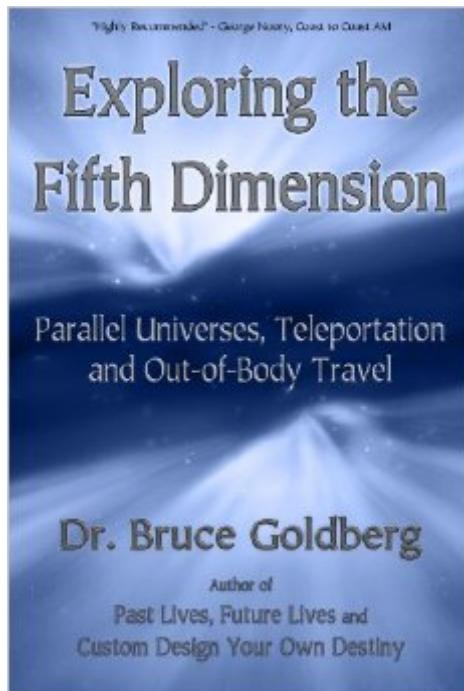


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# Exploring The Fifth Dimension: Parallel Universes, Teleportation And Out Of Body Travel



## Synopsis

This book is the most comprehensive book on out-of-body travel you will ever read. Through more than 20 exercises, you will learn to safely leave your body and return unharmed from explorations of the upper astral plane and the causal, mental or etheric realms. You might even venture to the soul plan and observe how you select your future life. You will also learn:  
\*The difference between an out-of-body experience, a near-death experience and a conscious out-of-body experience.  
\*How to determine what dimension you are on while out-of-the body.  
\*How you can meet kindred souls in the fifth dimension.  
\* What it is like to be with your Masters and Guides and review your akashic record.  
\*How to teleport your physical body to other dimensions.  
\*How to travel to parallel universes.  
\*How to see into the future.  
\*How to meet time travelers from our future  
\*How to learn your true karmic purpose.

## Book Information

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## Customer Reviews

Exploring the Fifth Dimension, by Dr Bruce Goldberg, collects a wide variety of theories about the fifth dimension, and provides self-hypnotic exercises to make such "dimension" accessible to the reader. As such, this book is an interesting reference. This book is organized into eleven chapters. The author presents his theories on each chapter, often including one or more cases intended to support his point of view. Each chapter concludes with a self-hypnotic exercise intended to bring out a particular experience.

1. In Search of the Truth
2. The Fifth Dimension
3. Parallel Universes
4. Teleportation
5. Out-of-Body Travel
6. Time Travel Through the Fifth Dimension
7. The Truth About

Near-Death Experiences8. The Truth About Time9. The Truth From Quantum Physics10. My Own Truth11. The Ultimate TruthThe theory section for each chapter is brief but interesting. And the companion cases are essential to explain it.I was also impressed with the hypnotic exercises presented in this book. In my opinion, these exercises are quite similar to some meditation techniques presented in mystical practices such as new hermetics (The New Hermetics: 21st Century Magick for Illumination and Power) or shamanics (Shamanic Spirit: A Practical Guide to Personal Fulfillment).Most of these self-hypnotic exercises may require you to play a tape or CD to practice them properly as recommended by Dr.

The first page on Chapter 1 of this book has a really good attention-grabbing story that anybody seeking the truth about spirituality might laugh about, and can possibly even relate to.This book includes at least one hint about how to have an OBE which just about anyone (who even feels lazy) may not mind doing on a regular basis. It also includes what you can expect during this experience, and reason to not fear it. It is thanks to this one tip that I now have a total of three different tips that I plan to use on a regular basis specifically for OBEs (the other two are in this author's "Astral Voyages" book).Just because I'm sure about three tips, it doesn't mean I'm seriously excluding to his others. It's possible I'll end up trying his other tips too.I want to think a little bit about the other strategies Goldberg presented that I'm not willing to try as of now. There are other people who could desire to attempt OBEs who may find the tips I'm not trying now would in fact blend well with their lifestyles as opposed to mine. This is the sort of reason I think even people with far different tastes than me should at least scan through this book. Something that seems out of the way for me could be a pleasure for someone else, and that person could accomplish OBEs with that tip I did not use.It also includes at least three very persuasive stories about NDEs.Teleportation is a topic that can keep the average person's attention. There is at least one story about this mentioned in the book that I plan to eventually do more research about.There's an assumption that conscious dying is very beneficial.

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