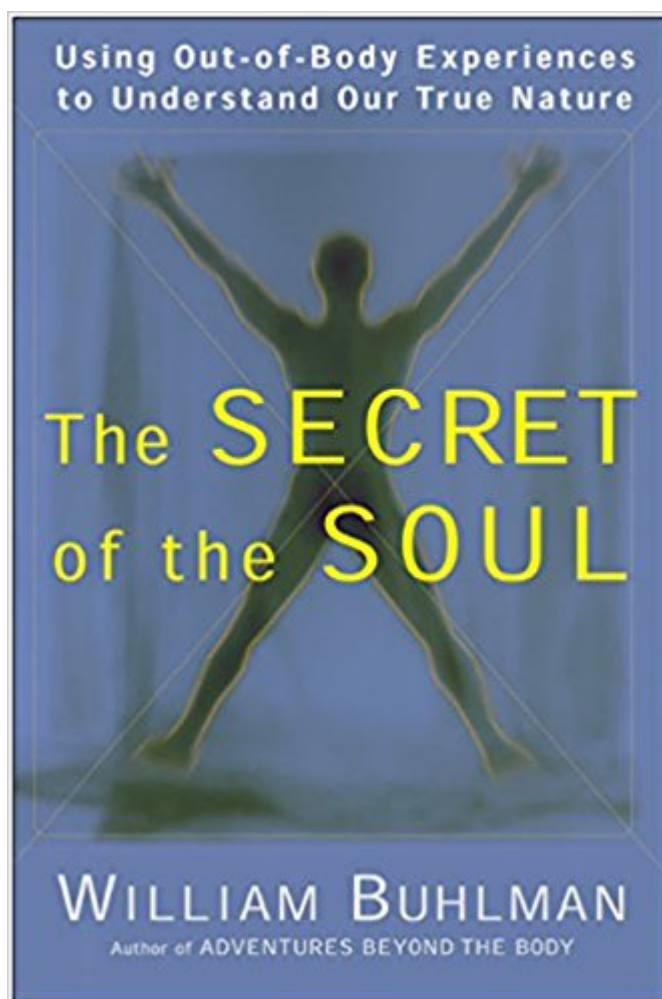


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# The Secret Of The Soul: Using Out-of-Body Experiences To Understand Our True Nature



## Synopsis

In this remarkable book, William Buhlman, author of the bestselling *Adventures Beyond the Body*, offers the reader a comprehensive guidebook to understanding and exploring the fascinating phenomenon of out-of-body experiences (OBEs).  
Learn how you can: Explore your true spiritual self and attain profound transformation in your awareness and knowledge of the universe. Gain life-changing benefits as you break free from mental and physical limitations. Contact departed loved ones using OBEs to move beyond the current limited understanding of death. Filled with engrossing stories based on the testimonies of people from all over the world, and offering forty new, easy-to-understand techniques, *The Secret of the Soul* will prepare human beings everywhere for the next major leap in the evolution of consciousness.

## Book Information

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## Customer Reviews

"This is the book to read if you want to learn about--and experience--OBEs."--Whitley Streiber, author of "Communion" and "The Coming Global Superstorm"  
"This extraordinary book is well researched, full of thought provoking ideas and techniques. I highly recommend it."--Dr. Bruce Goldberg, author of "Astral Voyages" and "Past Lives--Future Lives"  
"Out-of-body experiences are an intersection between the spiritual and physical, as "The Secret of the Soul" makes clear."--Larry Dossey, M.D., author of "Reinventing Medicine" and "Healing Words"  
"Empowering and insightful. Contains important new information and techniques."--Robert S. Peterson, author of "Out of Body Experiences: How to Have Them and What to Expect"  
"The arcane integrity of this book shines

throughout, as does Buhlman's sincerity. Friendly, engaging and informative--priceless!--Robert Bruce, author of "Astral Dynamics"

William Buhlman is a frequent guest on the nationally syndicated radio shows Coast to Coast A.M. and Dreamland

My review was published in The Journal of the Academy For Spiritual and Consciousness Studies Vol 38, Number 2 November, 2015 William Buhlman was a 21 year old student when he attempted a self-initiated out-of-body experience (OBE). Galvanized to action by a friend's account of his own spontaneous incident. Buhlman devised a "target" method technique: imagine a place and aim for it. It took him 30 days to achieve, and instantly convinced him that out-of-body travel offered a "new frontier" to science. He is the most visible and articulate champion of the OBE since Robert Monroe. After four decades of personal experience and research he views self-initiated OBE as the most powerful method available to accelerate evolution and spiritual enlightenment. He asserts that OBE, NDE, Transcendental States, Kundalini and Alien Contact are results of a natural ongoing expansion and evolution of consciousness. He poses this question: "How long will it take us to recognize that the greatest discoveries of humanity are those of the existence of the multidimensional universe, of our multidimensional nature, and of our place within this incredible ocean of consciousness?" Throughout these pages the reader is offered a catalog of practical knowledge and evidence. The book is structured around the results of a ten-year OBE survey, made available in an earlier book and on his website. It has generated 18,000 responses demonstrating the OBE is common and cross-cultural. Many stories of individual experiences are included which encompass meetings with deceased relatives

- 24% of the respondents experienced contact with a departed loved one.
- Extraterrestrial contact
- He began receiving letters related to alien contacts and abduction, each almost identical to the thousands of letters he received describing OBE.
- Childhood experiences
- The average age for the first OBE is between four and 12 years of age.
- Combat and trauma-induced
- He received reports from five nations, encompassing four wars.
- Transformational experiences
- The minute one crosses the physical boundary there is a shift in energy and consciousness. It offers immediate personal proof of survival and helps prepare life after death by removing fears about dying.
- He offers this from Charles Lindberg, "The essential consciousness needs no

body for its travels. It needs no plane, no engine, no instruments, only the release from flesh which the circumstances I've gone through make it possible. (The Spirit of St. Louis, 1953 p. 59) Buhlman's concise history of the OBE, makes reference to Egyptian; Tibetan; Zoroastrian; Persian Sufis; Mohammed; Swedenborg; Yogi masters; Native Americans; Biblical Saints; and "Modern out of body travelers who have all explored the surrounds of the universe blazing a path that all of us must eventually follow. Because there is no escaping the fact that each of us will eventually return to the inner dimensions of reality as we experience the ultimate out of body adventure that is, death. I subscribe to Buhlman's far-reaching insights with one reservation. He makes light of interactions with nonphysical beings though he admits it took him years to accept the events. His last chapter, "Overcoming Challenges That confront the Out-of-Body Explorer" addresses the issue. His preferred method to avoid astral entities, obstacles, or any fear-based manifestation is to direct his awareness to a "higher vibrational reality. This does not take into account the concept put forth by Dr. Robert Hare and other psychical researchers which refers a personal energy field that has not developed to allow entrance to a higher plane of energy or light. Several charts illustrate the unseen energy processes that initiate an OBE, and the progression of energy states available in the non-physical world from Astral body to pure-soul awareness. Another diagram contrasts two opposing reactions that may occur when the vibrational state (that initiates an OBE) is confronted. "Fearful, startled and disoriented, which can create a fear-based overall negative experience, or "Aware, calm and knowledgeable which results in a spiritually focused reaction that can manifest a self-empowering experience. Buhlman's passion is to help prepare mankind for a major leap in the evolution of our consciousness: Soul Travel. "The real frontier for humanity is the exploration of consciousness and the nonphysical dimensions that exist just beyond our vision. As we evolve, we will move beyond our current obsession with matter and join the multidimensional community of consciousness. Until we do, we will continue as primitive outsiders who stare into the sky and wonder about our place in the universe. In the eighties I had spontaneous and induced OBEs, I compare all I read to these experiences. This 271 page book is chock-full of insights germane to the OBE.

This is a book you will want to read, if you REALLY want to learn about OBE's (out of body experiences). William Buhlman is a visiting instructor at The Monroe Institute and brings over 40

years of personal experience to you through this fine book. It is all here: lots of examples and stories; specific instructions, techniques, and coaching on OBE's; and many, many lessons on spirituality. One thing that makes this particular book valuable is much of its basis upon the 16,000+ surveys collected from individuals experiencing an OBE by Buhlman (e.g., from multiple countries). The aggregated survey data provides both qualitative (e.g., descriptive) and quantitative (e.g., large numbers) data and evidence-examples about OBE's. Buhlman (as a writer) is direct with his commentary, and also provides several diagrams which bring immediate conceptual recognition to the difficult topics being discussed. I bought the e-book format for my Kindle, and I could read everything fine. Personally, I was very pleased that I picked this book as the first strictly OBE book I have ever read. It is based upon not only Buhlman's personal experiences, but I also found it a thoroughly spiritual book and therefore very good for the soul! This book was a page turner for me, and an easy 5 stars.

I've read a large number of books on Astral Projection and this one was completely different for its range of topics. The author sent out a survey and received first-hand accounts from 16,000 people who have had various degrees of out-of-body experiences from accidental to controlled, from enjoyable to unwelcome. Buhlman lets the stories speak for themselves, and categorizes the experiences by subject: meetings and messages beyond the body, childhood OBEs, combat- and trauma-induced experiences and transformational experiences. Buhlman also discusses what can be expected from an OBE and what benefits there are. Chapter 6 was unique in the entire literature of OBEs: could alien abductions be unexpected out-of-body experiences? Buhlman does a masterful job of analyzing the reported experiences of alien abductees and drawing parallels to the sensations of OBEs. His "Brief History" of OBEs is an eye-opening re-examination of descriptions of the mystical experience, synthesizing historical and biblical accounts from the Egyptians through the Greeks and Tibetans, to the Christian and Sufi mystics, including Swedenborg, Yogis, Aborigines, Native Americans and Shamans. It's all too brief, serving to point the way for the reader to research further, but does argue for the ubiquitous OBE in our religions and spiritual paths. Chapter 8, "A New Vision of Death and Dying," is another unique feature of this book in the Astral Travel library. OBEs are not dealt with as simply enjoyable anomalies in consciousness, but as life-changing spiritual experiences demanding a transformation of our definition of reality. The "Art and Practice" section of the book deals specifically with the sensations the practitioner will feel when attempting to leave the body. The trance state is discussed, and the all-important vibrational phenomena are revisited throughout the book until they are pretty much memorized. Very few other books on Astral

Projection are so detailed in their descriptions of what you can expect to feel when trying to leave the body. They may tell you what to imagine or visualize, but then you do the practices and then feel/see/hear things and wonder if you're on the right track. For example, the paralysis and vibrations that frighten many people are the very signals of an imminent OBE! Many different visualizations are offered, and readers can choose the ones that appeal to them, or the ones that they find easiest to work with: climbing, floating, rocking, rotating, and so on. Other techniques that may aid the reader in leaving the body are discussed briefly, from drumming and medicinal plants to meditation and brain-wave technology. A chapter on trouble-shooting is very helpful for those experiencing fear or distractions. Like anything, Astral Projection can be learned through practice. No book can guarantee an OBE; that depends on your motivation and power of concentration, not to mention your ability to persevere through failure and learn from your mistakes. But "Secret of the Soul" is a wide-ranging and fascinating read even for earth-bound souls.

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