

# Out-Of-Body Experience

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## RECOMMENDED CITATION

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An Out-Of-Body Experience is the sensation that a person can have that feels like they've stepped out of their body. Scientifically considered a type of hallucination, it can be caused or triggered by trauma, dissociation, drug use, a near-death experience, oxygen deprivation, dehydration or electrical stimulation of the brain.

In spiritual settings the out-of-body experience is commonly known as spirit walking, soul travel, or astral travel, and can be deliberately induced through meditation or substance use. Many people report having had one or more of these experiences in their lifetime, but the phenomenon is not yet well understood.

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