

FRANCK LABAT



# FREE GUIDE

TO HAVING AN OUT-OF-BODY EXPERIENCE



[www.out-of-body.org](http://www.out-of-body.org)

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# Introduction

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In this little guide, I will share with you a very effective method to experience what is called an out-of-body experience (OBE). Here are the essentials to succeed in this extraordinary experience. If you apply my instructions to the letter, you can only succeed. However, your determination and perseverance will be needed; daily practice is required in order to master each step. Plan to practice for 30 to 60 days, knowing that you may succeed after only a few days of practice. So prepare yourself for a major change in your life if you have never had an out-of-body experience. Above all, do not be afraid or apprehensive because there is nothing to fear; on the contrary it's a magical adventure.

**I have divided the training plan into 3 steps :**

Step 1



Step 2



Step 3



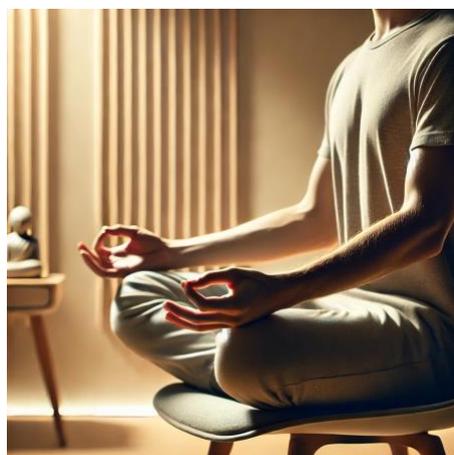
# Step 1



Meditation is the first important element, and forms the foundations of your practice. It is an approach that is not well developed in books on the subject of out-of-body experiences but it remains essential in my opinion. Here is a list of the benefits to be gained from it:

- Better concentration, which is essential for out-of-body exercises.
- A step back from the events we experience in our day-to-day lives. This allows us to control our emotions when faced with the phenomena encountered during or after the out-of-body experience.
- Mental calm, an essential factor for a successful out-of-body experience.
- Daily management of stress and anxiety.

For optimal effectiveness, it is recommended to meditate 10-15 minutes per day (more if you can) rather than one hour per week. This constitutes training the mind to stay in the present moment, which explains the need to practice daily.



## Technique :

The simplest and most efficient method is to concentrate on your breathing.

For this, there are two important conditions: have a straight back and relax physically. Physical relaxation initiates mental relaxation.

So sit with your back straight on a chair, hands on your knees, and close your eyes. Relax your head, face, shoulders, arms, and legs. Then take three deep and slow breaths, visualizing as you exhale that you are removing all your tensions. Then close your eyes and focus your attention on the tip of your nose and breathe normally. Feel the fresh, cool air as you inhale and follow its path to your lungs; then exhale while appreciating the warm air coming out of your nostrils. Do not change your breathing, simply be the observer of what is happening.

If thoughts distract you, refocus on your breathing.

## Step 2



This is the most important part of having an out-of-body experience. You have to reach a state of consciousness where the physical body is asleep but the mind remains awake. There are different methods for this. In this little guide I will only give one, again a very simple and very effective technique. However, if you want to go further I refer you to my book, "The Odyssey of the Soul."

You should know that without this state of deep relaxation, no out-of-body technique will work.

Also, know that at this stage of the practice you risk encountering what are called vibrational phenomena—manifestations that precede the exit such as very strong vibrations, noises, a sensation of being touched, etc. There is no risk involved here; these are simply sensations associated with the change of reality. The practice of meditation allows us to take a step back and not be surprised by these phenomena, because surprise or fear would stop the experience before it has a chance to unfold.

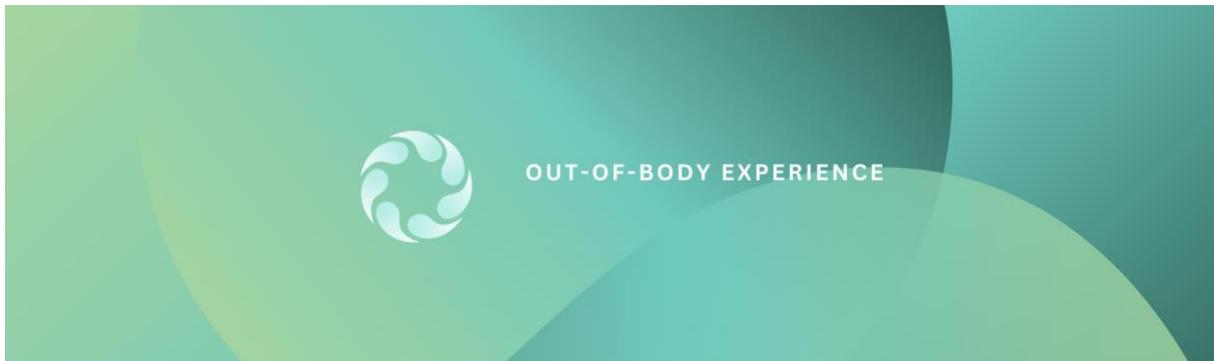


## Technique :

We will use our natural sleep state to find ourselves in this ideal state of consciousness—mind awake/body asleep; specifically, we will use what is called "the hypnopompic state," which occurs between sleeping and waking. The goal here will be to wake up at night without moving. To do this, you will have to condition yourself by repeating, at bedtime, an affirmation such as, "When I wake up, I do not move!" If you wake up and forget not to move, simply repeat the method throughout the night. Tip: While repeating your affirmation, imagine/visualize yourself waking up without moving. They say that a picture is worth a thousand words.

Repeat the practice daily until you get the desired result. For some it takes a few days and for others two to three weeks. But know that when you reach the state where your body is still asleep but your mind is waking up, you will be almost out of your body. It will just take a small action to complete the process, which is the next step.

# Step 3



You have done the hardest part of the work; all you have to do now is free yourself from your physical body. So you woke up without moving, now take advantage of this open door to the astral and cross it. To do this you have several methods:

## **Techniques :**

(Choose one or more of these techniques)

- Repeat an affirmation: “Now I am out of body!”
- Visualize yourself walking around your house
- Feel yourself levitating above your body
- Feel yourself rocking back and forth
- Imagine yourself rolling over



# Conclusion

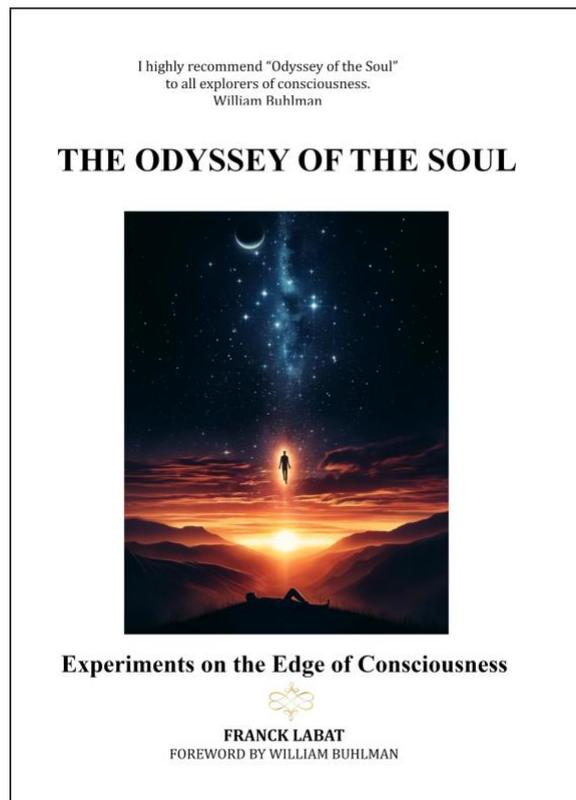
This little guide provides the essentials to succeed in having an out-of-body experience. You can find other information on the internet to complete your knowledge. However, if you want to have access to more details, tips, and advice, I invite you to read the books of famous authors like William Buhlman, Bob Peterson, Robert Monroe, Robert Bruce, and Michael Raduga. Of course I also invite you to read mine.

Wishing you to know great adventures beyond the physical body.

# To go further

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My book : “The Odyssey of The Soul : Experiments on the Edge of Consciousness”



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