fear of the unfamiliar, more than anything else.

Others explain similar experiences as parallel lives in alternate universes, or using religious notions of the soul, but to Alaina, these are all theories, plausible in parts but incomplete. What she does believe is that "there are connections between us all that we don't understand yet," a conviction that seems to be borne out by the occasions on which, upon meeting someone for the first time in her waking life, she recognizes them from the dream realm.

1 Alaina's name has been changed at her request.

By Preeta Samarasan

Short History of Mass Retrievals, By AnotherWordofGod, Wordpress

A Short History of Mass Retrievals

30  Sunday OCT 2011

POSTED BY [ANOTHERWORDOFGOD](#) IN [UNCATEGORIZED](#)

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I first discovered the idea of mass retrievals in the early books ('91-'93) of Marilynn Hughes, *Odysseys Of Light* and *Crystal River Flowing*. Amongst her many obe adventures there were encounters with a group of astral beings, either permanently 'dead' folk or others, like herself, exploring the obe state whilst 'alive'. She joined them as they toured the planet looking for natural disasters and the subsequent mass of victims, many of whom did not know they were dead and were trapped in their attachment to a physical body under rubble or water.

Later, around 1998, I discovered my own involvement in such activity and placed my reminiscences into *Eternal Life And How To Enjoy It*. Long before that book was published in 2004, I came across Bruce Moen's first two books, where he detailed his participation in earthquake retrievals. Further activities of mine were included in my second book, *More Adventures In Eternity*, and more recently this blog has recounted my experiences at the recent mass shootings in Norway.

Having just discovered some forgotten disaster retrieval notes from 2008, notes which convey the moment to moment experience rather well, I shall copy and paste them here:

Burma and China: May2008

First night of Burmese cyclone, felt call when obe and answered it. Not any kind of noise but a knowing. Move instantly as sphere/beam of light to source of "call". Thinking is not involved; direct perception and immediate action are the modes in use. Arrived without quite knowing where I was and received instructions. Was one of many spheres of light "listening". Found myself quickly down there floating around waterlogged and mostly destroyed tropical landscape.

From my "vibrational level" I retune into the frequency of the new ghosts that are now floating aimlessly above their discarded bodies and quickly become a authoritative male figure from their culture who directs them to follow his instructions. With only a minimum of background explanation. Most know they are dead but are stunned by the sudden violence of their passing and the confusion of not knowing which family members are "here" or back "there".

I shepherd various groupings "up" a couple of levels to the refugee style camps that always seem to be ready for such mass evacuations. Huts and tents and groups around fires are set on a lush looking plateau on the edge of a forest beneath some impressive mountains. Efficient and friendly organizer types come to relieve me of my loads and I quickly disappear back to earth. This process goes on all night, just like all the other disaster scenarios I've "worked"; been at this long enough now I'm left on my own to do as best I can within the chaos of the situation. Of course there are the usual heart rending scenes of grieving parents who cannot link up with children and won't follow me as requested. I leave them for later; there's too much to do right now. It's more important to get as many souls away from their dead bodies and tormented psyches, and avoid the mass hysteria that can easily result if enough unrelieved craziness is allowed to gather in one place for too long. Frenzied stampedes only make matters worse, even a this level. Find myself swimming underwater to look for souls still attached to their drowned forms, some of which feel trapped under twisted vegetation and huge trees. Sudden death and over-identification with the body can trap souls for quite some "earth time". There are various psychic tricks to shock such spirits out of their hypnotized ignorance, but they are not resorted to until several nights later when the main clearing up operations are over. Many hundreds of earth based helpers are coordinated during these nights when they are physically sleeping. Permanent astral dwellers seem to always know when disasters are about to strike and have the necessary situational props ready. Almost as if it were a movie and the sets are wheeled out of some giant warehouse just in time.

The emotional and psychic chaos of these scenarios are shouldered by the helpers from both sides of the veil, and many of us awaken later with various combinations of sluggishness and gloominess to cope with. There are what I can only call multi-coloured showers of light that one can be immersed in on the astral plane that relieve one's spirit of all this stress and the treatment works so well others who normally have vivid dream recall, awaken to a blank slate which truly puzzles them.

We're still working the Burmese situation when the China earthquake occurs. Much the same mass evacuation scenario recurs, with many of us wondering just how much more we can take. Though the physical strain of the firefighter, say, is absent, the psychic strain of dealing with so many crisis maddened souls can and does take its toll. Not that we have much time to talk things over, but one picks up the vibe telepathically, believe it or not. One makes the sacrifice because one has earlier made the commitment. If one wishes to be let off the hook for a night or two, there always seems to be plenty of others to take up any slack. As I have been Chinese a few times in the distant past, I manage to remodel myself with barely a thought. With this situation we are dealing more with bodies trapped under collapsed buildings and the souls within them believing they are their bodies, which of course they are not. We do our best to convince them to separate and move on. Split families around collapsed schools bring many a headache. Many of the dead children opt to stick around and commune with the grieving. From our viewpoint not the best choice, but we must cede to their exercise of free will.

These soul rescue efforts continue: May21st

If any of you feel a resonance here, a sense of 'I know what this is about' or 'This doesn't seem strange to me', then I would suggest that you are yourself participating in such obe activities, but not yet recalling them consciously. This is not uncommon. Many of you are unconscious students of spiritual expansion, choosing that form to keep your daily life settled and acceptable to the consensus reality. Not everyone cares to stand up and be counted. Some of us have careers and families who could not accept such radical departures from the perceived norm.

So if you get a sense that such a silent dilemma is yours be assured that we who consciously participate and go out of our way to "kiss and tell", do not, in any way, hold it against you. The ascension energies which propel this and other projection activities wafts your boat across the lake whether your sails are unfurled or not. And for those of you who

are intrigued but shy, I would suggest putting out your willingness to be trained as an offering to the universe every night before going to sleep. The message will be received and acted upon.
