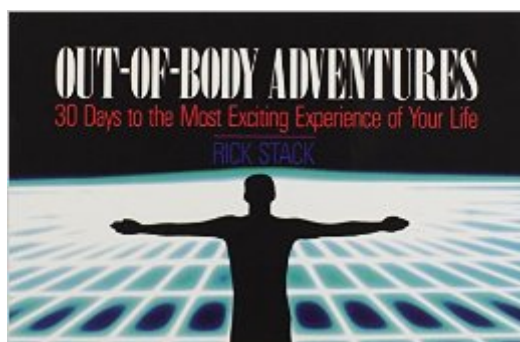


The book was found

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)

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (29 customer reviews)

Best Sellers Rank: #678,093 in Books (See Top 100 in Books) [#157 in Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body Experiences](#) [#927 in Books > Religion & Spirituality > Occult & Paranormal > Supernatural](#) [#1220 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism](#)

Customer Reviews

It's unfortunate this book has not received higher praise in these reviews; perhaps because it is being compared to other books on the subject? This book is not a guidebook to astral travel, nor is it a fascinating collection of personal experiences... It is a short, to the point workbook that serves one purpose alone -- to get you out of body for the first time. Rick Stack writes a few introductory chapters on the subject, then outlines a series of written exercises to get you to identify any roadblocks (fears, preconceptions, etc). Once these fears are identified, there is another series of written exercises to get you to "turn them around" into positive thoughts that will empower and motivate you. The last chapters suggest various techniques of getting out, based on the prep work that you have done. If you genuinely follow these exercises, there is no reason why you shouldn't have an experience. My first one happened in a month and a half, but I wasn't as diligent as the book suggests to be! Other books I have found useful for motivation and reference (so far -- haven't read 'em all!) are *Far Journeys* by Robert Monroe, and *Adventures Beyond the Body* by William Buhlman. The latter goes into a lot more detail about techniques, personal experiences and the physics of multiple dimensions. Monroe's book is a little dry at first, but halfway through turns into one of the most enjoyable and challenging stories I have ever read.

Yes, this is a good short book. Short not only refers to the concise nature of this book but also the size(height) of this book! It starts with a short intro to OOBES and then it cuts through the chase by giving you instructions on what you need to do to achieve your own OOBES. It explains the role of belief structures and how it affects OOBES and how to change it so that you can have OOBES. Actually this is one of the book's best features. Instead of continuously struggling to achieve OOBES which sometimes feels like you are ramming your head against the wall with no results, it explains how you can achieve OOBES a little easier. Change your beliefs about it first. If you believe that it is difficult, change your belief to that OOBES is effortless and easy. Explore your fears about OOBES and deal with it so that OOBES can occur without you sabotaging yourself because you are fearful of OOBES. For those who are familiar with Seth books by Jane Roberts, it will be apparent that there is a Sethian influence in this book, after all, the author studied the works of Seth and Jane Roberts. And with all how-to-have-OOBES books, it has many techniques and useful tips on how to increase your chances of having a conscious OOBES. However, I would have preferred more examples of how OOBES were achieved as this would serve as an encouragement to those who are trying and also show how real-life OOBES are achieved. More descriptions to OOBES environment would also be helpful and how the author dealt with what he found when he was having an OOBES would have made the book more complete. And finally, I felt the physical dimension of the book was very awkward. The book is a rectangle and you have to hold it length-wise. I guess if you wanted to be different from other books, this would be one way of accomplishing it. Not only is it awkward when you hold it, but when you put it on your book shelf it sticks out demanding attention because it is longer than other books. But as I said before, it is a good short book and it is in my OOBES book collection and I wouldn't want to be without it.

Rick Stack has written the most practical and effective manual for experiencing OOBES that I have ever read. He covers the very best techniques while taking into account the fears and beliefs that might hold one back. I recommend it unreservedly.

Don't laugh or shrug off OOBES as most people do when they hear about this subject. This book is an excellent primer for actually accomplishing an OOBES. It took me only 14 days (er...nights) to accomplish this. I HIGHLY recommend this to all "wannabe astral travelers!"

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!

Rick Stack's book on preparing for and achieving OOB is about the most concise book of the 10 or 12 I have read on the subject. Everything important is there, it is well presented and organized, and there is little if any fluff wasting space. Stack assumes the reader has very little exact knowledge of just what OOBs actually are, and begins the book by explaining the nature of OOBs, whether they even exist or not, why astral exploration can be of benefit or interest, and then presents a program for getting the reader on the road to his first successful experience. Critically, the first part of this involves facing one's own fears and breaking down mental barriers, and Stack presents some exercises to help in this process. My guess is that this is the real 'work' to be done; the actual relaxation and dream work is not difficult once the tripper has the right psychological attitude. The rest of the book is dedicated to various techniques to use to induce an OOB - really, to let one happen - and ideas for what to do in this state. The first time can be very disorienting and confusing - even scary - and the more on this the better. I rated the book four stars rather than five because it has largely become superfluous (as have many others on this topic). If you want to know more about astral travel, google it sometime and you'll have so much information at your fingertips you will never have the time to actually practice. There is really no need to buy any more books on the subject, unless just to have it for easy reference or decoration, a use for which this oddly-shaped volume was clearly not designed.

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