



## Exploring Your Inner Reality A Guidebook for Out-of-Body Travel

By Jonas Ridgeway

Night Swimming Press. Paperback. Book Condition: New. Paperback. 188 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. From the Introduction: . . . this book is being written for the beginner practitioner. I will assume your knowledge of the subject is limited and will thus offer a simple, step-by-step guide to leaving the body. Although astral projection is often used as a catch-all term for any conscious activity occurring outside the body, throughout this work I will make a clear distinction between etheric projections and astral projections (etheric projections being the most common, at least for me). By applying the same techniques I use, I believe that anyone can achieve the out-of-body state on a regular basis and with their full critical faculties intact. Surely if I can do it, you can do it (if you really want it). It is only a matter of conditioning, allowing yourself to see the door that you never noticed, to realize the freedom that you never knew you had -- to edge pass the threshold and beyond matter. TABLE OF CONTENTS Introduction PART ONE How It Started: My First Out-of-Body Experience Questions and Answers Out-of-Body Predicaments No Vision (Fear of Seeing) The Ectoplasmic Fog Reversed...

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