

I am a Christian and I have a question about out of body experience or “astral projection”. I came across a concept called “reality shifting” where people shift to “alternate realities” by meditating and writing a “script” which is essentially a storyline of details and what they would like to happen in their desired reality. I think it is similar to lucid dreaming but instead it is supposed to be more realistic as you actually are in your desired reality and can come back to your current reality at any time. I do not wish to involve myself with anything considered occult but my purpose is not to escape my reality and I am satisfied with what God has given me. it is purely for experimental purposes and for harmless fun.

The occultic practices of Eastern mysticism are to be avoided.

Pat Holliday wrote:

Some people have claimed that there is Biblical justification for the occult practice of astral projection, sometimes also called soul travel. This practice involves the soul, or the spirit of a person leaving their physical body, and being able to travel invisibly...

...One of the main differences between...Biblical texts and occult astral projection is that when God's people were caught up in the Spirit¹, it was God who prompted it, whereas in occult astral travel, it is often the practitioner who is 'seeking' after the experience...

God warned his people: “Do not turn to mediums or necromancers; do not seek them out, and so make yourselves unclean by them: I am the Lord your God (Lev 19:31 ESV).” And, “If a person turns to mediums and necromancers, whoring after them, I will set my face against that person and will cut him off from among his people (Lev 20:6 ESV).

The apostle Paul encouraged the believer: “...Try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness... (Eph 5:10-11 ESV).” One should come to God his way (Jn 14:6) and remain in him (Ps 18:21, He 10:26).

Holliday continued:

...Another difference between the two is that one is controlled by the Holy Spirit while the other is controlled by spirits that are not of God, or demons. I think, from a Christian perspective, an experience out of the body which is not controlled by the Holy Spirit has the potential to be dangerous, like any spiritual experience outside of God's direction. In such a condition, there is nothing stopping evil spirits coming in to invade that person.

...It is also practiced by those in the New Age. In the vast majority of cases, astral projection is offered right next to many other occult practices. Christians would therefore have cause for concern.²

Those who are led by the Spirit of God are the sons of God (Ro 8:14). False teachings will increase in the end times (2 Pe 2:1).

Solomon learned about the vanity of pleasure (Eccl 2:1-11). Whatever is not from faith is sin (Ro 14:23). The believer should walk by faith and remain in his proper realm (Eph 6:12).

¹ E.g. 2 Corinthians 12:2-4, Revelation 21:10

² Holliday, Pat. *Dangers of Astral Projection Bible Study: Demonic Activity*, Agape Publishers, 2015.

