

There is a belief, increasingly common today, that a person can willfully leave their physical body—commonly known as astral projection. This teaching claims that a person, through intense mental focus and spiritual techniques, can separate their spirit or soul from the body and travel to distant places, either real or imaginary, and later return to the body unharmed.

The Practice of Astral Projection (Out-of-Body Experience - OBE)

Supporters of astral projection suggest that anyone can do it, especially with consistent training in meditation, breath control, and mental stillness. Practices like Yoga or techniques from Eastern religions—particularly Hinduism and Buddhism—are often mentioned as the gateways to mastering this experience.

They claim the following benefits:

- It boosts confidence

- It provides spiritual pleasure
- It enhances spiritual growth
- It improves mental health

But is this belief biblical or deceptive?

Can a Person Really Leave Their Body?

Biblically, yes—a person can leave their body, but not by their own will. This experience, when real and genuine, only occurs through the power of God, not by human decision or mystical practice.

Let's look at 2 Corinthians 12:1–4, where the Apostle Paul recounts an experience he had:

"I must go on boasting. Although there is nothing to be gained, I will go on to visions and revelations from the Lord. I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. And I know that this man—whether in the body or apart from the body I do not know, but God knows—was caught up to paradise and heard inexpressible things, things that no one is permitted to tell."
(2 Corinthians 12:1-4, NIV)

Paul is careful to explain that the experience was not self-initiated, and that only God knows whether it happened physically or spiritually. This shows that such occurrences are entirely God-ordained, not achieved through techniques like meditation, candle-gazing, or breath work.

Likewise, the Apostle John had a spiritual experience while on the island of Patmos:

"I was in the Spirit on the Lord's day..."
(Revelation 1:10, KJV)

These biblical examples show that being “in the Spirit” or caught up into heavenly realms is possible, but they occur at God’s will, not man’s.

The Danger of Self-Induced Spiritual Experiences

When people attempt to access the spiritual realm without God’s leading, they unknowingly open themselves to demonic influence.

Jesus clearly stated that there are only two spiritual sources:

- God (Light)
- Satan (Darkness)

There is no neutral ground.

Trying to leave your body by force or technique is to cross into the devil’s territory. That’s why practices like astral projection,

Eastern meditation, transcendental yoga, and occult techniques are spiritually dangerous.

“And no marvel; for Satan himself is transformed into an angel of light.”

(2 Corinthians 11:14, KJV)

The devil often disguises deception as enlightenment. He offers people “knowledge,” “power,” or “freedom”—but it leads to bondage.

This is exactly how he deceived Eve in the Garden of Eden:

“You shall not surely die... For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

(Genesis 3:4-5, NIV)

In the same way today, Satan tells people, “If you project your

soul, you'll gain wisdom, power, and spiritual mastery." But it's a trap.

Modern Examples & Testimonies

Many former occultists and ex-witches testify that their journey into witchcraft and demonic possession began with what seemed like harmless astral projection or meditative yoga.

One such testimony is recorded in the book:

He Came to Set the Captives Free *by Dr. Rebecca Brown*

This book tells the true story of a woman who was deeply involved in witchcraft, capable of leaving her body and traveling in the spirit realm—but she was fully under demonic control. Christ later delivered her, and she warns others not to try these things.

Even Today, Satan Uses the Same Tactics

From spiritual health apps to gym yoga sessions, people are taught to enter a mental state of blankness or “oneness”—and are told it’s good for the brain or emotional healing. But make no mistake:

When your mind is empty, something else will fill it.

It is in such moments that evil spirits can enter, giving people strange experiences that feel “real” or “liberating,” but in fact are the beginnings of spiritual bondage.

At first, you may feel in control—but soon you’re no longer the one traveling; a demon is pulling you. It’s no different from witch doctors who fly in the spirit realm, powered by satanic forces.

A Warning: One Door Opens Another

If you open one door to the enemy, he will find others. Never

think you're just "trying it out." The devil is waiting for that opportunity.

"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walks about, seeking whom he may devour."
(1 Peter 5:8, KJV)

So, What Should a Christian Do?

- Reject all ungodly spiritual practices (astral projection, Eastern meditation, yoga for spiritual reasons)
- Stay rooted in the Word of God
- Seek spiritual experiences only from the Holy Spirit
- Pray daily for discernment

"Your word is a lamp to my feet and a light to my path."
(Psalm 119:105, ESV)

"And do not give the devil a foothold."
(Ephesians 4:27, NIV)

Final Encouragement

If anyone comes to you with teachings about leaving your body, confronting spirits, or reaching "higher consciousness," rebuke it in Jesus' name.

These are the last days, and deception is increasing rapidly. Stand firm in Christ.

"But test the spirits to see whether they are from God..."

(1 John 4:1, NIV)

"My people are destroyed for lack of knowledge..."
(Hosea 4:6, KJV)

Stay alert. Stay in the Word. Stay in Christ.

God bless you.

If you'd like a free copy of the book *He Came to Set the Captives Free* in PDF, I can provide it (depending on availability and copyright permissions).

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