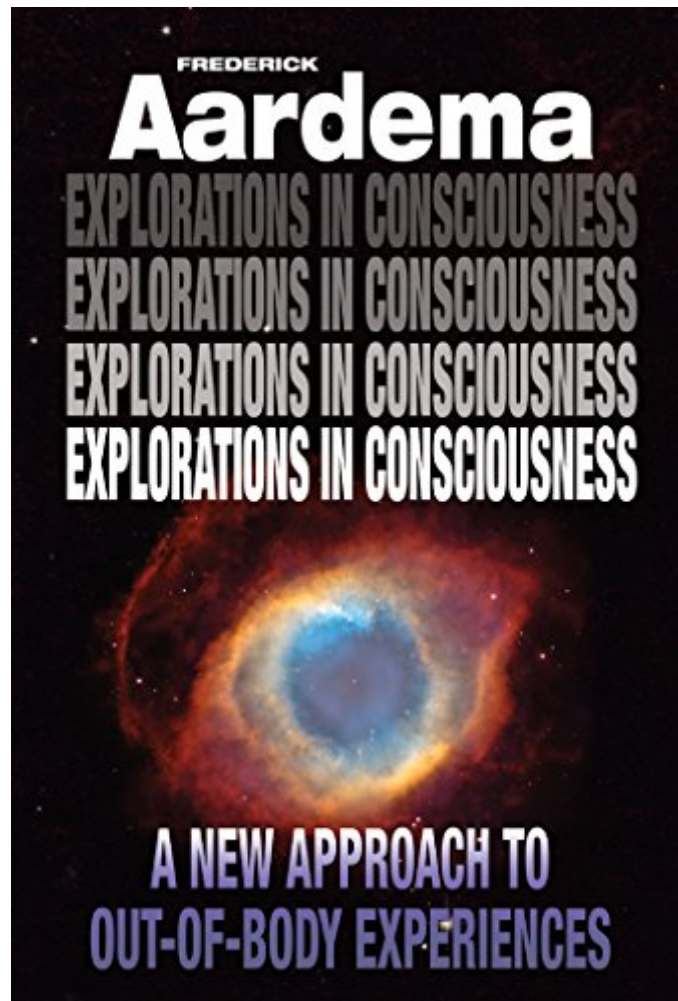


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# Explorations In Consciousness: A New Approach To Out-of-Body Experiences



## Synopsis

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.

## Book Information

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## Customer Reviews

As a practitioner of conscious exploration (lucid dreaming, consciously-induced OBEs, etc.) I have read more books, essays, and personal accounts than I care to recall. The stack on my bookshelf now includes William Buhlman's books, which I credit for sparking a fire that still burns deep. From there I went to Mastering Astral Projection by Robert Bruce, which lead me to Astral Dynamics, which lead me to Kurt Leland's outstanding works, which lead me to Robert Monroe's works, which led me on to at least half a dozen other perspectives penned by ancient Tibetan Buddhists, Theosophists, Indian Gurus, and random closet mystics proclaiming to have mastered THE best approach to exiting the body. And without blinking, I owe each of these authors and pioneers thanks for helping me formulate as coherent an understanding of the topic as possible. However, Frederick Aardema's work absolutely stands out as a unique and important contribution that I am recommending to my friends that practice CE as well. This one is required reading for anyone serious about the subject. The book tackles some of the most mysterious and intriguing aspects of the OBE: the nature of the infamous vibrations that precede the exit, how complexities related to mind and conscious awareness impact the experience, how we "separate," in addition to exactly what we suppose "separates" in those very intense moments before we're off exploring, just to name a few. Prepare to be illuminated. While I continue to hold a fairly mystical perspective on the phenomenon as a whole, I welcome Aardema's scientific approach here-- an approach that has ultimately removed some major obstacles in my understanding. We must be willing to discard treasured assumptions and convictions where evidence invites us to.

First of all, yes, you should buy this book. Whether you are a "weekend warrior" OBEer or a full-time consciousness explorer, Explorations in Consciousness is full of information which will greatly enrich your personal explorations. Furthermore, Fred's writing style is excellent, and this book is a pleasure to read. Fred Aardema takes a truly new and original approach to the out-of-body experience. He straddles the fence between outright skeptic and glossy-eyed believer, approaching the subject with an entirely open mind. While it is clear that Fred has been influenced by the Monroe school of thought, he takes nothing for granted. Fred makes his conclusions only on the basis of his own personal experiences. The conclusions Fred makes in this book-- or rather, the lack thereof-- may frustrate readers who have taken a concrete stance on the nature of OBEs. You will not find extensive cosmologies or revelations regarding the nature of the meaning of life that are present in

other works. Rather, this book should be viewed as a big step in the right direction: a completely open-minded approach where conclusions are not drawn unless supported by evidence. In Chapter 1, we are treated to Fred's first personal OBE experiences at the age of 17. Fred recounts his ever-increasing skepticism towards OBEs over the years, especially in light of the convincing theory that OBEs are merely lucid dreams. We then move on to Part 1, where Fred addresses basic issues and controversies regarding OBEs. He considers different definitions of OBEs put forth by various individuals, both believer and skeptic. We are then given an overview of occult, contemporary, materialistic, and nonlocal approaches to OBEs.

I have read many books on this subject and my favourites span several different opinions on the phenomenon. Stephen LaBerge takes the scientific approach, Robert Monroe takes a more modern approach and Robert Bruce, Sylvan Muldoon and others take a more spiritual, esoteric approach. It's clear from the book that Frederick prefers the modern approach from Robert Monroe but thankfully rather than just accept Monroe's theories as the truth has found his own path and mind to trying to explain OBE's as well as offering what looks like as good a method as any (and one of the simplest!) to induce them. I look forward to trying it! For readers that like lots of anecdotal experiences there are plenty here. Some reinforce a point while others are more ambiguous (intentionally I think). For anyone who has had OBE's or very lucid dreams sometimes things happen that are hard to explain and the author has had his fair share of those as well. His descriptions of the various 'fields of consciousness' are better than many I've read (was never sure what the astral planes were) and his experiences on The Void are the best I've come across. Now I can see what he calls a 'panoramic view of consciousness' is what Robert Bruce and others call the sight of the astral plane 'structure' you arrive at. What's most refreshing is he looks at OBE's as travelling within consciousness (or psyche). As a fan of Carl Jung's work I can relate to this more than any other books on this subject. I would recommend this book as a great entry book on the subject as well as one for well-read or experienced projectors as it does offer something different to everything else available.

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