



Demystifying the Out-of-Body Experience: A Practical Manual for Exploration and Personal Evolution

Luis Minero

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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.

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