

The Out-of-Body Travel Foundation's

Course of Study

By Marilynn Hughes

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Instructions

- 1.) Follow the Video's in Sequence
- 2.) Supplement your Viewing with the Mystical Theology Reading Materials
- 3.) Incorporate Books by the Author throughout the Process
- 4.) Always Keep in Mind the 'Bigger Picture'

Reading Material Instructions

The Works of Marilynn Hughes

(All Works of Marilynn Hughes including Books, Films, Seminars, Paintings and Music are available for free use on the websites.)

You will begin by incorporating the **Works of Marilynn Hughes** and then move to also including resources from additional sources, many of which are available to read freely on the web. Begin with the following. Start with the three books which the three books below and then add books as you are ready to do so. All of my books have been programmed with certain frequencies which will aid you in achieving out-of-body travel, but these three are for the beginner.

1. From How to Books - '**Come to Wisdom's Door: How to Have an Out-of-Body Experience**' Then follow the sequence in this category of books as they are laid out online. I would ask you to **read** 'The Science of Moral Law' written by Marilynn Hughes and Dr. Rudy Schild in the introduction to '**Out-of-Body Travel and Mysticism: A Primer on the Basics of Out-of-Body Experiences and Energetic Law in Out-of-Body Travel and Mysticism**' (By Marilynn Hughes).
2. From the Mysteries of the Redemption Series - '**The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism**' Then follow the sequence in this category of books as they are laid out online. When finished with these sequences, move forward to '**The Mystical Captive Series**', '**The Solitary Series**', and the '**Michael Jackson: Afterlife Experiences**' series in that order. If any of the subjects listed **under** '**The Mystic Knowledge Series**' hold particular interest for you, feel free to add them, as well. If not, the prior sequence will be fine. When finished with all of these, you will be wanting to add from the '**Redemption**' Series, beginning with '**The Limb of the Redemption**'.
3. From World Religion Books - '**Near Death and Out-of-Body Experiences: Of the Prophets, Saints, Mystics and Sages in World Religions**' Then follow the sequence in this category of books as they are laid out online but view '**The Voice of the Prophets: Wisdom of the Ages**' as a reference series that may not necessarily be read from cover to cover, but can be utilized throughout your study to do further research on religious subjects brought up in the online courses.
4. From the Overview Series - '**The Oral Transmissions of the 52 Soto Zen Ancestors**' Then follow the sequence
5. From Spiritual Autobiography Books - '**The Aspen: Which Grows Upon the Snow-capped Mountain - An Out-of-Body Travel Book on the Infinite Enlightenments**'
6. From Children's Books - '**The Mystery of the Key to Heaven**'

Documentary Films and Seminars

The Works of Marilynn Hughes and Producer Brian Mahlum

(All Works of Marilynn Hughes including Books, Films, Seminars, Paintings and Music are available for free use on the websites.)

Follow the Out-of-Body Travel Films in Sequence, starting with 'The Grand Phases of the Soul.'

You will see that the films and seminars are based on certain out-of-body travel books written by Marilynn Hughes, and you may wish to view the film **and** seminar when you are reading that particular book. For instance:

The Grand Phases of the Soul - Based on 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' By Marilynn Hughes

'The Stairway from Earth to Heaven - Based on 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' By Marilynn Hughes

'How to have an Out-of-Body Experience - Based on 'Come to Wisdom's Door: How to Have an Out-of-Body Experience,' "Out-of-Body Travel and Mysticism: A Primer on the Basics of Out-of-Body Experiences and Energetic Law in Out-of-Body Travel and Mysticism,' and 'Out-of-Body Experiences: What You Need to Know, By Marilynn Hughes,' By Marilynn Hughes

The Tao of Mysticism - Based on 'The Shining Ocean: The Primordial Substance of Out-of-Body Travel,' By Marilynn Hughes

The Prayer of the Twelfth Hour - Based on The Primordial Seed: The Ancient Mystery Technique of Out-of-Body Experiences and their Emanations,' By Marilynn Hughes

Initiations into the Mysteries - Based on 'The Hammer of Mysticism: Encyclopedic Journey into Out-of-Body Travel, Mystical Processes and Terms,' By Marilynn Hughes

The Rites of Passage - Based on 'The Fragrance of the Mystical Rose: The Revelation of the Out-of-Body Travel Celestial Mysteries From the Enclosed Garden of God,' By Marilynn Hughes

Spiritual Warfare, Angels and Demons, Preparation and Combat = Based on 'Spiritual Warfare, Angels and Demons,' The Mystic Knowledge Series, By Marilynn Hughes

At the Feet of the Masters - Based on 'At the Feet of the Masters,' By Marilynn Hughes

And so on . . .

Musical Material Instructions The Works of Marilynn Hughes

(All Works of Marilynn Hughes including Books, Films, Seminars, Paintings and Music are available for free use on the websites.)

I would ask that you begin using '**The Frequency of Otara**' for meditation right away, and then incorporate '**The Liturgical Collection**' others within the Music section into your routine. '**Readings from the Catholic Rites of Exorcism**' can be helpful in the early

stages as it provides purification as you are opening up. '**The Out-of-Body Travel Foundation Hymnal on Five CD's**' should also be incorporated into your practice, but these materials can be used as you are doing things throughout your day. All of my music has been programmed with certain frequencies which will aid you in achieving out-of-body travel.

Please also view the video showing the **Paintings** at the **Music/Art Page** which also contain the same type of programming which is intended to assist in the viewer achieving out-of-body travel states. Feel free to view it as many times as you may feel so led to do so. (A book form is available, as well.)

Additional Online Resources

Firstly, prayer and meditation need to become a regular part of your life now, and I'd ask that you incorporate this (including a meditation period of three hours or more as you are able) as they are introduced to you in the following sequences.

The reason for the long three hour meditations is that it takes a very deep level of consciousness to achieve a true vibrational state, the state required to achieve out-of-body experiences. Shorter times are always helpful, but you'll need the longer periods to allow for you to enter the depths required for out-of-body travel.

The course is set out in the following manner:

You'll begin by being introduced to the idea of Mystical Theology and Consciousness Studies, the mystical as a unity, and given instruction on the deeper spiritual life. This is when you will access from our reading list '**Mystical Theology and Non-Canonical Texts**' (in sequence or in whatever order you feel moved by the spirit.). But only read one Mystical Theology text at a time beginning with 'The Spiritual Life: A Treatise on Ascetical and Mystical Theology', by Fr. Adolphe Tanquerey. If you have trouble understanding any of the texts, that is alright. Try to let them flow into you. But if it is too much, go ahead and put that one down and move onto another.

Then you will embark upon '**Catholicism, Biblical History and Great Preachers**', including a series of programs explaining the 'Mysteries of the Church' which will introduce you to the sacraments, practices and other vital tools in the out-of-body travel journey as Catholicism and Christianity has the broadest study of mystical theology in the world, and thus, contains a great deal of treasure from which you must glean.

Then you will embark upon learning '**Moral Teachings, World Religions and Mythology**'. These basic rules of living and the understanding of many faith practices

formulate an important arc within your spiritual development as a soul. Mythology serves the purpose of giving us a perspective on the legends, faith beliefs and histories of many people and how they intersect with religious formation.

You will find that you are taken back and forth into ancient sacred texts, religion, the mysteries and then forward into the future into '**Quantum Science, Archaeology and Spiritual Research**,' including field and quantum theories. This is intentional, because the goal here is for you to realize and find the unity in these paths. Purification, the path which every soul must follow in this and other mortal realms becomes only more relevant as you move into the future. Higher level extraterrestrial societies exist upon a highly advanced level of moral and ethical development, and you'll find that those things which are old, remain relevant today as they did when they were written. Whereas, when you find yourself listening to both the great saints in history and modern day scientists seek to contrast their unity.

Before you begin taking the class offered by Fr. Timothy Gallagher on the Divine Office listed on '**Sacred Chant, Recitation and Daily Catholic Prayer**,' take a look at 'The Primordial Seed,' (By Marilynn Hughes). And again, you will discover the unity of these paths. Along the journey, you will also be introduced to various spiritual practices from Catholic Prayer to Binaural Beats to the Sacred Chant of the varying religions. Because these things carry much power, I would wish that you meditate on them as you study. Near the end of your study, you will also take in a video which is a reading of the first section of 'The Urantia Book,' which remains vital as I was shown in mystical experience that this portion of the text explains in great depth the hierarchy of angels and is a very holy and necessary text for those seeking the out-of-body travel journey.

As you reach the end of your **Course of Study**, it is my hope that you will feel that you have achieved a certain gnosis or knowledge that accesses a higher level of understanding, and that you will likely be well on your way into the mystical and out-of-body travel states and moving rapidly. Most of all, allow yourself to enjoy the process and the journey.

About Mystical Theology

What is Mystical Theology

<http://www.newadvent.org/cathen/14621a.htm>

Alan Watts - On the Mystic Experience

<https://www.youtube.com/watch?v=DRmgh-CE0K8>

Who were the Christian Mystics
<https://www.youtube.com/watch?v=e-f7K7aj6-g>

Mystical Theology Texts

Father Adolphe Tanquerey - The Spiritual Life: A Treatise on Ascetical and Mystical Theology
https://archive.org/details/MN41530ucmf_5

Father Garrigou-Lagrange - The Three Ages of the Interior Life: Prelude of Eternal Life
<https://archive.org/details/reverend-reginald-16-books/page/n23/mode/2up>

Evelyn Underhill - Mysticism
<http://www.sacred-texts.com/myst/myst/index.htm>

St. Francis De Sales - An Introduction to the Devout Life
<https://www.catholicspiritualdirection.org/devoutlife.pdf>

St. John of the Cross - The Ascent of Mount Carmel and Other Writings
https://www.ccel.org/ccel/john_cross

St. John of the Cross - The Dark Night of the Soul
<https://www.youtube.com/playlist?list=PLCFBDA72DC382F292>

St. Teresa of Avila - Interior Castle
<http://www.sacred-texts.com/chr/tic/index.htm>

St. Thomas a Kempis - The Imitation of Christ
<http://www.leaderu.com/cyber/books/imitation/imitation.html>

St. Catherine of Siena - The Dialogues of St. Catherine of Siena
<https://www.ccel.org/ccel/c/catherine/dialog/cache/dialog.pdf>

St. Francis of Assisi - The Little Flowers of St. Francis
<http://www.sacred-texts.com/chr/lff/index.htm>

John Ruusbroec - The Adornment of the Spiritual Marriage
<http://www.sacred-texts.com/chr/asm/index.htm>

St. Ignatius of Loyola - The Spiritual Exercises of St. Ignatius of Loyola
<http://www.sacred-texts.com/chr/seil/index.htm>

Jacob Boehme - Aurora

<https://archive.org/details/JacobBoehmesAurora-ElectronicText-edition>

Jacob Boehme - Mysterium Magnum

<https://archive.org/details/JacobBoehmesMysteriumMagnumPartOne>

St. Therese of Lisieux - The Story of a Soul

<https://www.ccel.org/ccel/therese/autobio.html>

Jean-Baptiste Chautard - The Soul of the Apostolate

https://www.cmri.org/0-olmc-mission/catholic-books/soul_of_the_apostolate.pdf

Rev. G. Vale Owen - The Life Beyond the Veil

The Lowlands of Heaven

<https://ia902302.us.archive.org/8/items/vale-owen-the-life-beyond-the-veil.-vol-1.-the-lowlands-of-heaven/Vale%20Owen%20-%20The%20Life%20Beyond%20The%20Veil.%20Vol%201.%20The%20Lowlands%20Of%20Heaven.pdf>

Highlands of Heaven

<https://s3.us-west-1.wasabisys.com/luminist/EB/O-P-Q/Owen%20-%20The%20Highlands%20of%20Heaven.pdf>

The Ministry of Heaven

<https://www.ebookespirita.org/Ingles/The%20Life%20Beyond%20the%20Veil%20-%20Ministry%20of%20Heaven%20-%20George%20V.%20Owen.pdf>

The Battalions of Heaven

http://cdn.preterhuman.net/texts/religion.occult.new_age/Owen%20-%20Life%20Beyond%20the%20Veil%20vol%204.pdf

The Outlands of Heaven

<https://thelifebeyondtheveil.com/assets/files/The%20Life%20Beyond%20the%20Veil%20-%20Vol.%205%20-%20The%20Outlands%20of%20Heaven.pdf>

A. Farnese, Mystical Ameneunis to Franchezzo - A Wanderer in the Spirit Lands

<http://www.luminist.org/archives/Farnese%20-%20A%20Wanderer.pdf>

Emanuel Swedenborg - Heaven and Hell

<http://www.sacred-texts.com/swd/hh/index.htm>

Emanuel Swedenborg - Conugal (Marital) Love

<http://www.sacred-texts.com/swd/cjl/index.htm>

Martin Luther - Theologia Germanica
<https://www.ccel.org/ccel/anonymous/theologia.html>

Rebecca Springer - Within Heaven's Gates
<https://www.youtube.com/watch?v=lDoyCyqBJyg>

Francisco Candido Xavier – The Andre Luiz Series, Nossa Lar
<https://imagine2150.org/nossa-lar/>

Howard Pittman – Placebo
<https://www.youtube.com/watch?v=lBwsGDCGQFE>

Sister Lucia - Fatima in Lucia's Own Words
https://www.piercedhearts.org/hearts_jesus_mary/apparitions/fatima/MemoriasI_en.pdf

Licchavi Vimalakirti - The Holy Teaching of Vimalakirti
<http://www.holybooks.com/vimalakirti-nirdesa-sutra/>

Robert Thurman on Licchavi Vimalakirti
<https://www.youtube.com/playlist?list=PL6BA07CBA9DC4671>

Baruch Spinoza
<https://www.youtube.com/watch?v=leoBccWOZfo>

Hermes Trismegistus -
https://www.youtube.com/watch?v=P-hXg_L5qOI

The Rosicrucian Mysteries
<https://www.youtube.com/watch?v=sg3TTRacovA>

John Bunyan - The Pilgrim's Progress
<https://www.ccel.org/ccel/bunyan/pilgrim.html>

The Pilgrim's Progress Film
https://www.youtube.com/watch?v=XPB_GDg9qnk

Ven. Mary of Agreda - The Mystical City of God
<http://www.themostholyrosary.com/mystical-city.htm>

Dom Lorenzo Scupoli - The Spiritual Combat
https://books.google.com/books/about/The_Spiritual_Combat.html?id=UdA9AAAAAYAJ&printsec=frontcover&source=kp_read_button&hl=en#v=onepage&q&f=false

St. Louis de Montfort - True Devotion to Mary

<https://www.basilica.ca/documents/2016/10/St.%20Louis%20de%20Montfort-True%20Devotion%20to%20Mary.pdf>

St. Gertrude the Great - The Revelations of St. Gertrude the Great

<https://www.saintsbooks.net/books/St.%20Gertrude%20the%20Great%20and%20Anonymous%20-%20The%20Life%20and%20Revelations%20of.pdf>

St. Alphonsus de Liguori - The Complete Ascetical Writings of St. Alphonsus De Liguori

<http://www.goodcatholicbooks.org/alphonsus.html>

St. Hildegard Von Bingen - Selected Writings of Hildegard of Bingen

<https://westminsterabbey.ca/wp-content/uploads/2018/07/Selected-Writings-Hildegard-of-Bingen-Mark-Atherton.pdf>

Rev. Arthur Devine - A Manual of Ascetical Theology

<https://archive.org/details/asceticaltheolog00deviuoft>

Rev. Father Bellecius - Solid Virtue

<https://archive.org/details/solidvirtue00belluoft>

Father Gabriel of St. Mary Magdalene - Divine Intimacy

<https://www.fisheaters.com/srpdf/DivineIntimacy.pdf>

The Carmelite Directory of the Spiritual Life

<https://www.carmelitepriory.org/wp-content/uploads/2014/05/The-Carmelite-Directory-of-the-Spiritual-Life.pdf>

Marie P. Eugene - I want to See God

<https://archive.org/details/iwanttoseegodpra00mari>

Marie P. Eugene - I am a Daughter of the Church

<https://archive.org/details/iamdaughterofchu0002pmar/page/n5/mode/2up>

The Writings of the Early Church Fathers

<http://www.earlychristianwritings.com/churchfathers.html>

The Philokalia - Writings of the Early Desert Fathers

<http://www.holybooks.com/wp-content/uploads/Philokalia.pdf>

The Last Anchorite

<https://www.youtube.com/playlist?list=PL539390964A90CBC6>

The Desert Fathers

<https://www.youtube.com/playlist?list=PLE6DB3EDDD186164D>

The Catechism of the Catholic Church

http://www.vatican.va/archive/ENG0015/_INDEX.HTM

The Tibetan Book of the Dead

https://archive.org/stream/TheTibetanBookOfTheDead/The-Tibetan-Book-of-the-Dead_djvu.txt

Non-Canonical Texts

Banned from the Bible - Explaining the Non-Canonical Texts

<https://www.youtube.com/watch?v=m0PoD3sIWVU&list=PL998CF79D6126B3E7>

Pseudepigrapha

<http://www.pseudepigrapha.com/>

The Apocryphal New Testament

https://upload.wikimedia.org/wikipedia/commons/f/f5/The_apocryphal_New_Testament-_28IA_apocryphalnewtes00honerich%29.pdf

The Old Testament Apocrypha

<http://www.sacred-texts.com/bib/apo/index.htm>

The Lost Books of the Bible and the Forgotten Books of Eden

https://books.google.com/books/about/The_Lost_Books_of_the_Bible_and_The_Forg.html?id=HVhF_LLNrIC&printsec=frontcover&source=kp_read_button&hl=en#v=onepage&q&f=false

The Gnostic Scriptures

<https://archive.org/details/gnosticscripture0000unse>

The Book of Enoch

<http://www.sacred-texts.com/bib/boe/>

The Gospel of Thomas

<https://archive.org/details/TheGospelsOfThomas>

The Gospel of Judas

https://archive.org/stream/pdfy-vYutgdiCfrs15j9k/The+Lost+Gospel+Of+Judas_djvu.txt

The Sayings of Gospel Q

<https://archive.org/details/the-lost-gospel-the-book-of-q-christian-origins>

The Life of St. Issa, The Best of the Sons of Men

<http://reluctant-messenger.com/issa1.htm>

The Dead Sea Scrolls

<https://ia601407.us.archive.org/10/items/B-001-001-920/B-001-001-920.pdf>

Nag Hammadi Library

https://archive.org/stream/pdfy-VQak8K5FtBf5Aa6X/The%20Nag%20Hammadi%20Library_djvu.txt