

KC Armstrong and Marilyn Hughes from Simply Amazing Women

K. C. Armstrong: You guys are going to be knocked out by my next guest because her topic is one you don't hear about every day. This is something I find so interesting, and I hope you do, too. Marilyn Hughes is the founder of the *Out of Body Travel Foundation*, has written more than ninety-eight books, produced multiple magazine articles and CD's, and has had literally thousands of out of body experiences herself. All of her online resources are available for free download, and she is involved in charitable projects around the world. Welcome, Marilyn. I can't wait for our audience to hear your story.

Marilynn Hughes: Oh, thank you for having me. I'm looking forward to sharing my experiences with you.

K. C. Armstrong: Marilyn, I see on your website that you founded the *Out of Body Travel Foundation* in 2003 and that your stated mission is "to reduce spiritual and physical hunger worldwide." That's quite an aspiration, and I can't wait to hear how it came about and the process of working toward that goal. What was your early life like, Marilyn?

Marilynn Hughes: I was born in Glendora, California, to a German mother and a scientist father. They met when he was studying overseas in Freiburg, Germany, for his doctorate in mathematics. I had one older brother and one sister. My mother was able to leave Germany literally the same year the Berlin Wall went up, 1962. My father worked on a lot of things during his lifetime: the development of rocket science, radar, and the beginnings of artificial intelligence. I have three adult children, two daughters and a son. I've had more than my share of adversity, including rape, family alienation, religious persecution, illness, and near death; nevertheless, today I live a blessed life as a mystic, writer and spiritual counselor.

K. C. Armstrong: It's hard to know where to begin! But you told me earlier that at the age of nine years old, you had a life-changing epiphany which you must describe for us.

Marilynn Hughes: Yes, K. C. Armstrong: At age nine the Lord presented to me the very clear vision of a cross on fire, and I was trying to put it out. In this vision, certain people in the world could only see the fire, not the cross. Every time I put the fire out, they would re-light the flame to the cross.

Battling our fundamental differences seemed to continue without end, but finally, due to the grace of God, I was able to put the fire out completely, allowing the cross to stand tall.

Then the Lord spoke to me: "The fire represents ignorance, and the cross, awareness." He conveyed that there would be much fire in my life, but that I would bear the cross. Many people would never see it, and this would cause frustration. "At a future time, you will take that cross to the world and present it as a living vision of the reality of God. Though others may think you are foolish, you are special."

K. C. Armstrong: I'm speechless! All the time you were trying to put out the fire of ignorance, people would feed it—keep it going. After what seemed a very long time, you were able to put out the fire and allow awareness to "stand tall." Unbelievable! And you were told that some would think you "foolish." Is this the case?

Marilynn Hughes: Perhaps. But I have to tell you, in that vision the Lord filled my spirit with a love I cannot describe.

K. C. Armstrong: Marilyn, we'll be talking a lot about "out of body experience." What IS that?

Marilynn Hughes: An out of body travel experience (OBTE) happens when your spirit separates from your physical body. It's similar to a near-death experience. The spirit separates from the physical body and travels in the overlapping and parallel spheres that comprise our universe. We are incarnate on this earth for a very short period of time and for a very specific purpose. If we don't use our time well, according to the purpose for which we have been brought here, we literally are just standing still. There is a purification journey that we are meant to undertake.

We live in what are called the *mortal realms*, where the battles between good and evil take place both within ourselves and also outside of us. We experience internal struggles of choice and external battles such as war and violence. Does that make sense?

K. C. Armstrong: I'm following you.

Marilynn Hughes: Generally, we have been brought here to become aware of incorrect understandings relating to the nature of eternal love or eternal purpose. This is where delusion is coming from. These are karmic issues that arise from vice, from sin, or in the Buddhist tradition from fetters or cravings—things that people are attached to that hold them back from moving forward or closer to God. If a soul does not push itself forward in the purification process, it can actually go backwards. Think of a spacecraft and how it has to shift into gear before it can take off. We must do that as souls; we have to get into the proper gear before we can take off.

K. C. Armstrong: What do these out of body experiences feel like?

Marilynn Hughes: When you first have these experiences, you may very well be earthbound; you may see your body from above your bed. You may be floating around a room or even floating around the Earth. But the purpose of out of body travel is not to remain in those earthbound states. When you go through the experience fully, you will be traveling to the heavens, the hells, and the purgatories. **There is a multiplicity in the universe, an infinite number of interplanetary worlds.** There are the galactic heavens and infinite heavenly realms that are just impossible to describe. But that's where we're looking to go. And as the soul moves in that direction, a true journey of purification can begin and the soul can actually start moving ahead.

K. C. Armstrong: Marilyn, you have used this gift to improve the spirituality of yourself and others, but it seems to be a mixed blessing. You were told at nine that you would have much "fire" in your life and as well as frustration in your journey. Did you ever think of not pursuing your ability to interact with the other worlds around us?

Marilynn Hughes: Once I started having these experiences regularly, it became a clear calling from within me that I could not ignore. I would literally be instructed as to every step along the way—what I needed to do next. Whenever I was tempted to ignore it, it was like getting pounded from within. I would hear this strong voice: *far greater significance...far greater significance...* It was like God would not let it be. **It was an undeniable calling that I had to fulfill, or I would have no peace.** So I began the *Out of Body Travel Foundation* in 2003. It was founded partly on the words of Mother Teresa who said that the spiritual poverty of the West was even more serious and severe than the physical poverty she'd experienced in other parts of the world. And so I made the decision to reduce spiritual hunger worldwide, and we started out by making spiritual information freely downloadable, available worldwide from our Foundation website.

K. C. Armstrong: So let's talk some more about this out of body travel, OK? It's so interesting but unfamiliar and a little strange to most of us.

Marilynn Hughes: Sure. When I started having these experiences early on, I started journaling them, and I've been writing books about them ever since.

K. C. Armstrong: Obviously these experiences had a profound effect on your life, and you spent lots of time writing about them. But why a foundation? How did that come about?

Marilynn Hughes: Ironically, it was my first publisher who suggested that we start the *Out of Body Travel Foundation* so I have to give him credit for the idea. I was having these spontaneous

experiences at the time. I had done some reading on pioneers in the field, like Robert Monroe, and was honored to meet Dr. Raymond Moody, known for actually coining the term “near-death experience” in 1975. But these experiences took me on a spiritual journey inward that went well beyond what I was able to find in the prevailing literature.

As I was journaling heavily on these things, I was inspired to also start compiling the ancient sacred texts from different world religions and traditions that have been written by mystics, sages and prophets through-out history. Many of these early mystics had similar experiences but left their secrets buried in these writings. Gathering them became a real labor of love and a real important journey for me.

K. C. Armstrong: That’s really intriguing about uncovering forgotten ancient texts. Were you able to gather many?

Marilynn Hughes: I have maybe five thousand of them in my house. But I've been shown this staircase of ancient texts going from earth to heaven, and I'd like you to envision every single one of those steps being one of those sacred texts. Even though many of them are forgotten, all of them left behind the keys—the secrets that their authors learned before transcending to the next realm because they had figured it out. Just consider, for instance, my five thousand texts; every single one presents a different angle from which to view God.

K. C. Armstrong: Do the texts follow the same general principles, or are they very different?

Marilynn Hughes: Looking through them, there is definitely a pattern that has been laid out for us for many thousands of years by the masters. By studying these texts, we are giving ourselves the opportunity to get to know God better. We're looking at Him through different eyes and through different vantage points. How do we approach somebody when we want to be their friend? We get to know them. We have to do the same thing with God. A lot of what I teach people to do involves prayer and a lot of meditation, solitude, and spiritual reading. This is the same as it's been throughout the ages. Looking at these ancient texts, the masters from all the ages have done these very same things, because they work.

K. C. Armstrong: You mentioned meditation. More and more people today seem to be involved in that. Is meditation a part of out of body travel experience?

Marilynn Hughes: Out of body experience is very different than meditation, but meditation is a big part of bringing it about. The difference between meditation and out of body travel is huge. While OBTE is the literal separation of the spirit from your body, meditation is more of a psychic experience; you might even have a visualization when you're meditating, but you are experiencing

it on a much less heightened base. I do a lot of meditation and I love it, but it's very different than an out of body experience.

We talked about some **K. C. Armstrong:** Marilyn, we talked about several of your life experiences that led to your research, writing and creation of your foundation, notably that first beautiful out of body experience at age nine. You also told us about several intense personal tragedies, including a dire health prognosis as a young mother. Would you tell us more about that?

writing work **Marilynn Hughes:** Yes. In 2001 I was diagnosed with what appeared to be a terminal condition. Then in 2003, I had a pretty mind-bending near-death experience, which literally changed everything and led to the launch of our Foundation.

WMAP: **K. C. Armstrong:** What happened?

Marilynn Hughes: **Marilynn Hughes:** In 2001, I was diagnosed with the combination of cardiomyopathy and heart failure, the most common cause of the need for a heart transplant. I had a moderate to severe case, and at first it seemed like I might do okay on medications. But then I started sinking. So in 2003, after several echocardiograms, we had to consider the possibility of either a heart transplant or another treatment. I spent the night before a decision was to be made on which procedure would be done in the hospital. During the night I went into some arrhythmia. I left my body and started going towards what I call *the heavens*. And there was this beautiful tunnel. One of the things that I'd already learned was once you get to the end of that tunnel, you don't want to touch the veil before you because then you can't go back.

I saw a little black and white dog from my childhood waiting for me in the light. Wow. I didn't have a lot of relatives who had crossed over yet, but my little dog was there waiting for me. At that point, Christ came and took me on a journey through the heavens. It's impossible to describe, but I'll try. It was so incredibly beautiful! The vibrant colors, the variety of hues, flying at the speed of light through all these worlds...

K. C. Armstrong: So hard to imagine!

Marilynn Hughes: I knew that I'd been given grace because you normally can't do this unless you've made the decision that you're not going back to the earthly realm. I had gone on this fantastic, spectacular journey, but I had three young children at the time. Jesus returned me to a space where I could see my family. With them still in my view, Jesus showed me something truly amazing.

Marilynn Hughes: For lack of a better word, it was like a meter which shows our progress in life. Jesus told me that the purpose of earthly life is to go from selfishness to selflessness. He said that I'd accomplished what I needed to and that I could go back to the heavens if I wanted. He showed me the rest of the world and how it would remain a selfish place whether I went back or not.

K. C. Armstrong: I want to pause real quick, before you continue. I want to imagine what you saw. You're going through all these different galaxies. What are you seeing? What are you feeling?

Marilynn Hughes: **Marilynn Hughes:** It's a world of color-the purples, pinks, blues, whites; you're literally flying through it. There's this ecstatic joy because there's a vibration that is so beautiful and so beyond what we experience in this earthly world. It's so hard to explain. It's just so... once you're there, you definitely do not want to leave, that's for sure. You've probably heard that from people who've had near death experiences; you don't want to leave such beauty and peace.

WMAP: **K. C. Armstrong:** Is that heaven, would you say?

Marilynn Hughes: **Marilynn Hughes:** I would. I was seeing many heavens and many worlds. And there are an infinite number of purgatories and lower realms, too. It's not just one place. It's multidimensional. Many worlds in one world.

K. C. Armstrong: In your work, do you see common patterns in these near-death experiences?

Marilynn Hughes: Yes, I do. People often see dead relatives. A lot of them will see the tunnel and many will have their life flash before their eyes, so there is a series of things that are generally seen. One of the most common characteristics in legitimate near-death experiences is that people's lives change dramatically when they return. They talk about the way they experienced the unconditional love of God and the universe. They come back with a new, defined purpose, literally becoming different people. Their whole life and purpose change to love and caring and the desire to serve.

K. C. Armstrong: Now, do you think that's because they came in contact with a higher being, or do you think it's maybe because when they come back to this life, they just cherish it a lot more and finally see the beauty in things that they used to take for granted?

Marilynn Hughes: That's a great question! I would say, from my own experience, it's more the first than the second reason. But it's definitely both because one of the common footprints of a near death experience is that people are shown things that they need to accomplish in their lives. They realize the purpose of their existence and that they're being measured not by a standard of the material world but according to the real purpose of why we are here.

[19:55](#) **K. C. Armstrong:** The two biggest questions in this world, in my opinion, are “What happens when we die?” and “Are we the only ones in this entire galaxy?” Do you think that possibly, when we die, we are given a choice, and we can just go to all these different places that one can only imagine?

Marilynn Hughes: **Marilynn Hughes:** Well, there’s a lot required for us to be able to go to these different places. We want and need to undergo preparation for what happens next. We don't want to waste our time while we're here. But yes, these places do exist. I can tell you this, from several experiences that I have had, when you are in heaven, there are extraterrestrials there, and it feels completely natural. Totally unremarkable until you return and it occurs to you: “Wait a minute. There were *extraterrestrials!*”

WMAP: **K. C. Armstrong:** Yeah. They're not us!

Marilynn Hughes: **Marilynn Hughes:** But when you're there, you don't even think about it. So yeah, aliens are there too; all the worlds converge. As we cross over, we are slowly reintegrated into this multiplicitous universe, which is so much greater than this little piece of it, this short life that we live. The thing that people don't understand is that what we regard as supernatural is not, really. It’s only regarded as super-natural from where we stand in our level of evolution at this time. These mysteries are going to be recognized as totally normal and natural once our minds and spirits are more advanced.

WMAP: And so, that night before I was to have my heart procedure, I was standing there with Christ, able to see my family at the same time. He's showing me how this works. You know the chart you put on the wall to see how much the children have grown?

WMAP: **K. C. Armstrong:** Of course.

Marilynn Hughes: **Marilynn Hughes:** Picture that. But down at the bottom is *selfishness*, and the higher up you go is more *selflessness*. Jesus was showing me that the majority of humanity is down near the bottom of the scale. He was revealing to me that this would not change if I went back. I said, “As long as it remains my choice, I have to go back to my kids.”

WMAP: **K. C. Armstrong:** He gave you a choice to pass on to this beautiful life that you just experienced, floating through all these different galaxies or going back to your family?

Marilynn Hughes: **Marilynn Hughes:** Right. I told Him, “I'm going to pray that You will save the perfectly healthy soul that would have to die to grant me a heart transplant. I will take my chances with the heart that I've got.”

All of a sudden we both were shooting through space. I knew I was going back to earth, but before I figured out what was happening, we were sitting in what looked like a bookstore. He was next to me, we were surrounded by piles of books, and they all had my name on them.

[24:36](#) Then He was gone. When I woke up in my hospital bed I asked the doctor, “Hey, why am I still here?”

And he said, “We can't explain it, but your heart's doing a heck of a lot better today. And we don't know why.”

Marilynn Hughes: I kept quiet because I knew why. It was literally six months later that the *Out of Body Travel Foundation* was born. After that experience with near death, I was bombarded with more out of body experiences, telling me every step that I was to take to put my plan for the Foundation into action. It was such an amazing experience, something I'll never forget. That trip with Jesus through the many, many worlds; it's so hard to even try to describe it, but I can't wait to do that again, whenever it's time to do it permanently. It's interesting because one similarity of near death experiences is that people who go through them are not afraid of death anymore, that's for sure. Some people might be afraid of how much pain they might go through, but not of what comes afterward.

WMAP: **K. C. Armstrong:** I see.

Marilynn Hughes: You know, there's a certain melancholy in looking forward to the time I can return to that other realm, but first I've got work I have to do. So I guess I'd better get to it. Today, our work at the Foundation and everything that we do is an attempt to bring about as much change for the good as we possibly can on all levels of existence. We strive to relieve both physical and spiritual hunger.!

K. C. Armstrong: You are surely bringing enlightenment through all your materials and sessions at the Foundation. What sorts of things are you involved in outside those doors?

Marilynn Hughes: We try to relieve suffering all over the world. For example, in 2004 when the tsunami hit, affecting fourteen countries, we worked to reduce physical hunger worldwide because we're aware that people cannot really pursue their spiritual journey if they are dealing with physical poverty, right? Right now we're raising money for a family in Venezuela, as well as funds for about twelve young children and elderly adults that we sponsor through the *Foundation for Children In Need* in India. Over the years we've built homes, dug wells, and completed sanitation projects. We try to use the proceeds from our work to bring about as much improvement as we possibly can on all levels of existence.

Another source of positive change is my website where you can download all of our books for free. We have nine books now on the how-to process. I always recommend people begin with *Come to Wisdom's Door* and *The Mysteries of the Redemption*. Most of my readers are having experiences shortly after they read those two books, and they progress from there. There's a whole series of activities including learning to understand purification, which is necessary if you're seeking to understand an all-holy God.

K. C. Armstrong: What you have been through is very exciting and it's especially generous for you to bring your expertise to others. I'm sure you are climbing to the top of that "selflessness scale" in leaps and bounds!

Marilynn Hughes: K. C., I have become very comfortable living in both worlds—which is really an infinite number of worlds, but that is a different expression. I have received so many graces and an inexplicable healing of my heart last year, after over fifteen years in heart failure and cardiomyopathy. An enlarged heart is not supposed to be able to go back to normal size, but mine did. A lowered Ejection Fraction should not return to normal function, but mine did. The extreme thinning of a heart wall is not supposed to return to normal thickness, but mine did—and it's not something that can happen simply through the use of medications.

K. C. Armstrong: In what way did all this change your outlook on life?

Marilynn Hughes: I've learned that all physical reality is fluid; everything can be changed, but we don't necessarily always get to control that outcome. We have to accept God's greater will in these things. I also know that the *secret to existence is forgiveness . . . and the purpose of existence is to achieve selflessness.*

K. C. Armstrong: Marilyn, What would you tell someone else who is experiencing a major health emergency, as you did?

Marilynn Hughes: I would say to take one step at a time, don't skip ahead. If you get a bad diagnosis, do only what you are to do next. I've seen both worlds, and whether it is life or death, your outcome will be beautiful. Death is as great an adventure as life, and life is as unpredictable as death. Everyone thinks death is the worst thing that can happen to you, but it's not. Live your life in integrity and virtue; if you do so to the best of your ability in a holy fear and love of God, death will be a welcome guest rather than a fearsome terror.

K. C. Armstrong: Marilyn, you've certainly opened our eyes to lots of new ideas to think more about. Your explanations are comforting and also exciting to consider—which is why you are one of the *World's Most Amazing Women!*

More information about Marilyn:

Website: <https://outofbodytravel.org/>

Book: *The Christ of the Redemption: The Mechanics of Spiritual Warfare and Energetic Alteration*

Book: *The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism*