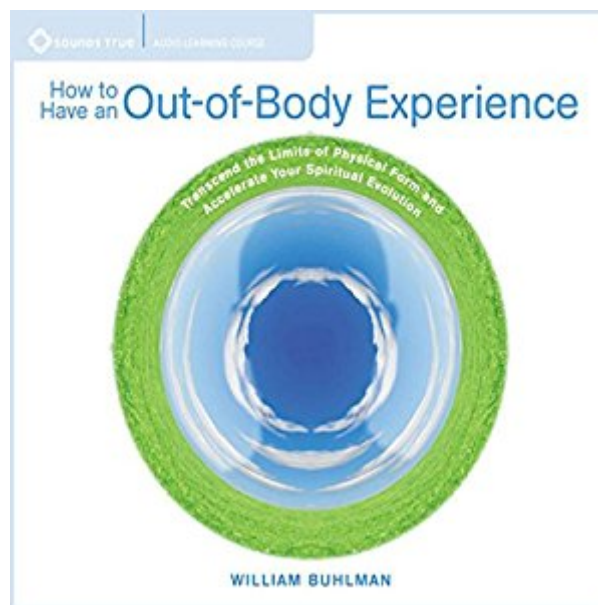




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# How To Have An Out Of Body Experience: Transcend The Limits Of Physical Form And Accelerate Your Spritual Evolution



## Synopsis

For the thousands of explorers that William Buhlman has taught to enter the out-of-body state, verification often comes in a breathtaking flash - the undeniable first-hand experience of lucid awareness beyond the limits of time and space in a realm of vast spiritual potential. With *How to Have an Out of Body Experience*, you will learn to safely explore this astonishing territory for yourself, to awaken untapped possibilities.

## Book Information

Audible Audio Edition

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Parapsychology > Out-of-Body Experiences #1286 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

I like the way this CDs have been produced; Price is fair, exercises are - in my opinion - exact those which lead to success; CDs are compatible to Monroe - Gateway series, but simpler and can be repeated without CD; Buhlman sounds a little bit "out of breath", but otherwise good quality; Even before I bought these CDs I simply relaxed, waited for this "floating" feeling and put my awareness away from the body; esp before going to sleep or after waking up between 3 - 5 am in the morning - this is highly effective, and lots of lucid dreams are the result, sometimes I wake up and am out of body; (Buhlman calls this target technique) important is the habit of writing down all dreams as this develops memory, should you have an OBE - keep it short and create a phrase .... I was flying over the roof! ... I was flying over the roof! .... when you wake up usually in the short period where you still can't move - after returning to your body - you also tend to forget the OBE!!!! If you repeat what just happened .... you might remember this phrase - and if you IMMEDIATELY after waking up write down the OBE - you might recall big parts of the experience, trying to compress a big audio file into a little mp3; Advantage: The techniques are simple and can be repeated WITHOUT CD; this leads to

success, its just a matter of time till lots of dreams occur, maybe a few lucid dreams and sooner or later you find yourself having an OBE;5 stars, highly effective together with "journey out of the body" ... where you learn to relax ..... and "gateway experience" which also leads to amazing results;Also Buhlman's books are highly informative and worth the money;

I have to say that I am EXTREMELY impressed by this instructional series. I have had many OBE's over the course of my life, but they have always been kind of spread out over long periods, here and there. In the very first week of following this series and the different exercises William Buhlman teaches, I had THREE out of body experiences---All in the same week! I was stunned. Two of my OBEs were dream conversions, where I began to become lucid in the dream, and converted it over into an astral projection, and before I knew it I was FLYING above landscapes, looking down at the earth below me. The third OBE I actually felt my energy body shift out of phase with my physical body, and rise up into the air several feet above it. I am extremely excited with the material in these CD's: They are JAM-PACKED with all sorts of great techniques for achieving out of body / astral projection experiences. I would highly recommend this series to anyone---Beginner and advanced alike. For me, it was worth its weight in gold. See you on the astral plane folks!

Excellent book! He gives more than enough information about his own experiences having a out of body experience. His explanation of what the body physically goes thru before, during and after an obe is extremely helpful for anyone who wants to have one. Also,, his helpful commands that are used before,during ,after your obe are priceless! Get the book if you are thinking and or wanting to have an obe.

I had a near death experience years ago and similar happenings, so I was very aware that there is more to "life" than 3D. However, it wasn't until I read Buhlman's "Adventures Beyond the Body" that many of my questions were answered on how to attain the same blissful expansion of OBEs. Once I read the book, I was ready to put the information into a dedicated practice. This 6 CD set on "How to Have an Out-of-Body Experience" is certainly one of the best step by step lessons I have ever experienced. Buhlman's calm beautifully toned voice guides you through every step of how to have an OBE, what to expect, and gives many guided meditations to help anyone achieve an OBE. These meditations can be used daily to help you relax and go through the various stages of an OBE. Buhlman also includes a valuable technique with useful affirmations that can be used at bedtime to program one's subconscious for successful OBEs. I have tried various "mind tapes" with

limited success, but Buhlman's method of gently leading one through every step, with these various guided techniques is absolutely the most effective I have found. I have not tired of listening...rather, I eagerly await my "alone time" to spend going through the particular techniques that work best for me. Buhlman is truly one of the most important teachers and guides I have ever experienced. This set is certainly well worth the price paid!

I have read a couple of Buhlman's books and this CD set reinforces that book knowledge well.

I love the author's intention to use OBEs for your spiritual growth. I've read and loved two of his books and this CD set is an excellent adjunct. I'm listening to them over and over again and have made separate CDs of the techniques to listen to. I highly recommend this series

I am really thankful for these CDs! Excellent help for people who is interested in OBEs experiences.

As an experienced OBE challenger, I highly recommend this Audio CD set. Very well explained with plenty of specific "case studies" and what to do in certain situations (eg. when you get stuck in the vibrational state, etc.)

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