

Out of Body experience

It is an amazing thing when you catch yourself and realize that you actually had an experience that you usually fear mentally and without thinking twice it happened. One of my greatest fears in out of body travel for reasons you have perhaps read earlier. I was sleeping earlier alongside my husband and realized at a later point that I was lying in my body fully awake but yet fully asleep. I heard a loud text message on my cell and very peculiar is at the time I noticed it echoed in my mind, the phone was in my handbag sealed in a closet about 10 feet away and I heard the sound as if it was right next to my hear. I recall jumping up and running to the phone and walking straight into the closet without even opening the door, I walked right through the door as if I was a ghost and the placed my hand right through the bag in the same manner. I remember looking and seeing myself lie next to my husband and wondering, wait something is wrong how am I out here and quickly found myself back in my body and then from there a blur until I woke up. Needless to say when I awoke and checked my phone there was an actual text message there. So lesson #1 for me and anybody else with similar experiences is to “FEAR NOT” fear not because our minds and spirit will find balance between the two.