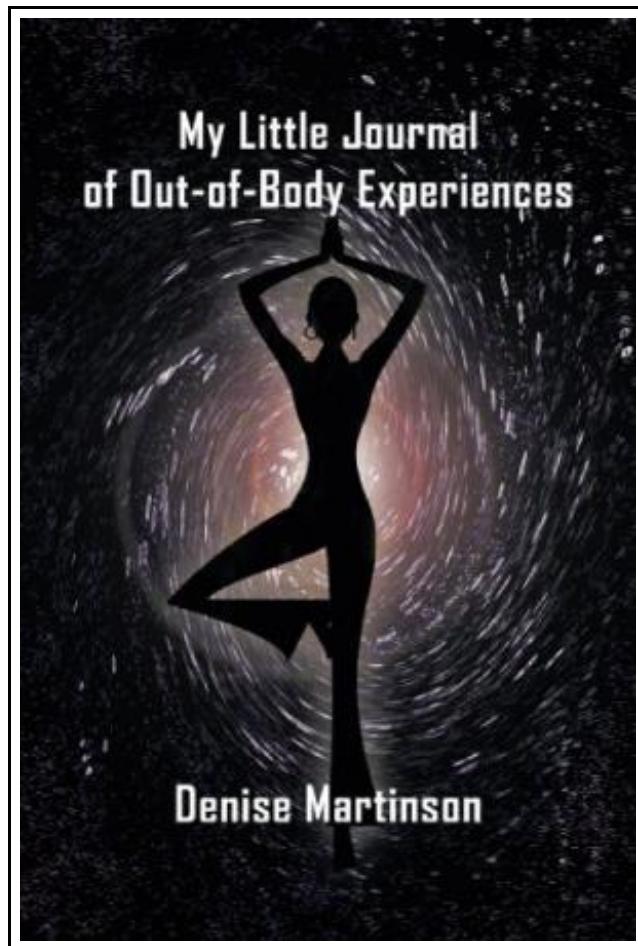


My Little Journal of Out-Of-Body Experiences



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(Letha Okuneva)

MY LITTLE JOURNAL OF OUT-OF-BODY EXPERIENCES

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iUniverse, United States, 2009. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. This is not a book about how to teach out-of-body-experiences (OBEs). There are many good books already written on how to induce them. It is not about the history of OBEs. Even though there have been numerous studies in the field that still challenges nonphysical existence, such as near-death experiences (NDEs) and other metaphysical subjects, it is the OBE that aids in our growth and development and, most especially, our awareness about eternity. Scientists, who are unable to solve out-of-body experiences or near-death experiences, try to explain them as the body's way of tricking itself into believing it lives after death. They say it is the loss of oxygen to the brain, or a psychological episode that causes hallucinations. When in truth, we leave our bodies every single night, not under any defense apparatus, but our natural, nightly ritual called dreams, which are really out-of-body experiences. In fact, an NDE is not necessary in order to have an OBE, or being ill or under drugs, but they still may bring them on. Some researchers believe the mind separates while in the OBE or altered state of consciousness. This is because consciousness has the ability to be in two places at once. Just like when we were born, we had to grow and learn, and while this was happening, the mind acquired new knowledge as it traveled on the other side. In other words, our soul stays with the body (except during an OBE) until we pass over because it is the body that shuts down and dies, not the soul or consciousness. It releases itself completely to the other side after death. During an OBE, I still...

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