

Beautiful beach and meeting with sea-gull on 'his level' OBE - 2003

'Turbulent' OOB process, with elongation of energy-body, which brings me to a beautiful location.

KEY: ...^... = indicates that at this point a part of the 'story' precedes/follows which I could not recall after waking up.

(± 06.45 – 09.30 am)

While asleep I go and sit in a chair, because I think "that will be very relaxing and will therefore provide me with the final necessary 'push' to go OOB. I am, at that time, already feeling vibes.

It works. I 'get out'; am enveloped by stormy kind of 'waves', which cause, first my (energy-) head, automatically followed by the rest of my (energy-) body, to be 'sucked' backwards (over the back of the chair) and upwards. I am 'swept' out of my (1st energy?) body in a quick (swoosh) motion, whereby my (energy-)head and then the rest of my (energy-)body is elongated and pulled backwards. I find myself in a kind of whirl-wind – just for a moment. Am surrounded by a lot of noise, like a storm. I think: "*I don't want to end up being in one of the 'lower regions' or something like that...*", so I decide to think: "*Higher self now*". I also try to surround myself with light. I think: "*I want to go to my husband*" (I think this several times).

All of a sudden I experience a transition from being in a stormy situation (grey, wild, a lot of 'interference' noise) to seeing a seagull flying, in front of a wide, extremely blue sky. It's as if I am looking up from the 'ground', and by doing so am seeing this gull flying. I say: "*I see seagulls!*" (I feel myself saying it). Then, straight after (as I focus more on where I am) I see big waves. "*The sea!*" Beautiful white waves.

I also see that there is another gull next to 'me', on my 'level'. Beautiful and white (with black I think) and I see him from very up-close (it is standing just next to 'me'). In comparison to this seagull I would, in physical reality, be the size of a big crab. That's how I felt the proportions between me and this gull to be.

So it feels like I am on the same level as the beach. I am aware of the beautiful light-white sand of the beach.

I see the coast-line and the beautiful waves. I think: "*They are quite big*". They roll towards the coast in a synchronised manner, in one line. Then, at one spot, I see a peak appearing just above the waves, and from this spot an even larger 'wave' starts rotating upwards, while it rolls along with the rest of the waves. It grows, as it goes upwards in a spiralling fashion. "*It is becoming quite big....*" - I think (it starts to feel a little bit threatening) - "*even though it is also quite beautiful*". "*But*" - I think - "*I might be able to influence this (seeing as it is*

an out of body experience) so that this large 'tornado-type' wave' will become smaller, and will again become one with the other waves/surf. And that the waves will be smaller / more tranquil."

By intention (by thinking this consciously) I succeed in influencing this large wave; it returns to being the same size as the others and in doing so disappears.

I again become aware of the seagull standing next to 'me' on the beach, who seems to be looking down on me ("is he observing me? Does he see me? It looks like it"). I think: "I want to find my husband". "Where are you? Are you here?" I sense that I am aware of my physical eyes. I don't want to be. I have to go on. Even so, I still go back. I feel the vibes and realise that I am lying on the couch.

Notes:

The location I suddenly found myself to be at was as real as can be; it came across as even more real than in physical life - everything was more vibrant and beautiful. But I am pretty certain that it was a 'location' somewhere on this physical earth.

I believe that the reason why I perceived this location the way I did was, that I viewed it astrally – by doing so being able to perceive everything with much more energy/intensity than is possible through physical eyes. An absolutely beautiful and amazing experience.

I sensed that the seagull standing next to 'me' did know of my presence. He really looked at 'me' and I felt he was aware of my 'being'.

I strongly suspect – seeing the size of the seagull next to me and 'me' being at 'ground-level', that I could have been no bigger than a tennis-ball while I was there. I am inclined to conclude that I at that time experienced things through my mental-soma (that I was energy, had no body).

I did not hear/sense any vibrational feelings/sounds while I was at this beach; I can't recall hearing any sounds which are naturally brought about by such a location either, although these sounds could have been present. I was very much in awe by what I saw.