



## Adventures Beyond the Body (4-CD Set)

By William Buhlman

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**Adventures Beyond the Body (4-CD Set)** By William Buhlman

### **ADVENTURES BEYOND THE BODY;**

By William Buhlman  
4-CD set

Are you ready to embark on the greatest adventure of your life? Join William Buhlman, a pioneer in out-of-body exploration, as he guides you on a journey to shimmering realms of being beyond your conscious awareness. **ADVENTURES BEYOND THE BODY**, a set of guided meditations, provides the listener with powerful tools for optimum out-of-body travel.

Begin the journey with relaxing meditations that put you in touch with your pure, divine nature. Experience total freedom as you leave the limitations of your physical body behind and become aware of the radiance of your astral body. An incredible lightness of being can be yours through **ADVENTURES BEYOND THE BODY**.

Disk 1: *Sleep Programming for Out-of-Body Experiences relaxes you to sleep with positive statements and affirmations to prepare you for astral travel, and provide a safe and secure journey. (Start here and use concurrently with each successive technique).*

Disk 2: *Spiritual Awakening* puts you in touch with your pure, divine nature and assists you in achieving your spiritual goals with ease. Deeply relax and be at peace with *Hypnosis for Out-of-Body Travel*. This gentle meditation will allow you to see and feel total freedom as you leave the limitations of your physical body behind and become aware of your astral body. (Begin techniques with disk 2).

Disk 3: Once we become in tune with our energy body and its ability to journey to worlds of light, we can practice and sharpen our travel skills. With the *Target Technique*, you will learn to visualize, notice colors and details, expanding your senses as much as possible. *Spiritual Growth and Expansion* continues the lessons as William Buhlman teaches you how to see, feel, and extend your astral body -- literally stretching your energy-self to feel lighter and lighter. (Alternate between techniques on disk 2 and 3).

Disk 4: Finally, expand your ability to travel with *The Vibrational Technique*.

This CD enables you to align yourself with heightened vibrational levels and the *Chakra Technique*, which moves through the seven chakras, opening them up for clarity and attuning them to higher energies. (Alternate between techniques on disk 2, 3 and 4).

Once you are able to practice the techniques without William's guidance, do the techniques with **INDUCTION MUSIC FOR OUT-OF-BODY TRAVEL, a 2-CD set, MYSTIC BOWLS; Sacred Sounds or OM**.

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## Adventures Beyond the Body (4-CD Set) By William Buhlman Bibliography

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### Editorial Review

#### Review

'An intriguing guidebook for those who want to venture beyond the horizon of ordinary reality.' -- --

*Raymond Moody, author of Life After Life* --Raymond Moody, author of *Life After Life*

#### About the Author

William Buhlman is one of America's leading experts on astral travel and out-of-body experiences. The author's thirty years of extensive personal out-of-body explorations give him a unique and thought provoking insight into this subject. His first book, **Adventures Beyond the Body**, chronicles his personal journey of self-discovery through out-of-body travel, and provides the reader with the preparation and techniques that can be used for their own adventure. During the last ten years he has conducted an international out-of-body experience survey that includes over 16,000 participants from 32 countries. The provocative results of this survey are presented in his new book, **The Secret of the Soul**. This cutting edge book explores the unique opportunities for personal growth and profound spiritual awakenings that are experienced during out-of-body travel.

Over the past two decades, William has developed a proven, effective system to experience safe, self-initiated out-of-body adventures. He conducts an in-depth three-day workshop titled, Out-of-Body Exploration: Stepping Beyond Time and Space. As a certified hypnotherapist, William incorporates various methods, including hypnosis, visualization, and meditation techniques in his workshops to explore the profound nature of out-of-body experiences and the benefits of accelerated personal development. Through lectures, workshops, and his books, the author teaches the preparation and techniques of authentic spiritual exploration. The author brings a refreshing look to how we can use astral travel and out-of-body experiences to explore our spiritual identity and enhance our intellectual and physical lives. William is best known for his ability to teach people how to have profound spiritual adventures through the use of out-of-body experiences. In addition, he has developed an extensive series of audio programs that are designed to expand awareness and assist in the exploration of consciousness. William has appeared on numerous television and radio shows nationwide.

Tom Carey is an accomplished musician and sound engineer and owner of Mach 1 Audio.

### Users Review

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##### **Keith Smith:**

This Adventures Beyond the Body (4-CD Set) usually are reliable for you who want to be a successful person, why. The key reason why of this Adventures Beyond the Body (4-CD Set) can be one of the great books you must have will be giving you more than just simple reading through food but feed you actually with information that might be will shock your preceding knowledge. This book is usually handy, you can bring it everywhere and whenever your conditions both in e-book and printed versions. Beside that this Adventures Beyond the Body (4-CD Set) forcing you to have an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we know it useful in your day activity. So , let's have it and enjoy reading.

**Donna Solano:**

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**Betsy Haley:**

Many people spending their moment by playing outside having friends, fun activity together with family or just watching TV all day long. You can have new activity to enjoy your whole day by looking at a book. Ugh, think reading a book can actually hard because you have to take the book everywhere? It all right you can have the e-book, bringing everywhere you want in your Cell phone. Like Adventures Beyond the Body (4-CD Set) which is getting the e-book version. So , why not try out this book? Let's find.

**Jack Murray:**

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