

# Merkaba Dream

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At the age of 11 I was diagnosed with RISP (Recurrent Isolated Sleep Paralysis). After enduring these night-time occurrences incessantly for six months or so, I had my first Out-Of-Body Experience. Curiosity replaced the fear and I eventually worked out what was causing them to happen.

Since then I have induced thousands of OOBEs and Lucid Dreams over a 25-year period and taught many people the same practical method I use. The state I induce - the trance state, vibrational state, sleep paralysis (call it what you may) - leads to a conscious OOBEE or a waking consciousness Lucid Dream, the latter of which I think is often mistaken for Astral Projection.

I have often become unintentionally lucid during a dream, but because of my familiarity with the trance state, tend to wake up within the 'state' with which I use to re-enter the dream fully lucid; usually from the point I left it or rather the environment I was in. I will say that the majority of my OOBEEs and Lucid Dreams are entered before sleep with no prior loss of consciousness. Over the years I have pretty much steered clear of most of the literature that uses belief-centric labelling or implies religious connotation to these experiences, and have come to realize that there is a massive body of rubbish written about the subject.

I take quite a pragmatic approach to the experience, I can't deny that there are extra-consciousness processes at work because I have experienced a cacophony of bizarre and profound OOBEEs over the years. I have just never attached a religious or mystical aspect to them and move more towards a scientific explanation, that at the moment is considered fringe and would need to encompass many disciplines like neurology, psychology, philosophy, quantum physics and psycho-pharmacology to name but a few.

Recently, I experienced what could be considered by some to be 'mystical' and came completely out of the blue in terms of my understanding and air of expectation. Due to work obligations I have been rather nocturnal of late. Working from home I can pretty much choose when I work, as long as deadlines are met of course. A 5:00 a.m. bed time has become quite common. I can get a lot of work done while the country sleeps and I can be pretty much guaranteed to have a good strong OOBEE when I hit the hay. On the morning of the 4th of January I closed my laptop and retired to bed with the intent (as always) of inducing the trance state.

*4th January, 2010, 5:10 a.m.*

*I was lying on the sofa doing my normal OOBEE induction and succeeded in separating about three or four times, all of which were blind. I tried anchoring myself when I was out and succeeded in seeing my hands as I rubbed them together. Normally I experience the Sleep Paralysis along with all the usual sensations... vibration... buzzing in the ears... etc. I thought that they had stopped so I lay there, still, and realized I was still in the trance state.*

*Suddenly I felt that my body was enveloped in something and a whole new set of sensations took hold; One was of complete and utter detachment from myself... total dissociation... Another was a rising choral sound... like the trippy bit at the end of **2001 A Space Odyssey**...*

*This is the most overwhelming part... In my central field of vision, set against a vast blackness was a small spinning 3- dimensional star... it wasn't spinning fast... just rotating. It appeared to*

*be slightly translucent, like it was made of bright crystal. It seemed to be constructed from two tetrahedrons... a 3D Star of David....*

*As soon as I saw it I started to lift... very differently than a normal OOB. It was as though I was undergoing some sort of automatic process(?). I started to worry because it seemed ominous; I mean... I have had over four thousand OOBs... I've been scared before, but this was a different feeling that I simply cannot describe. Suddenly as I got closer to the 'star' a horizontal wavy horizon line of energy(?) began streaming from it... like the proton beams in **Ghost-Busters**... AMAZING All I could think was that I wasn't ready. I ended it.*

This is the last image that I saw before I ended the experience. The spinning motion was more than just movement. I omitted this fact from the original text because it was very abstract and difficult to describe, and still is for that matter but it does deserve more mention. As it rotated on its vertical axis, the motion seemed to have substance and emotion, or rather it was provoking an ominous and fearful emotional response from me.

The substance or volume(?) that the object emanated was of a simultaneous push and pull; like the volumetric resistance felt when pushing two magnets together at their opposing poles, but also seemed to be pulling 'me' towards it. The emotional aspect was as though it was making me feel like a child... or like I was a child again and I was being reminded of a childhood memory.

Very hard to put in words, so this may be lost in translation. It was the object itself that was causing the fear. The object itself seemed stark, sterile, mechanical, and almost artificial or synthetic.

In describing this experience to two friends, they both sent me a link to the same web page that gives a short description of something called the Merkaba, described as '*the divine light vehicle allegedly used by ascended masters to connect with and reach those in tune with the higher realms.*' The illustrations that accompanied the text were almost identical to the 'thing' that I experienced, minus a human form that is depicted inside them.

I was quite astounded by the similarities, not only visually but also the described spinning motion and mystical context. I did do a bit more reading, but started to encounter the same New-Age jargon that I have consistently stayed clear of. But it did get me thinking; if I had no prior knowledge or interest in sacred geometry or mysticism, why did I experience it?

