

INACS' Lucid Dreaming and Out-of-Body Experience Series
Questions for Presenters
June 25, 2013

All presenters in this series will be asked to address the following list of questions about the relationship between lucid dreaming and out-of-body experience.

- 1) **Background:** Could you tell us a little about your interest and experience with lucid dreaming and out-of-body experience?—How you became interested in it, got started, how it's developed for you, and its impact on your life? Maybe give 2-3 brief examples from your experience?

- 2) **Conceptual Framework:** Do you have a conceptual framework or model of consciousness that can explain what is happening during OBE's, lucid dreams, and other psychic experiences?
Can you *briefly* describe this model, and how it relates to our physical body, the brain/mind, and other spiritual (astral, etheric, etc.) bodies?

- 3) **How do lucid dreaming and OBE fit into your general model?**
In answering this question, please address 3a below. You may also want to address some of the issues in 3b-g, but not necessary to cover them all.
 - a) **Lucid dreaming vs. OBE:** Do you see a distinction between lucid dreaming and out-of-body experience? If so, how are they similar and how are they different?

 - b) **Separation:** (If not already answered above) Do you believe that some aspect of the individual's consciousness actually separates from the person's physical body during an OBE?

 - c) **Individual Differences:** People seem to have a wide array of experiences when attempting OBE's and lucid dreaming. How does your conceptual framework above account for these individual differences in experience?

 - d) **Subjective vs. Objective:** How can one understand the subjective vs. objective nature of what one perceives during an OBE/LD? For instance, when we meet another person in an OBE or LD, how can we tell whether that person is an actual individual or simply a projected aspect of our personality or imaginations created by our mind?

 - e) **Confirmation:** It appears that obtaining specific confirmation that one is truly perceiving actual events in the physical world from a vantage point separate from the physical body seems to be spotty and elusive. Why does it

seem so difficult to verify that one is observing the physical world during an OBE? Can you share some examples of concrete confirmation, personal or otherwise?

- f) **Bodily sensations:** People experiencing both OBE's and lucid dreams often report strong bodily sensations, such as vibrations, pulsations, and "electrical" sensations. How do you understand the role played by these sensations, and what do they tell us about these experiences?
- g) **Remote Viewing:** How does Remote Viewing relate to these experiences? Do you see Remote Viewing as simply an OBE without the physical sensations?

4) Practical Issues:

- a) **How to get started:** How can one begin to explore these states? Do you have some brief but specific recommendations on how one can get started?
- b) **Potential dangers:** Are there any potential dangers or safety issues in exploring lucid dreams and OBE's? Are there any precautions you would recommend?
- c) **Fear:** Could you address fear that comes up while exploring these states and the role fear plays in these experiences? Can we utilize OBEs/LDs to overcome our fears?

5) Potential Benefits:

- a) What are the potential benefits of lucid dreaming and OBE for the individual, society, and humanity?
- b) Do you view lucid dreaming and OBE as potentially playing a role in an individual's spiritual development?
Do you believe these experiences could be used in the service of attaining what some practitioners refer to as Awakening or Enlightenment?