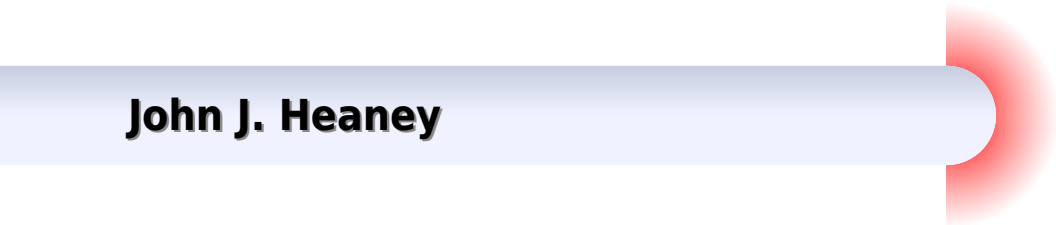




Outofbody Exploration

John J. Heaney



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Out-of-Body Exploring Preston Dennett, 2004-08-31 Everything you've always wanted to know about OBEs but were afraid to ask. If you have wanted to have an outofbody experience but were intimidated by books on the subject OutofBody Exploring is for you. This is an entryleveltoexpert book everything from what OBEs are to how you can have your own anytime you want. Preston Dennett began his explorations beyond the physical body nearly twenty years ago in an attempt to contact his deceased mother. Thousands of OBEs later OBEs lasting anywhere from a few seconds to several hours he turns his attention from mastering the art to helping others. OutofBody Exploring includes Dennett's initial forays into expanded consciousness sharing the techniques he experimented with and discussing the people and sights both strange and familiar that he encountered along the way. Plus he offers tips on how to go reliably outofbody and how to control and maintain this enhanced level of awareness for extended periods. This is a guidebook to a whole new world. Why wait any longer to explore it?

Astral Projection and the Nature of Reality John Magnus, 2005 Astral Projection and the Nature of Reality goes beyond preconceived notions about how to get out of the body and then back in as well as the dimensions to which the out of body adventurer can travel. Magnus starts with a brief history of astral projection and then guides the reader through a step by step course for reliable projection. He explains how once out of body we create our own astral world and he offers techniques for understanding our mind and the nature of reality. Magnus offers detailed exercises and proven techniques for reliably exiting your body confronting the basic fears that can hold you back taking advantage of psychic side effects taming your mind navigating a world in which you have the ultimate power to create integrating the lessons you learn from OBEs into your everyday reality replenishing your energy and much more. Plus incisive journal entries of his many out of body adventures will convince you that it can be done and give you the inspiration to go farther than you ever thought possible.

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The Terror that Comes in the Night David Hufford, 1982 A bold step forward in our understanding of parapsychological phenomena this is the first scholarly investigation of the incubus experience **Books Out Loud**, 2007

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