

# NAVIGATING THE OUT-OF-BODY EXPERIENCE: RADICAL NEW TECHNIQUES Pdf Free



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Graham Nicholls  
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Llewellyn Publications,U.S.  
9780738727615  
English  
Minnesota, United States



I haven't read everything out there, but have read quite a bit in the area. Nobody can take you there, in the final analysis, but they can truly try to help you find your own way. Graham Nicholls is one such person and reading this book is another step forward for me in my attempts to develop my spiritual practice. There are many useful tailored approaches here. One size of practice does not fit all! Thank you, Graham! Numerous books

have been written on the subject, some of them by famous people like Robert Monroe, or Muldoon and Carrington. But this one by Graham Nicholls is different. Nicholls background is rather unusual, since he spent his youth in a rather tough area of London. His approach is not of a new age guru, he is always keen on confronting his experience with others, even skeptical folks, and he gives lectures in various circles, academic and scientific societies.

A practitioner himself, he methodically explores the different techniques which can be used to get an OBE, the other dimensions you can reach in this state, and hypothesis like the possibility or reality of an afterlife. Probably one of the most exciting books I've read these last years. This is a really good book. It has a lot of very good information, facts and evidence. I would recommend this book without doubt. Having read this book, I have found it to be an excellent, thorough guide into how to achieve an OBE. The author goes to lengths others have not by providing a variety of techniques that can be employed, beyond just the use of your imagination and balancing the mind between waking and sleeping. The author has clearly immersed himself in the pursuit of understanding his experiences, and passing on this knowledge to others.

This is an instructional piece of work, with some recanting of his experiences. If you would like to read something which covers more of his experiences then I recommend reading his earlier publication, "Avenues of the Human Spirit". Very clear and personal written. Gives a good understanding of the approach towards OBE. Good suggestions for practice. See all reviews. Unlimited One-Day Delivery and more. There's a problem loading this menu at the moment. Learn more about Amazon Prime. Back to top. Get to Know Us.

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Please try again later. Verified Purchase. Nothing different from what we have already read and in greater details from other experienced authors like Robert Monroe. May be it is ok for beginners, as an inspirational reading, but for me lacks the detailed personal OBE experiences. An extremely useful, relevant, and well-written book. Graham Nicholls knows his stuff inside out and shares effective techniques to achieve OBEs: definitely not a one-size-fits-all system, but a thoughtful approach based on individual needs which I found helpful. Also includes tips on nutrition, exercise, relaxation This is the complete package - highly recommended. This author is genuine in his desire to help you learn how to achieve an OBE. I haven't read everything out there, but have read quite a bit in the area. Nobody can take you there, in the final analysis, but they can truly try to help you find your own way. Graham Nicholls is one such person and reading this book is another step forward for me in my attempts to develop my spiritual practice.

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