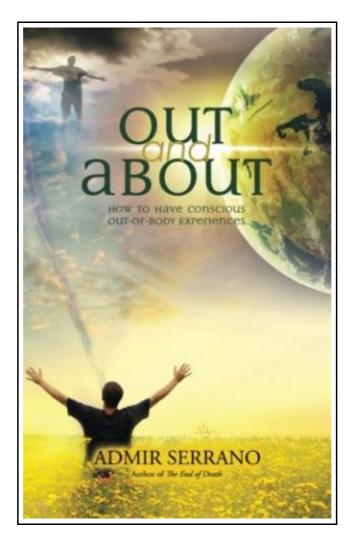
# Out and About How to Have Conscious Out-of-Body Experiences



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Time Hopping Communication LLC. Paperback. Book Condition: New. Paperback. 90 pages. Dimensions: 8.0in. x 5.0in. x 0.2in.We are immortal beings. We never stop living. When we are awake, we live the physical life we came to Earth to experience. When we are sleeping, the body rests and we, as Spirit, rise up and go on to live, for a little while, the Spiritual life, which is our true life. Our earthly existence is composed of two modes of living. When we are awake, functioning in the physical body, we obey the physical laws of gravity. We are not able to move around as freely as we would like. The weight of our physical body and the slow vibrations of the material world restrict our movements and impair our latent spiritual capabilities. When we sleep we free ourselves from the ties that bind us to the physical body and to physical reality. Gravity loses its grip and we take flight, and for a while we regain our natural freedom. We take a break from physical life and return to the nonphysical or Spiritual realms for a few hours. Our nightly dreams are signs of the continuity of our life and our immortality. Even if our body is knocked out cold in bed, we are alive and quite busy. We, as Spirit, are independent of our physical body. Awake, we use the body to function in physical reality, which requires a coarser instrument to interact with other physical things. As Spirit, we are free. One day, sooner for some and later for others, the physical body will die and we will be free much longer than just a few hours every night. We will continue living; we will continue being our own selves, our own individuality albeit as Spirit, in a subtler...



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