



## Adventures Beyond the Body: Music for Out-of-Body Travel

By William Buhlman

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**Adventures Beyond the Body: Music for Out-of-Body Travel** By William Buhlman

**ADVENTURES BEYOND THE BODY: INDUCTION MUSIC FOR OUT-OF-BODY TRAVEL**, a 2-CD set. William Buhlman Presents: *Music For Out-Of-Body Travel*.

This 2-CD set combines hypnotic ancient rhythms with the latest psycho-acoustic mind technologies. This music will help to transport the listener from the beta to delta brain state. Please avoid using this 2-CD set while operating a vehicle or anything that requires external concentration.

For maximum effectiveness, headphones should be used in conjunction with your favorite out-of-body induction technique. For proven techniques, please refer to William Buhlman's book **ADVENTURES BEYOND THE BODY**.

- 1) Lay down (back straight), take several deep breaths and completely relax.
- 2) Reaffirm your clear intention, *I will now have an out-of-body experience!*
- 3) Begin your favorite out-of-body technique.
- 4) Let yourself become completely immersed in the music.
- 5) Allow your body to drift into total relaxation, as your mind remains focused on your technique and intention.
- 6) Hold your intention and technique as your last conscious thought as your body drifts to sleep.

*Waves of Light* is an exhilarating yet profoundly peaceful musical journey into the mind, body, and beyond. By combining the ancient knowledge of harmonics and recent discoveries in brain research, *Waves of Light* produces specific frequencies (for alpha, then theta) to create whole-brain consciousness and tunes the body to the natural harmonics of the earth and sun. A relaxing ride to Nirvana.

*The Power of 7* is a magical sound sculpture (tuned to the color green) which energizes and balances the heart chakra (thymus) by resonating the subtle energy levels of the listener. Combining hypnotic ancient rhythms with the latest psycho-acoustic mind technologies, this music will transport the listener from the beta to delta brain state. *The Power of Seven* is used professionally for healing,

inducing altered states of consciousness and out-of-body travel.

William Buhlman has trained out-of-body travelers in his workshops for more than a decade, teaching people how to project their consciousness outside the limits of their physical bodies and to explore dimensions and worlds beyond everyday life. William Buhlman presents, **ADVENTURES BEYOND THE BODY, INDUCTION MUSIC FOR OUT-OF-BODY TRAVEL**, a 2-CD set created by Brian E. Paulson. *Waves of Light* and *The Power of 7* are used exclusively by William Buhlman in his out-of-body workshops.

Everything in the universe is energy. Its pulsating rhythms are outside and within us all. This energy moves in waves or cycles, never resting and appearing in endless variations from the waves crashing on the shore, to the ebb and flow of patterns within our minds. These vibrations (or energy) can manifest themselves in many forms; from the forms of sacred geometry (the soul and shape of nature) to the colors of consciousness as evidenced by photographs of auras revealing moods of the psyche. Therein lies an infinite array of vibrations, from the micro cosmos to the macro cosmos.

True healing is in accord with these primal and omnipresent energies. Although we are all unique and vibrating individuals with our own special needs, there are certain *key frequencies* which strike a resonance deep within to facilitate the alignment, healing and attunement of our minds, bodies, and spirit.

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### **Adventures Beyond the Body: Music for Out-of-Body Travel 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.

### Users Review

#### From reader reviews:

##### **Micheal Summers:**

Reading a publication tends to be new life style within this era globalization. With studying you can get a lot of information which will give you benefit in your life. With book everyone in this world could share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors in this world always try to improve their talent in writing, they also doing some research before they write with their book. One of them is this Adventures Beyond the Body: Music for Out-of-Body Travel.

**Wanda Matthews:**

Does one one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Try to pick one book that you find out the inside because don't evaluate book by its cover may doesn't work here is difficult job because you are afraid that the inside maybe not seeing that fantastic as in the outside look likes. Maybe you answer may be Adventures Beyond the Body: Music for Out-of-Body Travel why because the wonderful cover that make you consider with regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside as well as cover. Your reading 6th sense will directly show you to pick up this book.

**Charles McCreery:**

Are you kind of hectic person, only have 10 or maybe 15 minute in your time to upgrading your mind talent or thinking skill possibly analytical thinking? Then you are receiving problem with the book as compared to can satisfy your short space of time to read it because all this time you only find reserve that need more time to be study. Adventures Beyond the Body: Music for Out-of-Body Travel can be your answer as it can be read by you who have those short time problems.

**Edward Lott:**

As a college student exactly feel bored to help reading. If their teacher requested them to go to the library in order to make summary for some publication, they are complained. Just small students that has reading's internal or real their hobby. They just do what the instructor want, like asked to go to the library. They go to right now there but nothing reading seriously. Any students feel that examining is not important, boring in addition to can't see colorful pics on there. Yeah, it is to become complicated. Book is very important for you personally. As we know that on this era, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this Adventures Beyond the Body: Music for Out-of-Body Travel can make you feel more interested to read.

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