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Consciousness Independent from the Body Researched for Two Decades, Now Explained in New Book by Leading Research Group

International Academy of Consciousness director authors new academic work on the growing field of consciology

September 1, 2012 SAINT PAUL, MINN.— The science that studies projections of our consciousness in the forms of out-of-body experiences, bioenergy and related phenomena, came to scientific light in the 1980s when a Brazilian doctor named Waldo Vieira published his well-known treatise, *Projectiology: A Panorama of Experiences of the Consciousness Outside the Human Body* (2002, English edition). A new work on the subject by Luis Minero attempts to compliment previous research on the topic and its related field, consciology, by providing a much more accessible, companion guidebook entitled ***Demystifying the Out-of-Body Experience: A Practical Manual for Exploration and Personal Evolution***, being published this October by Llewellyn Worldwide, Ltd., a leading publisher of works on the paranormal.

Minero is the Executive Director of the California branch of the International Academy of Consciousness, a leading international organization dedicated to the research and education toward the understanding of consciousness and the multi-dimensional fabric of our reality, and his new book is based on coursework taught at the IAC. Like his organization's goal, the book's aim is to bring a comprehensive understanding of the phenomena to maximize human development and potential, while formalizing many theoretical concepts previously unidentified or overlooked.

This primer, invaluable to parapsychology and psychology students and researchers, is a well-organized, clear and accessible introduction that will appeal to a broader audience interested in concepts and techniques related to the field, including lucid dreaming and projection, bio- or Chakric energies, non-physical dimensions, and psychophysiological self-relaxation and its affect on positive OBEs (out-of-body experiences).

Demystifying the Out-of-Body Experience is also practical workbook that guides the reader through the basics of the phenomena with step-by-step instructions on how to produce an experience, increase self-awareness, develop human potential, and establish a better understanding of our multidimensional reality.

Luis Minero graduated with honors in chemistry from Florida International University, and taught courses on out-of-body experiences, paranormal phenomena, and spiritual growth at Miami Dade College from 1997 to 2002. He was the Director of the Florida International Academy of Consciousness (IAC) from 1999 to 2001, and is currently the Executive Director of the IAC California and Education Director of the IAC globally. Minero lives in Culver City, California. Find out more about the author at LearnOBEs.com. For more information on the subject visit IACWorld.org.

Demystifying the Out-of-Body Experience: A Practical Manual for Exploration and Personal Evolution by Luis Minero
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