



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

By Jonas Ridgeway

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"This book is very fascinating, insightful, and very helpful for people who want to have OBEs... I give it a big thumbs up." -- **Robert Peterson, author of *Out of Body Experiences: How to Have Them and What to Expect***

A simple, step-by-step guide to leaving the body. 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. While your body slumbers, you can be as awake as you are right now reading this. You have the means to connect consciously -- your regular waking awareness -- to this other reality via your inner bodies and retain the experiences. With a little coaxing, you, too, may take full conscious control of your subtle bodies and explore your inner reality. This other reality of yours is just as real as your physical one. These other planes interpenetrate the same space as the material world and is something you can verify personally with sincere intention and practice.

When you project your consciousness away from physical reality you have attuned yourself to a new set of senses and environmental laws. Flight is now possible, 360 degree vision, enhanced memory, timelessness, dual consciousness, instantaneous travel, etc. You have switched from a lower frequency body to a higher one, where matter no longer matters. The etheric and astral body both assume a luminous, phosphorescent bluish-grey elegance (my observation), and is usually close to an exact replica of the physical body, younger looking, for most, for this is how one tends to perceive oneself (this resemblance is constructed by subconscious thought, or your belief of what you look like). To the touch my subtle bodies are solid, and the entire body is highly detailed down to the fingernails and the tiny hairs on the back of my hands and forearms (an energetic blueprint of my physical body). Leaving the body is more fun and exhilarating than probably anything you can do on earth, and there is the potential for a lot of self-growth by doing it and exploring this boundless inner reality.

In this book, I will show you what I did to have my first conscious out-of-body experience. I have since had 200+ OBEs. Learn my easiest method for inducing

the out-of-body state, plus some other techniques I use. I will give you my "7 Steps to a Conscious Projection," tell you about my OBE predicaments and other tricky situations I stumbled into, discoveries like my Catapult Projections and the Astral Jukebox, catalepsy / sleep paralysis, the vibrational state, the ectoplasmic fog, reversed vision, common pre/during/post projection noises, experiments, encounters with spirits, my attempts at flying to the moon, double consciousness, art of locomotion, preparations / preliminaries, remote viewing, etc. Here I will describe my various techniques for waking one's consciousness while the body sleeps. I've tried to keep it simple. I think many books overly complicate the process. This book, *Exploring Your Inner Reality*, focuses on how to maintain the mind awake / body asleep state, wherein your body is in a perfect state of catalepsy or sleep paralysis for a successful projection. My "7 Steps to a Conscious Projection" is my attempt at simplifying the process. If you truly want to go out of body and do so on a regular basis, this is as easy as it is probably going to get.

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Editorial Review

Review

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From the Author

Excerpt ("Questions & Answers" Chapter):

Q: When the term "astral projection" is used, does that mean that the astral body is projected to the astral plane?

A: No. The astral body is already on the astral plane, just as the physical body is on the physical plane. You do not actually "project" to planes but rather focus or tune in to specific planes. You become aware, or gain a different perspective (away from physical reality). Your other bodies are all right there with you, interpenetrating one another as each are of a different frequency. To become aware of another plane or region and to use its corresponding body, your consciousness needs to vibrate at that higher frequency. You will then be shutting down your physical senses and tuning into your inner senses.

Technically, there is no "leaving" the body to "travel" to another "place", as all "places" exists as one and so "distance" doesn't actually exist. Nevertheless, when you are focused away from physical reality you will experience distance often (and perhaps primarily) but going from "place" to "place" can be instantaneous by shifting your attention to where you want to be (you do this by focusing on the energy or essence of the person or place you wish to visit).

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

How It Started: My First Out-of-Body Experience

Questions & Answers

Out-of-Body Predicaments

No Vision (Fear of Seeing)

The Ectoplasmic Fog
Reversed Vision
Stuck In Stuff (Windows, Ceilings, Etc.)
Stuck In "Mud"
The Sleeping Bag Syndrome (or Mummy Madness Again!)
Catalepsy / Sleep Paralysis
Crybaby Syndrome
Don't Over Do It (Unless You Want To)
Disembodied, Floating Head
Malicious Spirits & Mischief-Makers
My Trips to the Moon (In-Flight Failures)
Double Consciousness
Pre / During / Post Projection Noises
Good Vibrations
The Art of Locomotion
Preparations / Preliminaries
Kicking the Fear Habit
Peace & Quiet & Naked
Techniques for Out-of-Body Travel
The Dream-State Method
The Morning Method: The Easiest Method for Inducing an OBE
The Catapult Projection Method
The Visualization Method
The Portal Method
The X Marks-the-Spot Method
Summary: 7 Steps to a Conscious Projection
Objective Reality or Lucid Dreaming?
Validating Your Projections
The Astral Jukebox
Conclusion
OBE Survey
References
Recommended Reading
Quotes Used In This Book
About the Author

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I first learned about out-of-body experiences as a teenager from my mother, who had experienced the phenomenon herself many times. I was so fascinated with this subject that I was determined to figure out how to induce the phenomenon myself. This book, *Exploring Your Inner Reality*, details the steps I took to initiate these experiences and the strange situations I encountered while being out of body.

Users Review

From reader reviews:

David Busby:

Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite reserve and reading a publication. Beside you can solve your problem; you can

add your knowledge by the publication entitled Exploring Your Inner Reality: A Guidebook for Out-of-Body Travel. Try to make the book Exploring Your Inner Reality: A Guidebook for Out-of-Body Travel as your friend. It means that it can be your friend when you feel alone and beside that course make you smarter than ever. Yeah, it is very fortunate for you. The book makes you more confidence because you can know almost everything by the book. So , we need to make new experience along with knowledge with this book.

Timothy Bennington:

Precisely why? Because this Exploring Your Inner Reality: A Guidebook for Out-of-Body Travel is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who have write the book in such amazing way makes the content inside of easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of rewards than the other book have got such as help improving your ability and your critical thinking way. So , still want to postpone having that book? If I had been you I will go to the publication store hurriedly.

Nora Emerson:

In this period globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. Often the book that recommended to you is Exploring Your Inner Reality: A Guidebook for Out-of-Body Travel this guide consist a lot of the information on the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some research when he makes this book. This is why this book suited all of you.

Marge Lee:

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