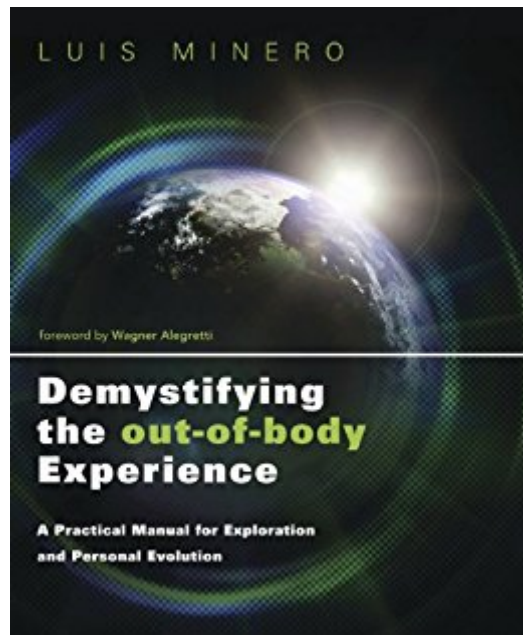


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# Demystifying The Out-of-Body Experience: A Practical Manual For Exploration And Personal Evolution



## Synopsis

Master the skills of leaving the body using logic and reason. Improve self-understanding and achieve personal growth with over a dozen exit techniques. With well-ordered, rational explanations, *Demystifying the Out-of-Body Experience* describes how and why OBEs work. This is a groundbreaking guide for using OBEs to understand your place in the worlds that exist beyond our daily lives. Meet spiritual guides, loved ones who have crossed over, and even other out-of-body travelers who want to help you understand who you are and why you are here. Learn communication techniques and memory aids to get the most out of each experience, in addition to tips for creating a program of OBE mastery. Contrary to popular belief, many people have come back from "the other side" and shared their experiences. And now, you can be part of this life-changing exploration. Perfect for beginners and experienced seekers who want to learn about the non-physical planes in a non-mystical context and want to evolve the condition of their soul. This practical workbook for spiritual transformation is based on the research of the International Academy of Consciousness.

## Book Information

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## Customer Reviews

I pre-ordered and got it a week ago. I must say, this book explains a lot of what I have experienced. I have felt these "take-off" sensations since I was little and they always scared me. Finding out that are normal helps a lot. I have even tried some techniques. With the elongation I could feel my arm coming out. Keep trying. None of the other books on Astral Travel that I read before, could explain as clearly what dimensions are, how they are created and structured and where people go after they die, why some stay ghosts and others not. Why some people have conscious OBEs and many people don't. Why some dimensions feel good and others not so much. Even why awareness is different from person to person and how all of this process of evolution and reincarnation really works without using religious beliefs. It connects so many things that I have read and also has a ton of new information. I had a lot of "aha" moments. I'm not religious, but I feel a lot of things and somewhat psychic and I always knew that there is more to life than just be here, work and survive. I really love the examples, tables and illustrations. It makes it fun to read. Some ideas made me think a lot. I also like that this book talks about maturity, ethics and helping others, which is important to me. It seems that he has a lot of experience. He goes deeper into psychology and also answered some of my philosophical questions, but in a very practical and rational way. I am fascinated with the afterlife and near-death-experiences and I always wondered how come NDErs can have these "super senses" and sometimes "super awareness". We can actually learn to astral travel, have the same experiences and see and feel what NDErs always talk about. That is just amazing.

This is one of those accidental purchases because I did not know anything about the author or the IAC before I picked up this book. I happened to be searching on YouTube and came across a few lectures from Luis. One of those was an interview where he was talking about his book, and I really enjoyed his style. So, I initially went looking on B&N for the digital version and found that they did not have one but did. So, I will have to say as my first Kindle item, I am pretty impressed with it. As far as to what I enjoyed about the book, is the book itself is written as Luis says in a few of his interviews like a textbook found in a college course. As a recent graduate myself, I am familiar with how those are written, and I can say that he hit the mark with this one. You do not need to be a college graduate to understand the material, but there is a lot of content here with ideas that are explained very well but still require some study and contemplation. I had not really been all that interested in the Out of Body literature, as a lot of my research and exploration has been in other areas of the occult, new age, metaphysics, or whatever definition you choose to use. But, I can say now that the topic is of an active interest for me, and I do find myself comparing the ideas presented in this book with other information as well. So, in order to reel me in on the topic, the book is very

well written. One aspect of this book that I enjoy immensely is the structured scientific approach. A lot of material out there often presents the author's viewpoint as fact with little reference to comparable material, but Luis (along with the rest of the IAC) approach the topic as a presentation of collected experiences and illustrated common themes with lots of presented research.

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