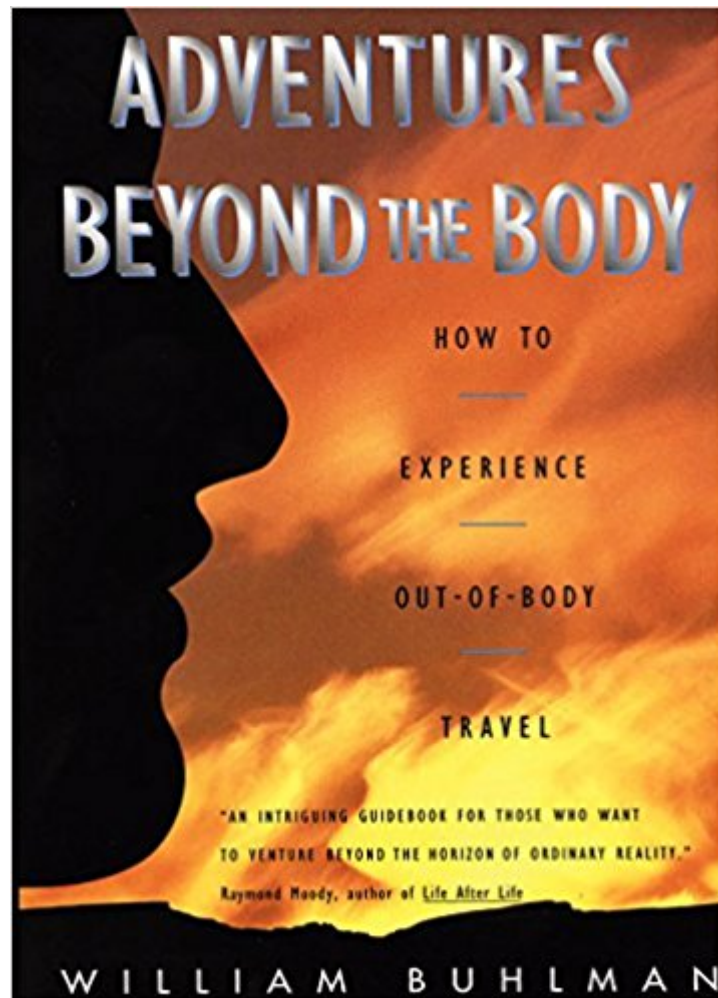




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# Adventures Beyond The Body: How To Experience Out-of-Body Travel



## Synopsis

Explore new worlds . . . If you ever wondered what might lie beyond the reality we experience every day, if you've ever thrilled to accounts of out-of-body travel and longer to go alone for the ride, this fascinating, practical guide is for you. America's leading expert on out-of-body travel tells the riveting story of his travels to other realms and offers easy-to-use techniques to guide you on your journey of a lifetime and beyond. Travel into parallel realities . . . William Buhlman has trained out-of-body travelers in his workshop for more than a decade, teaching people how to project their consciousness outside the limits of their physical bodies and to explore dimensions and worlds beyond everyday life. Now he vividly recounts his own adventures in the parallel universe described in the new-physics theories of Stephen Hawkins, Paul Davies, and Fred Alan Wolf and presents his step-by-step guide to astral travel including exercises, tips, techniques, and answers to your every question about out-of-body experiences. And discover surprising truths about reality, past lives, the soul, and life after death. Astral travel, Buhlman reveals, not only can expand your consciousness it can help verify the existence of the soul, teach you about past lives, and enhance your daily life. Find out in this compelling handbook for everyone who wants to venture beyond the body and take the ultimate trip.

## Book Information

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## Customer Reviews

Explore new worlds without booking a flight! In *Adventures Beyond the Body*, William Buhlman recounts his fascinating experiences with astral travel, connects this phenomenon with current

cosmological theories, and suggests that we all have the capability to travel to parallel universes. Don't worry about getting lost--Adventures is filled with well mapped methods for finding your way out of your body and into other worlds. Control is Buhlman's mantra, specifically control over our fear of the unknown. He precisely addresses the common events that can occur during an out-of-body experience, taking the fear out of the journey, and allowing you to focus on living the adventure. --Brian Patterson

"An intriguing guidebook for those who want to venture beyond the horizon of ordinary reality."--Raymond Moody, author of "Life After Life"

If I hadn't experienced an OBE years ago, I probably wouldn't believe that such a thing was possible, but I did, so I was opened minded to reading Buhlman's book. I still was a little skeptical when I started reading it though. I thought it might be exaggerated or a gimmick for selling a book. But I was pleasantly surprised by the information. Since I do tend to be skeptical, I have a pretty sensitive BS meter, but nothing in his book triggered it even though his experiences are incredible. He speaks matter of factly about what he has seen. I felt that he was honest about everything he described. The thing I enjoyed most about this book was his theory about a dimensional universe. It sounded plausible to me. I also appreciated the techniques and encouragement he offers for having an OBE. Within one week of seriously applying his suggestions, I experienced the vibrational state that proceeds an OBE. If my husband had not started talking in his sleep at that moment, I might have achieved an OBE. It was encouraging though. Maybe too encouraging because a month has passed and I have not even had dreams of flying since then. I may be trying too hard.

I have wanted to do an Astral projection for a long time, but at the same time I had some fears about what would really happen. After reading this the fears were gone and I wanted to experience it more than ever. This book helps us remember that we are magical beings. We are so much more than our bodies. I loved the book and I found it life changing.

Eh, not as good as Journeys Out of the Body by Monroe. It starts out good, but then gets too much into the metaphysical or he attempts to dissect the why and how of it to the point that it detracted from his story. Yes, I wanted it explained, but he just doesn't do it in a way that made me want to continue to read it. It was like starting out reading a good story and then someone else stepped in and started writing a "scientific" journal or directions on how to program an electronic device..very

dry...at least to me and I read a LOT of medical books for school...I wanted more of a description of what was going on NOT the beliefs he had about what was going on.

This is one of my all-time top-ten favorite books on the planet. I'm 54, and I have been looking for this book all of my life. I have bought paperback and Kindle versions, along with another for a friend. The author of this book is talking about the spiritual gift or the spiritual experience that I have always wanted to have, but have never been able to achieve. I'm not sure that I can have such an out-of-body experience. In another book, while talking about project, the author states that people with health problems cannot have out-of-body experiences, and that has been my observation. I have had asthma/allergy problems all of my life; and, I also have been diagnosed with some type of apnea, where I snore myself awake repeatedly every few minutes or awaken gasping for breath. I have got a rattle and a wheeze that also awakens me and breaks any kind of meditative state that I try to achieve. It's just not possible for me to get deep enough under to try any of these techniques. I don't know how to proceed. I also wonder if my physical body will just stop breathing when my consciousness is no longer there to keep reminding it to breathe; so, I'm not even sure if it's a smart idea for someone like me to try out-of-body travel. But, this has definitely been a fun and interesting book. A definite favorite! I have been studying the Mind-Brain Problem in my Psychology Courses, which of course leads to metaphysics, consciousness, soul, spirit, intelligence, awareness, or whatever else you want to call it. I have bought dozens of books on the subject, and this has been my favorite one. The only way to know if the spiritual is real is to experience it for yourself. I receive answers to prayers, usually during the hypnopompic phase as I wake up during the morning. I sometimes will successfully enter lucid dreaming during the hypnopompic phase, where I take control of the dream I was having and finish it to my satisfaction. That's about as far as I get, with any of this. I'm going in for sleep tests in a couple of months if the insurance will pay for it; and, if they get me on one of their machines, I wonder if it's possible to do any of these techniques successfully while hooked up to a machine, or will the machine just create another type of interference? So many questions, and no answers. This is definitely THE spiritual experience that I would actually love to experience; but so far, none of this works for me. I can sometimes take an hour for me to get to sleep, and I usually sleep about six hours with frequent wakeups, and then I can nap for another three hours in the later afternoon after work with frequent wakeups. I spend a lot of time in bed because of my problems, but I have not successfully entered a meditative state during my whole life, as far as I know. My body keeps bringing me back to it constantly every few minutes, or so it seems. I wish I could contact the author of this book about my situations for some

advice; but of course, I don't have the money to pay for the service, so that's not going to happen. But to the author, thank you for one of my most favorite books that I have ever purchased. Can I quote parts of your book in my school essays and work? Two Thumbs Up, Way Up!

This is an excellent book. A must read for anyone interested in astral projection. Straight forward with the how to do it. As well as narratives of experiences in astral travel. One thing to keep in mind, is this may not work for everyone, as we are all different. What works for me in having an OBE may not work for you. Some things to remember. You must concentrate and keep your mind clear of chatter. Not everyone experiences vibrations, rushing/loud noises, or rapid heart beat just before exiting the body. I only get mild tinglings and only once has my heart started to beat madly just before my OBE. Binaural or isochronic can also be helpful and there are some good ones on youtube. Most of all don't fret if you do not succeed on the first or even 50th try. Keep trying and remember what works for you.

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