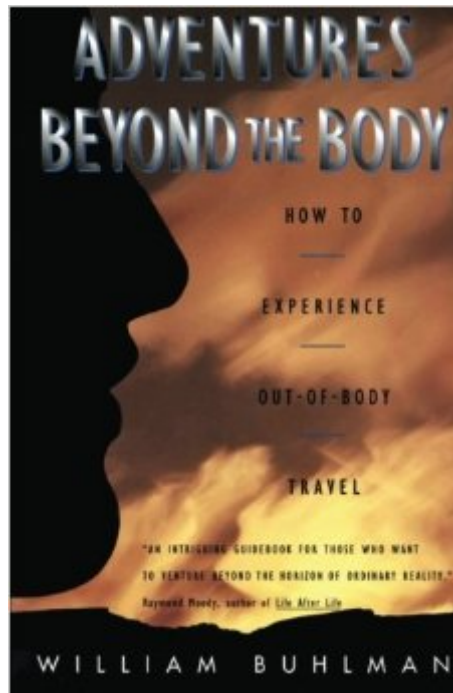


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# Adventures Beyond The Body: How To Experience Out-of-Body Travel



## Synopsis

Explore new worlds . . . If you ever wondered what might lie beyond the reality we experience every day, if you've ever thrilled to accounts of out-of-body travel and longer to go alone for the ride, this fascinating, practical guide is for you. America's leading expert on out-of-body travel tells the riveting story of his travels to other realms and offers easy-to-use techniques to guide you on your journey of a lifetime'and beyond. Travel into parallel realities . . . William Buhlman has trained out-of-body travelers in his workshop for more than a decade, teaching people how to project their consciousness outside the limits of their physical bodies and to explore dimensions and worlds beyond everyday life. Now he vividly recounts how own adventures in the parallel universe described in the new-physics theories of Stephen Hawkins, Paul Davies, and Fred Alan Wolf and presents his step-by-step guide to astral travel'including exercises, tips, techniques, and answers to your every question about out-of-body experiences. And discover surprising truths about reality, past lives, the soul, and life after death. Astral travel, Buhlman reveals, not only can expand your conscious'it can help verify the existence of the soul, teach you about past lives, and enhance your daily life. Find out in this compelling handbook for everyone who wants to venture beyond the body and take the ultimate trip.

## Book Information

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## Customer Reviews

While I admire the writings of Robert Monroe immensely I have to admit that he may be a little confusing for beginners, who may not fully understand or appreciate his terminology, or find it a bit dry. Not so with William Buhlman's book, which details not only his fascinating experiences but does

something that no other book I've ever read on this subject has done, which is to explain this incredible experience scientifically by drawing comparisons to quantum physics. At first I thought this would be confusing, and perhaps a bit boring, but to my surprise I found it not only insightful, but downright fascinating. Buhlman has a great talent for taking a difficult and hard-to-understand topic and bringing it down to earth. In my opinion, not only the best INSTRUCTIONAL book on the subject, but the best BOOK on the subject. Period!

Being interested in the occult, life after death and related matters for years, and after wasting much time (and money) on at least a dozen other books about OOBES, I finally found this brilliant work. Buhlman's descriptions are so easy to read....I felt as if one of my friends was sitting there teaching the subject to me, totally unlike many of the other pretentious, self-absorbed works that are available. You don't have to read the entire book to know that Buhlman is correct. Many of the initial phases of an OOBES will be so familiar to experiences that most people have already had that your doubts will be quickly dispelled. I cannot speak too highly of this book, and I can guarantee you that, if you follow the methods listed, this book will have a more profound effect upon you than anything else you've ever read.

I bought this book because I was interested in the subject and it was published by HarperCollins... Most OBE books are filled with mumbo jumbo and party waste New Age B.S... This book had exercises that read like a pilot's instruction manual... I tried a few just before I went to sleep for about two weeks every night... Low and behold I woke up in the dream state, climbed out of my body and walked around my apartment!.. If you don't believe it buy the book and try it yourself you skeptical stick in the mud... I only did it twice but it was enough to make me realize there is more going on than what we puny mortals may imagine... I actually got a little spooked and quit the exercises... I thought I could be playing around with occult powers I wasn't prepared for... The Tibetans claim you need a guru to initiate you into this kind of thing... Be careful... Read this book at your own risk...

Now I am reading two books on astral projection "ASTRAL DYNAMICS" by Robert Bruce and "ADVENTURES BEYOND THE BODY" by William Buhlman. I find them quite helpful because yesterday I had my first out-of-body experience (OBE). Every time before I go to bed, I relax and do some exercises from the books. But it never helped me leave my body... Till yesterday morning when I waked up and felt as some inner part of me along with my consciousness started to slide off

my body as a glove from a hand. I soared over my bed and realized that I could see nothing. I said to myself, "I want to see!" and suddenly everything became clear and bright. I was in my room but it had some minor difference from my real room. (The books say it could be one of those astral worlds which is close to our world). I flew up to the window, looked around and then decided to come back in my body because the authors do not recommend to do long trips in the first OBE. So I flew up to my body, thinking of it, and returned back. It was not a dream or lucid dreaming. I know the difference. But it also did not look like a real life experience. I am still stumped for an answer about the true nature of my experience. Though it was interesting. I have read a couple of other books about OBE/astral projection but to me, the most informative and helpful were "ASTRAL DYNAMICS" and "ADVENTURES BEYOND THE BODY." If it worked for me, it can work for you. Just be positive, do the exercises and sooner or later you will have your first OBE. Though ask yourself first if you really need it. (I am not from an English speaking country, so please excuse my poor English).

I bought this book because I wanted to read a book that would teach me how to experience out-of-body travel. Instead I found a completely different teaching. Buhlman does give (I think) very good ways to induce astral projection. However, if you're expecting a step-by-step course, this is not where you will find it. Most of the work will have to be done by yourself. But this is only a matter of motivation and responsibility. So this comment should not be seen as an argument against reading the book. The big surprise for me was in the multiple journal entries that Buhlman shares with us. I found them fascinating! They make up an adventure novel all by themselves. I might also define them as a roadmap to the astral dimensions. We all are looking for teachings in the books we read, and hopefully those teachings allow us to take small steps toward wisdom. In this perspective, I am convinced that there is the right time for every book we read. So I will refrain from writing something like 'you must read this book'. You must make up your own mind. But if you feel ready for the kind of teachings I just described, then don't hesitate.

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