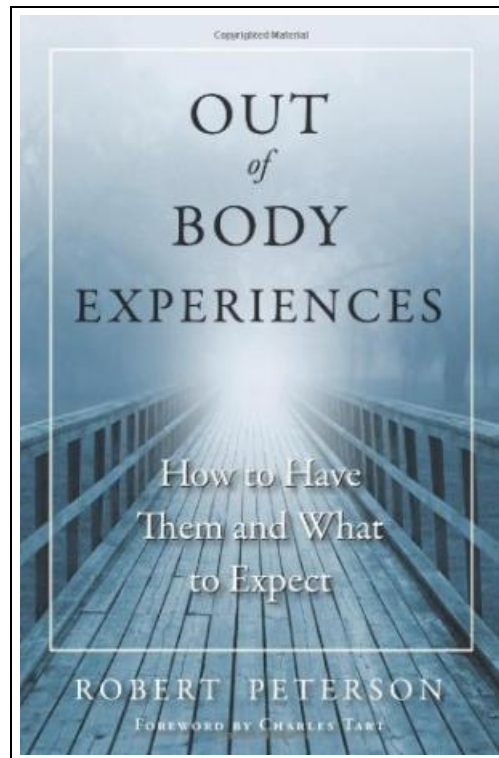


Out of Body Experiences: How to Have Them and What to Expect



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Reviews

Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.

(Dr. Kim Bergnaum)

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Hampton Roads Publishing Company. Paperback. Condition: New. 288 pages. Dimensions: 8.3in. x 5.4in. x 1.0in. Throughout history, people have reported spiritual experiences that we now identify as out-of-body experiences or OBEs. In recent times, modern researchers like Robert Monroe have pioneered the scientific study and practice of OBEs. Increasingly, people are remembering spontaneous OBEs, especially from early childhood. Also, OBEs are a typical feature of near-death experiences and have been described as beautiful, painless, and ecstatic. This is the comprehensive manual for inducing out of body experiences and managing the experience. Peterson not only explores the stages of his own development, but also concludes each chapter with a specific exercise that takes you to the next level. From wiggling out of your body for the first time (the author did a back flip his first time) to traveling through other realms and dealing with your encounters, , this is one of the most practical, step-by-step guides to OBEs available. He clearly demonstrates how this consciousness-expanding experience is accessible to anyone willing to make the leap into the great beyond. This is the ultimate manual on how to leave home alone. . . . This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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