
Demystifying The Out Of Body Experience A Practical For Exploration And Personal Evolution

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*Demystifying The Out Of Body Experience A Practical For
Exploration And Personal Evolution*

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NICHOLSON BREWER

[Come to Your Senses](#) Independently Published

Demystifying consciousness: how subjective experience can be explained by natural brain and evolutionary processes. Consciousness is often considered a mystery. How can the seemingly immaterial experience of consciousness be explained by the material neurons of the brain? There seems to be an unbridgeable gap between understanding the brain as an objectively observed biological organ and accounting for the subjective experiences that come from the brain (and life processes). In this book, Todd Feinberg and Jon Mallatt attempt to demystify consciousness—to naturalize it, by explaining that the subjective, experiencing aspects of consciousness are created by natural brain processes that evolved in natural ways. Although subjective experience is unique in nature, they argue, it is not necessarily mysterious. We need not invoke the unknown or unknowable to explain its creation. Feinberg and Mallatt flesh out their theory of neurobiological naturalism (after John Searle's biological naturalism) that recognizes the many features that brains share with other living things, lists the neural features unique to conscious brains, and explains the subjective-objective barrier naturally. They investigate common neural features among the diverse groups of animals that have primary consciousness—the type of consciousness that experiences both sensations received from the world and affects such as emotions. They map the evolutionary development of consciousness and find an uninterrupted progression over time, without inserting any mysterious forces or exotic physics. Finally, bridging the previously unbridgeable, they show how subjective experience, although different from objective observation, can be naturally explained.

[Introducing the Core](#) Createspace Independent Publishing Platform

Do you wonder what happens to your consciousness after your body dies? Are you hoping for or believing in an afterlife, but just aren't sure? Would you prefer more evidence that leads beyond religion, mediums, or blind faith? Inside you'll discover research that suggests consciousness exists outside the human brain and body; insights out-of-body and near-death experiences can provide; how we continue to live after physical death and what to expect; the three types of deaths (or deactivations) and how they affect our awareness; how we spend the period between lives and the importance of a life mission; and ways to come to peace with leaving this life and letting family, friends, or partners go. Navigating this difficult phase in your life and being able to help your loved ones transition can be challenging. We all have to go through it and this book will assist you! If you're curious about exploring life's most existential questions and what research is available in this field,

perhaps because you had to face a serious illness, an accident, the passing of someone close to you, or harbor any fear of dying, this book is for you (Luis Minero, author of Demystifying the Out-of-Body Experience). Personally, I have walked out-of-body in the afterlife, traveling well beyond the horizon of our perceived physical reality during my own near-death experience. So I know that the concepts of OBE and NDE are valid. I welcome this new model and will use it in my work (Alan R. Hugenot, PhD, author of The Death Experience: What it is like when you die).

[The Door Is Open](#) Instant Series Publication

28 Days to a New You is a spiritual self-discovery book pertaining to all aspects of mind, body and Spirit. There is a belief that it takes 21 days to change a habit. This is an average assessment as some individuals may take longer to modify what they wish to change; whereas some people can do so very quickly. Learning to love myself for who I am and embracing all of my experiences has been the catalyst for transformation in my own life. Embarking on a spiritual journey has offered me the fortitude necessary to believe that anything is possible and to achieve it as well. As an Intuitive Medium, Reiki Master and Spiritual Teacher, my personal mission is to assist others on their own journey into consciousness while encouraging them to live an authentic life through awareness and empowerment. Coming from a place of respect, truth, integrity and love, I honor your free will and recognize that you are co-creating your reality with the Universe. My intention is to bring understanding, help you to heal from the past and realize your full potential. I invite you to begin your life in a new way and tap into your inner power as you explore who you really are. Refrain from simply existing and elect to live your life fully without regret. It is time to let go of the past, live in the present and look to the future for it is this attitude that will transform you.

[Making Minds Conscious](#) Truthseekers Publishing

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you... You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter

where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

[The 3t Path](#) CreateSpace

From one of the world's leading neuroscientists: a succinct, illuminating, wholly engaging investigation of how biology, neuroscience, psychology, and artificial intelligence have given us the tools to unlock the mysteries of human consciousness In recent decades, many philosophers and cognitive scientists have declared the problem of consciousness unsolvable, but Antonio Damasio is convinced that recent findings across multiple scientific disciplines have given us a way to understand consciousness and its significance for human life. In the forty-eight brief chapters of *Feeling & Knowing*, and in writing that remains faithful to our intuitive sense of what feeling and experiencing are about, Damasio helps us understand why being conscious is not the same as sensing, why nervous systems are essential for the development of feelings, and why feeling opens the way to consciousness writ large. He combines the latest discoveries in various sciences with philosophy and discusses his original research, which has transformed our understanding of the brain and human behavior. Here is an indispensable guide to understanding how we experience the world within and around us and find our place in the universe.

Stream of Consciousness Glen Gosch

This book is intended to give a voice to Josie and others like her who have something to say, but are unable to express it. Young children all over the world are at an impressionable age and with answers to their questions about others who are different they could learn to become kindhearted, understanding, and accepting children. This book is about a real child named Josie with anxiety and real experiences she's gone through. If this book is understood by a school aged student, then we will be creating a world full of compassionate children. This is the second of five books to help demystify special needs to lower elementary aged students.

[Death Is Not the End](#) CreateSpace

INCLUDES LINK TO VIDEO DEMOS. Pianists are horizontalists. When confronted with competing horizontal lines, though, we are called upon to rethink our predilection for spinning a single line beautifully to the right. To some it may seem sacrilege, but we must think more vertically. In these pages we consider the techniques of coordinating more than one musical line. We learn to apply principles of grouping notes together and shaping lines in certain ways for technical ease. We consider fingerings, sometimes more than one. When technical solutions coincide with musical objectives, we are delighted. But when there is a technical problem, we examine it on its own

merits. No mindless rote here. We consider approaches to ornamentation and articulation and their expressive partners, dynamics and phrasing. All of this gently couched in physical movements so natural to the body as to be irresistible.***Praise for the previous volume, "Piano Technique Demystified": "This is an excellent book. Whether you are an advanced pianist or a novice, the concepts shared in this book will bring your technical skills at the piano to a new level." "This is a very well written book with lots of humor and fascinating anecdotes shared by the author. The reader is sure to find a wealth of useful and helpful information to enhance mastery of the piano." "Neil Stannard provides a clear, concise summary of how to co-ordinate good movement patterns into your piano practice. He approaches learning difficult repertoire as a series of solvable problems, and offers the reader many tools to come up with solutions."

Self-Improvement and Self-Realization in Yoga Tim Yearneau

Throughout history, people have reported spiritual experiences that we now identify as out-of-body experiences or OBEs. In recent times, modern researchers like Robert Monroe have pioneered the scientific study and practice of OBEs. Increasingly, people are remembering spontaneous OBEs, especially from early childhood. Also, OBEs are a typical feature of near-death experiences and have been described as beautiful, painless, and ecstatic. This is the comprehensive manual for inducing out of body experiences and managing the experience. Peterson not only explores the stages of his own development, but also concludes each chapter with a specific exercise that takes you to the next level. From wiggling out of your body for the first time (the author did a back flip his first time) to traveling through other realms and dealing with your "encounters," this is one of the most practical, step-by-step guides to OBEs available. He clearly demonstrates how this consciousness-expanding experience is accessible to anyone willing to make the leap into the great beyond. This is the ultimate manual on how to leave home alone....

Real Health, Real Life Createspace Independent Publishing Platform

There is no more important area of the body for an athlete than the core, the region of our body from our chest to our knees. The core is our engine, our hub of activity. Strength there makes life easier for shoulders and knees. It produces speed and explosiveness. Endurance and grit. The core is so important. So why has it remained such a medical mystery? This book will explain that. *Introducing the Core: Demystifying the Body of an Athlete* traces the arc of the journey from injury to restoration of power to the return to normal life. Dr. William Meyers is the nation's foremost authority on core health. Along with over 40 world-renowned expert contributors, Dr. Meyers explains how the core functions through stories from his work in locker rooms, the operating room, and the playing fields of elite athletes, giving readers a thorough understanding of the core's widespread influence on athleticism and the human anatomy. The book: Dissects the events that led Dr. Meyers and his team of experts to their new appreciation of this anatomy Brings multiple world-renowned arthroscopists into the overall core picture, providing their perspectives on how the core works, with the pubic bone as "the sun" of the body's universe Offers insight into the many causes of pelvic pain, demonstrating why the term "sports hernia," should be banished forever Emphasizes the fact that a wide spectrum of professionals treat the core -- from traditional surgeons to alternative therapists Brings it all together and proposes a new future, and perhaps a new medical specialty, that is the core "Strength, power, and endurance all flow from the core. This book, and the work Bill

Meyers has done in the field, will bring good core health to the forefront and help everyone--elite athletes and others." --Michael William Krzyzewski "Even in baseball, injury patterns in the shoulder and elbow are related to core imbalance. This book has been needed for a long time... Bill has helped the idea of core strength become more popular, and this book could be what is needed to get it more attention." --James Rheuben Andrews, MD "To understand the core, you must put on new eyes." --Marshawn Lynch

Problem Solving in the Inventions and Sinfonias Slack

About the Author Maverick Vardøger, at the age of 30, began spontaneously experiencing out of body experiences more commonly known as astral projections. For three years, he has developed and tested numerous techniques, corroborated various features of astral projection, and has meticulously provided debriefs from each experience in The Astral Log. About the Book The Vibrational State: Three Years of Out of Body Experiences, provides an in-depth study of Vardøger's extensive experiences and observations of astral travel. The Vibrational State contains a detailed entry point for anyone new to astral projection as well as extensive observations and methods for the benefit of intermediate to advanced astral travelers. Vardøger presents unique philosophical ideas regarding the possible structure of non-physical awareness and the human condition. Related topics under examination include astral projection, near-death experiences, out of body experiences, cosmic consciousness, religious phenomena, philosophy, and deep meditative states. Is astral projection a true out of body experience or some type of vivid hallucination? Vardøger asks and explores these same questions throughout his incredibly detailed account of over 52 documented experiences spanning over more than three years. From The Back Cover: My first astral experience randomly occurred on February 29th, 2016. Before this experience, I had never heard of astral projection or out of body experiences. On this occasion, I awoke in the middle of the night with intense feelings of vibrations surging like electricity through my body. It sounded like a generator was rumbling inside my head. I had no idea what was happening. I had never experienced anything like it before. After the sensation ended, I immediately wrote down what happened so I would never forget. I never expected it would happen again... The vibrational state is a sensation of vibrations or energy that is experienced in the head and body. It is painless and not physically audible. This occurs in the state between asleep and awake, where conscious awareness is present. These vibrations are the common precursor to the out of body experience called astral projection. What is astral projection? Is it a lucid, hyper-realistic dream? Is it an actual out of body experience? These are the ultimate questions that are explored and investigated in The Vibrational State. Included are over 52 experiences spanning from 2016 through 2019. Each experience has been meticulously detailed along with related methods, tips, and extended analysis of the phenomenon known as The Vibrational State. "With over 50 precisely documented personal examples noted in his Astral Log, Maverick Vardøger both confirms the familiar details reported by frequent travelers and calms the apprehensions of those that are new to the experience. Through detailed descriptions attesting to the power and diversity of the vibrational state, the author continues with instructions that will show the reader how to use the vibrations as an effective tool to achieve out-of-body goals. Also included are practical tips and simple methods to enhance the entire non-physical experience." - William Buhlman, author of Adventures Beyond the Body MaverickVardoger.com

Koyopa: Contact Within Createspace Independent Publishing Platform

An approachable guide to being a thoughtful, informed ally to disabled people, with actionable steps for what to say and do (and what not to do) and how you can help make the world a more inclusive place "A candid, accessible cheat sheet for anyone who wants to thoughtfully join the conversation . . . Emily makes the intimidating approachable and the complicated clear."--Rebekah Taussig, author of *Sitting Pretty: The View from My Ordinary, Resilient, Disabled Body* People with disabilities are the world's largest minority, an estimated 15 percent of the global population. But many of us--disabled and nondisabled alike--don't know how to act, what to say, or how to be an ally to the disability community. *Demystifying Disability* is a friendly handbook on the important disability issues you need to know about, including: - How to appropriately think, talk, and ask about disability - Recognizing and avoiding ableism (discrimination toward disabled people) - Practicing good disability etiquette - Ensuring accessibility becomes your standard practice, from everyday communication to planning special events - Appreciating disability history and identity - Identifying and speaking up about disability stereotypes in media Authored by celebrated disability rights advocate, speaker, and writer Emily Ladau, this practical, intersectional guide offers all readers a welcoming place to understand disability as part of the human experience. Praise for *Demystifying Disability* "Whether you have a disability, or you are non-disabled, *Demystifying Disability* is a MUST READ. Emily Ladau is a wise spirit who thinks deeply and writes exquisitely."--Judy Heumann, international disability rights advocate and author of *Being Heumann* "Emily Ladau has done her homework, and *Demystifying Disability* is her candid, accessible cheat sheet for anyone who wants to thoughtfully join the conversation. A teacher who makes you forget you're learning, Emily makes the intimidating approachable and the complicated clear. This book is a generous and needed gift."--Rebekah Taussig, author of *Sitting Pretty: The View from My Ordinary Resilient Disabled Body* Three Years of Out of Body Experiences Createspace Independent Publishing Platform

Conscious Life Energy is the substance of the world and the Absolute is the source of the substance. The unity prior to duality, yet immanent in it, is the shapeless root. It is That which does not depend on Consciousness, yet makes Consciousness possible. It is That wherein and whereof every 'I' appears and disappears. It is inconceivable for whoever attempts to conceive it. It is so clear that it is hard to see. Everything is this One displaying Itself in the multiplicity, this dance of interdependent counterparts, of presumed separate subjective self, presumed separate world, and presumed separate God. Phenomenal absence is 'I'. Everything is 'I-as'.

I As Gustavo D.V. Silva

Meditation is not only about crystals, hypnotic folk music and incense sticks! Forget about sitting in unnatural and uncomfortable positions while going "ommmmm...." It is not a club full of yoga masters, Shaolin monks, hippies and new-agers. It is super practical and universal practice, that can improve your overall brain performance and happiness! -Looking to be truly happy... not just fake smiles anymore? -Sick of being held up and helpless, a victim of terrible circumstance? -Do you really want to be a slave to your emotions anymore? -Are you so depressed and negative that no one really enjoys spending time with you? Well, I was not necessarily talking to you, but if it speaks to you, you have picked up the right book! *Most People Walk Through Their Life In a Walking Daze* And I was too. I was constantly fighting everything going on in my life; with my mind. Day to day

stressors like traffic, the mean lady at the gas station with the bad breath that I had to see every morning, and the long hours put in at work, were enough to drain me. My boss, with his long nose hair, breathing down my neck about my productivity level was enough to deplete a person every day. "What do I do? What will happen next? What if, what if, what if...?" I could not even enjoy a second of my day, because I was lost in worry and stress over what was going to happen next and what I could do to maybe control it. In this book you will find techniques to step out of your thinking and allow your mind to finally rest. When meditating, you take a step back from actively thinking your thoughts, and instead, see them for what they are. The reason why meditation is helpful in reducing stress and attaining peace is that it gives your over-active conscious a break. Just like your body needs it, your mind does too! I give you the gift of peace that I was able to attain through present moment awareness. In This Book I'll Show You: -My favorite meditation and mindfulness techniques perfect for ordinary busy people like you and me -My personal experience -How exactly do I practice and how it helped me in so many ways -How to maintain stillness, peace and focus in everyday life -How to stick to your meditation practice and maintain high level of motivation -The right mindset you should have to keep your brain and thoughts healthy -A few simple things you can do to instantly feel better and happier! -And many, many more! Table of Contents: Introduction: Why Meditation For Life Success? Chapter 1: Meditation? What it's all about? Chapter 2: Let's Get Started! Various types of Meditation/Guided Meditations Chapter 3: Meditation and Stillness in Everyday Life Chapter 4: How to Maintain Inner Peace and Never Feel Anxious or Distracted Again Chapter 5: Conclusion

[A Coloring Book for Your Mind, Body, and Soul Lulu.com](#)

In this newly revised edition of the award-winning *Come to Your Senses: Demystifying the Mind-Body Connection*, Dr. Stanley Block offers his Ten-Day Plan to optimize your life -- a breakthrough program that has helped people all over the world heal from post-traumatic stress syndrome, combat trauma, substance abuse, mental illness, pain, and depression. The easy-to-apply method uses Identity System "resting" techniques that enable you to recognize and defuse the self-defeating mental tug-of-war that exists in all of us. Learn how stress, fear, and thought activate the sympathetic nervous system with increased tension, pain, insomnia, anxiety, and depressive symptoms. By literally "coming to your senses" of taste, touch, smell, sight, and sound, you begin to control negative responses, free yourself from a paralyzed state of mind, and live a happy, balanced life. The response is amazing because the results are immediate -- ten days is all it takes -- Dr. Block's techniques take no time out of a busy schedule, they are simply incorporated into whatever activity you are engaged. Bridging the Identity System empowers you to work from your own strength and wisdom to deal with situations that arise in your life.

Remember Who You Truly Are CreateSpace

The Ultimate Guide for Improving Every Part of Your Life by Creating a Fitness Mindset What is Holding You Back in Your Life? Have you tried diet and exercise programs before, only to find you can never stick with anything, or that the weight just won't come off? Or maybe you're physically fit but nothing else in life is quite adding up. You are not alone. Every year people all over the world commit themselves to living a healthier life and shedding their extra weight, and every year most people fail. If this describes you, you need this book. The reason you have failed in your other efforts

is because none of those other programs showed you the secret to fitness success. They only gave you part of the puzzle. This book shows you that the real power to get healthy, physically fit, and lose weight is your mindset. Author, and personal trainer, Charlie S. Dannelly II teaches you the secrets to developing a fitness mindset inside his powerful book, *Power of the Fitness Mind*. Inside you will discover: -What fitness really means -How to lose weight -How to become healthier, stronger, happier, and wealthier -How to improve your spiritual fitness -The relationship between fitness and the power of attraction -How to improve and sustain your fitness focus -How to gain financial fitness -Why fitness makes you smarter -The secrets of nutritional fitness -How to get fitness minded results -And Much More If you are tired of failing and want to unlock your full potential in every area of your life, you cannot afford to miss this book. Everything you need to develop the body of your dreams, and the life you have always known you were meant to live, is in this book. There are many fitness and financial gurus out there who will try and sell you some magic formula for getting what you want. But, most of these so-called experts only focus on a small piece of what you need to succeed. The body, mind, and soul must all work together to fully achieve what you are capable of physically, mentally, spiritually, and financially. It's time for you to get in the fitness mindset.

Medicine Woman Within a Dream Pantheon

Evanna Amaranthine, a ruthless, 600 year old vampire, has a new assignment: to leave the walls of Benajah, her beloved vampire guild, enter the realm of humans to stalk down her prey, Rian Delmar, and kill him. At first, the prospect of being around humans any longer than the time it takes to drain them repulses Evanna, but after moving in with her new human-loving vampire housemate, she soon becomes hopelessly entangled with Messiah Scarborough, his strikingly good-looking artist friend. When dreams of a past life begin to plague her as she continues her crusade, can she control emotions that threaten to overwhelm her? Filled with fast-paced action and steeped in suspense, *Benajah's Keeper* by Aeryn Dougan is an urban fantasy that will capture readers' hearts as it addresses the significance of family, fate, and loyalty. Dramatic, gritty, and deeply passionate, this unique take on the vampire legend will definitely leave you wanting more.

What to Know, What to Say, and How to Be an Ally Createspace Independent Publishing Platform

Get Your Hands On 139 Health Tips Scientifically PROVEN to WORK (41 Of Them Are GUARANTEED to Surprise You!) From the best selling author, Linda Westwood, comes *Health (4th Edition): 139 POWERFUL & Scientifically PROVEN Health Tips to Boost Your Health, Shed Pounds & Live Longer!* This book will help you start changing your life and your health forever! If you are trying to lose weight, but can't see any results... If you're constantly feeling tired, lazy, or lethargic throughout the day... Or do you want to feel and look more healthy than you have in years... THIS BOOK IS FOR YOU! This book provides you with a HUGE 139 health tips that have been specially collected to powerfully work on your body in days, NOT weeks or months! (41 of them are also scientifically proven and guaranteed to surprise you!) It comes with tons of information, explanations of why the tips are recommended, and all the actionable steps that you need to implement the tips IMMEDIATELY into your life! If you successfully implement JUST A FEW of these health tips, you will... - Start losing weight without working out as hard - Begin burning all that stubborn fat, especially

belly fat, thigh fat and butt fat - Say goodbye to inches off your waist and other hard-to-lose areas - Learn how you can live a healthier lifestyle without trying - Transform your body and mind in less than 3 weeks - Get excited about eating healthy and working out - EVERY TIME!

Understanding the Earthly Programs of Limitations and Controls Createspace Independent Publishing Platform

The life force, also known as "spirit," is the essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. Living Energy is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

Demystifying Disability Createspace Independent Publishing Platform

The world is simpler than it seems. Everything that happens occurs because of cause and effect. Eliminate the cause of relationship problems, poverty, health issues, and disharmony-and you change the effect. Too often, though, we look for external causes, when the true cause lies within our own all-powerful and divine subconscious minds. The universe is made up of interconnected energy-and what are our thoughts if not pure energy? Change the workings of your inner mind, and you can quite literally change your life. In Sixth Sense, noted holistic success coach Eugene N. Nwosu provides a set of deceptively simple tools designed to help you "rewire" your subconscious mind, change your life, and acquire the enlightenment and wisdom vital for true balance, equilibrium, and success. Nwosu's practical affirmations help harness the mind's ability to operate in harmony with the unchanging rules of the infinite, divine universe. Simpler and easier to incorporate into everyday life than The Secret and its complexities, Sixth Sense frees you from the limitations of entrenched thought patterns, creating instead full engagement in your passions and

dreams. Once properly aligned with the universe, you will succeed-all the time.

The Plumed Serpent Rises Createspace Independent Pub

The Instant-Series Presents "Instant Genius" How to Think Like a Genius to Be One Instantly! When you hear the word "genius" - what immediately pops into your mind? Perhaps, people like Albert Einstein, Isaac Newton, Leonardo da Vinci, and Thomas Edison just to name a few. What did all these folks have? What was the common factor that made them a genius? And is possible for you to also be like them? Now what is a genius? Geniuses are, first and foremost, extraordinary individuals... They are always somewhat ahead of their time, and their contributions to the world have shaped society into what we know it as of today with all the remarkable fleets of advanced achievements unheard of in the past - just look at how far we have come with modern medicine, science, technologies, etc. And geniuses have helped mankind evolved into more intelligent beings - pushing us to all strive for even greater possibilities. So how to become a genius? The widely-accepted notion is...you're either born with a genius IQ or not; however, being a genius has less to do with your level of intelligence. Everybody has their own form of genius. The key is how to unlock that inner genius of yours. Within "Instant Genius": * How to easily create a custom "genius trigger button" step-by-step, so you can activate it to turn on your full-intellectual mental capacity at will, at anywhere, and at anytime. * How to channel your inner genius through the power of your subconscious mind, by doing the "subconscious self-session" technique to open doors to new ways of thinking. * How to use personalized "visual mental imprints" as your sources of inspirations and motivations to spark your creative genius to generate unlimited innovative ideas. * How to develop genius reflexes to handle any complex problem and come up with ingenious solution to have people look up to you, always wanting to hear what you have to say. * How to optimize your mind to work in relentless genius mode with full concentration and inexhaustible energy where obstacles no longer exist, through an in-depth "4-stages process" you can implement whenever you want. * Plus, custom practical "how-to" strategies, techniques, applications and exercises on how to think like a genius. ...and much more. All of us has the potential to be our own geniuses. You just only need to be guided on how to unleash that genius brain power within you - to finally realize what you're truly capable of. You will be amazed and even surprised yourself.

Related with Demystifying The Out Of Body Experience A Practical For Exploration And Personal Evolution:

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