

**Date: 03.22.2007**  
**Time: 5:30PM – 7:00PM**  
**Experiment #1**  
**Subject: Sensory Deprivation Float Tank**

**Date: 04.09.2007**  
**Time: 1:00PM – 2:30PM**  
**Experiment #2**

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The first time that I became aware of the sensory deprivation float tank was in the movie 'Altered States' released in 1980. When I first started projecting in 1987 I was interested in exploring different various techniques-methods that would aid and produce the out of body experience.

A friend explained to me about the sensory deprivation isolation float tank from the movie 'Altered States' and how individuals have reported out of body experiences. This immediately grabbed my attention and peaked my interest of this being utilized as a tool for exploring consciousness. The only problem that I faced is where did these float tank's exist and what was the cost?

It wasn't until 2006 I did some internet web searching for the sensory deprivation float tanks and arrived at this web site: [www.floatation.com](http://www.floatation.com). The locations that I referenced at the web site required some distance in travel and were out of state. The two closets sites were in Chicago, Illinois and Toledo, Ohio which would take some planning and a few days off of work.

Every so often, I would return to the web site and see if any float tanks were available for the state of Michigan and to my surprise a business owner of 'Just Relax Flotation' made his float tank available at the Oasis hot tub spa in my hometown of Grand Rapids. Now, how cool is that and what luck!

I contacted the business owner 'Lucas' and explained about my studies, research, and experience with the out of body consciousness. This experience I always wanted to do, float in pure isolation and see if this would be a tool for astral projection. I think Lucas probably thought I was weird, a space cadet and had some good drugs to offer..:) But when I presented to Lucas my research, journal entries, stats, spiritual background, detail of my web site and sincere work he could tell that I was serious. So I made the appointment for 03.22.2007 to start floating at 5:30pm and end at 7:00pm at the Oasis located in Grand Rapids, MI. This was perfect timing because my wife and I just purchased a sony hard drive video recorder and what a perfect way to document this experiment.

When I first arrived at the Oasis I was greeted by Lucas and he went over a few guidelines of safety, entry and exit from the tank. Lucas asked if I wanted to have meditative music or the jacuzzi bubbles running while floating. I opted out just for pure silence, tranquility, and relaxation and hoping that I could shift consciousness into the astral body.

The first important step in preparing for floating is to recognize that any open wounds, cuts, scratches, shaving hours before would be discovered by the salt in the water and would hurt! I didn't think there would have been any issues but the cuts show even if you are not aware (OUCH!).

The second step is to make sure you shower before/after entry into the float tank. Wash your hair and your body to remove oil, dirt, grim, and any bacteria. When exiting the tank, the salt is thick and it feels like your body has a crust of salt layered growing as a outside skin.

When relaxing in the tank and to have pure silence it's good to wear ear plugs so that it drowns out the noises along with preventing salt invading the ears.

The floor of the tank and sides is made up of a vinyl lining and is extremely slippery. I found myself at times when trying to exit the tank, I kept slipping and had a difficult time rising to my feet.

The most important thing to remember while in the tank, don't drink the water, lay on your back at all times and be extremely careful allowing no water from getting into your eyes.

When I first entered into the sensory deprivation tank and the door closed, it was pitch black and no light escaped. Laying back into the water I immediately started floating w/o any sinking or my body touching the bottom. The water depth is about 2-3 feet and dimensions of the tank roughly were 7' x 5' feet. While inside the tank, the water temperature was extremely warm, relaxing, calm, and immersed into complete solitude.

During the hour and thirty minutes of floating there were times that I did lose awareness and would catch myself in flight of thoughts, sometimes phasing in and out consciousness. To totally relax my body, I had to bring my arms upright and raise them above my head. If I let my arms rest to the side of my body, my neck muscles would tense and cause strain. I did find it difficult to totally let go, relax and leave the body. Not to say that it was a failure but it did make me aware of my resting positions of my physical body and having complete relaxation during the obe.

Both experiments were well worth the money and investment. Even though, I wasn't able to produce the out of body state, I was able to relax, enjoy the experience and finally float. I believe this to be a successful tool for other means of therapeutic relaxation, stress elimination, and peace of mind.