



Journeys Out of the Body

Robert A. Monroe

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In 1958, Robert Monroe, a Virginia businessman, began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe found himself leaving his physical body to travel, via a "second body," to locales far removed from the physical and spiritual realities of his life. He was inhabiting a place unbounded by time or death. The author tells of his initial resistance to these "out of body" experiences, which soon began to appear with alarming frequency. As time went by, however, his fears were alleviated by his discovery of a long history of these experiences in the literature of the East, as well as a surprisingly large "underground" in this country, made up of people who had shared Monroe's experiences. This book is the gripping personal account of Monroe's courageous adventure into the unknown. This fully-documented, first-hand story challenges the reader to explore the limits of our physical universe-and re-think his ideas of life and death. For the adventurous, the author also provides instructions on how to initiate the out-of-body experience.

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