

Out of body experiences

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Out of Body Experiences The life of human beings is very dynamic since one has to do numerous activities, which involve comprehensive thinking. The life challenges and achievements form a strong basis of experience. The meaning of an experience can be very broad depending on the field of operation. Generally, an experience refers to an instance where an individual encounters or undergoes through something. An experience can take different forms depending on the person, situation and the place where it occurs. For instance, an out of body experience is a unique form of experience. In general terms, an out of body experience can be defined as a situation where individuals think, considering their minds as separate from the body (Nicholls 5). Actually, out of body experiences make people to imagine that they are working with the brains only while the body is at a different place or it is observing the work of the mind. A comprehensive analysis of out-of-body experiences provides several features, which can be very useful in understanding people's life.

Out of body experiences are mainly evident when people are left alone in places that are free from disturbance. Basically, people face out of body experiences when they are left to think freely in a place far from disruption. When left free, an individual is able to picture several life aspects in the past and imagine some future trends. Research on people thinking patterns shows that individuals tend to forget themselves when thinking in segregated places and concentrate on the use of brain only. For instance, someone might be relaxing at a park in New York but his Mind is in Europe watching football. People's imaginations and past life are of great influence to out of body experiences.

Out of body experiences occur when people anticipate occurrence of major
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life events such as marriage, giving birth or death. In essence, for an out of body experience to occur, there must be some motivating factors. For instance, an expectant woman might have mixed feelings regarding giving birth and start imagining things. For example, she might start picturing how life would be after giving birth and how the unborn child will survive the life challenges. A couple planning to marry with a short duration might also have out of body experiences. For instance, the lady has to picture herself as someone's wife, something she has never gone through in life. Consequently, the man has to visualize on how the life of a provider looks like.

In summary, out of body experiences are diverse and appear differently depending on the timeframe, place, situation and many other factors. Out of body experiences happen when people are given space to be free. When people are free, they tend to meditate on past life and imagine how future life would look like. Expectation of important events in life such marriage, giving birth and death contribute to out of body experiences. People should always take some time to focus on their out of mind experiences. It is essential to identify that out of mind experiences can either be painful or joyous.

Work Cited:

Nicholls, Graham. Navigating the Out-of-Body Experience: Radical New Techniques. Woodbury, Minn: Llewellyn Publications. 2012. Print.