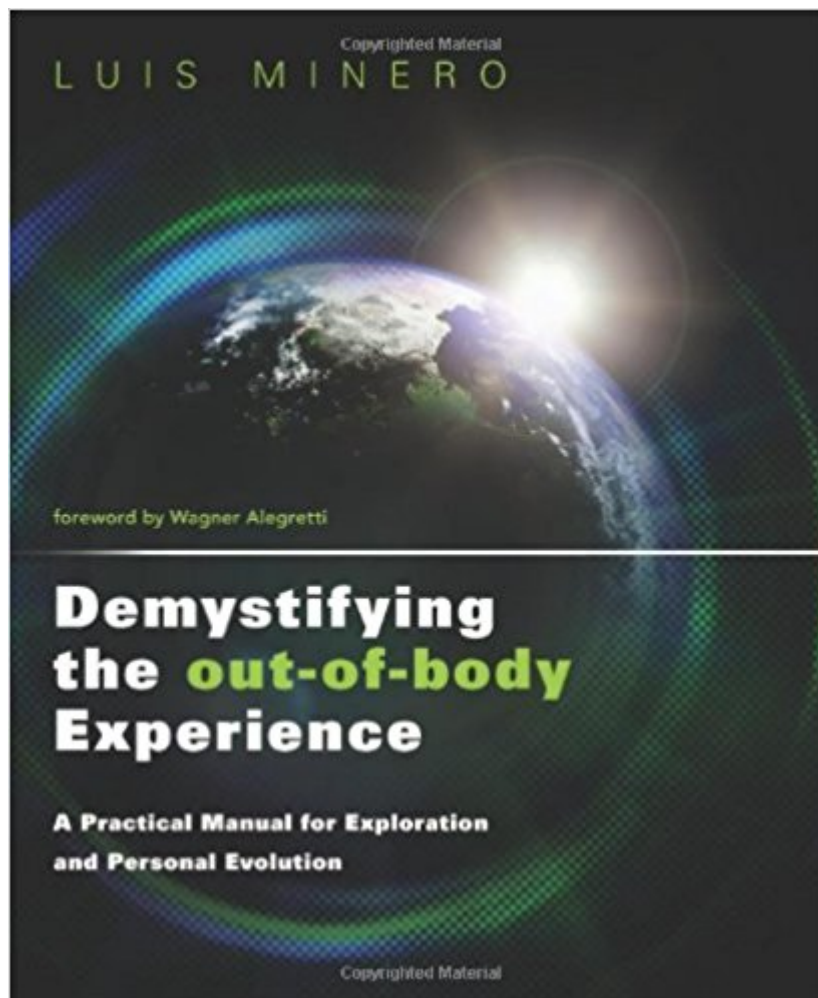




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Demystifying The Out-of-Body Experience: A Practical Manual For Exploration And Personal Evolution



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

Luis Minero (Culver City, CA) graduated with honors in chemistry from Florida International University. He taught courses on OBEs, paranormal phenomena, and spiritual growth at Miami-Dade College from 1997 to 2002. He was the Director of the Florida International Academy of Consciousness (IAC) from 1999 to 2001, and has been the Executive Director of the IAC California center since 2003. He is currently the Administrative Director of the IAC globally. Visit him online at

Luis Minero obviously has extensive experience and training with this material (he is the International Director of Education of the non-profit org IAC) and presents it in an interesting, linear, and digestible manner. He knows his stuff!! This is definitely a book of in-depth study, containing a wealth of information. My reason for reading this book was to understand more about the subject of consciousness. This book goes above and beyond ANYTHING I've encountered on that subject within hundreds of books re: yoga, Buddhism, metaphysics, paranormal, non-local consciousness, OBE's, NDE's, multidimensional reality, shamanism, and the occult. Super rich and juicy information; FANTASTIC food for thought. All the material is presented without any connection to mysticism, magic, dogma, philosophy, or religion. "Riveting" would be my one word description. Enjoy!!

I'm so glad this book came out early (was expecting it). Really cool and well written. I've read several books on OBEs, and I would certainly recommend it. The writing is so clear, and besides new techniques, the information on using the OBEs for evolution really opened my eyes (I liked his word "cosmoethics"). I hadn't thought of many things written there, and which makes much sense. I personally don't have a problem with the death (I think :-)), but I liked the section on why OBEs are safe, as well as the part about non-physical dimensions. For me the most interesting thing were the areas where the non-physical beings are discussed. Not just the good ones, like angels (they are called hepers here), but the bad ones (wow, that was eye opening!). Really very complete and very, very helpful in many ways. BTW, try step-counting technique :-).

The book's title is accurate, and that is just what makes this book marvelous and valuable--what had been mystical and esoteric is clearly explained. This is a truly a Bible for the out-of-body experience. Everything one should need to know about the out-of-body experience, including the critically important topic of managing one's vital energy, is thoroughly explained. Preeminently authoritative, this book is supported by a comprehensive review of relevant literature by the author, as well as many years of the collective experience of projectors/researchers who are members of the non-profit International Academy of Consciousness. While the implications of the out-of-body experience are profoundly religious (after all, the projectors may visit "hells" and "heavens"), this book does not espouse any religious views. Instead, the information is presented in a scientific manner and the reader is invited to confirm everything himself. Keep in mind, this book explains

many of the most important esoteric topics in a simple, clear, and matter-of-fact way. That exceptional clarity makes this book marvelous and invaluable.

Searching for something that was missing in my life started since I was a young kid. In all five decades of my life, I have studied a lot of mysticism, religions, philosophies, attended different schools of enlightenments, have had experiences, and finally came to learn and practice conscious Out of Body Experiences about two years ago. I have read, R. Webster, O. Fox, R. Stack, Leadbeater, R. Monroe, R. Peterson, R. Bruce, W. Buehlman, S. LaBerge, P. Dennett and others. Luis Minero stands alone. This book is destined to become a new classic, it will be a manual for serious OBE enthusiasts for a long time to come. There are of course techniques to teach on how to do it, but Luis shows you the whole scene of other dimensions, the structure of reality and much more. You get bits and pieces from other books, but a coherent, complete and logical picture is what you will learn from this book. Yes, there are new words to learn. That's needed though. Words carry energies (like everything else). People have associated meanings and prejudices with words. So to learn new things with ancient words (god, death, re-incarnation for example) is next to impossible. The material discussed is new and it is not. Probably, you come to feel that you know them from some unidentified time earlier in your existence. Be prepared, you still learn a lot. I did. It is hard to understand things correctly, because a vast majority of us use a wrong frame, the established paradigm for the last four centuries, materialism. And that is why we miss understanding. With a correct sub-structure, a new paradigm, everything make sense, and hence achievable now. Things are demystified and find their right place your mind. Way surpassed my expectations the book is well organized and easy to follow. Don't believe in anything I wrote here (or Luis did in his book). Experiment! Have your experiences and grow. You've arrived.

Of the 7 or so books on out-of-body experiences (OBE's) that I've read, this is by far the best. It is easy reading and interesting. It also is very explanatory of phenomena that I've read about in other books. This book gives a logical framework for understanding the kinds of experiences that people who have OBE's and near-death experiences report. But even more importantly, it gives clear instructions for having OBE's. I enjoy the energy exercises that I've learned from this book, and I feel that they, by themselves, are helpful to my physical health and my spiritual development. I've been doing the exercises for about 3 weeks. So far, I've had a "flying dream" that may have actually been an OBE--I'm not sure. But, at the least, I feel that I'm developing the skills needed for having an OBE.

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