M. K. Ettington Books

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

August 2025

The Newsletter is for those not satisfied with the Dogma we are all taught to believe.

What is the real truth about our lives and the world we live in?

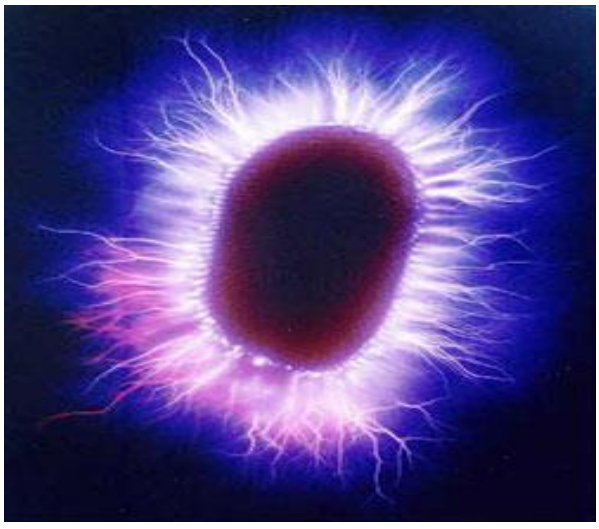
Over 12 Categories of Out of the Box Books:

(Click Below Image for our Website Homepage on over 150 books)

Coaching and Business Books	Paranormal Books	Spirituality Books	Ancient History Books
Alien and UFO Books	Longevity & Immortality Books	Living in Space Books	Survival Books
Science Fiction Books	Legendary Beings Books	Strange and Science Books	Time and Dimensional Books
Health & Wellness Books	Self Improvement Books	Specials and Bundles	Political and Social Books
	Our Most Popular Books		

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

Picture of the Month



Kirlian Photography of a Finger
"Radionics and Life Force Technologies"

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https://mkettingtonbooks.com

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The Spiritual Enlightenment of an Engineer
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Signup for FREE Longevity Video Ecourse

Signup For and Download our Monthly Newsletter

Signup for Our Affiliate Program & Earn up to $499 per sale

Featured Story- Living the Technology Revolution

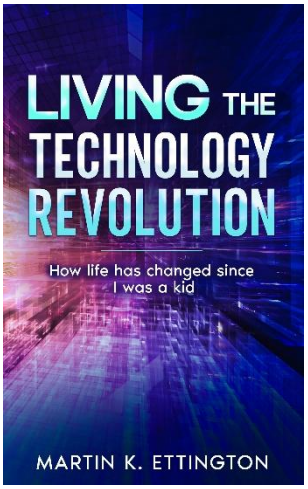
This isn't a book filled with dry timelines or technical blueprints of the digital revolution. Instead, it's a firsthand journey—my journey—through one of the most astonishing transformations in human history: the rise of personal computing and the dawn of the digital age.

I was born in November 1955, at a time when the word “computer” was barely whispered outside of military labs and universities. My earliest memories include a bulky black-and-white television with rabbit-ear antennas, broadcasting a single channel. That flickering screen was my first encounter with electronic media—a far cry from the high-definition, touch-responsive world we live in now.

Over the decades, my path as an engineer and software developer placed me squarely in the midst of this technological upheaval. I didn’t just watch the future arrive—I helped build it, one line of code and one innovation at a time.

This book is a personal time capsule—a chronicle of what it was really like to live through the shift from analog to digital, from typewriters to tablets, from rotary phones to the infinite power in our pockets today. If you're a younger reader curious about how we got here, or someone who remembers the glow of vacuum tubes and the clack of punch cards, I invite you to walk with me through the decades.

You may be surprised by how far we’ve come—and how much we’ve forgotten along the way.
Many of the chapters are identified with the years or periods of time where these changes occurred.



Click on the book cover above to learn more

As you walk down the fairway of life you must smell the roses, for you only get to play one round. Ben Hogan

Health & Wellness- Diets and Lifestyles of the World's Oldest Peoples & 32 Longevity Recipes

Four of the Longest Lived Communities in the world are:

• Okinawa, Japan

• The Republic of Abkhazia next to So. Russia

• Vilcabamba, Ecuador

• Hunza People of northern Pakistan

Each of these communities were chosen because they are large enough in population and have a long history of long lived persons to represent unique lifestyles and dietary habits.

We researched each of these communities in detail and found some amazing commonalities !

Even though each community is a lot different--there are many lifestyle focuses and dietary standards that they all do.

Here is one example:

It turns out that three of the four communities are in the mountains, and guess what?

They each have wonderful mountain purified water with many special minerals in it.

We provide an analysis of one of those water sources of health and vitality in the book.

There is much more information on each community's lifestyle and diet as well as detailed comparison matrixes for lifestyles and diets.

We answer questions such as:

What type of food does each community eat?
How are these diets all in common?

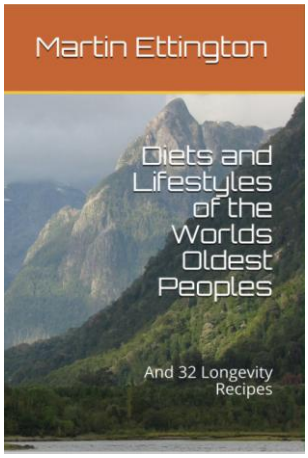
What are the common lifestyle factors?

How do these people live everyday?
What are common recipes?

What are specific vegetables, fruits, nuts, and more that they each eat?

What overall lessons can we draw from our comparisons?

How can you apply these lessons to yourself?



Click on the Book Cover to Learn more and to order

Knowledge is proud that it knows so much; wisdom is humble that it knows no more.
William Cowper

Click These Three Book Categories To See More Books on Health and Wellness:

HEALTH & WELLNESS

LONGEVITY & IMMORTALITY

SPIRITUALITY

SELF IMPROVEMENT

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Book Focus- God Like Powers and Abilities

What are God Like Powers & Abilities?

These are the abilities of the human spirit which are supposed to be impossible, but which really exist.

The abilities and powers reviewed in this book include Telepathy, Psychokinesis, Levitation, Invisibility, Invulnerability, Teleportation, Creating your future, Prophecy, Omniscience, and much more.

Why a book on this subject? I've read about these abilities over the years in many different books and articles (as well as my own experiences) and thought that others might want to learn about them in one organized encyclopedia of the subject.

Why is this book worthwhile?

This book will help the reader understand what is the basis for these powers before going into a full review of each one. Like most of my books, I take the reader through some background material before I get into the meat of the subject. In this case we start by reviewing the original source of God Like abilities "The Yoga Sutras of Patanjali", and how these abilities and powers work.

Then I provide an introduction to meditation and stillness practices, and how they help the seeker to get in touch with their own spirit

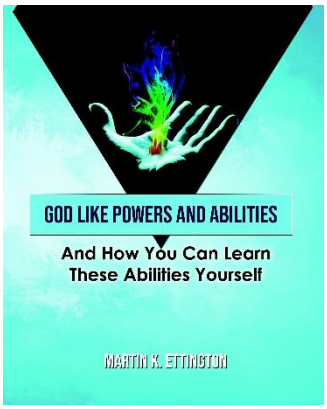
After that we proceed into a discussion of the vital forces or "prana", the energy body and what that energy is used for.

What will I learn about these Powers and Abilities?

In each of the chapters on individual powers and abilities I start by explaining what the ability is and how it has been used in the past.
Then some historical and/or modern documented experiences of the ability or power is given.
Finally, I provide exercises and practices to learn these abilities for yourself.

I'm not going to claim that anyone can learn these abilities and powers right away, but a clear path is provided on how to get there.

Reference materials to other books and sources which can help you learn more are also provided. This includes links in the electronic versions of the book and a detailed bibliography or sources.



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He who lives in harmony with himself lives in harmony with the universe. Marcus Aurelius

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Training Focus- Learning the Paranormal

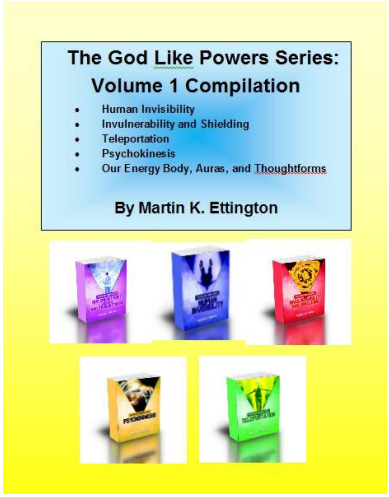
Through my research and experiences I learned that Paranormal abilities are side effects of spiritual growth

What are your Paranormal Abilities Goals?

- **To live a Safer life and Avoid Accidents**
- **Learn how paranormal abilities really work**
- **What other abilities can I really learn to use and how do they work?**
- **What is the truth about spirits and ghosts?**

How do I learn about and use these abilities?

- **Learn certain meditation and visualization techniques which enable your paranormal abilities**
- **Learn what I did based on my own experiences and research into the paranormal for fifty years**
- **This course includes a survey of many abilities and exercises how to learn to use them**
- **Learn about my own experiences and many stories of ghosts and spirits.**



Click the Image Above to Learn more

CLICK HERE TO LEARN MORE ABOUT AFFILIATES AND HOW TO EARN $499 PER SALE

The higher we are placed, the more humbly we should walk. Marcus Tullius Cicero

Click here to learn more about Online Paranormal Training

Book Bundle Deal- The Time, Dimensions, and Quantum Mechanical Bundle

This is a bundle of five books all about Time, Dimensions, and Quantum Mechanical Phenomena

Quantum Mechanics, Technology, Consciousness, and the Multiverse

How Quantum Mechanics affects our lives with new technology and also how consciousness itself maybe a quantum wave. Also discusses spiritual abilities which have quantum aspects too. Finally, the quantum aspects of the multiverse.

Real Time Travel Stories From a Psychic Engineer

Real Time Travel Stories of persons visiting the past and the future. Includes the Author's stories about his own experiences seeing future events. Analysis and theories included about how this works.

The Real Nature of Time: An Analysis of Physics, Prophecy, and Time Travel Experiences

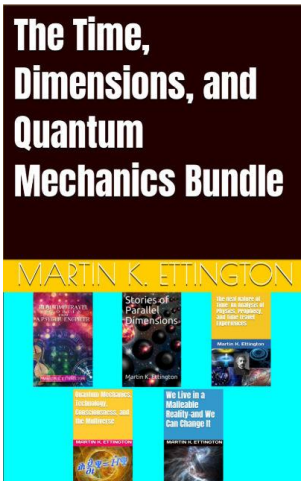
An Analysis of Time from premonitional experiences, stories of real time travelers and theoretical physics. What is time really?

Stories of Parallel Dimensions

This book includes numerous stories of persons who experienced dimensional travel or who observed this happening to other people.

We Live in a Malleable Reality-and We Can Change It

Research and experiences of prophecy, time travel, dimensional transfers, quantum physics, and much more are in this book as well as techniques for mastering our influences over reality



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Turn your wounds into wisdom. Oprah Winfrey

Spiritual Practice- The Spiritual Enlightenment of an Engineer

I've written quite a few books about spirituality and my experience and beliefs in our abilities to expand our consciousness through spiritual development practices, meditation, and the paranormal.

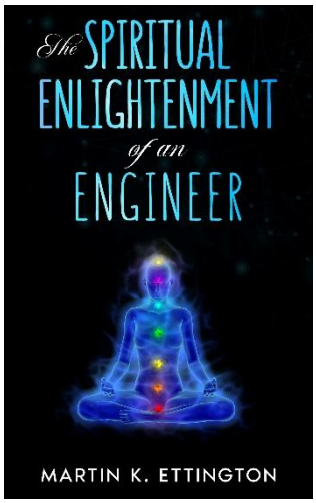
This book includes my experiences with paranormal abilities acquired from the spiritual development process and different enlightenment experiences.

Having been raised in a technical family and gone to engineering school my perspective is pretty unique since I developed both traditional technical knowledge of the world while I was also going through the spiritual development and enlightenment process.

There are many engineers and scientists who are also religious but I've found that technical people who are as deeply into spiritual enlightenment practices and paranormal experiences are pretty rare.

What I've found is that this dual background has given me more clarity about the world we live in and better objectivity in many cases regarding strange or unusual phenomena.

The theme of this book is to review how I went through this dual track system of learning in my life to become both a traditional engineer and to have fairly adept knowledge of spiritual and paranormal experiences.



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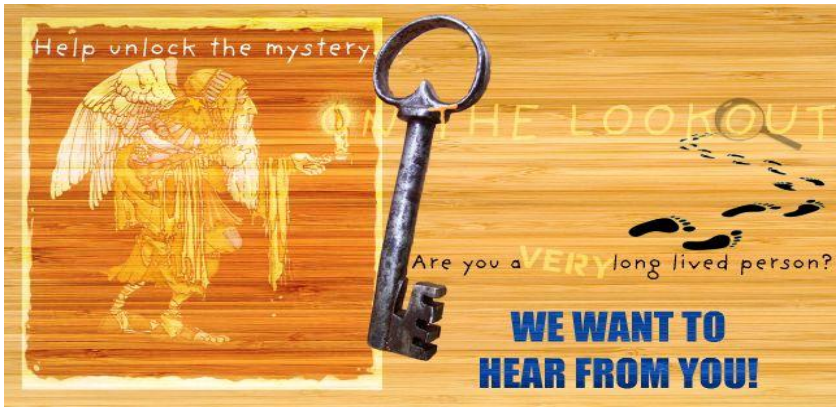
DO YOU OR SOMEONE YOU KNOW HAVE A STORY TO TELL?



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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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About My 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…

Email: mke@mkettingtonbooks.com

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