
HOW TO
EXPERIENCE
SPIRITUAL
TRANSPORTATION

**A Guide to Journeying Beyond the
Physical**

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Major Prophet PD John

P.O. BOX 4016

Mwanza - Tanzania

Phone number:

+255 762 415 790/ +255 759 204 744

Yohanayona3@gmail.com

www.hlcentre.info

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Chief Editor:

Josia pd John

josiajohn735@gmail.com

Dar es salaam - Tanzania

Tel: +255 758588127/ +255 693522834

My Testimony:
My struggles to experience
an Out of Body Experience
(OBE).

For as long as I could remember, I had been fascinated by the concept of OBEs. The idea of leaving my physical body and traveling to other realms was both thrilling and terrifying. I read books, watched videos, and attended workshops on the subject, but despite my efforts, I could never seem to achieve an OBE.

I tried everything – meditation, visualization, lucid dreaming, astral projection – but nothing seemed to work. I became frustrated and discouraged, wondering if I would ever experience the transformative power of an OBE.

For four long years, I struggled with this question. I read more books, watched more videos, and tried every new technique that came my way. I spent hours each day meditating, visualizing, and focusing my intention on having an OBE. But no matter how hard I tried, I couldn't seem to break through the barrier that was holding me back.

As the years went by, I began to lose hope. I wondered if I was doing something wrong or if I was simply not meant to experience an OBE. I felt like a failure, and I began to doubt my own abilities.

One day, I met a spiritual teacher who had experience with OBEs. He listened to my story and offered me some advice. He told me that the key to experiencing an OBE was to let go of my expectations and simply allow the experience to unfold. He encouraged me to be patient and to trust in the process, even if it took years to achieve.

I took his advice to heart and began to approach the practice of OBEs with a new attitude. I stopped trying to force the experience and instead focused on relaxing and allowing my mind to become still. I practiced meditation regularly and tried to cultivate a sense of detachment from my physical body.

Months went by, and I began to notice subtle changes in my experience. I felt more relaxed and centered, and I noticed that my dreams were becoming more vivid and realistic. I continued to practice, and one day, something shifted.

I was lying in bed, practicing a meditation technique when I suddenly felt a sense of detachment from my physical body. I felt as if I was floating above

Preface:

The concept of spiritual transportation has been a part of human history for thousands of years. From the ancient shamanic practices of indigenous peoples to the mystical traditions of the world's major religions, people have sought ways to transcend the limitations of the physical world and access the spiritual realm. In the Bible, we find numerous stories of journeys beyond the physical realm, from Jacob's ladder to Ezekiel's vision of the chariot of God. These stories remind us that the spiritual realm is accessible to all who seek it, and that there are many methods for experiencing spiritual transportation.

This book is a guide to experiencing spiritual transportation, with reference to Biblical scriptures. It is written for those who yearn to connect with higher consciousness,

receive divine guidance, and experience a sense of oneness with the universe. It is for those who seek to explore the infinite potential of the spiritual realm and tap into the transformative power of communion with God.

In this book, we will explore the different techniques for experiencing spiritual transportation, with reference to Biblical scriptures. We will provide guidance on how to prepare yourself mentally, emotionally, and spiritually for the journey, how to navigate the spiritual realms safely and effectively, and how to integrate the benefits of spiritual transportation into your daily life.

We will explore the different planes of existence, including the astral plane, the mental plane, and the causal plane, with reference to Biblical scriptures. We will discuss the various methods of spiritual transportation, such as meditation, astral projection, lucid dreaming, and shamanic journeying, with reference to Biblical

scriptures. We will also examine the benefits of spiritual transportation, including increased spiritual awareness, improved physical and emotional health, and enhanced intuition and psychic abilities, with reference to Biblical scriptures.

This book is not intended to be a replacement for religious or spiritual practices, but rather a complement to them. It is a guide to experiencing the transformative power of communion with God, as described in the Bible. It is a reminder that the spiritual realm is accessible to all who seek it, and that there are many methods for experiencing spiritual transportation.

We hope that this book will inspire and guide you on your journey of spiritual transportation, with reference to Biblical scriptures. May it help you to connect with your higher self, receive divine guidance, and experience a deeper sense of connection with the universe. May it help you to tap into the

infinite potential of the spiritual realm and
experience the wonder and beauty of the
universe in a whole new way.



Introduction:

The concept of spiritual transportation is not a new one. Throughout history, people have sought ways to transcend the limitations of the physical world and access the spiritual realm. In the Bible, there are numerous references to journeys beyond the physical realm, from Jacob's ladder to Ezekiel's vision of the chariot of God. These stories remind us that the spiritual realm is accessible to all who seek it, and that there are many methods for experiencing spiritual transportation.

Spiritual transportation refers to the ability to journey beyond the physical realm and explore the spiritual dimensions of existence. It is a powerful tool for spiritual growth and development, allowing us to connect with our higher selves, receive divine guidance, and experience a sense of unity with the universe. There are many methods of spiritual transportation, including

meditation, astral projection, lucid dreaming, and shamanic journeying.

In this book, we will explore the different techniques for experiencing spiritual transportation and provide guidance on how to navigate the spiritual realms safely and effectively, with reference to Biblical scriptures. We will also discuss the benefits of spiritual transportation, including increased spiritual awareness, improved physical and emotional health, and enhanced intuition and psychic abilities.

The journey of spiritual transportation begins with preparation. In the Bible, we are reminded of the importance of creating a sacred space and setting intentions before entering into communion with God. Once you have prepared yourself mentally, emotionally, and spiritually, you can begin to explore the different techniques for spiritual transportation, such as meditation, visualization, breathwork, lucid dreaming, and astral projection.

Navigating the spiritual realms can be a profound and transformative experience, but it is important to approach it with caution and respect. In the Bible, we are reminded of the importance of seeking divine guidance and protection before venturing into unknown territory. We will explore the different planes of existence, including the astral plane, the mental plane, and the causal plane, and provide guidance on how to explore each one safely and effectively, with reference to Biblical scriptures.

The benefits of spiritual transportation are numerous and far-reaching. In the Bible, we are reminded of the transformative power of communion with God, from Moses' encounter with the burning bush to Paul's vision on the road to Damascus. By accessing the spiritual realms, we can tap into the infinite potential of the universe and experience a deeper sense of connection with all that is. We can improve our physical and emotional health, enhance our intuition and psychic abilities, and gain a greater

understanding of our purpose in life, with reference to Biblical scriptures.

In conclusion, the journey of spiritual transportation is a powerful tool for spiritual growth and development. By following the guidance in this book, you can learn to access the infinite potential of the spiritual realm and experience the wonder and beauty of the universe in a whole new way.

