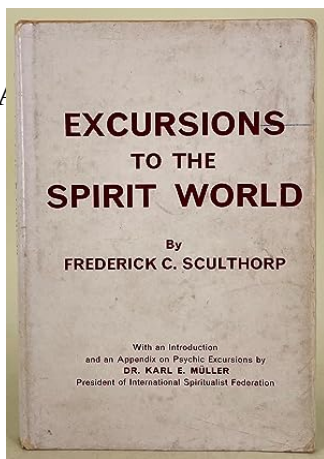


## OVERVIEW:

# Excursions to the Spirit World: A report of personal experiences during conscious astral projection

by Frederick C. Sculthorp



A friend, knowing how much I love to investigate other people's experiences with OBE explorations, recommended this book! This book was published in 1961 and is extremely rare to find as a print version. I found it in the form of a pdf.

One of my favorite authors is William Buhlman who has now authored at least five books on the topic and has also been one of the featured trainers at the Monroe institute. A couple of the previous book reviews over the last two months for the Inner Voice Magazine has also been covering this idea of Astral Traveling, OBEs, etc and some of them have even attended the

Monroe institute to fine-tune their abilities.

In excursions to the spirit world, we encounter an author, a simple shop keeper living in London who over the years since 1934 somehow developed the rare ability to go Astral Traveling quite naturally. When his wife died Mr Sculthorp tried his hand at Astral Traveling and after much practice found he could actually visit the spirit world on demand or with the assistance of Spirit Guides!

One of the things that I enjoyed the most about this book is the intimate nature by which he uses to describe his encounters in the astral realms. And each chapter seems to start with him reclining in his easy chair at some point during the day or evening upon which he would go out of body in most attempts.

In the introduction this ability is classified under the broad term "Psychic Science" and is then referred to as "travelling clairvoyance," or more precisely "clairvoyance into the distance." The introduction goes on to say that Mr. Sculthorp was a very modest man and one not taken to bragging. "What Mr. Sculthorp has learnt by his many visits to

various spheres in the Beyond made him a happy man in a quiet and unassuming way, and in his modesty he would never have thought of presenting his experiences to the public. On the contrary, he was afraid he might eventually shock the feelings of many who cherish certain ideas about the next world and might not find them all confirmed by his

report. However, the enormous variety of conditions in the various spheres has to be considered and these reflect all kinds of human thought and all stages of development. In any case, his report represents a most valuable addition to our knowledge of the spirit world as gained by means of conscious astral projection.” - Dr. Karl E. Müller.

After the passing of his wife in 1934 Mr. Sculthorp became aware of a number of research books on the various subjects about the afterlife and immediately became an avid student of this material. He also visited a medium and then attended “spirit development circles” in order to learn more. Later, he found that between meetings, he began to find that sitting alone at home completely relaxed in an arm-chair brought still better results. Eventually he attracted a spirit guide he called “The Chinese Helper” who made it possible for him to have many powerful and realistic visitations both with humans alive on Earth and also with those living in the Astral realms. He states, “I always arrived at what appeared to be a predetermined destination and my instruction about a particular spirit state followed. For my studies of spirit life there seemed to be a curriculum laid down by my spirit teachers...”

In Chapter 2 he describes visits to The Lower Spheres - The Plane of Illusion which he describes as the “dull states,” because afterwards he might be left with a disagreeable after-effect. I would call this region “Lower Astral.” In Chapter 3 he visits what he describes as “The Earth-Like Spheres,” which I would describe as the middle Astral region which is a pleasant area where most human souls will find themselves after passing according to their soul's evolution. Chapter 4 covers what he calls The Brighter Spheres, or what I would describe as the Upper Astral regions. He describes “the vibrations of such places to have a very pleasant effect on the sensitive spirit body, and to be with others of that plane is better still as they emit a feeling of great friendship. This radiation of friendliness is very sincere and noticeable.” The rest of the book goes on to describe many fascinating areas of interest which I found enlightening in numerous areas of interest.

I highly recommend this book, however, unless you are prepared to pay anywhere between \$100 and \$400 to get a copy, [get a pdf version online here](#).