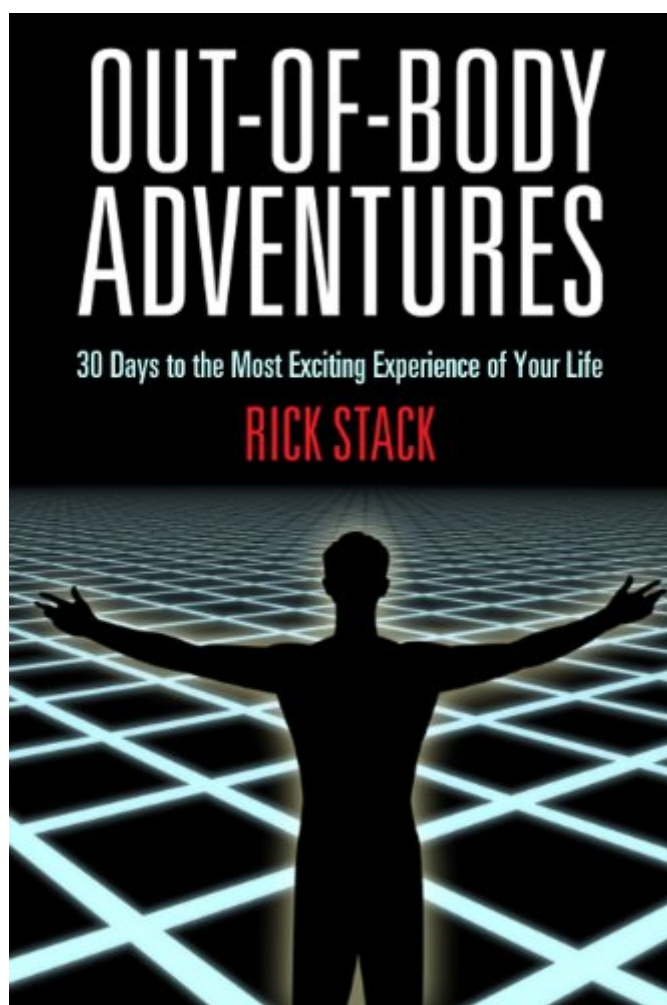


The book was found

OUT-OF-BODY ADVENTURES: 30 Days To The Most Exciting Experience Of Your Life



Synopsis

This classic in the field is a no nonsense manual on how to induce out of body experiences. It provides a simple, 30-day program that will show you how to walk through walls, fly around your neighborhood, travel through time, and experience the wonder of being in other dimensions. With OUT-OF-BODY ADVENTURES, just about anybody willing to apply themselves can have these amazing experiences within 30 days. Rick Stack has taught classes on Lucid Dreams and Out of Body Experience for over 40 years, and has helped thousands of students achieve their first out-of-body experiences. The book begins with essential background material and walks you through the attitude adjustment and dream work that promotes successful astral travel. He then presents proven, step-by-step techniques for "getting out" that even beginners have used with ease. Description of the out-of-body phenomenon from both scientific and personal perspectives will help you to overcome fear and to know what to expect from your voyage. Includes a section on what to do after you get out, including: meeting friends, contacting reincarnational selves, time travel, communicating with guides and teachers, romantic encounters while out of body

Book Information

File Size: 402 KB

Print Length: 164 pages

Publisher: New Awareness Network, Inc. (February 15, 2012)

Publication Date: February 15, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B007BDMKHU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #136,930 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

in Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body

Experiences #82 in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult > Astral

Projection #1689 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality

Customer Reviews

Very useful. Great to read in conjunction with the Seth Early Sessions as there is overlap. I had my first conscious projection two months after I began really trying to. It was very exciting and satisfying and I can't wait for more!! The real trick, beyond getting over fears, is to not try too hard. He explains all of this very well. Recommended!

If you are wanting to take the leap and try astral projection, you really need to read this book. Mr. Stack is very informative and put it to you in words you can understand. I can't wait to start the different techniques and see which one works best for me!!

I really enjoyed this book. I have been having wonderful "flying dreams" since reading this book. I hope to take Rick Stack's "Seth" course someday.

The best way to get from here to there. More than one way there as Mr. Stack shows. The best. This is the book that explains it all. Buy it. At any point Mr. Stacks offers instruction, both on-line or in person, jump at chance. Actual results. Yes, some theory involved, but actual results will occur. The author has done his "homework."

I bought this book in Mexico in 1990, some weeks later I had my first lucid dream. It was incredible! Then I lost the book and, years later, I bought it again in . The same results, I have had lucid dreams again since then. Some people swear that with their methods you will have one lucid dream in one week, they are lying. Believe me, the best book is this one. It is short but very interesting, easy to use, and the most important thing: IT REALLY WORKS!!! What are you waiting to enjoy one of the best experiences that you will have in all your life?!!!

Rick Stack is a master teacher. Check out his classes at the Seth institute.

Excellent!

I've been curious about how to do this ever since I'd read Bob Monroe's books. This does have some good information and it's well written, easy to understand and friendly. There are some exercises designed to make you examine your beliefs, to ferret out those that may hold you back from having an OOB. I was pleased to read that lucid dreaming is a precursor to OOBs, and

there were also some tips on how to utilize lucid dreaming to accomplish your goal. I haven't gotten there but I'll sure keep working on it!

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