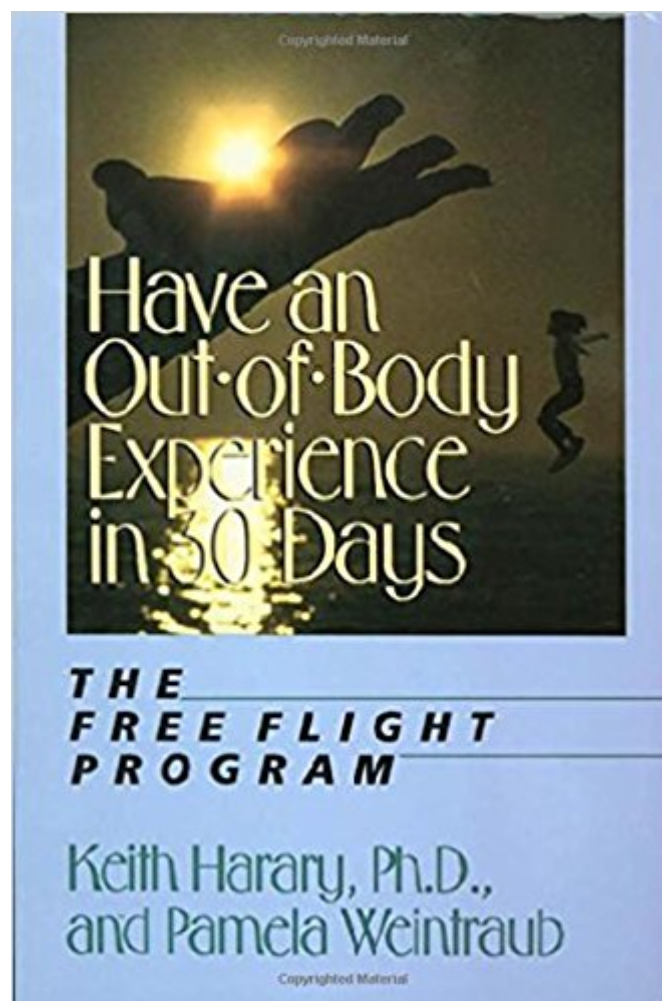




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Have An Out-of-Body Experience In 30 Days: The Free Flight Program (In 30 Days Series)



Synopsis

Have you ever wanted to have an out-of-body experience and feel as though you are flying to distant realms, visiting outer space, communicating with loved ones far away, or making love on an exotic island? Now you can explore the innermost depths of this fascinating phenomenon! Leading expert Keith Harary, Ph.D., and science journalist Pamela Weintraub teach you how to induce out-of-body experiences with easy-to-follow, day-by-day instructions drawn firsthand from cutting-edge scientific research.

Book Information

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Customer Reviews

"People seem to be aware of the importance of exercising their bodies, but too often they look in all the wrong places for mental stimulation. This book makes people realize how exciting their minds can be. The exercises described in the book are not only fun, but also provide ways to keep your senses open to all sorts of cues."-- Kathy Keeton, Founder of Omni Magazine

"With interest growing in the training of the intuitive-- the right side of the brain-- it is timely that a book like this be available to a wide audience. Books such as this one serve as guides to enhance the breadth of human imagination. It was a particular pleasure and surprise to me to find this work not only helpful and useful but sensually pleasing as well."-- Ralph Blum, author of *The New Book of Runes*

"I have read Dr. Keith Harary's and Pamela Weintraub's new book on out-of-body experiences and am eagerly awaiting my very next free period of time when I can try the methods they suggest. There must be a lot of people like me who are very interested in reports of this experience but, rather ruefully, have not yet had the experience themselves."-- Dr. Raymond Moody, author of *Life After Life*

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Thanksw!

Reading this book gave me an I-must-have-been-out-of-my-mind-for-buying-this experience.

What is immediately striking about Harary's and Weintraub's technique is its utter simplicity combined with a no-pressure, no-nonsense style. Whether you complete the course in 30 days or 30 months, the authors allow for a great deal of experimental latitude and, in taking note of individual styles and personal limitations, suggest ways for readers to adapt the program accordingly. The book, unlike some others on the subject, makes no extravagant claims or promises. It does not guarantee its readers subsequent enlightenment or increased "mind powers". In fact, it is refreshingly devoid of all such occultist, New Age and sensationalistic overtones. In not espousing any sort of dogma or unwarranted conclusions, it has the integrity of allowing us our own interpretations. Many points of interest are covered throughout the book, but especially intriguing is a short piece at the end, describing how OBE's may be enhanced via the use of "extended perception". (Also known as "remote viewing", this ability is best known for it's use as an intelligence gathering tool during the Cold War.) It can also be explored as a method to help determine if your OBE's are objectively verifiable and toward this end, the authors suggest a number of easy and informal experiments. The book has the benefit and credibility of having been co-written by a

researcher, Harary, who has studied the area for decades and was a researcher/participant in the groundbreaking Duke University studies. A bibliography for further reading is included. All in all, terrific -- extremely satisfying and worthwhile.

I read this book, tried a few of the exercises, and was very disappointed. I'm not saying this stuff won't work, I'm saying that the exercises get too complicated by the third week. And take way too long, if you are a busy person you will have to sacrifice something to make this time work. I currently also read William Bulman's book *Adventures out of the Body* and was very pleased. It's more detailed, the exercises are easier to do, you don't have to spend as much time to do them. It's gonna be just a matter of time before I can have my first OOB experience. But anyway, as for this book, don't buy it, just borrow it from somebody you know.

I have been studying and exploring altered states for many years and find this wonderful little book to be the best on the subject of out of body experiences. The deceptively simple exercises are presented in a sensible and easy to follow format and really work. In my experience using these exercises and sharing them with friends and family, different exercises appeal to different people more than others (everyone has their favorite) but there are enough techniques presented that everyone finds their way and the results are great. I like the fact that the authors do what they say in presenting a sensible handbook of practical exercises rather than a lot of bogus mumbo jumbo. Anyone looking for phony promises or easy answers about the meaning of life should look elsewhere. The book is also clear in suggesting additional references for people who want to learn more about the lab research, including the groundbreaking experiments done by one of the authors. Anyone looking for an honest handbook presenting serious exercises for those willing to make the effort to have an out of body experience should look no further. This one is definitely the best.

I read this book, which was the first of its kind, when it came out in 1989 and looked through it again recently before lending it to a friend. Fifteen years ago, because of several profound personal experiences (dreams I had which came true), I became interested in altered states of consciousness, including out-of-body experiences and lucid dreams. I had had several spontaneous lucid dreams but never an out-of-body experience. I was a faithful reader of *Omni Magazine* and was happy to find an article on out-of-body experiences by Dr. Keith Harary, who was a researcher and the subject of the famous out-of-body experiments conducted at Duke University in the early 1970's (in which animals seemed to sense Harary's presence when he "left" his body and visited

them in a distant location). I did the exercises in the article and had my first out-of-body experience following the exercise in which you go out into the world "blindfolded" and experience everything through your non-visual senses. A friend had to go with me to guide me, and it did take us the better part of the day (unlike most of the exercises), but it was fun, and interesting - an experience I will always remember - and it worked! Not long after that article, Harary and Weintraub published Have an Out-of-Body Experience in 30 Days, which I read and really appreciated because it told me so much about what is known of the out-of-body experience, without trying to tell me what it means. For me, the biggest problem in sorting out the literature on this type of subject is the fact that nine times out of ten, the author will try to tell you his or her version of the meaning of life. It's not that this book left me with the sense that the experiences are not profound; on the contrary, it respected me enough to allow me to explore the experiences myself and draw my own conclusions from them.

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