

The book was found

Out-Of-Body Adventures



Synopsis

Teaches step-by-step how to expand consciousness, let go of fears, and experience the exhilarating pinnacle of travel on the astral plane.

Book Information

Paperback: 160 pages

Publisher: McGraw-Hill Education; 1 edition (September 22, 1988)

Language: English

ISBN-10: 0809245604

ISBN-13: 978-0809245604

Product Dimensions: 5.4 x 0.4 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 34 customer reviews

Best Sellers Rank: #681,176 in Books (See Top 100 in Books) #157 inÂ Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body Experiences #555 inÂ Books > Religion & Spirituality > Occult & Paranormal > Ghosts & Hauntings #825 inÂ Books > Religion & Spirituality > Occult & Paranormal > Supernatural

Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

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!

[Download to continue reading...](#)

BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Adventures Beyond the Body: How to Experience Out-of-Body Travel Journeys Out of the Body: The Classic Work on Out-of-Body Experience The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks,

Lotions, Body Scrubs & More - 100% Cruelty Free) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) BODY TALK: The Body Language Skills to Decode the Opposite Sex, Detect Lies, and Read Anyone Like a Book (Body Language Decoded) Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Astral Projection: A comprehensive Astral Projection Guide to Mastery with Simple and Tested Techniques: Astral Projection, Out-of-Body Experience, Astral ... Dreaming, Astral Travel, Outer body travel) OUT-OF-BODY ADVENTURES: 30 Days to the Most Exciting Experience of Your Life Out-Of-Body Adventures Pocket Adventures Aruba, Bonaire & Curacao (Pocket Adventures) (Pocket Adventures) (Adventure Guide to Aruba, Bonaire & Curacao (Pocket)) Bug Out RV: The Definitive Step-By-Step Beginner's Guide On Transforming Your Family RV Into A Bug Out Vehicle To Get You Out Of Danger In A Disaster Sales Eats First: How Customer-Motivated Sales Organizations Out-Think, Out-Offer, and Out-Perform the Competition Body Flex--Body Magic Your Aging Body Can Talk: Using Muscle -Testing to Learn What Your Body Knows and Needs After 50 The Ageless Body: How To Hold Back The Years To Achieve A Better Body Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)