M. K. Ettington Books

The Out of the Box Newsletter
Learn about our Books, Online Training, Misc Wisdom, and Unusual Stories

April 2025

Welcome to this newsletter which covers topics from our 150 Plus books about Aliens/UFOs, Longevity, the Paranormal, Strange Science, and much more…

https://mkettingtonbooks.com

April Edition Highlights

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Signup for FREE Longevity Video Ecourse

Picture of the Month

An Example of Ball Lightning

"All About Ball Lightning"

Featured Story- My Incredible Paranormal, Spiritual, and Out of the Box Experiences-An Autobiography

Many of my friends who know me well and know some of my experiences insist I should write an autobiography because many people will find my stories fascinating.

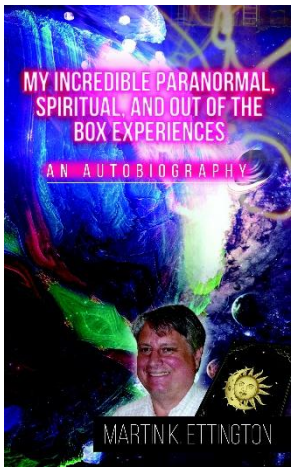
My life has been about my spiritual, and paranormal explorations of the world, and studies of our universe. These views are discussed in over one hundred books; which is detailed near the end of this autobiography.

These stories include a spirit attacking me, many prophecies of mine-some of which saved my life. Also a fight with a bear in the wilderness and many other strange experiences which includes a spiritual enlightenment event, and specific memories from before my birth during, and just after it.

My education as an engineer at a top school has also led me to an analytical point of view about the world; but I've also remained open to new and "impossible" experiences without denying that they really happened. This has led me to a pretty unique point of view as a writer about many "out of the box" subjects which some professionals condemn as illusionary—but many individuals really experience.

The experiences of my life in this book should also give you a good idea of the circumstances which created the person I am today, and why I write the books that I do.

I've grouped my major life experiences mostly sequentially, but some things which took place over longer periods of time are grouped together. So there is some overlap in different chapters of my life. But you can see how all these topics blend together.



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We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. Swami Vivekananda

Book Focus- How the Paranormal Affects Mental Illness

My career was being trained as and working as an Engineer mostly for Fortune 100 companies.

In parallel with that I've also been working on spiritual enlightenment and developing my paranormal abilities for the last fifty years.

This unusual combination of skills has led me to my passion of writing about the paranormal and many "out of the box" concepts and topics. I've actually written twelve books about the paranormal based on my experiences and research into these topics.

One topic which has always fascinated me has been how many paranormal experiences are usually interpreted by mental health professionals as delusional and mentally ill behaviors.

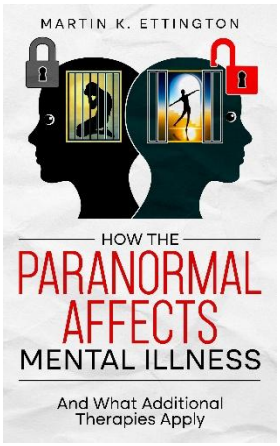
My thinking is that most people have spiritual and paranormal abilities and these cause experiences which can overwhelm some people to make them fit the diagnosis of them having mental illnesses.

Certainly there are a lot of legitimate mental illnesses which cause the need for treatments by mental health professionals.

But what happens when persons having these experiences may be normal and stable in their other behaviors but these experiences are so far beyond the norms of society that others think they are "crazy" and therefore treat them as such?

I've heard and read a number of stories over the years where I wonder if they were real experiences which might have just caused the person who lived them to have a nervous breakdown.
This book is my effort to help people understand the interfaces of real paranormal experiences and mental illness and how to tell which is which.

Also, what additional therapies can be used to help people who may be overwhelmed by these experiences?



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A wise man is superior to any insults which can be put upon him, and the best reply to unseemly behavior is patience and moderation. Moliere

Signup for FREE Longevity Video Ecourse

Training Focus- Longevity Coaching

This training course is a modified version of the Personal Longevity Training Course for Professionals.
In addition to the multimedia training material in the Personal Longevity Course it includes Quizes and Sessions with the Personal Longevity Creator to get help you to a certification as a Longevity Coach.

Here are some of the types of professionals who would benefit from this certification:

- **Counselors**
- **Massage Therapists**
- **Healers**
- **Nutritionists**
- **Personal Trainers**
- **Chiropractors**

Many Longevity Coaches have completed this course and have taken tests to prove they knew the materials. They then get a Longevity Coaching Certification.

This training is then used as an additional skillset to help improve their overall offerings and revenue.

Benefits of this Longevity Coaching Program for your business:

More clients interested in learning a longevity lifestyle

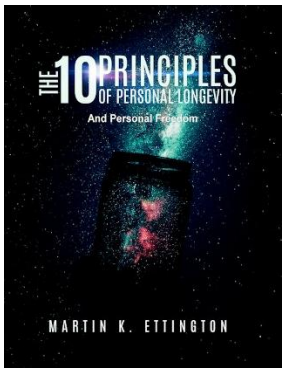
New longevity services business from existing clients

Generate more revenue from your existing services with new clients
A longevity lifestyle philosophy integrated with what you already teach

Minimize your time investment in the program

Complement what you are already doing with your clients

This training program is now reduced from ~~$1995~~ per person to $999 for the whole professional training and certification program



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The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails. William Arthur Ward

Book Bundle Deal- The Human Survival Five Books Bundle

This Bundle consists of five books on various aspects of survival. The entire package provides wide ranging advice on surviving adverse conditions:

1) Fire in History and Mythology

The History and Mythology of Fire is reviewed. Includes fire building techniques, fire cooking, and lots of mythological animals who had fire as part of their being

2) Survival of Humanity Throughout the Ages

How did Humanity Survive when millions of other species have gone extinct? What was the importance of Fire, Dogs, animal domestication, crops, and more. A study of what Man has developed to live in a hostile world. Includes lots of primitive weapons you can build.

3) 33 Incredible Survival Stories

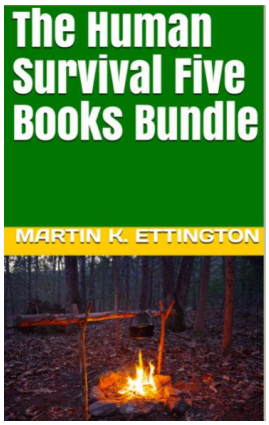
33 Incredible Survival Stories from all over the world. Includes in the wilderness, mountains, oceans, deserts, and more. Some great stories of the triumph of the human spirit.

4) How to Survive Anything From the Wilderness to Man Made Disasters

A book on survival skills. How to prepare for emergencies, how to find shelter, food, and make fire in the wilderness. Also about the psychology of surviving and using your intuition. Includes Desert, Arctic, Ocean, Nuclear Survival, and the collapse of civilization

5) Building and Stocking a Nuclear Shelter for Under $10,000

All about a nuclear survival shelter the author built and stocked for less than $10,000. It is a true story and discusses and reviews the whole process.



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Everything that irritates us about others can lead us to an understanding of ourselves. Carl Jung.

Spiritual Practice- About Enlightened and Ascended Masters

I've had a number of enlightenment and paranormal experiences in my life so naturally I'm curious about fully enlightened or ascended masters. These Masters probably exist and would have some incredible abilities since paranormal powers are a side effect of the spiritual development process. (If you want to read more about my experiences see my book "My Incredible Paranormal, Spiritual, and Out of the Box Experiences-An Autobiography").

I have never met any of these beings (although I might have met an immortal briefly when I was five years old.)

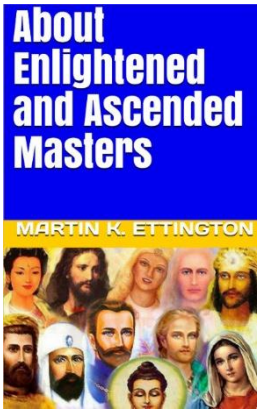
India, the Himalayas, and China are the traditional locations of where these beings have resided for thousands of years. But these beings live all over the world.

My perspective on enlightened and ascended Masters is pretty unique. In addition to having a lot of my own experiences I also met a person who claimed to be an immortal. He claimed to be 2800 years old and his statements about Immortals, Demi Gods, and Gods are just incredible. The chapter discussing this here is about my book "The Commentaries of Living Immortals".

The Great White Brotherhood is also reviewed which was written about by many Theosophists including Madame Blavatsky.

The Life and Teaching of the Masters of the East is about a group of westerners who spent three and one half years with masters in the mountains of Tibet in 1894.

Also, who was the immortal Saint Germain and was he enlightened?



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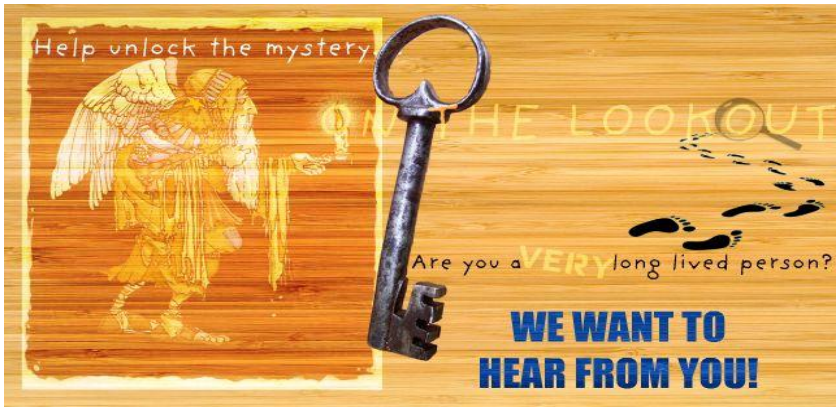
DO YOU OR SOMEONE YOU KNOW HAVE A STORY TO TELL?



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The Out of the Box Newsletter

MK Ettington Books

Providing a variety of unusual books on these topics: The Paranormal, Longevity, Aliens/UFOs, Ancient History, and much more….

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Contact Us!

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About Our Organization…

MKEttingtonbooks.com consists of over 150 books written by me from my own experiences (mainly paranormal) and research.

My original content consists or books, training courses, and more. Formats include printed, Ebooks, Audiobooks, and more. The training courses are all online and multimedia.

As a retired Engineer, my goal is to provide an analytical analysis of many otherwise strange and unbelievable phenomena.

The more we learn the stranger our world and universe turns out to be. We think we know a lot—but we really know nothing about the Reality we live in.

--Marty Ettington

Help Unlock The Mystery! Send Us Your Story Online Today…

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