



The Amazing Journey

Richard F. Holmes

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Previously published as Astral Travelling, The Avatar And Me. This is the revamped version with an extra chapter. In 2000 my life hit rock bottom. Emotionally I was totally spent and did not see any way out of the mire that I found myself in. This book tells the story of how (with a little help) I managed to turn my life around. Miraculously at the onset of the new millenium I started to embark on a series of truly amazing out of body adventures, and as the years have gone by, I have learned to pass through solid objects, propel myself in whatever direction I wish to travel, and unbelievably, "will" myself back into my body when I become bored with the journey. As if that wasn't incredible enough, I have also been blessed by the Avatar of the age himself, Sri Sathya Sai Baba, who first entered my life in 2001. Since then I have had a series of truly wonderous experiences with Baba, the highlights of which were being held in his arms during an out of body experience in 2006 and seeing him in physical form at his ashram, Prasanthi Nilayam (abode of the highest peace) in Puttaparthi, Southern India in October 2009. "If I were to say that it was a hairy experience the first time I left my body, it would be an understatement. However, as time went by it was something that I came to enjoy immensely"

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