

## **The new science of out-of-body experiences**

Susan Blackmore, QED October 2016

In 1970 I had a dramatic out-of-body experience and have spent a lifetime trying to understand it. Does something really leave the body? If so, what is it? If not, how can these vivid, life-changing experiences be explained? From the discovery of the brain areas involved in OBEs to experiments on bodily illusions, virtual reality and the construction of self, we are at last finding answers. The OBE has gone from being a weird, fringe topic shunned by serious scientists, to one that is contributing to our understanding of the nature of self and consciousness.