

Out of Body Experiences - what can we learn from those experiences?

A vision is you somehow seeing something that may not be real. You see the Virgin Mary. But is it her or just an image of her? What if it is a hallucination caused by psychic powers?

The problem is that you are seeing something outside of you. That means you will never 100% know that it is really the Virgin you see.

People report experiences through astral projection and mysticism which gives them a certainty that they have left their bodies. They talk about an out of body experience.

An out of body experience is far better evidence for the supernatural than a vision because it involves you only.

It could still be an illusion but there is something more persuasive about experiencing something in yourself than experiencing another entity. Only you are you. The only thing you know 100% is that you are in existence now.