

## An Out-Of-Bed Experience

The Survival Files — Case 8 — ESS = 158.7

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One sunny afternoon in September, 1958, Robert Monroe tried again to prove that he wasn't crazy. For several months, he had been having what most psychiatrists would call hallucinations or, at least, very weird dreams, in which he seemed to be traveling about the countryside while his body lay inert on his couch at home.

It had all started that Spring. First, without any discernable cause, came hard cramps across his abdomen. Then the shaking started. Or, at least, he felt as if his body was shaking all over, but there was no visible movement. Fearing every nasty affliction from epilepsy to a brain tumor, Monroe fled to his family doctor, but extensive tests revealed nothing out of the ordinary. Soon, a pattern of symptoms developed: several times a week, just as he was nearing sleep, waves of vibrations would sweep over Monroe's body. Then, one night, it happened — he found himself bumping gently along his bedroom ceiling.

Fearing now for his sanity, Monroe sought the advice of a psychologist friend, Dr. Bradshaw. Fortunately for us, instead of sending him off to enjoy a padded cell (where, no doubt, many of his fellow astral travelers are ensconced) Dr. Bradshaw suggested that Monroe ought to stop fighting the sensations and see where they took him.

Where they took him is the subject of three books and the instigation for the founding of the Monroe Institute. Within a few years, Robert Monroe, once a practical and successful broadcasting executive, became the West's most well-known and influential guru of out-of-body travel.

On the September afternoon in question, Monroe was still trying to confirm that he wasn't simply dreaming his ethereal jaunts. He decided that he would try to leave his body and visit Dr. Bradshaw, whom he knew to be sick in bed. Monroe figured that if he could describe Bradshaw's bedroom, which he had never visited, it would be solid evidence that he was actually out of his body — rather than out of his mind. So, after he achieved lift-out, he focused on Dr. Bradshaw and soon found himself approaching two persons who were walking towards a small out-building of some sort. He was surprised to see that one of the persons was Dr. Bradshaw, dressed not in pajamas, as expected, but in a light-colored overcoat and hat. The other person was Mrs. Bradshaw, dressed in a dark coat and hat. Confused to be observing a scene contrary to the 'reality' he anticipated, Monroe retreated the five miles to his body.

Monroe reported the incident to his wife, who insisted that his observations must be wrong, as she knew that Dr. Bradshaw was ill and in bed that day. That evening, Monroe and his wife telephoned Dr. and Mrs. Bradshaw and asked them where they were between four and five that afternoon. Mrs. Bradshaw stated "that roughly at 4:25 they were walking out of the house toward the garage. She was going to the post office, and Dr. Bradshaw had decided that some fresh air might help him, and he had dressed and gone along." Further questioning revealed that the outer clothing they were wearing precisely matched what Monroe had observed.

### ESS Score

As an OBE, the CS rating is "ee" CS = 101.

As Monroe has been interviewed many times and is well known to many, the WR rating is “h”, WR = 57.

The IC rating is “q”. IC = 0.7.

Total ESS Score:  $101 + 57 + .7 = 158.7$

For Further Information See: [\*Journeys Out of the Body\*](#), 1971, [\*Far Journeys\*](#), 1985, and [\*Ultimate Journey\*](#), 1996. The Monroe Institute of Applied Sciences is located in Faber, Virginia, USA. Its website is <http://www.monroeinstitute.org>.

END CASE 8  
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