

**Lucid Dreaming and Out-of-Body Experience;
An Exploration of their Relationship**

**A Live Interactive Videoconference
with Thomas Campbell, Physicist
Author of the *My Big Toe* trilogy
Co-sponsored by INACS and IONS-Austin**

**May 21, 2013, 6:30 pm
at the Austin Center for Spiritual Living
5555 North Lamar Boulevard, Building D, Suite 115
Austin, Texas 78756-1073**



Have you ever had the experience of flying over bright vivid landscapes or exploring other worlds while feeling fully conscious and knowing that your body was safely asleep in your bed? If so, you may have been having a lucid dream—or—you may have been having what’s known as an “out-of-body” experience (OBE).

These two types of experience have been reported for centuries and appear to have much in common. However, those who experience them argue that they are very different states with clear distinctions between them. This raises some intriguing and important questions:

- What is the relationship between lucid dreaming and out-of-body experience (OBE)?
- Do the experiences overlap in any way, and how are they different?
- What is happening in the mind and body during a lucid dream versus an OBE?
- What do lucid dreaming and out-of-body experience reveal about the nature of consciousness and the nature of reality?
- Can most people learn to explore these states? If so, how?

- Are there any potential dangers or safety issues in exploring lucid dreams and OBE's? What type of precautions should be taken?
- What are the potential benefits of lucid dreaming and OBE for the individual, society, and humanity?

We plan to explore these fascinating questions and many others through a series of both live Skype video teleconferences with leading experts in the field as well as live presentations and panel discussions with regular folks who have experienced and thought deeply about them.

For our kick-off presentation, Thomas Campbell will be joining us via live interactive Skype videoconference. Many of you may be familiar with Tom's work, and recall that INACS brought him to Austin in 2008 for a weekend presentation and workshop.

TOM CAMPBELL is a nuclear physicist who began researching altered states of consciousness with Bob Monroe (Journeys Out Of The Body, Far Journeys, and The Ultimate Journey) at Monroe Laboratories in the early 1970s where he and a few others were instrumental in getting Monroe's laboratory for the study of consciousness up and running. These early drug-free consciousness pioneers helped design experiments, developed the technology for creating specific altered states, and were the main subjects of study (guinea pigs) all at the same time. Tom is the "TC (physicist)" described in Bob Monroe's second book 'Far Journeys.'

Campbell has been a serious explorer of the frontiers of reality, mind, consciousness, and psychic phenomena for the last thirty five years. Using his acquired mastery of the Out Of Body Experience as a springboard, Campbell dedicated his research toward discovering the outer boundaries, inner workings, and causal dynamics of the larger reality system.

In February of 2003, Tom published the My Big TOE trilogy which represents the results and conclusions of his scientific exploration of the nature of existence. This overarching model of reality, mind, and consciousness merges physics with metaphysics, explains the paranormal as well as the normal, places spirituality within a scientific context, and provides direction for those wishing to personally experience an expanded awareness of All That Is. By demanding high quality repeatable, empirical, evidential data to separate what's real (exists independently and externally) from what's imaginary or illusory; Campbell has scientifically derived this general model of reality.

Please join us as we explore the fascinating relationship between lucid dreaming and OBE's with Thomas Campbell; bring your curiosity and your questions!