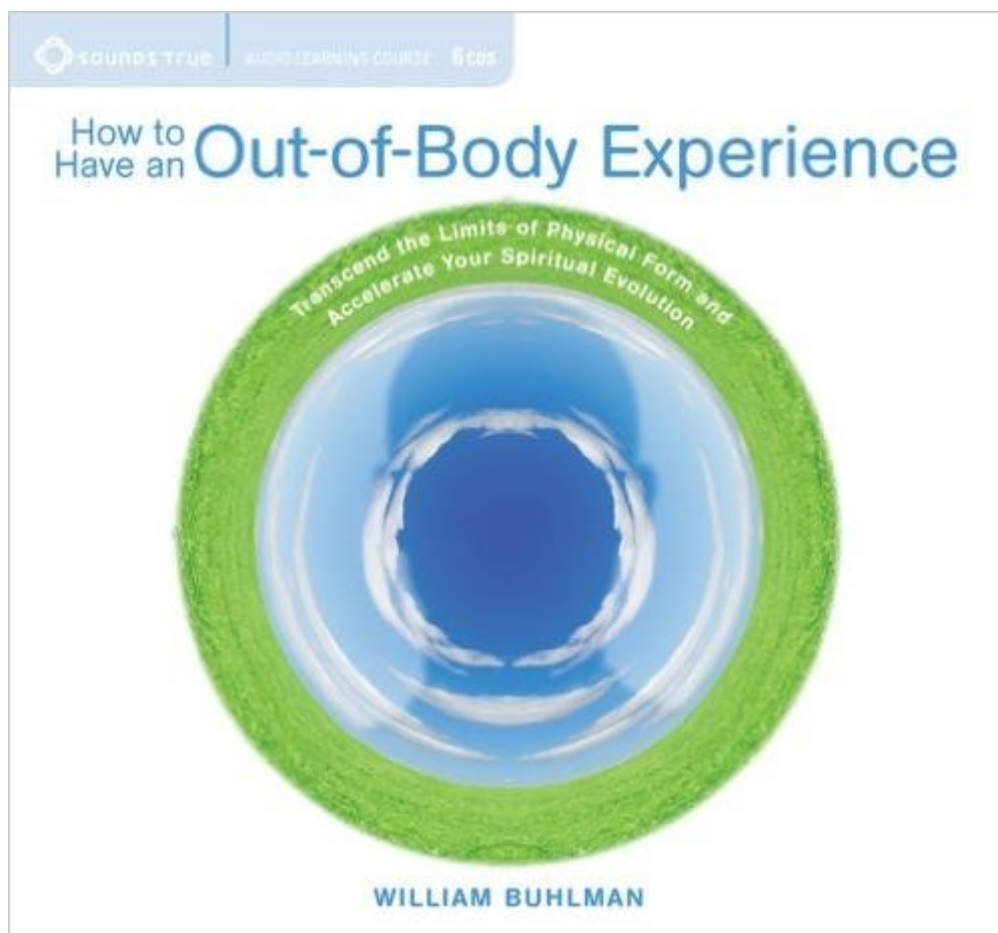


The book was found

How To Have An Out-of-Body Experience: Transcend The Limits Of Physical Form And Accelerate Your Spiritual Evolution



Synopsis

6 CDs of Powerful OBE Induction Methods are Included. (6 hour 45 minutes) If you've ever had an out-of-body experience (OBE), you know it can be a memorable--even startling--event. Are OBEs simply a novel brain state akin to dreaming? Or can they offer real access to non-physical dimensions? For the thousands of explorers that William Buhlman has taught to enter the out-of-body state, verification often comes in a breathtaking flash--the undeniable first-hand experience of lucid awareness beyond the limits of time and space in a realm of vast spiritual potential. With *How to Have an Out-of-Body Experience* you will learn to safely explore this astonishing territory for yourself and to awaken untapped possibilities. A Practical Course for Navigating Out-of-Body Experiences. Refined and proven during 15 years of Buhlman's workshops, this complete course teaches you the essentials of OBE navigation, including: "pre-launch" exercises for creating a focused and grounded mind-set, a core sequence of guided sessions for initiating out-of-body journeys at will, and many advanced techniques for exploring the subtle realms with safety and confidence. OBE practitioners frequently report extraordinary spiritual shifts: expanded perception of the self and the world, spontaneous healing, meetings with loved ones, and often a direct and life-changing connection with Spirit or Higher Self. *How to Have an Out-of-Body Experience* will show you how to extend your consciousness beyond your body--and quicken your inner spiritual unfolding. Visit William Buhlman's website for more more information.

HIGHLIGHTS

Be empowered to have your own experience--the ultimate source for spiritual insight
How to become an effective explorer of consciousness
The energy body--separation and control techniques
The Ladder, Vortex, Bridge, and many other proven induction methods
Working with karma and past lives
Contacting loved ones and spirit guides
Visual, tactile, and motion-based techniques for advanced OBE travel

Book Information

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Customer Reviews

First, I feel it is important to provide some background and disclose some of my experiences. I already have purchased and read two books by William Buhlman, The Secret of the Soul, and Adventures Beyond the Body. In addition, I attended his 4-day OBE Exploration Intensive course at the Monroe Institute this past August. As a result, I was able to experience several inward journeys beyond anything I had previously achieved during an out of body experience when I was younger. It was my goal to repeat the experience of my youth and hopefully take it to a higher level spiritually even though it has been almost 40 years. I can honestly say that Bill is the foremost expert in his field and absolutely can help you fulfill your goals in this area. The contents of the 6-CD set follow almost exactly the same teaching style and contains all of the course content included during Bill's small group training sessions. So, if you have not had the time, or the extra funds to attend one of Bill's workshops then this is the perfect set of tools for you. Everything is included, especially the tried and true techniques that will get you to move beyond the physical with your mind awake and your body asleep. The only things you will need to do is find a quiet place to listen without interruptions, and be ready to provide the affirmations that Bill teaches and uses including "Awareness Now" and "Higher Self Now" when the shift begins. Be ready to meet your higher self if that is what you desire. A spiritual experience that only you can give to yourself and therefore it will contain and reflect your own Truths.

I have tried other products (very expensive), read a lot of books on OBE and have never had any luck at all despite daily exercises for several months. I found mr Buhlman's book "Adventures beyond the Body", read it and thought that his methods seemed way too easy, didn't really believe that it could work. But something, what I do not know, "told" me to give mr Buhlman's new CD-set "How to have an Out-of-Body Experience" a go. And it is so affordable, so if it didn't work I wouldn't lose that much money anyway. After listening to the hypnosis in Session 1 and then using mr Buhlman's affirmation and target technique it happened!!! on the first try!!! It was very short only a few minutes, but yet how wonderful, it was 20 years since I was "out" last time, and back then it only happened at spontaneous and sporadic occasions. Thank you so very much mr Buhlman!

I have heard Mr. Buhlman on various radio and podcast interviews. I have also got his first book "Adventures Beyond the Body". And thru my own experiences thru astral projection, I can honestly say that he knows what he is talking about! A lot of 'new-age' authors on OBE's kinda come off as fluffy and airy-fairy, positive this and chakra that. But what I like about Mr. Buhlman's work is that he gets right to the point, and explains the entire process in very easy ways to understand. A lot of authors can get into the details, but Mr. Buhlman talks about in detail every single detail addressing every aspect of the entire OBE processes. Regarding this cd product...Again, a very detailed work that I would HIGHLY RECOMMEND, whether you are new to this, an expert or kinda in between like myself. I will agree with one review on here that says that the 'meditation exercises' are a bit short. Though I do not actually listen to those exercises during my own work, rather I use them as a reference, or something to memorize and apply when in my experiences, which is a great asset to my work. I will have to say a couple things however that I'm not too crazy about with this set...1. I transferred all the audio to my mp3 player cuz it's easier to listen to that way, however whoever did the digital labeling of the tracks did a REALLY BAD job. The first 2 cds I think were fine, but I had to edit the rest of the series which was annoying and time consuming.2. During the meditation exercises, Mr. Buhlman tends to say some words and drag them out for way too long a period of time. Like "Now feeeeeeeeel all the tension removed" "Now feeeeeeeeel the light"Also It seems like Mr. Buhlman is winging it. There are moments, especially during the non-meditation parts, where he begins to stutter, like he is looking for the correct word. And so this created very brief pauses during his messages. It would appear that the transcript was, well.... not scripted! The exercises are structured good, but I don't use them during my own exercise time, instead I play an ambient soundtrack after I memorize his exercises, and therefor can go at my own pace.Those minor annoyances aside, I am still very happy that I bought this set and again, would highly recommend it!

I have to say that I am EXTREMELY impressed by this instructional series. I have had many OBE's over the course of my life, but they have always been kind of spread out over long periods, here and there. In the very first week of following this series and the different exercises William Buhlman teaches, I had THREE out of body experiences---All in the same week! I was stunned.Two of my OBEs were dream conversions, where I began to become lucid in the dream, and converted it over into an astral projection, and before I knew it I was FLYING above landscapes, looking down at the earth below me. The third OBE I actually felt my energy body shift out of phase with my physical body, and rise up into the air several feet above it. I am extremely excited with the material in these

CD's: They are JAM-PACKED with all sorts of great techniques for achieving out of body / astral projection experiences. I would highly recommend this series to anyone---Beginner and advanced alike. For me, it was worth its weight in gold. See you on the astral plane folks!

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