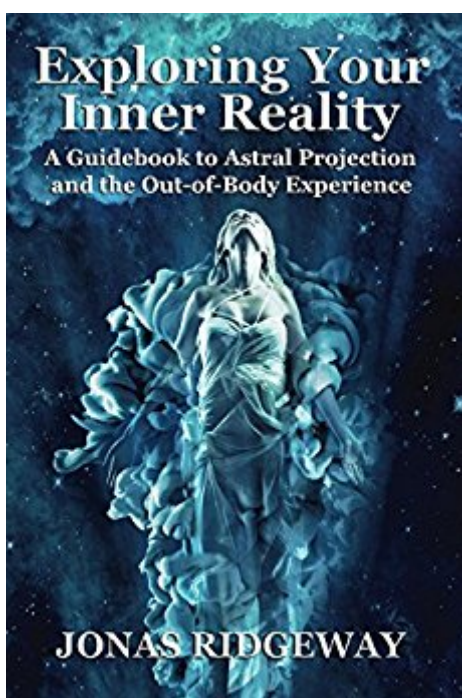


The book was found

Exploring Your Inner Reality: A Guidebook To Astral Projection And The Out-of-Body Experience



Synopsis

"This book is very fascinating, insightful, and very helpful for people who want to have OBEs... I give it a big thumbs up." -- Robert Peterson, author of *Out of Body Experiences: How to Have Them and What to Expect*

A simple, step-by-step guide to leaving the body. By applying the same techniques I use, I believe that anyone can achieve the out-of-body state on a regular basis and with their full critical faculties intact. While your body slumbers, you can be as awake as you are right now reading this. You have the means to connect consciously -- your regular waking awareness -- to this other reality via your inner bodies and retain the experiences. With a little coaxing, you, too, may take full conscious control of your subtle bodies and explore your inner reality. This other reality of yours is just as real as your physical one. These other planes interpenetrate the same space as the material world and is something you can verify personally with sincere intention and practice. When you project your consciousness away from physical reality you have attuned yourself to a new set of senses and environmental laws. Flight is now possible, 360 degree vision, enhanced memory, timelessness, dual consciousness, instantaneous travel, etc. You have switched from a lower frequency body to a higher one, where matter no longer matters. The etheric and astral body both assume a luminous, phosphorescent bluish-grey elegance (my observation), and is usually close to an exact replica of the physical body, younger looking, for most, for this is how one tends to perceive oneself (this resemblance is constructed by subconscious thought, or your belief of what you look like). To the touch my subtle bodies are solid, and the entire body is highly detailed down to the fingernails and the tiny hairs on the back of my hands and forearms (an energetic blueprint of my physical body). Leaving the body is more fun and exhilarating than probably anything you can do on earth, and there is the potential for a lot of self-growth by doing it and exploring this boundless inner reality. In this book, I will show you what I did to have my first conscious out-of-body experience. I have since had 200+ OBEs. Learn my easiest method for inducing the out-of-body state, plus some other techniques I use. I will give you my "7 Steps to a Conscious Projection," tell you about my OBE predicaments and other tricky situations I stumbled into, discoveries like my Catapult Projections and the Astral Jukebox, catalepsy / sleep paralysis, the vibrational state, the ectoplasmic fog, reversed vision, common pre/during/post projection noises, experiments, encounters with spirits, my attempts at flying to the moon, double consciousness, art of locomotion, preparations / preliminaries, remote viewing, etc. Here I will describe my various techniques for waking one's consciousness while the body sleeps. I've tried to keep it simple. I think many books overly complicate the process. This book, *Exploring Your Inner Reality*, focuses on how to maintain the mind awake / body asleep state, wherein your body is in a perfect state of catalepsy

or sleep paralysis for a successful projection. My "7 Steps to a Conscious Projection" is my attempt at simplifying the process. If you truly want to go out of body and do so on a regular basis, this is as easy as it is probably going to get.

Book Information

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Customer Reviews

This kindlebook of Exploring Your Inner Reality: A Guidebook to Astral Projection and the Out of Body Experience by Jonas Ridgeway is great for even a beginner to astral traveling. Healing and compassionate tips are given to find ways to lead a happier life to help along the astral travel experiences. Ridgeway also recalls his experiences with how he got into astral traveling and one of the authors who played an important role in helping him have success with his beginning astral travel efforts.

Jonas Ridgeway has a lot of first hand experience with this subject and he relates it in a way that's easy to read & understand . I'm so glad I bought this book. He states it's for beginners....and that's

what I am. But I think even people who have experience with OBEs would find this book very interesting.

Worth reading though I have a high interest in OBE books and have read many many... this is clear, concise and has some good ideas and easy and enjoyable to read.

Outstanding book! Easy to follow and understand. Will be reading it more than once, and plan to buy a copy to give to a friend who is developing her abilities. I highly recommend this book to first timers who want to practice out of body experiences, or to those who wish to enhance their current skills. Thank you Jonas!

excellent

Really enjoyed this book. In my opinion one of the better modern books on OBEs. The author writes clearly and relates from obvious experience. I never got the feeling that anything was fabricated. I've read a lot of books on the subject but this author goes into detail about his experiences and relates things I'd never read about before. He also clears up a lot of the fears and unknowns regarding OBE & astral projection. Good read. I'd like to read more from this author.

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