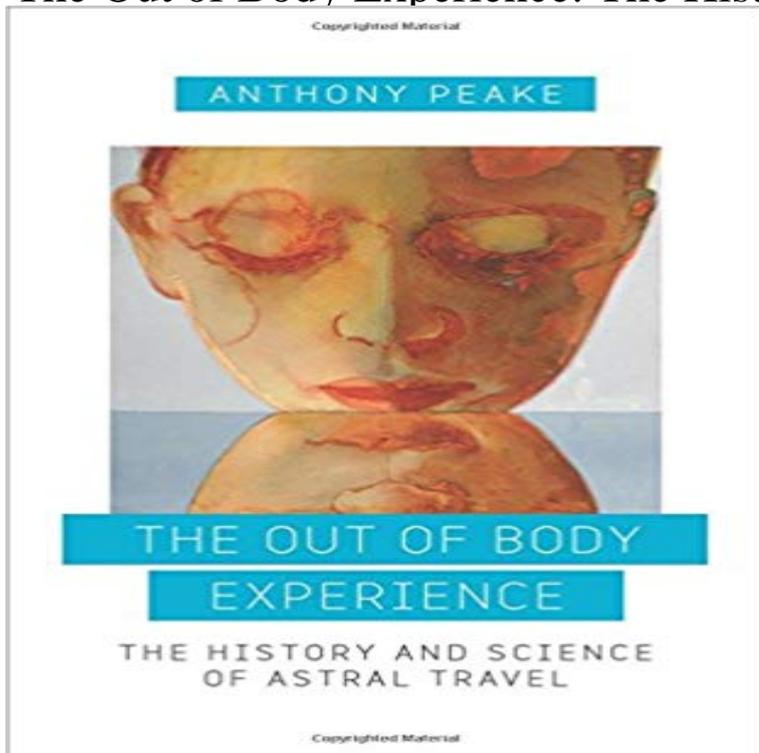


# The Out of Body Experience: The History and Science of Astral Travel



This book opens with the authors experience with the Lucid Light Stimulator in Switzerland. This presents him with his first experience of Astral Travel. From this he takes the reader on a historical, theological and mystical journey through the history of the out of body experience in all its varieties and forms. The second half of the book discusses the science behind the experience. It reviews some of the latest research in the fields of psychology, neurology and neuro-chemistry. It then attempts a short explanation of why quantum physics may be the unlikely source of answers to the mystery of the out-of-body experience. The final section presents the authors new model of how exotic-sounding concepts such as Bose-Einstein Condensates, Einstein Rosen Bridges, Zero-Point Energy, microtubules and coherent light can be used to present a totally new explanation of how Astral Travel really does involve a journey - into inner, not outer, space.

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