

Earth



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Book Catalog

Out of Body Experiences

How to Have Them and What to Expect

By Robert Peterson

Our Price: **\$11.95**

Our Item Code: **ObeHowToHave**

Postage Code: [book1](#)

224 Pages, Trade Paperback

Cover Size: 5 x 8 inches

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Date: 1997 ISBN: 1-57174-057-0

Added to Catalog: 5/27/98

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From the Book Cover

Throughout history people have reported spiritual experiences that we now identify as out-of-body experiences or OBEs. Modern researchers like Robert Monroe have pioneered the scientific study and practice of OBEs.

Increasingly people are remembering spontaneous OBEs, especially from early childhood. Also, OBEs are a typical feature of Near Death Experiences, and have been described as beautiful, painless, and ecstatic.

In this comprehensive manual for inducing OBEs and managing the experience, the author not only explores each stage of his own development but also concludes each chapter with a specific exercise that takes you to the next level.

From wiggling out of your body the first time—the author did a back flip—to traveling through other realms and dealing with your "encounters," Out of Body Experiences is one of the most practical, step-by-step guides to OBEs available.

The consciousness-expanding experiences of OBEs are now accessible to everybody willing to make the leap into the great beyond.

"If we seriously try the kinds of OBE-inducing exercises Peterson presents... then "soul" will not be just an opinion or speculations for us: its reality and its implications for living will be experiential data."

-- Charles Tart, author of the classic
Altered States of Consciousness and Waking Up

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