



RHONDAS READINGS

Astral Travelling

Kev here, Rhondas' hubby. I would like to share with you some of my experiences and learnings of being married to Rhonda. Astral Travelling is said to be the ability to have your soul leave your physical body and travel anywhere in the world or out of this world depending on where you choose. At 19, I read a book which outlined the step by step process on how to do this while in an awake state (as I now know we do this many times while asleep, but have to be at a certain level of sleep, before we leave) so I started the process and found that I put my self in a state of conscience, where I was paralysed, and could only hear my breathing. I freaked out and panicked, feeling trapped and not being able to move. After a minute of this I was able to move my big toe, then other toes, then finally shook off this awful feeling. I never tried that again! That is until many years later after being married to Rhonda for a year, and thinking I was a much more enlightened human now, I would try it again. I had never told Rhonda of that first experience, and one night after we had both gone to bed and said our good nights, I laid on my back and went through that same step by step process, I had used 16 years earlier. But this time things felt different, I felt good, I felt lighter, happier and then I felt the

awesome" and then suddenly I heard Rhondas voice " KEV! NO," My eyes shot open and I sluggishly said to Rhonda " What happened ? What's going on?" " Kev, never do that again!" " Do what?" I asked, " I rolled over and saw that your soul was this far out of your body (Rhonda had her hands 2 feet apart), never ever do that again! ", " if you can't get back into your body again, anything could happen, and that is very dangerous to be playing around with!" "OH MY GOD", I blurted out, " you could see what I was trying to do???" I was so shocked by this experience, I could not go back to sleep through the excitement of knowing that Astral travelling does exist and that Rhonda could see me attempting it, WOW! Needless to say, I never tried that again, not while awake that is :) and that was just one amazing experience of being married to Rhonda.



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physical sensation of sinking through the bed. I remember thinking " wow, this feels