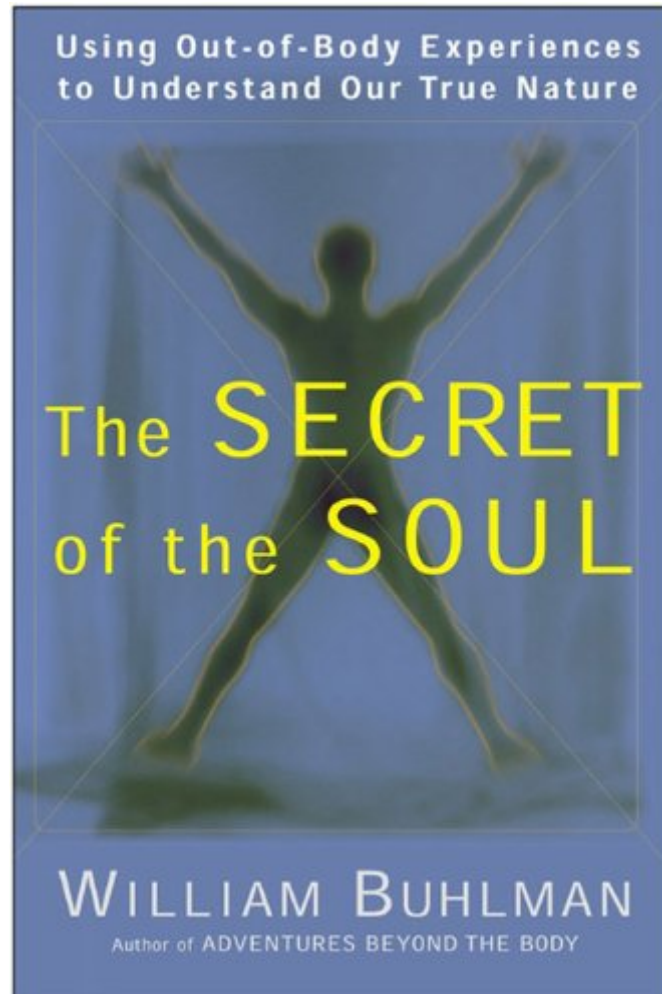


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# The Secret Of The Soul: Using Out-of-Body Experiences To Understand Our True Nature



## Synopsis

In this remarkable book, William Buhlman, author of the bestselling *Adventures Beyond the Body*, offers the reader a comprehensive guidebook to understanding and exploring the fascinating phenomenon of out-of-body experiences (OBEs). Learn how you can: Explore your true spiritual self and attain profound transformation in your awareness and knowledge of the universe. Gain life-changing benefits as you break free from mental and physical limitations. Contact departed loved ones using OBEs to move beyond the current limited understanding of death. Filled with engrossing stories based on the testimonies of people from all over the world, and offering forty new, easy-to-understand techniques, *The Secret of the Soul* will prepare human beings everywhere for the next major leap in the evolution of consciousness.

## Book Information

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Projection

## Customer Reviews

I've read a large number of books on Astral Projection and this one was completely different for its range of topics. The author sent out a survey and received first-hand accounts from 16,000 people who have had various degrees of out-of-body experiences from accidental to controlled, from

enjoyable to unwelcome. Buhlman lets the stories speak for themselves, and categorizes the experiences by subject: meetings and messages beyond the body, childhood OBEs, combat- and trauma-induced experiences and transformational experiences. Buhlman also discusses what can be expected from an OBE and what benefits there are. Chapter 6 was unique in the entire literature of OBEs: could alien abductions be unexpected out-of-body experiences? Buhlman does a masterful job of analyzing the reported experiences of alien abductees and drawing parallels to the sensations of OBEs. His "Brief History" of OBEs is an eye-opening re-examination of descriptions of the mystical experience, synthesizing historical and biblical accounts from the Egyptians through the Greeks and Tibetans, to the Christian and Sufi mystics, including Swedenborg, Yogis, Aborigines, Native Americans and Shamans. It's all too brief, serving to point the way for the reader to research further, but does argue for the ubiquitous OBE in our religions and spiritual paths. Chapter 8, "A New Vision of Death and Dying," is another unique feature of this book in the Astral Travel library. OBEs are not dealt with as simply enjoyable anomalies in consciousness, but as life-changing spiritual experiences demanding a transformation of our definition of reality. The "Art and Practice" section of the book deals specifically with the sensations the practitioner will feel when attempting to leave the body.

The Secret of the Soul is a 'must-read' if you are at all interested in answering the question: "If I'm more than my body, who am I?" Whether you are one of the 30% of people who have experienced an out-of-body adventure yourself or whether you simply wish to better understand the phenomenon and perhaps learn how to self-initiate this form of personal exploration, this book will entertain, inform and enlighten. Written in a clear and concise fashion by William Buhlman, best-selling author of *Adventures Beyond the Body*, *The Secret of the Soul* presents details about the out-of-body experience (OBE) that have never before been presented. Based upon an international out-of-body survey that has elicited over 16,000 responses from 32 countries, *The Secret of the Soul* provides a convincing testimonial to the fact that OBEs are by no means relegated to the mystic but are indeed a natural phenomena available to all of us. Survey data suggests that many people experience their first OBE during childhood, but all too often the adult world greets the child's revelations with disbelief and instruction about "the way things really are"-the physical world that is seen with the physical eyes only. Buhlman offers helpful advice to parents who are faced with a child who encounters visitation from unseen friends and loved ones, night terrors, or the paralysis and sounds that can accompany the "vibrational state" which often precedes an OBE.

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