

# OUT-OF-BODY EXPERIENCES

GRAHAM NICHOLLS  
IMMERSIVE UK WORKSHOP

The foothills of the Brecon Beacons

November 2nd - 8th, 2018

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[www.grahamnicholls.com](http://www.grahamnicholls.com)





*The OBE Workshop venue*

## THE LOCATION

### Plas Glansevin, Brecon Beacons, UK.

Set in the western foothills of the Brecon Beacons, Plas Glansevin is a secluded Grade II-listed Georgian Mansion that provides an elegant, peaceful and unique environment for learning and developing Out-of-Body Experiences.

It is thought that a dwelling has been sited at Plas Glansevin for about a thousand years. The 800-year-old oak tree that dominates the front lawn has long been a part of the site's history and can be used as the perfect setting for meditation or OBE focus.

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The Brecon Beacons is an area of exceptional natural beauty in Southern Britain.



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*'Graham Nicholls has had some of the best documented Out-of-Body experiences with verification of anyone in the world.'*

- David Watkinson, Allreality.com



## Biography

Graham Nicholls is an author, scientific researcher, and leading out-of-body experience practitioner. He is considered possibly the most verified and scientifically tested practitioner in the field of OBEs. He has taken part in controlled experiments into his psi abilities with Dr Rupert Sheldrake, The Institute of Noetic Sciences (Dr Dean Radin) and most recently with The Rhine Research Center (US). He is also a member of the Advisory Board and Educational team with The Rhine, which is the oldest and most respected parapsychological organisation in the United States, founded by J. B. Rhine, the father of modern parapsychology.

He had his first spontaneous psychological experiences in the early 1980s and his first OBEs in 1987. He is also one of the most experienced teachers of out-of-body experiences in the world, having began sharing his approaches and insights in the early 1990s. His focus is to take someone with no experience or natural ability and using scientific, dogma-free, understandings guide them in how to have OBEs.

At 15 years old Graham was mentored by Dr Douglas M. Baker (author of The Techniques of Astral Projection). Due to his exceptional OBE abilities Dr Baker gave Graham his first job and guided him for several years, before Graham began to explore a more scientific outlook and develop in new directions.

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His famous Soho precognitive OBE is one of the most unique experiences in the literature of OBEs, due to its objective accuracy and the multiple witnesses who watched him enter a trance state, have an OBE and then describe what he had seen - all of which was later confirmed to be correct.

In 2011 Graham published his first book, *Avenues of the Human Spirit* and shortly after his second book, *Navigating the Out-of-Body Experience*. He is also a co-author of two more books. His innovative approaches have been recommended by many leaders in the field, including authors William Buhlman, Tom Campbell, Robert Peterson, Anthony Peake and many others.



In 2017 Graham Nicholls took part in research with the Rhine Research Center (US) over several months that demonstrated, under fully blind conditions, he could use remote viewing to describe future targets ranging from locations, to small objects consistently enough to demonstrate remote viewing is real. He has more than 20 years of remote viewing experience and lectured at The International Remote Viewing Association Conference in Las Vegas in 2014, alongside Eben Alexander, and also Russell Targ, the father of remote viewing.

Since the late 1990s Graham Nicholls has lectured widely at events including the Gateways of the Mind (UK), The Cosmic Consciousness Conference (AUS) and the International Remote Viewing Association Conference (US), as well as at venues including: Cambridge University (UK), The Institute of Noetic Sciences (US), The Society for Psychical Research (UK), The Rhine Research Center (US), Centre for the Study of Anomalous Psychological Processes (UK), and the Science Museum (UK).

Graham Nicholls has been interviewed by The Times, The Independent, The Telegraph, The Daily Express, The Epoch Times, and the BBC, as well as many overseas and independent media including: Lilou Mace, AfterlifeTV, Skeptiko, and Mysterious Universe. He is also featured in several books by other authors.

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*‘[Graham Nicholls is] one of the leading authorities in the world on astral projection or out-of-body experiences (OBEs).’*

- Soul & Spirit Magazine



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## The Workshop

*‘There are a great many other methods for having out-of-body experiences and astral projection. A trawl of the Internet will quickly deliver scores of techniques that promise to place these fascinating experiences in your own hands. None of them – and I reluctantly place my own work in this category – can hold a candle to [Graham Nicholls’ methods.]’*

-J. H. Brennan, New York Times Bestselling Author





The workshop will be aimed at teaching the most scientifically based approaches towards achieving OBEs. Graham Nicholls has 30 years of experience of OBEs and nearly as long teaching. You will be given a range of techniques, but you will also be taught the principles that underlie all techniques and how to apply them correctly.

The workshop will be divided into theory and practice, so each day you will gain more understanding of a specific approach and given time to practice and apply these methods with guidance and support from Graham Nicholls.

During the foundation level classes at the beginning of the week you will create a profile of your key strengths and weaknesses in the context of OBEs. This information will then be utilised to select the best methods for you to follow during the subsequent days of practice and deeper guidance.

Graham Nicholls will then take you through his process for developing your psi abilities. The classes will explore practical methods and how they can be used for OBEs, healing, information gathering and even practical precognitive remote viewing.

As the week progresses you will be introduced to more advanced techniques and understandings to build a toolbox of techniques you can apply to any situation. Observation of your inner state of mind and level of awareness prior to an OBE is key and you will be taught how to do this in depth.

For nighttime sessions you will be guided in using intermittent sleep cycling, Graham's advanced development on from sleep interruption approaches as explored in his second book. This will be coupled with the OBE Superfood Tonic, developed by Graham Nicholls and his partner Triin Tõniste to optimise nutrient intake for an OBE (see The OBE Diet section).

There will also be outside activities in the grounds of the mansion and to local spots of natural beauty in the Brecon Beacons national park (dependent upon the weather). Every night there will be time for friendly informal chats with Graham and the other attendees and well as free time to simply relax and take in what you have learnt.

The overall approach of the workshop will be to use all available avenues to build incremental benefit towards the goal of consistent OBEs. Many overlook small changes and

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details when trying to develop such abilities, if these small benefits are engaged with the result adds up to a real advantage over approaches that ignore such elements.

Graham's methods are based upon scientific research into the nature of non-local consciousness, drawing upon the work of The Institute of Noetic Sciences, Rupert Sheldrake, Erlendur Haraldsson, Carlos S. Alvarado, Patrizio Tressoldi, Russell Targ, The Rhine Research Center and The Society for Psychical Research, amongst others. He also draws upon more than 30 years of recorded observation of the out-of-body state in himself and in his students.

He focuses on recording and modeling the key practices and approaches that lead to OBEs. He aims to remove New Age jargon and hype, to get to the truth of OBEs and how to have them.

## Areas covered quick key

- Meditation, happiness and freedom from stress
  - Whole foods, optimal health and balancing the body
  - OBE mastery and advanced methods (including the G-System)
  - Remote viewing (including the IRV system) tested under controlled conditions
  - Trance techniques and ESP/Psi
  - Immersive OBE approaches
  - Building a profile for the best OBE methods
  - The methods Graham Nicholls has used to gain verified peak OBEs
  - Drawing upon science and statistical analysis for the best OBE results
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## The OBE Diet - The finest whole-foods selected for psi development

Graham Nicholls is the only OBE author to have done extensive dietary research along with his partner Triin Tõniste. This overlooked aspect of OBE development can give you the edge needed to take your practice to the next level. Foods and special ingredients will be selected especially to optimise your body for health and OBEs. Triin has studied whole-food plant-based nutrition with Cornell University in the US and has many years experience as a professional chef.



Triin Tõniste lecturing on nutrition

## OBE Superfood Tonic

Each night we will prepare a whole-food and herb tonic designed to boost your body and mind for reaching the out-of-body state. Years of research have led to the recipe for this unique drink. As with all Graham Nicholls' approaches the basis of the recipe is data from replicated scientific research in the field of nutrition.

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## Special Guest

### Dr. Penny Sartori, PhD



Dr Penny Sartori is the international best-selling author of *The Wisdom of the Near Death Experience*, and *The Transformative Power of Near-Death Experiences: How the Messages of NDEs Positively Impact the World*.

She worked as a nurse in a British hospital for 21 years, 17 of those being in Intensive Care. She has conducted unique and extensive research into the near-death experiences (NDEs) of her patients. In 2005 she was awarded a PhD for her research into NDEs.

Dr Sartori's work has received worldwide attention and media coverage. She has spoken at many conferences both nationally and internationally and

her work has received the attention of HRH Prince Charles.

Her 2008 academic monograph, *The Near-Death Experiences of Hospitalised Intensive Care Patients: A Five Year Clinical Study*, was published by The Edwin Mellen Press.

Dr Sartori regularly gives lectures and study days on NDEs and the spiritual aspects of patient care at the end of life.

In 2011 Dr Sartori gave numerous radio interviews around the UK release of the Warner Bros film *Hereafter*, directed by Clint Eastwood.

At the workshop Dr Sartori will be sharing the insights her research has given her and exploring the nature of the OBE within the context of near death situations. This will be a unique opportunity to hear from the UK's leading NDE author and researcher.

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## Important information

Early Bird Price - £995 (before August 1st)

Full Price - £1150

Deposit: £250

The final balance is due by October 15th, 2018 for full price and before August 1st for Early Bird places. Deposits are non-refundable. Cancellations require us to re-open enrollment and/or to engage in additional promotional efforts to fill the workshop on short notice, so our policy is that there will be no refunds after October 1, 2018, with one exception: if we find another participant to fill your space and the workshop is ultimately full when it begins, then you will receive a refund, minus your non-refundable deposit.

## How to Secure Your Spot

Please register here: <http://bit.ly/OBEworkshopReg>

If you have specific requirements contact us at: [info@grahamnicholls.com](mailto:info@grahamnicholls.com) to arrange payment by bank transfer or the service TransferWise allowing payment in GBP, EUR or USD to local accounts in your country (other currencies are available upon request).

A non-refundable deposit of £250 GBP will secure your place at the workshop. Installment plans are also available, please contact us for details at the above email and for assistance with your arrangements traveling from outside the UK.

There is also a couples discount depending upon availability of double rooms, contact us for details.

You may also pay via PayPal, but there will be a 5% processing fee.

## What's Included

*Included:*

- All tuition
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- *6 nights of lodging*
  - *High quality meals, Daily OBE Tonic, and snacks (contact us for special dietary needs)*
  - *Outside activities*
  - *Infra-liminal recordings (if you don't have them)*
  - *Transformative experience!*

#### *Not Included:*

- *Transport/flights (although pick up can be arranged from the train station)*
- *Travel and cancellation insurance.*
- *Headphones and digital audio player*
- *Eye-mask*

## Indemnity Waiver

Please note that all participants must sign a standard indemnity waiver before the workshop.

## Getting to the Workshop

Address:

Glansevin Mansion,  
Llangadog,  
Carmarthenshire,  
SA19 9HY.

From the M4

At J49 go straight on (A48) towards Carmarthen. At the next roundabout (Cross Hands) turn right onto the A476. At the crossroads in Ffairfach, near Llandeilo, turn left onto the A483 to Llandeilo. Go through Llandeilo, continuing on A40 towards Brecon for another 6 miles. At the first roundabout, turn right to Llangadog. In the village bear left, passing between the

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Black Lion pub and a convenience store. After 50 metres take the first turn right, signposted to Myddfai and the rugby club. Follow this road for 1.3 miles and Plas Glansein is on the right.

#### From Brecon

Take the A40 to Llandovery. In town, where the A40 turns sharp right, go straight ahead on the A4089 to Llangadog. At Llangadog, pass the school and small housing estate on your left and then turn sharp left, signposted to Myddfai and the rugby club. Follow this road for 1.3 miles and Plas Glansein is on the right.

#### By Rail

Llangadog station is 1.5 miles from Plas Glansein. Llangadog is on the 'Heart of Wales' line which runs between Swansea and Shrewsbury. Trains from London (Paddington) via Swansea to Llangadog take approximately 4-5 hours. Please make prior arrangements to be picked up from the station.

You may also check out the location and surrounding landscape on Google Earth using the postcode SA19 9HY.

#### By Air

Airports are all within a few hours of the venue. Cardiff is 1½ hours, Bristol 2 hours, and Heathrow is 3½ hours away. Follow M4 directions if you are driving.

If you are flying or not driving to the workshop let us know and we'd be happy to advise on the best options for reaching the event. You may be able to share transport from London if you let us know in advance.



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