

Video Audio Sequence

Time line

00:04

Out of Body Experience Video Documentary brought to you by David A. Warner

00:18

Date of Experience & Filming took place on Oct 2nd, 2008, in Jenison, Michigan. The Audio Journal can be accessed and downloaded at my web site: [InvisibleLight](#)

00:34

In this experiment, I wanted to capture the physical body using three video cameras during the out-of-body experience. I also used a stethoscope, taped it to my chest, recorded breathing and heart rate into the laptop computer. The room and body temperature were additionally recorded before and after the experience.

1:00

The out-of-body experience occurred after becoming lucid while dreaming. In the dream I was witnessing my dad's best friend, Big John's funeral. Cathy, Big John's daughter, was viewing her dad in the casket at the funeral home, this is when I became lucid. **Note:** I filmed this video in 2008, John passed away two years later in 2010. I edited and released this video in 2011 unaware of the details in the dream of John's passing.

1:43

The time is 8:56AM on a thursday morning. You will notice the three camera(s) to show the physical body from different perspectives. Capturing any physical movement during the out-of-body experience. It had taken me seven attempts over a course of three months to finally record and to capture this event on tape.

2:11

I recorded my body and room temperature before and after to see if there was any dramatic change. I also used my Scottish terrier dog named "Leroy Brown" in this experiment to see if he would pick anything up when during my experience. In a previous video that I released, I was able to obtain validity with all three dogs - Leroy, KYA, and Spirit. This video October 22-2007 The Bravest Face can be also accessed and downloaded from my web site.

2:47

Status: Preparing my physical body to relax, fall asleep and enter the mind awake-body asleep state

3:05

The time now is 10:07AM. It has been 1hr and 11 minutes that has expired. It took me 35 minutes for my physical body to fall sleep which didn't take long. I removed "in-between" video footage which only showed brief awakening or some slight body movements. I felt the last two minutes leading to physical awakening at 10:09AM, would suffice and be of most interest for viewing.

3:39

You are now watching my physical body during an out-of-body experience. Take note of the Right Video Camera where my eyes blink at various times. No other body movements were noticeable from the other two video cameras that were recording.

The right video camera picked up the best recording of my facial expressions during sleep. The other video camera's didn't pick up much. Either it was too dark or the blanket was in the way. I didn't notice any movement with my dog Leroy during this experience.

4:09

For the next minute and a half you will hear actual recording of my breathing, heart rate, stomach sounds and snoring during sleep. My heart rate is slow and faint but audible if you listen closely. Upon awakening my heart rate increases which is noticeable.

4:28 – 5:55 Audio Heart Beat Recording**5:54**

When my eyes opened, I immediately looked at the time on the clock and noticed it was 10:09AM. I then reached for the thermometer to take my body temperature which registered a half point up prior. Room temperature was up one point.

Recording the physical body with video is a helpful insight on better understanding what the occurs during out of body experience. I hope you enjoyed this documentary.