

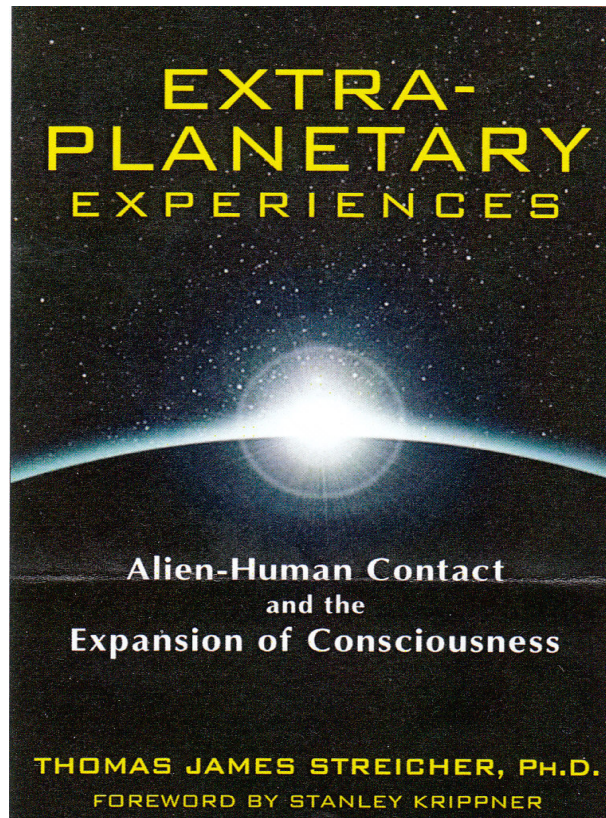
## The Out-of-Body Travel Foundation!

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Marilynn Hughes Interview with Thomas Streicher

XPE - Extra-Planetary Experiences

February 23, 2009



Tomas: Hi, Marilyn!

Marilynn: Hi. Thanks for meeting me here today; this is really great, and I want you to know that I appreciate and respect this time we are spending together. I will try to hold it as sacred space between us.

Tomas: I feel the same. I really think that this is important information, and that is why I wanted to meet with you today and talk a little bit about your experience, or experiences, that might help in this study – the study of people who have experience on other planets.

What I would like to start off with is to ask you, if you can recall, when you think of another planet and how you may have approached it, along with the techniques you used such as out-of-body travel. Are there any other ways to do it? Maybe you can give me an idea of how you would travel to another planet and how you have, in the past, traveled to another planet.

Marilynn: The way it happened to me is *absolutely not* something that I induce myself. It is through out-of-body experiences. I will usually be in a very, very, deep state of consciousness or sleep, and suddenly then I will become aware or conscious of the presences around me. They will pull me into this energy, which I immediately now recognize, because I've experienced it so many times now. But in the beginning, it was more of a sense of awe. However, I still have new experiences with races I haven't yet been introduced to which will instill within me a sense of awe again, as well. Sometimes I can even tell which ones they are. For example, the Pleiadian experiences I have had are probably more numerous than the ones I have had with some of the other ones, so I can recognize the feeling of it and I will be pulled out of my body. There are usually beings there. A lot of times they are hooded; they wear almost what I would call monk robes. A lot of times I am not allowed to see their faces or what they actually look like underneath their robes. There have been many times where they appear in a light body. Sometimes I have seen other less ethereal extraterrestrials and can feel that they are different, the grays that people speak about. But my experiences with them are very different from the ones I have had with those whom I would consider to be more advanced life-forms, wherein the civilizations they come from are more spiritual and they have a purpose in coming here that is spiritual. It is eternal, a work of God. One way I explained it to someone recently

after having an experience with the Pleiadian ships, is that oftentimes as soon as you are pulled out of your body, you will see them hovering. There is a mother ship along with several craft that surround it. And you always become aware of the ships before you encounter anything else, because they emanate the power and it draws you to them. It's hard to describe. I hope I'm doing well.

Tomas: The only question I had is, do you ever contact these beings before you are in a semi-conscious state or sub-conscious state?

Marilynn: No.

Tomas: Do you put yourself in a trance state or some other kind of state?

Marilynn: I do not put myself into a state, but I will be drawn naturally into a very deep state of sleep. What happens with out-of-body travel is that you are completely unconscious and at a very deep level of consciousness. And suddenly your spirit becomes totally conscious, so you have these very, very intense experiences; you go through vibrational states when you are exiting the body and stuff like that. You are as conscious as you and I sitting here talking, but your body is completely unconscious. Your spirit is not. So I have never seen them myself while in a physical waking state. I have had a couple of experiences where I have seen some things – when I was in Sedona, for instance, when I was in my physical body – that appeared to be some kind of spacecraft in the night sky, but that was it. Usually for me it happens in the out-of-body travel state, so I am very unconscious of my body, but not my spirit.

Tomas: Can you anticipate this event?

Marilynn: No, it happens spontaneously. It can happen when you least expect them.

Tomas: But always during a state of sleep?

Marilynn: Yes. I have three kids, and one of them would often have the same experiences I was having at night with the Pleadians. They would be around the house, and we would see them the same night, and there would be no reason to expect it to occur. We would both have the experience the same night.

Tomas: So you shared these with your child the next morning?

Marilynn: Or vice versa.

Tomas: Somebody would say something in the morning like, I had a dream, or I dreamed something? What would be the difference between this experience and a dream experience?

Marilynn: Well, that is a good question. What I think happens with out-of-body travel is that you are more conscious, and you are aware that you leave your body. You're aware of the vibration, you're aware that you are walking through matter, walking through the ceiling. You're aware of the spaceship over there, and they take you in a totally conscious way in a dream experience. It's like being totally awake. Does that make sense?

Tomas: Yes, there is such a thing as lucid dreaming where you do know you are dreaming. This is a different state, correct?

Marilynn: It is different. You are totally aware, probably not in the beginning; but now it has been 20-30 years since this started, or maybe 22 or something like that. Now I am very much aware of when I am not in my body anymore; whereas when I am dreaming I am aware that I am dreaming. So it is different. There is a lot of similarity in the sense that my conclusions over the years have been that a lot of these things are probably happening on different levels of consciousness; so someone who experienced a lucid dream or even left the lucid dream can very well be remembering portions of what might

be out-of-body experiences. They're not just totally conscious, and so there are different levels of consciousness for these experiences. Does that make any sense? One of the things I talk about in my books is about subconscious astral spirits, those who are dreaming but absolutely subconscious. They will not remember the experience as a dream or anything. Because you meet people in these out-of-body travel states that you know are subconscious, which means they are out of their body, but not aware of it. And you see this with the extraterrestrial life forms a lot, and you can tell immediately that many of these people will not remember what is happening to them. But I remember it completely, as if awake.

Tomas: Can you recall all of it?

Marilynn: You can recall however much they allow you to, because there have been many experiences where they will show you things that are just so awe-inspiring, awesome, like, I got to remember all this. There is often a sense of holy awe. And then they will take a portion out of your mind that they do not want you to remember, for whatever reason; so they let you remember whatever they let you remember.

Tomas: Do you have the feeling that they are in control of the situation?

Marilynn: No, it's not a feeling. You *know* they are in control, as with the Pleadians. With the civilizations that I consider to be higher and here for a greater purpose, you feel completely comfortable with them being in control. Except for the fact that you're disappointed that they take away certain memories, because you remember you saw something spectacular, but it's just taken away.

Tomas: Is it erased?

Marilynn: Yes, it is, so you're really disappointed, and you want to try and bring it back. But you can't. There are certain things that they do not allow you to remember, and then there are things that are so beyond our comprehension. There was something, ironically about one of my children which I was shown. I can't remember where it was that I was shown, and this might sound a little bit out there, but we were sharing sacred space.

Tomas: Nothing is too far out there for me.

Marilynn: I was shown that some of us have other origins before we incarnate here. We have some of these elements, and sometimes it has to do with which civilization hangs around us, because it is something we are supposed to do. I was shown this civilization that one of my children had come from, and I was taken really far out; we went to a place that was so far beyond anything that I understood astronomically. I had no idea where it was. I just know it was so far out, and beyond that I did not know where it was, and I don't have a name for it. But I experienced the level of spiritual evolution of the civilization for maybe 20-30 minutes, and they were downloading into me. It was an incredible experience and I was just awestruck by it when I came back. While at the same time I will never forget the experience, I can never really put that into words completely in terms of how I felt – like, wow, they wanted me to realize that she had come from a very advanced place. One of the things I have been shown about my own kids is to always remember that they are just little people in bodies, and you have to respect that they may have purposes beyond what you might even be able to comprehend as their parent. I think they were trying to give me more respect for their souls and were making sure I was leading them correctly, while also being respectful. They might develop and know things that I didn't understand as they got older. Does that make sense?

Tomas: Sure. Are these beings familiar to you now? Are these the same beings that come to visit you?

Marilynn: No, I've only seen this civilization this one time. I see the Pleiadians most often. With the Pleiadians, you do get a certain sense – it's more like a group; there is a huge mother ship that I have seen repeatedly, and there are always separate crafts. And it's almost like a consciousness with them because they never speak; everything is communicated telepathically. You always get the sense that when you see many of them they are all telling you things. They are communicating with their thoughts, and so there is a sense of familiarity with them every time they come. A holy silence, as well. But as to whether they are exactly the same ones, I'm not sure, because it is more like a consciousness of one. The last experience had come totally out of the blue, just a couple of months ago. It is hard to put into words, but I will try. I was sitting inside our Catholic church and the roof was off. It was an out-of-body experience, and I looked up and all of a sudden it was – because when they come you have that sense of what I've seen others experience during Marian apparitions, when the Blessed Virgin appears. The attention is immediately on her, which, ironically, is another thing I can point out in a minute about the Blessed Virgin Mary, because I had an experience with her and her extraterrestrial origins. In this experience the roof was off the church, and they were getting ready to celebrate the Holy Mass. And in Catholicism a Holy Mass is the most holy event that we celebrate. And the mother ship was above the church, and I was mesmerized looking at it; there were crafts around it, and I immediately understood what they were bringing (even though it felt very odd to me to realize this at the time as a Catholic) was so far beyond what we already had understood spiritually. It was more important that I was fixed upon

them than on what was about to be celebrated. Why? Because they were creating a galactic link between our religious rituals which are important, but they were taking it to an even higher level in the galactic heavens. It was profoundly intense, in the sense that communicating to me was such a huge evolutionary leap for those who could accept it. I'm not sure how it will end up manifesting in the real time and real world, but it's there and it's important. It's a galactic linkup, so to speak, a raising of our level of humanity to a level which can receive those things which are coming from these higher spheres wherein many of these extraterrestrial life-forms reside. They are trying to help us to achieve a higher level of spiritual understanding. The thing that I get when I see them is that they're ever present and they are around. When the Iraq war started, I had an experience where they were hovering and watching to see what we were going to do. We could either take a huge evolutionary leap forward or blow ourselves back to the Stone Age, and they were anxiously waiting to see what we were going to do at that point. It was interesting. Going back to the Blessed Virgin, I had a really cool experience with her and it was with the Pleadians. They had come, and I was running after them in spirit; they always have this sound when they come. It's very loud, vibrational, like the sounds of perfectly humming but profoundly powerful jet engine that somehow reaches you on a soul level. A beautiful lady had exited the bottom of one of the Pleadian craft, and I knew her name to be 'The Lady in Light.' I began running through the crowds to get near this beautiful lady who had descended from the Pleadian ship and when I came up behind her, she turned to look at me and smiled. Instantly, I knew. And I said to her, 'You're the Blessed Virgin Mary.' But yet, she had just gotten off of a Pleadian ship.

Tomas: You say they – now are you talking about the Pleiadians? I was wondering, because you have some ability to distinguish the Pleiadians from other visitors. How do you know that they are Pleiadians?

Marilynn: Well, I have been taken to the Pleiades a couple of times, for one, and they would point out who they are. There was one who in particular who came first. His name was Antonique, and he taught me a lot. But he was only the beginning of many who would come after him. Their spacecraft come with a particular vibration that is unique only to them.

Tomas: When you are ready, I would like you to go into greater detail on one of these experiences when you felt you did travel to another world or planet.

Marilynn: I will go ahead with the one when I went to the Pleiades for the first time, if that is OK.

Tomas: Yes.

Marilynn: Only because I'm more familiar with them, but I have seen others. The Pleiadians had come and there was a craft. It was silver and had a blue light underneath. And they told me that they were going to take me to see what the Pleiades looked like.

Tomas: Did you have previous contact before this? For about how long?

Marilynn: Yes, about six months. But they had come to me on earth, I had not been taken to where they had come from yet. So they put me into this vessel and it wasn't long before we reached the Pleiades, and we landed on what I believed to be a planet. I'm trying to remember the details about the soil. I remember the Pleiadian sky was a deep purplish-blue. It was very intense because instead of having one sun, it was darker. You

could see the Pleiadian stars all around – I think there were 6 or 7. You could see them all from the ground. There were a lot of crystal-like formations.

Tomas: Crystal-like formations on the ground?

Marilynn: Yes, and all around. It was more like a mountainous but desert-like landscape; there were no trees and little water. It was very beautiful and the feeling was like a humming high vibration of love. But it was kind of – in terms of landscape, it felt like there was a lot of rock, mountains, and crystals that would protrude from the ground and inside the caverns and things. Many of the mountains were embedded with a purplish rock similar to amethyst, but that amethyst formation would encase entire mountain formations. The beings there appeared to me as beings of light; they were pretty much light bodies. You didn't see arms and legs, but we flitted about the planet with an ease. It was like you were in that light body, and you could travel at the speed of light or higher, I don't know.

Tomas: You were out of the craft at this time now. When that happened and you looked at this remarkable place, how large did this planet seem? Was it immense? Could you see a horizon?

Marilynn: It didn't seem immense. You know, it wasn't like here where you can look out forever; it didn't seem like it was huge. I remember seeing these huge butterflies. The horizon was probably like as if I was on a Moon.

Tomas: What was the color of this planet – could you tell by the ground?

Marilynn: The ground had a grayish nature, and there were crystalline things that were like quartz crystal. I remember there being a lot of purple and blue, the amethyst on the mountains and in the caverns. But the sky was very purple-blue. The landscape was not

like the Moon in the sense of the barrenness of the Moon, but in terms of the light, the sunlight, it was different from what we have here where you just see the obvious day, obvious night. It was more like a twilight. Does that make sense at all?

Tomas: Kind of in-between?

Marilynn: Yes, it was more like what to expect on the Moon, but then again some obvious differences. But in terms of astronomically, it is what I would expect if I were going to be on the Moon. It's like what we see from the twilight. I know that the Moon gets totally dark on one side too, but when you see the Moon landing, there is, like, a twilight sense. Does that make sense?

Tomas: Yes. Was there a name for this planet?

Marilynn: They did not tell me.

Tomas: You said they were going to take you to their planet, correct?

Marilynn: This was one of them. We know there were more. What they were telling me was they wanted me to experience what it felt like to be truly and totally free, because they are in a different space than we are. And it was really awesome, because the moment was so simple. Everything was so simple. You could fly across the landscape and go inside the mountain. And there was a lot of crystal and structure in the mountain, I remember that. There was a lot of healing energy. Unconditional and intense love . . .

Tomas: So did you go under the planet then, inside the planet?

Marilynn: Well, it was more like I was on the surface when we landed, and then they took me inside some kind of a mountain. I don't remember right off hand if it was like a cave that went inside, but there were more crystals in there. It was inside this mountain. I don't recall seeing any plants. It was very crystalline. It was primarily these huge quartz

structures and things that could be compared to amethyst. But there were also purplish quartz structures, so that is not exactly amethyst, but it was like that color. I remember being mesmerized by the sky because it was a beautiful deep bluish purple, and you could see several of these Pleiadian stars in the sky.

Tomas: How could you see them – were they shining?

Marilynn: Yes, they were shining, and you could see this interesting look of the stars. I have painted these. It's more like twilight in a night sky than a daytime sky. There were these huge stars.

Tomas: Like a sun?

Marilynn: They were huge like a sun, but they were for whatever reason not like the daylight that we have. It wasn't like that. For whatever reason, it wasn't emanating that kind of light to the place that we were – why, I don't know.

Tomas: Can you remember the temperature?

Marilynn: Yes, that is a good question, because I remember writing that the temperature was perfect. You never felt cold and you never felt too hot. You always felt like you were the perfect temperature, but you were in a different kind of body. It was kind of like a light body at the time, so I remember that as being really an unusual thing, since in my physical body I had a tendency to get very cold. It was really beautiful; there was this sense of profound unconditional love. There was a real sense of intelligence that was more than intelligence. It was like an evolution of these beings that are different from us, greater than us.

Tomas: Did you get to go any other places? You mentioned the caverns?

Marilynn: That particular visit I was not allowed to go any other places.

Tomas: Did you get to go to the same place another time?

Marilynn: I don't think so. I have never even checked to see if there are other planets there.

Tomas: What really matters is your experience on another planet.

Marilynn: I was also taken to see Alpha Centauri, wherein I was taken on another spaceship. These two beings were dressed all in white and they appeared to be human, but they weren't. They told me that they had changed their appearance for my benefit, and they wanted me to see the Alpha Centauri planet, so I was taken to see it. It was more Earthly, except that it had this huge sun. The thing I remember, I was not allowed off the spacecraft on this experience. But I could see there was lush greenery and it was much more Earthlike, except there was this huge sun, about half the size of the horizon on this planet. You can't help but ask these questions, like how could they be so close to the sun? But I didn't know what kind of life form they are, I could not explain that. But the sun was the size of half the sky. In a separate experience relating to the planet Venus, I saw some similarity, but Venus is not inhabited with 'physical' beings.

Tomas: How did you know it was the planet Venus?

Marilynn: Because they always tell me.

Tomas: Always?

Marilynn: Well, I have had some experiences with the grays; they never told me where they were from. I still don't know where they are from. In regards to the Venus experiences, they came to me in crystal-faceted spaceship, and it was bluish green, with maybe some purple in it.

Tomas: Would you like to draw it?

Marilynn: Sure. It was like a crystal-faceted spacecraft. Almost like a bottle shape, wider on the bottom narrower on the top. It was *very* beautiful, and when you would go to the planet there were buildings that were not so different from what you see on Earth.

Tomas: Did you see buildings on Venus?

Marilynn: Yes, and on Alpha Centauri there were buildings. There were some similarities between the buildings we have here and some that they had there. The similarities are like the new modern architecture that we're seeing, like the shiny buildings. They were not skyscrapers but they had the metallic mirror reflective surfaces. And I remember that the atmosphere was more gaseous, as if there was a haze, but there was a bright light. It was different from the Pleiades, where it was darker and you can see all these stars.

Tomas: Did you see signs of civilization?

Marilynn: On the Pleiades, no, not there – only with their spacecraft, but you would think based on my other experiences that there would have to be signs of civilization. But I was not shown them.

Tomas: What about under the surface of the planet?

Marilynn: Maybe. I remember seeing inside the cavern they took me into all these crystalline structures which seemed important, like perhaps it powered or controlled something. The Pleiadians do have very sophisticated spacecraft, after all.

Tomas: Can we go into more detail concerning what the planets looked like?

Marilynn: On the Pleiades, I don't think I saw a single building; I saw a big rocky mountain, but it didn't have trees or plants. It had protrusions of crystal structures, a big scale version of amethyst. The primary colors were crystal clear and the purple – a beautiful purple.

Tomas: Did it resemble the sky?

Marilynn: Yes, it was similar to the sky, but the sky had a darker hue, because it was very twilightish and more purple.

Tomas: Could the crystals be reflecting the light from the sky?

Marilynn: I think that is possible, but I'm not sure.

Tomas: Did you touch these crystals?

Marilynn: Yes, and when you touched them there was an energy emitted, so part of the fun was going from crystal to crystal. It was powerful. When I went into the mountain, there was something under the mountain that had to do with how their souls were powered, perhaps how their ships were powered. It was like the crystalline structures were a power plant.

Tomas: Were you inside the mountain?

Marilynn: Yes, I received information from being in there from a male who was in there. These crystal structures provided some kind of power, and I don't know what it is. The spacecraft are very loud, there's a low rumbling. The whole planet vibrates. The Pleadians have this heightened spiritual evolution. I'd mentioned before seeing the Blessed Virgin Mary coming out of a Pleadian ship. She was dressed in purple and white and I touched her hand. I understood then that she had Pleadian origins. I had also been told that Christ has Pleadian origins. That was a very powerful experience I had with her, and a profound understanding that there are a lot of holy people who may have origins like these. I write a lot about all the different world religions. My own personal belief about the holy people who have come, like the prophets, avatars, messiahs, the great saints and mystics and stuff, is that a lot of them may have come from far away (however

this works, because I don't know how it does), where they have these aspects of other star systems.

Tomas: Do you consider all of them to be extraterrestrial then?

Marilynn: No, I have had innumerable experiences with spirits and beings. One of the things I write about is lost souls. The majority of the types of beings that I deal with are either human beings who have died, or angels, demons, people in between heaven, hell, and purgatory. And there are many different realms of those, and there is a planetary connection to those realms as well. Each of these planetary systems serves a different function. For instance, the Earth is a world that I would consider a mortal realm where the battles between good and evil exist. But there are other planetary systems where they are beyond the battles of good and evil. There are also other planetary systems where there are other mortals like us, as well. In my writings, I explain how the systems of evolution can be understood through a system I have been shown - a star map - the Universal Sphere of Realms. But this star map shows planetary locations and our own location according to the level of evolution, not a physical location. But somehow it works out that these physical locations all merge and make sense when you see it overlapping the Universal Sphere of Realms. In a nutshell, the most interior realms one and two are lower realms - realms where dominant darkness and evil reside. Realms three and four are borderlands, the mortal realms - realms where the battle of good and evil both within us and outside of us takes place. Realms five and above are worlds of ever increasing light. One of the most powerful experiences I have had, because I have had several of that type, is that of all these civilizations coming together. I mentioned to you before about the Galactic Council?

Tomas: Have you met with the galactic council?

Marilynn: Yes, I don't know where it was; it was not on Earth.

Tomas: What did the galactic council consist of?

Marilynn: There were 5 people from the Earth that particular night that I was taken, and there were representatives from, it seemed like, every star system in the universe. There were many beings, and they all looked different. But the purpose of the council had to do with bringing members of mortal races, in our case humanity, into touch with the higher Galactic Council. They are actively seeking to create within the consciousness of mankind a galactic linkup in our spiritual and psychic bodies which will help us transcend where we are on the evolutionary scale of things.

Tomas: Do you recall about how many beings were at the galactic council?

Marilynn: Between one and two thousand. There are so many different ones that you have a hard time recalling their differences when you come back. I was very overwhelmed when I first woke up. I had another experience years ago where I was taken to another Galactic Council, but it was something similar, where there were several species, races, several different kinds in one location. And that was very interesting because there are so many different looking creatures or forms of life, perhaps I should say.

Tomas: What was your experience on another planet like?

Marilynn: Ecstatic. It is very similar to the experiences wherein the Christian Mystics might describe as Ecstasy, Buddhist Mystics as Nirvana, and Hindu Mystics as Samadhi. You go into an altered state like you are in ecstasy. It's the unconditional love that you feel, and the power, and it's almost a sense like I am home. There is a sense of being

home for just a moment, of being in a more perfect world. It's a real break from a mortal realm, at least these ones. I had experiences with the grays, and those were not always positive. But the ones I'm referring to now are the ones in whose presence you feel that you are surrounded by God, in a sense. It's not that these beings are God; it's just that you are in such a higher place, these extraterrestrials are much closer to God. The unconditional love is palpable, but it is so hard to explain to a mortal realm what unconditional love really means. Because those who are able to reach into these realms do so because of the correction they've already received when they may, too, have traveled mortal realms. Unconditional Love is felt as something which can only be experienced within the natural confines of understanding. Understanding comes about through correction. So those of us in the mortal realm often misinterpret unconditional love as staying where you are when in fact it is the opposite. Unconditional Love is achieved by races who have reached such a state of love and a heightened understanding of God that they naturally stay within certain boundaries. We are in a mortal realm, because we must learn those boundaries which unleash that kind of love, which means, in essence, we will have to receive instruction, guidance and learning on virtue and attaining to this higher understanding which naturally amends and controls itself within the confines of God's will without disturbance. It's a beauty and power, it's energy that they fill you with. They always have a mission for you, going in steps. There is something that they want you to do. You are always excited to see them again. You can't wait to see what they have to tell you this time. And every time you see them, you bring something energetic back with you, something more than the last time.

Tomas: Sounds like a family that cares about each other?

Marilynn: Yes, very much. It is very similar to going home. That sounds odd, but it feels like I'm home for a few minutes. Does that make sense? Oh, and how I miss it when I have to come back.

Tomas: Yes. So how did this experience affect you, now when you look back?

Marilynn: It just affected everything. It changed the entire path my life was taking. It was laid out for me, and I felt compelled to follow. When I was in my early 20's I was in the news business. I was a radio news anchor and reporter, I was heading in a pretty good direction there, and I completely changed my direction. If I had continued to do what I was doing, I would probably be doing that kind of stuff now. But it felt like I was being called in a completely different direction. Sometimes I say that God assigned me to be a reporter in other realms. My spirit began to travel through what I call 'Star Tunnels' but are very similar to what science terms as black holes. But when you mystically travel through these 'gateways' you enter into the sphere I term as the galactic heavens. It is another dimensional reality of the universe, and within it is heaven. It encompasses everything we have that is knowledge based here on Earth with everything that the galactic heavens contain in terms of knowledge. Those who reside in heaven are not just spirits from the earth, but from other planets. But when you're there, that feels very natural. Everything that I have done in my entire life has completely changed.

Tomas: Can you recall what you were thinking and feeling on this other planet?

Marilynn: Very ecstatic. You are in awe the whole time, remember you are seeing the Kingdom of God.

Tomas: Was the whole time ecstatic?

Marilynn: With the few exceptions of when I was being shown the many different civilizations. Some of them are higher than us; some of them are similar to us. I don't know if I've ever been shown any (extraterrestrials) that were lower than us. I don't think I have. But I've seen much of the lower realms as it relates to human souls. There are some extraterrestrial races that are raging with the warring between good and evil, and those are just as dangerous as we are. There can be mixtures of good and evil in each one of them; they can have bad intentions, or they can have good intentions and do stupid things. The experience that I had with the grays was not good. The reason was that they took you completely out of your own control, and there was no free will involved. I was warned by, I think, the Pleiadians to be careful with the grays and other mortal extraterrestrial races, because there are races that are no higher than us and they can do things that are not necessarily good or helpful. They might think they are just like human beings can do bad things with good intentions . . . whatever. You know how humanity often tries to do the right thing with good intentions, but later realizes it was the wrong choice? They're mortal like us. But there didn't appear to be that many races like these out there. There are many mortal realms other than earth, many of these are purgatorial realms filled with many human spirits. But there were not many extraterrestrial races like this. By far, the experiences I've had with the extraterrestrials has shown a huge preponderance of higher races than ours who are beyond our comprehension.

Tomas: More mutually respectful?

Marilynn: Yes, very much so, especially when you consider that in these experiences I'm always being aware of my inferiority. I am kind of aware that I am this dumb human, and they're taking whatever time they need to impart something to me. And I'd better pay

attention, because I am the one that really needs it. They're not doing it for *their* benefit. They are doing it for *mine* and for whatever the greater purpose is that they're instructing me to do things. Does that make sense?

Tomas: How long ago was it that you visited another planet, and when was the last time?

Marilynn: My first time was 1987 to 1990, sometime between there. My Venusian trip was the first one. The Pleiadian trip was probably about 10 to 15 years ago. The two other civilizations that I saw were probably in the last 5 years. In terms of general trips I have taken into the galactic heavens, through the star tunnel in the out-of-body state, that's going on all the time. I go into this alternate universal reality, and I am not visiting one particular planet, but I can see many of them. I am being taken through the galactic heavens and shown other things, they take me to space stations, and they show me universal truths in relation to Christ's great importance in all universal reality, not just those who have lived on earth. That's one thing that people might be surprised by in that in the galactic heavens wherein spirits of many life forms reside alongside each other, Christ is equally respected and revered in an even greater way than we know it on earth. But I was probably first taken to the galactic heavens for the first time in the last ten years, although that remains ongoing. In terms of the last Pleiadian encounter here, it was a couple of months ago. In terms of going out into the actual heavens, I experience that frequently. And many of my experiences are not necessarily always dealing with the extraterrestrial element. My experiences run the gamut in terms of spiritual teaching. I have a lot of experiences that are not in this exact subject area.

Tomas: Would you like to go back to any of these planets?

Marilynn: Yes, of course.

Tomas: Why do you think you are not going back?

Marilynn: Because of these other things that have more urgency at the time. One of the most important things is that when a soul is in need on any level, this takes precedence over me getting such opportunities. Much of my time is spent working with lost souls, aiding souls in purgatorial and hell realms, working with souls on earth on subconscious levels, even helping the extraterrestrials in their efforts to open the minds and hearts of other souls subconsciously to the work they are trying to do in linking us to a 'galactic' connection or mindset. These trips to other planets or beautiful spheres are often a reward after months and months of hard work. Sometimes I'm not taken to another planet, but rather, to a really holy place wherein I learn something profound and true instead. Does that make sense?

Tomas: Yes.

Marilynn: I think the one thing that has come through all my experiences is that everything is connected. These travels to these other planets, all the things I am doing regarding other religions, the paths of the prophets, saints, mystics, sages and ascetics; they are all connected. It's not just one or the other. They all come together, so it's hard to compartmentalize because of that.

Tomas: When you look back, do you think this has given you a better connection with humanity?

Marilynn: Very much so. It has completely changed my whole worldview. Everything I have ever believed has been completely changed by all of it.

Tomas: Has this changed your occupation?

Marilynn: Yes, I have devoted myself to my writing. I have more than 60 books in print on comparative religious mysticism and out-of-body experiences. I've written a twelve-volume series on all the different world religions and their sacred texts. I have done a lot of work with the world religions and bringing them together. My organization 'The Out-of-Body Travel Foundation' and its website is <http://outofbodytravel.org> and remains very well-traveled around the world for out-of-body travel. And I have literally dedicated my life's blood, everything I do, to making everything that I do available for free download worldwide. I do this because the prophets asked me to, and I began doing it at a time when the technology was just starting to become available. Many times the extraterrestrials showed me how to make something work on the website that others could not figure out. My books are in print and can be purchased, but they are also all available for free download (<http://outofbodytravel.org>) . I've also painted some of my experiences, and written some of the music I've heard in out-of-body travel states. Those are available at the website, as well. In print, on CD's and for free download. The mission of 'The Out-of-Body Travel Foundation' is to reduce spiritual hunger worldwide by providing many resources, not just my own, for free to anyone who has a seeking. What I try to work towards is unity and understanding between the world's religions. Rather than focusing only on our human need to be *understood*, we must also focus on *understanding* one another and trying to create a dialogue between people. The Out-of-Body Travel Foundation is Worldwide, we hear from people of all faiths.

Tomas: How have these experiences changed your connection with humanity? Do you feel that you are an extraterrestrial?

Marilynn: No, I don't believe I am an extraterrestrial. I believe that my worldview has changed in the sense that I have become less judgmental. I have become more of a seeker. I want to know the truth more, whereas before these experiences came into my life I often was more arrogant and thought I already knew it. Even now, twenty some years after these experiences began, I don't know the whole truth. The one thing I have learned is that God is just so vast that it may very well not be possible for us in human form to understand and know Him completely. But we can know Him more fully. This has completely altered the spiritual path I've taken in my life; my experiences even led me to Catholicism. They've changed the way I view everything, and I am all the more aware of my inadequacy even as a vessel to explain all that I've seen. Because I cannot even really say that I fully understand all that I've seen. I can only try, knowing that God in His fullness cannot be contained. What I have seen with the extraterrestrial races shows me what is possible for my own spirit and that of others if we move towards the change that they bring, the alterations that they present and the galactic alignment that they give so freely. Watching what they do out of complete selflessness, I have also changed my focus to be much more directed to the needs of humanity than to my own personal 'needs' which are usually desires rather than needs.

Tomas: Has your concern for material things changed?

Marilynn: Oh, yeah, I pretty much sold everything I owned. I was told to move out here, and they said sell everything you own, and I said OK. I sold everything we owned, and we did the little wagon train and moved out West to these mountains. I was told about Ute Mountain in my visions before I ever knew that there was a Ute Nation or a mountain.

Tomas: You were told? Do you mean by your extraterrestrial friends?

Marilynn: There were many Native American spirits that were working with me at the time. Chief Joseph of the Nez Perce spent a significant amount of time teaching me in the spiritual realms. I wrote about it in Part II of 'The Mysteries of the Redemption: A Treatise on Out-of-Body Travel and Mysticism,' Part II, The Alteration Pathway. Many of them were just referred to me as "the old ones." There was one named Grandmother Skywalker, Hunkpapa Woman . . . and they had ties to extraterrestrial regions. They told me to move out to Ute Mountain. Ironically, years before when I first started having out-of-body experiences, they were saying the word, 'Ute', to me. And I didn't know what they meant, because I lived in Ohio. We had the Shawnee and Cherokee, but I had never heard of the Ute. I did not know, and so they led me here. It took awhile. I had to research. They told me things and I had to figure out what it was, and then we would have to put things in place and see where we were being led to go. One of the things that Chief Joseph would say to me was that we need to restore what has been lost. My husband, Andy, had some Calvary lifetimes, and he had to atone for that; and now he works with the Native Americans, the Utes, atoning for some of the things he probably did in that lifetime. Does that make sense? We had to restore our little portion of that which had been lost at our hands in the past.

Tomas: Has your concern for the welfare of the planet Earth changed?

Marilynn: Yes, very much so. Especially when I had experiences where they were hovering before the Iraq war, and I could tell the importance of the moment. It was, like, what can I do about this? It has completely changed my view of the welfare of the planet, because I do believe that we are at a point where we can go forward or backward in

evolution; I think of technology, global warming and the things that we are doing, and there are so many more things that could throw us back to the Stone Age. And we can either do that or go the other direction towards where the Galactic Council and its members are trying to very quietly lead us in our subconscious minds through these galactic linkups to higher places and higher thinking. But it can be one or the other - total destruction or an age of peace - it could be that extreme. So it has changed my concern in a profound way.

Tomas: Has your desire to help others changed since this experience?

Marilynn: Yes, I work more in a service capacity. For many years, I worked for the Catholic Church, so we did a lot with the homeless, the sick and all sorts of things. But my energies are on my family and the work of 'The Out-of-Body Travel Foundation.' Reducing spiritual hunger, but also working to restore that which has been lost - within our spirits.

Tomas: How do you feel about being back on Earth?

Marilynn: I have gotten accustomed to it, but I always look forward to the day when I am done here, when I can go back more permanently. I enjoy the experiences I am still very blessed to have when they occur, and I feel I am continually learning. There is a fine balance between helping and hurting, and I feel that in the work I do, I find that fine balance difficult to achieve sometimes. I let myself down. But I do get back up and try to learn from those mistakes and try again when these things naturally happen.

Tomas: Have you considered this a spiritual or religious experience?

Marilynn: Absolutely, I do think it is. But perhaps not in the sense that some religious people may perceive it. It's different, it's more. It's beyond and greater than anything we

truly under here. I believe this connection between our world and the others absolutely encompasses the next leap for religion and spirituality. It's something that we just cannot fully understand, even if you've seen it. If you've seen it, you will understand what I mean in that we cannot fully fathom it. A person who is very religious may not know what I am talking about, because I mean it differently than they might mean it. However, I consider myself a religious person. Does that make sense? Sometimes religion is more structured than God, and the spirit of God cannot be contained within such structures. This doesn't in any way minimize the truth, value and importance of religion. My mystical experiences led me to study all religion and to become Catholic. I know the truth in religion. But the extraterrestrial experience is a religious experience - unfortunately probably very hard for a person who may not have experienced it to place in this context. God is behind it all. When you're there, you know God is present. You know he is behind all of it, including the extraterrestrial experiences, but you also understand that they're all related. You get it that some of our great holy people were possibly of extraterrestrial origin, but it is all under the umbrella of God. On the other hand, some people of different faiths might find this ridiculous and I understand that view. But I can tell you from my experience without question they are all connected. I look at the time we are facing now and compare it to the time of Christopher Columbus. They found a new world at that time, and we are on the verge of realizing that we are going to find yet another new world beyond our own planet. The only question is that we don't know which ones are inhabited, how they are inhabited, how they exist. We know we have different laws of life in our realm than they do in theirs, because many of these beings such as the Pleadians are not third-dimensional creatures. They are spiritual creatures, fifth

dimensional and beyond. The grays, from what I understand, are third-dimensional creatures that have a physical body. But a lot of these extraterrestrial civilizations have completely different laws of existence than we have. It's *very* similar to what Christopher Columbus found in the new world. We are just on the verge of finding these new worlds now, but there are so many and they are so varied; I think the next several hundred years will be interesting historical times. If you think about it, it has only been 500 years ago or so that Christopher Columbus found this country. In the next 400 or 500 years we may also have an entirely new understanding of our neighbors than we do now. It could be very interesting.

Tomas: Has your fear of death changed?

Marilynn: Completely. I have no fear of death, but I have to admit that because I have had brushes with severe illness and being close to death, I have experienced fear not of death, but of the process of dying. What pain might I have to go through in that final battle of my life? The other thing I have to admit as being much clearer to me is my own sinfulness, and when I've been close to death, I've had profoundly enlightening life reviews. Salvation for myself and others is something that has become a premiere concern on my mind, because I've learned through these experiences how much we need to accomplish here in these mortal realms in order to progress. I am not afraid of death, per se. I am afraid of the process, of the pain that I might undergo. I sometimes fear my own sinfulness, but then remember to place my trust in the mercy of God. And I'm afraid of not being at peace with everyone, and having truly forgiven everyone from the heart when I cross over. And hopefully, at the same time being forgiven myself by those I may have harmed in any way.

Tomas: Do you ever think of going back to these other planets, and if you do, for how long?

Marilynn: I have no doubt that I will go back after death. I believe that some of our afterlife resides on some of those planets and in general - in the galactic heavens. I think that, in some of our heavenly realms and purgatorial places like Earth, we are here for purification, weeding out the good and the evil within ourselves and our societies. I do go back frequently now, but I do believe I will go back permanently when I die. But I also don't wish to be presumptuous, because I know that I must remain faithful to the end. And I hope I can do that. I find myself making more mistakes than I ought, but again, I have to turn to God's mercy and continue to learn and grow from them. In other words, I hope I will be ready to go there permanently, I hope I don't miss the point of the blessing of these experiences which, in essence, is teaching me how to progress beyond these mortal realms into a higher existence.

Tomas: What is your reaction to those who think that your experiences are fantasy, illusion, or that you are crazy?

Marilynn: I usually tell them that it is perfectly reasonable for them to think that, because if I didn't have these myself, I would probably think the same thing. Before I had these experiences, I might have thought that someone who had them was crazy. I might have. I think it is perfectly reasonable for people to think that, if they have never had this kind of experience. If you have had it, then you are in kind of a quandary, because the power of the experiences is so much that you cannot deny them; but you also know that, if you told some people, they would think you were insane. But, because of the work that I do, I have met quite a few people who have had some fascinating and similar. There is much

more study into near death experiences, out of body experiences, after death experiences, between life experiences and now extraterrestrial experiences, as well. I think the hunger to know the truth is out there, and people are seeking it. And I think our extraterrestrial friends have a lot to do with that new kind of seeking that we see now. They have implanted it within our hearts to want to *really* know God . . . I mean really know Him.

Tomas: Do you ever consider yourself to be a person of two worlds?

Marilynn: Yes, I often do. Sometimes I tell my friends I ride the border between worlds sometimes. Part of this comes naturally because I have a serious illness. But it's more because of the experiences I have had. Sometimes you feel you're in both worlds at the same time, and you're trying to make them both fit into one world. Well, this one over here understands this one, but this one over here doesn't understand that one. So, you do feel like you're on the border between life and death, and in between this world and the next. And because of the way it has been presented to me, I do believe that many of the extraterrestrial experiences that people are having are things that are part of the afterlife as well. I don't believe they are separate from the afterlife. It's like there's this world and the afterlife, and the afterlife contains the galactic heaven and it contains all the other races, other existences. I see that when I cross over I will be able to go to in infinite variety of profoundly beautiful places. I may have to undergo some purifications, but we all have to do this.

Tomas: How will you try to integrate these experiences into your consciousness?

Marilynn: I have integrated them by making it my lifework to disseminate it. The big part of this mission is peace. Peace within and peace without. Many of the things I've been instructed to write are meant to give understanding to things which are sometimes

otherwise hard to comprehend. I've been called into an arena I didn't expect, many arenas, in fact. But one of these arenas is assisting others to understand one another. Many of my books combine quotations from all world religions and in their comparison we find that amongst the major world religions, we are more alike than different. In most cases, we share a moral code. And in the lives of the mystics in these varied religions, their experiences show a unity and oneness between them that would otherwise seem impossible if you only looked at the religion from whence the mystic emerged. But I believe this is so because there are certain universal truths that all true mystics, of any faith, touch into. That's why the mystics see more eye to eye, regardless of faith, than any other. Because they all touch into God, who is unitive. So somehow, despite different dogmas or varieties of faith, we have to begin with mutual understanding and respect. Doing so does not require us all to agree with one another, just to try harder to achieve peace despite whatever differences may remain. Ironically, all the world religions teach peace and respect. Not a single one does not. The fighting over doctrines and dogmas needs to stop. In the bigger scheme, when you have these experiences you realize they are irrelevant, and that the dogmas cannot be fully defined. There is a place for dogmatic theology, but never forget mystical theology is just as critical to enable a fuller understanding. The religions of the world share so much. Moral codes, mystical theologies, standards of conduct . . . they are all really similar. If you read the mystics from all the different religions, that similarity increases even if their individual religions have some different beliefs. I think they are tuning into that bigger picture. I believe that the extraterrestrial contacts that I have come in contact with are trying to create peace. By trying to create peace they create an opportunity to go to a much higher level of

understanding. Raising consciousness and making some of those galactic connections is a part of what's required for the mystical to emerge, but this must also result in more mutual understanding and respect. Look at all the wars and genocide that has gone on in our world in the last 100 years: Native American, Russian Revolution, World War I and II, Kosovo, the Israelis and Palestinians, Africa and South America. There's more . . . . Many of these conflicts have religious undertones. Until we get people to actually have an interest in understanding what other people believe, respecting what they believe and why they believe it, being able to listen to what they believe - regardless of whether you agree or not - we aren't going to be able to stop this constant genocidal warring mentality, because it's always *us* and *them*. In reality, how stupid can we really be? It's not us and them, it's all us. We are all human, and there are probably several hundred other races out in the universe, and we have yet to deal with that factor. It is by listening that we learn to understand, and when we don't agree which we often will not, it is by listening that we will actually become more able to help when there is misunderstanding or conflict.

The Prophets, Saints, Mystics and Sages in all the world religions laid out path of ancient sacred texts containing the keys that they left behind when they left this material world behind because they had found that something more. Among these ancient sacred texts, regardless of religion, is one thing that is repeatedly told over and over again. We must follow the moral codes laid down by our forebears, purify our own thoughts, ideas, actions and ideals . . . if we are to progress beyond this mortal realm. Our extraterrestrial counterparts are trying to help us to learn this same thing. But purification is as much an energetic shift in consciousness as it is a change in our way of thinking, a purer way of

looking at our daily actions and what we revere as sacred and true. So as we progress through this process of purification, they come in along with the holy spirits of old to raise our vibrations to higher levels. When they do this, we see clearer and further and progress even more. But we must begin that process by beginning to understand. We continue that process by beginning to pay closer attention to what we are doing, thinking and believing . . . and finally we have to accept that 'entering into' this unconditionally loving state that God provides for those who reach beyond the mortal worlds and into the light worlds, we must become compatible to it. That means we must change, we must purify. To do this, we must re-examine the moral laws handed down to us as we've applied them in our lives. We must change the way in which we live to correspond to the basic commands that God has given us through every religion- the moral law.

If we can't even deal with our brothers in humanity, how are we going to deal with it when the extraterrestrials reveal themselves on a wide level? The extraterrestrials seem to be profoundly patient with us, as God is with us, too. We should reward that patience by taking a closer look at our lives, our purpose and the reason we come to this world for such a short time, lest we miss the point of our coming.

Tomas: (9/1/2010) Can you include a description of the experience you had last night?

Marilynn: Absolutely, here it is.

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My spirit was taken to watch the workings of a very unusual star group of extraterrestrials. There were about five them, very tall, grayish pinkish in their tone and very serious in their facial expressions. Immediately, I experienced both awe and fear. But my fear was not of them, but a holy fear, a holy fear of God - the God that they served with such high distinction, I felt unworthy to be in their presence this night.

Watching them, I was not allowed to speak to them. Their manner was one of being 'matter of fact' and 'to the point.' No nonsense creatures, their job was very clearly

to get in, get the job done and get back out. Unnoticed, if at all possible.

As a profoundly high race of alien being, they had been sent to the earth many times to work with human kind to bring up their galactic receptivity. Their work was all done on an energetic level, it was to create in human beings a higher capacity for receptivity to higher realms and learning.

Allowing me to see that they were currently working with several members of the Catholic Priesthood subconsciously, they were trying to assist them in bringing their their Christian understandings to a higher and galactic level. But most of those priests are unaware of their contact and in total there were at most ten to fifteen of them. The question was why?

Sharing with me telepathically that they had approached the masses of humanity for a higher end alignment, they had found that they were only successful in doing this on a large scale with one group of people; the Tibetans.

I was shown one person who is involved in world events, former politician, will not reveal this person's identity - who is also under the tutelage now of these beings. Because of their unique solitude, seclusion, quiet lives and meditation, these higher extraterrestrials had been able to affect this galactic hookup with most of them.

There was also shown to me a former politician and world leader who was active in good works around the world to whom they had also reached.

In their presence, I was hiding around the corner watching them do their work because they inspired such awe and holy fear. These were such high level extraterrestrials that you knew that they were given dominion to throw out any spirit who was present but not invited without a single thought.

They were utilizing a piece of equipment with a long metallic bendable rod. At the tip of the rod was something which shaped much like a traditional lamp shade but rounded at the top and metallic. This was an instrument of some sort which they utilized to make these alterations in their subjects.

These are not mid-level beings, these are some of the higher operators in the galactic heavens and what they come to give is profoundly important. Although I could not adequately explain it, they were trying to bring some of humanity to a higher galactic attunement - an attunement with the Christ of the Galactic Heavens because Christ is Christ in the Galactic Heavens just as He is on earth, but He is much bigger than we know Him to be on earth . . . in the Galactic heavens.

In the Galactic heavens, there are beings from many different worlds. Heaven does not just consist of human souls, but souls from other spheres, other planets and those we would consider extraterrestrial. But when you're in the galactic heavens, it couldn't feel more normal that we are all there together and that Christ is known to them all in a more explicit, advanced, profound and galactic way.

Profoundly quiet, it seemed unlikely that these being ever engaged in talk, but when they were present it was important to allow them to finish their work and leave in peace. Their work was difficult and required concentration.

As I looked upon them in holy awe, I realized that their function of galactic attunement was something which human mortals could scarcely understand. And the only way we could allow them to do their work successfully, was to let them do their work without our interference; our thoughts, our desires, our groundedness. It was essential that we become quiet in order to receive their gift.

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## MARLYNN HUGHES BIOGRAPHY

*Marilynn Hughes has three children and had a career in broadcasting as a news anchor, reporter and producer. Marilynn has experienced, researched, written and taught about Out-of-Body Travel and Mysticism since 1987 and has appeared on innumerable radio and television programs to discuss her thousands of out-of-body experiences. She will be featured in the documentary film ['Into the Mystic'](#) due to be released in the Summer of 2011 and has been included in 'The Encyclopedia of the Unseen World,' (By Constance Heidari, Red Wheel Weiser) in 2009. Marilynn founded ['The Out-of-Body Travel Foundation'](#) in 2003 and has written over 50 books and 30 magazines on Out-of-Body Travel and Comparative Religious Mysticism. These books, along with accompanying music and art – things heard and seen in out-of-body experiences – are all available for FREE DOWNLOAD or they can be purchased in print. Marilynn is the former Catholic Feature Writer for Suite101.com's Online Encyclopedia.*

*Marilynn came across her vocation unexpectedly. When she was nine years old, she had her first profound vision wherein she saw the heavens open and a beautiful marble staircase surrounded by angels led to the throne of God. In this experience, she was told many things, among them that He would return to her later in her life and give her a mission. When she was 22 years old, she had her first out-of-body experience completely unexpectedly which began a process of journaling which would unleash thousands of out-of-body travel and mystical experiences over the next decades which began and led the process which changed her life, her career and her focus for the rest of her life. Marilynn has been the object of a Scientific Study on [Out-of-Body Experiences](#) and a subject in a Scientific Study on [XPE, Extra-Planetary Experiences](#).*

*([The Joan Rivers Show \[with Raymond Moody, Dannon Brinkley, George Ritchie and George Anderson\]](#), CBS, New York, NY - [Good Afternoon Colorado - KUSA, Denver, CO](#) - [Coast to Coast AM with George Noory](#), Worldwide - [Coast to Coast AM with Art Bell](#), Worldwide - [BBS International Radio UFO's and the Paranormal with Preston Dennett](#), Worldwide - Marilynn was the object of a Scientific University Study on Out-of-Body Travel and discussed her findings at with the scientists involved on [Skeptico.com](#) Radio, [Journey into the Light with Michael Long](#), BlogTalkRadio, WorldWide - WTLK Talk of the Town, Atlanta, GA - KABC Radio, Los Angeles, CA - Overnight with Rick Barber, KOA Radio, Nationwide - Lovelife, KOGU Radio, Honolulu, HI - WKDR Morning Show, Burlington, VT - Dan Williams Show, WHYN Radio, Springfield, MA - Charlie Tuna Show, KMPC Radio, Los Angeles, CA - Kurt Vanderrat Show, WDWF Radio, Champaign, IL - [The Truth About Life with Stephen Hawley Martin on WEBTALKRADIO.NET](#). She's received rave reviews from fine publications including *Body, Mind and Spirit*, *Australian Parapsychology Review*, *Leading Edge Review*, and the *Columbus Dispatch*. Speaking to crowded and eager audiences, Marilynn has lectured at many bookstores including the Universal Light Expo, Columbus, OH, Barnes & Noble, Cincinnati, OH, Books & Co., Dayton, OH, The Borders, Columbus, OH, Galaxy 10, Dayton, OH, First Church of Religious Science, Dayton, OH)*