



Explorations in Consciousness: A New Approach to Out-of-Body Experiences

Frederick Aardema

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In *Explorations in Consciousness*, Frederick Aardema, a clinical researcher, provides a profound account of the out-of-body experience, covering some of the most mystifying aspects of this experience. Throughout the book, the author seamlessly weaves in his own travels into different fields of consciousness, including experiences in the personal field, where he is confronted with the constructs of his own psyche, as well as visitations to collective and archetypal fields of consciousness that appear to have an independent existence beyond the eye of the beholder. Highly original and groundbreaking, *Explorations in Consciousness* presents a model of reality in which nothing can ever be taken for granted. It proposes that consciousness is embedded within a wider field of possibilities that become real depending on our interaction with the world around us, whether "in" or "out" of the body. Regardless of what you believe about the out-of-body state, this book will challenge and excite you to become an explorer of consciousness. It provides a powerful method to induce the OBE, as well as new tools on how to navigate the entire spectrum of consciousness yourself.

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