

Introduction

For as long as I can remember, I have been able to have experiences that are similar to near death experiences. In other words, I have been able to leave my body and travel to the other side. The only main difference between near death experiences and my experiences is that mine did not happen because I nearly died; they happened because I knew how to leave the body, and I *chose* to do it. Throughout the years, because of this, I have had many remarkable experiences. Not only have I had a clear memory of these experiences, but I have also been able to teach others how to do this.

So this book is a documentary of my life and experiences. I got the idea to write it some years ago, when I was at the Seattle Whole Life Expo. I had a workshop there, dealing with astral projection—or as some call it, the out-of-body experience. As I was doing my workshop, I met a young lady who was very good at it, and could leave her body at will. She was sitting in the audience. Now, I had no knowledge of this, but she came there to see if I really could leave my body at will.

Throughout my workshops, I give a short lecture explaining what out-of-body experiences really are. I show the participants how to relax, and how to recognize different feelings that the body goes through while having these out-of-body experiences.

During the course of the workshop, I usually leave the body at least one time, just to check on the participants and to see just how far their astral bodies have come out of their physical bodies.

At this particular workshop, when I was out of my physical, I ran into her right away. I asked her what she was doing. She said she was checking me out, because there were so many books being written about out-of-body experiences, but the people writing about them could not speak from personal experience. They couldn't really do it themselves. She said, "I came to your class to see if you were one of them."

I looked at her and said, "Well, you can see I'm not one of them, because we are both out of the body at this time."

When the workshop was over, she stayed and talked to me for a while. As we were talking, Paul Andrews, the president and owner of the Whole Life Expo, joined us. The subject then came up about doing a book. Paul said to me, "Jerry, you have to get a book out on this. A book about your life and experiences is long overdue."

So I finally decided to do it—and nearly a year later, I got it started. I found it was one of the hardest challenges I'd ever had, because there was so much I wanted to say, but I didn't have a college education, and really didn't know how to express myself. I knew that some of what I had to say would be in my own words; some would be given to me by my teachers; and some would be my explaining, the best way I knew how, what my teachers had taught me. But I decided that the best way to get started was with the beginning of my life, over 60 years ago.