

Can someone really have an out-of-body experience?

There is a growing belief today that a person can leave their physical body at will. This practice, commonly known as Astral Projection, claims that an individual—without any influence from God or Satan—can decide to consciously exit their body and travel wherever they desire spiritually, then return afterward.

It's undeniable that this belief is becoming more popular. Many claim that anyone can perform this safely, even from the comfort of their bedroom. They teach that all that is required is a deeply calm mental state—completely clearing one's mind of all thoughts and eliminating all fear. Physically, one must be still—either lying flat on their back or sitting quietly in a peaceful room, perhaps with a candle lit or a low rhythmic sound playing in the background. Through controlled breathing and intense focus, they claim one can detach their spirit from the body.

This practice is widely taught in various Eastern religions such as Hinduism and Buddhism, especially through a discipline known as Yoga, which includes training in astral projection.

The Belief Behind Yoga/Astral Projection

Practitioners claim that during this experience, the person slowly becomes aware that their spirit is separating from their physical body. Eventually, they report seeing their body lying or sitting below, while their spirit roams freely—visiting unknown places, flying, or walking through unseen realms. Afterward, the spirit supposedly returns to the body unharmed.

They also promote several benefits:

1. It boosts confidence,
2. It brings entertainment or joy,
3. It promotes spiritual growth,
4. It enhances physical and mental health.

But Is This Belief Biblical? Or Is It Deceptive?

Firstly, we must understand that it is indeed possible for a person to be taken out of their body—but not by their own will or decision. God did not create human beings with the independent power to enter or exit their spirit at will. For someone to operate outside their body, a spiritual force must intervene—either from God or from Satan. There is no neutral ground.

When God Is the Source

The Apostle Paul describes an experience in which he was taken—either in or out of his body, he wasn't sure—to the third heaven. He saw and heard things that were beyond human comprehension.

2 Corinthians 12:1-4 (NKJV)

“It is doubtless not profitable for me to boast. I will come to visions and revelations of the Lord: I know a man in Christ who fourteen years ago—whether in the body I do not know, or whether out of the body I do not know, God knows—such a one was caught up to the third heaven. And I know such a man—whether in the body or out of the body I do not know, God knows—how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter.”

This confirms that out-of-body experiences can occur when God wills it—not when we choose it. A similar case is seen in Revelation 1:10, where the Apostle John says:

“I was in the Spirit on the Lord’s Day, and I heard behind me a loud voice as of a trumpet...”

Both apostles were taken into spiritual experiences for God’s purposes—not by their own meditative will, but by divine initiative.

Even today, God can take people into spiritual realms to reveal His mysteries. But it is never self-initiated. No matter how spiritual a person is—even a prophet—they cannot will themselves into the spirit. God controls such encounters.

When Satan Is the Source

The danger arises when a person attempts to access spiritual realms independently—through meditation, rituals, or guided practices like Yoga or astral projection. This opens a doorway to demonic influence. Satan thrives when people seek spiritual power outside of God's will.

This is how many get entangled in witchcraft and occultism. There are countless testimonies—far too many to share here—of people who engaged in astral projection and ended up in deep spiritual bondage.

One particularly powerful account is found in the book titled:

“He Came to Set the Captives Free” by Rebecca Brown.

It tells the true story of a woman who was once a queen in the satanic realm and practiced astral projection, but was later saved and delivered by Jesus Christ. The book uncovers how Satan deceives people into using these spiritual techniques—only to enslave them.

If you're interested in the book, I can send it to you in PDF format.

Modern Deceptions

Today, even gyms and wellness centers promote Yoga and meditation as tools for “mental health” and “brain fitness.” They claim that sitting in silence and detaching from thoughts for just 30 minutes is more refreshing than sleep.

But this is a deception. This silence and openness become spiritual gateways. That's when demons enter—through your consciousness—and lead you into false spiritual experiences. You may think you're in control, but in reality, a spirit (demon) is the one taking you out of your body—just like witches fly through dark powers.

At first, the experience may seem harmless and even thrilling. But over time, the enemy introduces more spiritual practices, promising greater powers—until you're fully immersed in deep-level witchcraft and unable to escape.

Ephesians 4:27 - “Do not give the devil a foothold.”

One open door leads to another. Never assume you're just "trying it out." That's how many have become bound.

The Deceptive Nature of Satan

Satan knows humans crave "forbidden knowledge." In the Garden of Eden, he deceived Eve by offering secret insight:

Genesis 3:4-5 - "Then the serpent said to the woman, 'You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil.'"

In the same way today, Satan says:

"Leave your body and you'll know all things. You'll control your spirit. You'll be like God."

But many who went down that path now wish to be free, yet can't. The chains are strong.

Final Warning

Stay alert. Reject these teachings. If anyone tells you about astral projection, rebuke it immediately. Instead, remain grounded in the Word of God and walk in His will.

These are dangerous times.

Colossians 2:8 - "Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ."

God Bless You.

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