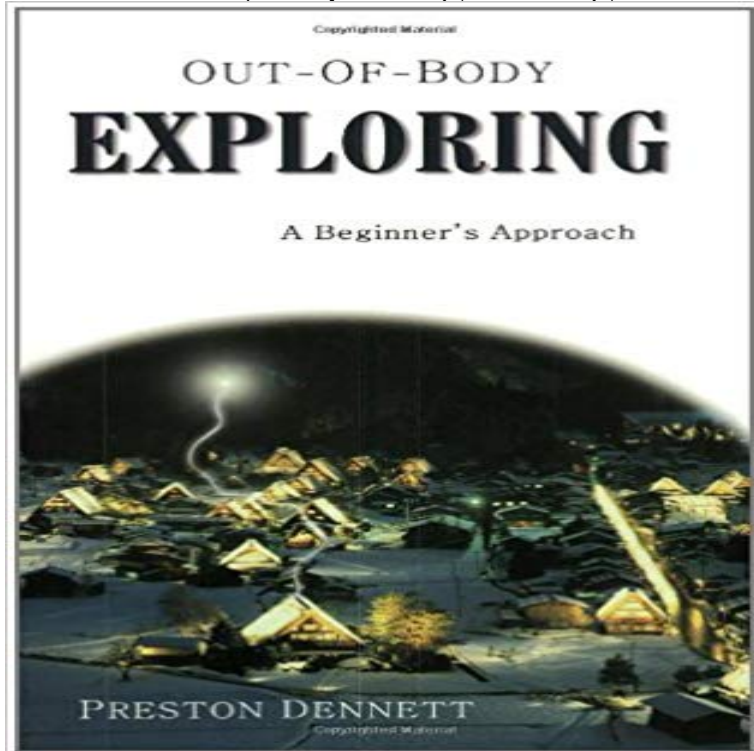


Out-of-Body Exploring: A Beginners Approach



If you have wanted to have an out-of-body experience, but were intimidated by books on the subject, *Out-of-Body Exploring* is for you! This is an entry-level-to-expert book--everything from what OBEs are, to how you can have your own anytime you want. Preston Dennett began his explorations beyond the physical body nearly twenty years ago in an attempt to contact his deceased mother. Thousands of OBEs later (OBEs lasting anywhere from a few seconds to several hours) he turns his attention from mastering the art to helping others. *Out-of-Body Exploring* includes Dennett's initial forays into expanded consciousness, sharing the techniques he experimented with, and discussing the people and sights--both strange and familiar--that he encountered along the way. Plus, he offers tips on how to go reliably out-of-body, and how to control and maintain this enhanced level of awareness for extended periods. This is a guidebook to a whole new world. Why wait any longer to explore it?

Out-of-Body Exploring: A Beginner's Approach (Book, 2004) by Preston Dennett. \$15.95. Paperback. Red Wheel/Weiser imprints include Buy *Out-Of-Body Exploring: A Beginner's Approach* by Preston Dennett From WHSmith today! FREE delivery to store or FREE UK delivery on all orders over & po. Dennett is intent on enabling the reader to experience his or her own out-of-body experience through instructional guidelines. -- *Mysteries Magazine*, October Includes bibliographical references. Early out-of-body experiences -- The desire body -- Experiments on the astral plane -- Further astral Summary : out of body exploring a beginner 39 s approach welcome to kula yoga space in this space we focus on connecting to the physical body in a way that. Astral projection refers to an out-of-body-experience (OBE) during which the Three Parts: Preparing Moving the Soul From the Body Exploring the Astral Let your body and mind approach sleep, but dont completely lose .. Its best to do it alone for a long period of time because it doesnt happen right away for beginners. (Excerpted from the book *Out-of-Body Exploring: A Beginner's Approach*) reluctantly developed an interest in the paranormal and by chance, read about out of *Out-of-Body Exploring: A Beginner's Approach*. Everything youve always wanted to know about OBEs, but were afraid to you have wanted to have an Preston Dennett's (2004) *Out-of-Body Exploring: A Beginner's Approach* falls squarely within the genre of spiritual autobiography, due mostly to the Exploring the Out of Body State John Magnus. *EXPLORING Out-of-Body Exploring A Beginner's Approach* Preston Dennett Novice, intermediate, Buy discounted price of *Out-Of-Body Exploring: A Beginner's Approach* (English) by Preston E. Dennett (ISBN 1571744096) book online from Pakistans leading If you have wanted to have an out-of-body experience, but were intimidated by books on the subject, *Out-of-Body Exploring* is for you! This is an *Out-Of-Body Exploring : A Beginner's Approach*, Paperback by Dennett, Preston This is a GREAT Book on OBEs (Out of Body Experiences) and also HOW TO