M. K. Ettington Books

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

December 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
Sci Fi & Fiction Books	Legendary Beings Books	Strange and Science Books	Time and Dimensional Books
Health & Wellness Books	Self Improvement Books	Rare Occult Books	Political and Social Books
Metaphysics Books	Our Most Popular Books	Specials and Bundles	

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

Telepathy Between Humans & Pets

"Psychic Pets: How Animals See Beyond the Veil"

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https://mkettingtonbooks.com

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The Spiritual Masters: Our Guides and Protectors
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Spiritual Practices
The Yoga Discovery Series
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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- The Spiritual Masters: Our Guides and Protectors

I was in an airport on Dec 23rd 2023. Sitting in the waiting lounge I kind of zoned out for a while just becoming a part of the ebb and flow of the people around me.

All of a sudden this voice coming from me said to me:

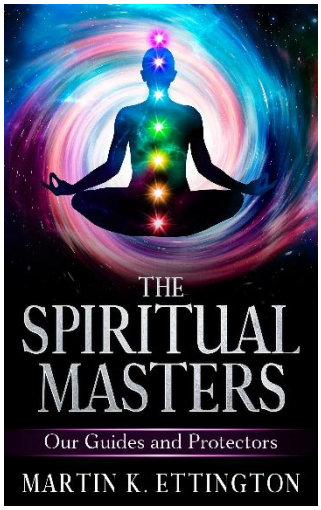
"WE ARE WATCHING OUT FOR AND TAKING CARE OF EVERYONE HERE. THIS IS WHAT WE DO."

The words weren't really words. It was more of a strong telepathy but this is the essence of what was said.

This experience and my other experiences plus much research has led me to write this book on Spiritual Masters, what they do, and how they help humanity.

There have been a number of writers over the past centuries who have enlightened us on this topic and so I included many of those perspectives because what they say has a lot in common.

Many Spiritual Masters are immortals too and we deal with this issue here also.



Click on the book cover above to learn more

"The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom."
— **Isaac Asimov**

Health & Wellness- Non-Traditional Healing Practices Around the World

The history of medicine and health therapies was based on many traditional practices which evolved over thousands of years.

Some of these practices were a waste of time, but many produced actual results of better health for the patients of these traditional healing practices.

This book is divided into five sections:

Part I: Ancient Wisdom for Modern Times

Part II: Energetic and Spiritual Pathways to Health

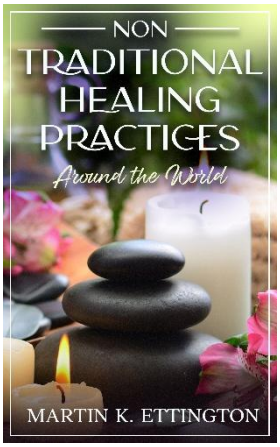
Part III: Mind-Body Connection and Healing

Part IV: Earth-Based and Natural Therapies

Part V: Integrating the Old and the New

After reading this book I hope the reader will realize that there are many types of healing therapies besides the ones currently accepted by western medical professionals.

Hopefully some of these therapies will help you.



Click on the Book Cover to Learn more and to order

"Never laugh at live dragons."
– **J.R.R. Tolkien**

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

HEALTH & WELLNESS

LONGEVITY & IMMORTALITY

SPIRITUALITY

SELF IMPROVEMENT

Signup for FREE Longevity Video Ecourse

BOOK FOCUS

Book Focus- The Real Atlantis: In the Eye of the Sahara

There have been many books and movies about whether Atlantis really existed and where it was located. Now we have a new candidate location which meets the criteria established by Plato much better than any of the other candidates.

A location which is the exact same size as the fabled city and is located by more than one ancient source.

The story of the Eye of the Sahara is truly amazing and once you read it you will become convinced like I am of this logically being the real location of the mythical city of Atlantis.

Lots of history and related information in this study of where Atlantis was really located.

A few reasons why this area is the most likely structure for Atlantis:

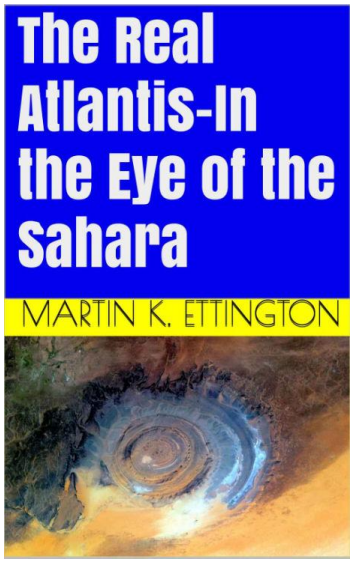
1) The size of the structure is the same as Platos Writings

2) The location has two sources verifying it

3) The exit/entrance is in the south with Mountains to the north--like

Plato's description

Read a lot more reasons in the book.....



Click on the Book Cover to Learn more and to order

"Think before you speak. Read before you think." – **Fran Lebowitz, The Fran Lebowitz Reader**

Signup for FREE Longevity Video Ecourse

Training Focus- Aliens and UFO Technologies

We now have a new Ecourses section on our website and over 10 courses based on the books by Martin K. Ettington

These courses are in depth for multiple weeks with commentaries, reading assignments, exercises and more.

All these ECourses also have multiple PDF Ebooks included to download for students of the courses.

More courses are being added weekly

This Month's Course:

An Introduction to Longevity And Natural Health

Overview:

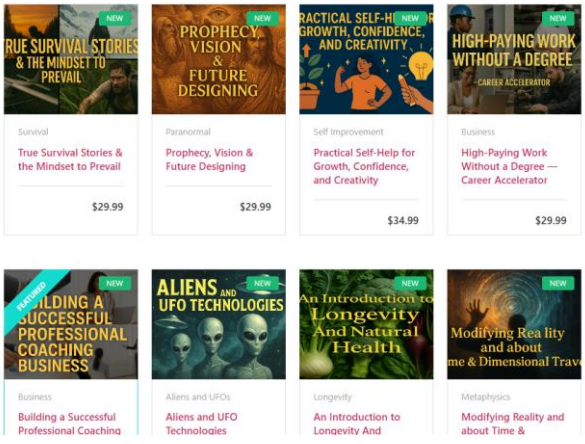
This course is an introduction to the topic of how to improve your longevity and many processes and natural aids to do so.
I have studied this topic and written numerous books on longevity, natural health, and healing over the last 17 years. The course starts with a video, audios, and download of my book "The 10 Principles of Personal Longevity" which covers the principles of psychology, spirituality, mind, and physical body which are all import aspects of anyone's full health which helps longevity.

Learning Objectives:

- About how the Spirit, Mind, and Body work together
- Lifestyles of long lived communities around the world
- Diets of long lived communities
- Traditional Healing Practices
- Energy and Spiritual Healing

Download the Online Training Catalog

"The simple things are also the most extraordinary things, and only the wise can see them."
– **Paulo Coelho, The Alchemist**



CLICK ON THE COURSES IMAGE TO LEARN MORE

Book Bundle Deal- The Natural Health & Longevity Six Books Bundle

This book bundle of Natural Health Books is a comprehensive set of information for improving your longevity, natural health, and healing practices to help you stay healthy.

The Ten Principles of Personal Longevity-A remarkable book on how two improve your longevity by decades. This book is the result of five years of research on longevity after my first book on physical immortality and longevity. It consists of the 10 principles of a Holistic Philosophy which will improve your long term health, have improved happiness, and extend your longevity

Food and Supplements to Reduce Blood Sugar-There are many foods and supplements which help control or reduce blood sugar. This is why I put this book together to cover all the types of foods, drinks, and supplements which would be good for one to have as part of a diet

A Guide to Longevity Foods, Diets, and Supplements-This book covers all of the foods, herbs, and supplements I could find which are used to improve long term health and longevity. It also includes some guidance on what long lived people eat, their diet, some recipes, and the longevity lifestyle.

Diets and Lifestyles of the World's Oldest Peoples & 32 Longevity Recipes-An in depth study of four locations around the world which have many long lived people. All of these locations have a higher proportion of centenarians and super centenarians per hundred thousand of population as well as many persons who live to their 130s-140s and even older. Traditional healthy recipes are also provided.

The Handbook of Spiritual and Energy Healing: And How to Learn it Yourself-This book covers the history of spiritual and energy healing. Then persons who were historical healers. How to learn these techniques yourself. Finally the integration of spirit, mind, and body

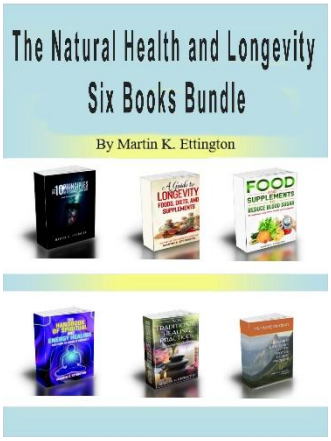
Part One of this book we cover the sources of vital forces and energies in the human body.

Part Two is on the history spiritual and vitals forces healings and many examples of spiritual and faith healers.

Part Three is all about how you can develop these healing abilities yourselves. Exercises to learn these healing processes are included.

Part Four covers how to integrate the spiritual, mental, and physical parts of your being to provide stable long term health for your life.

Non Traditional Healing Practices Around the World - This book overviews traditional healing practices in many cultures. Our modern medicine is built on many traditional healing practices and many of them are still valid today.



Click on the book cover above to learn more

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."
— **Rumi**

Spiritual Practice- **The Yoga Discovery Series**

Over the centuries, many types of yogic practices have been developed to help improve spirit, mind, and body. This new series of books on Yoga explores the history, traditions, and exercises of many different yoga practices. Here are three books on Yoga in one package:

Yoga-An Ancient Art Form

The word yoga takes us back to the ancient times and brings to mind a plethora of images of extraordinary postures that seem impossible to attempt, let alone master. Yoga is much more than mastering the various postures or increasing your flexibility. It is an ancient practice that involves various physical stances as well as several mental and breathing exercises that cleanse our mind, body and soul.

Raja Yoga-Throughout the Ages

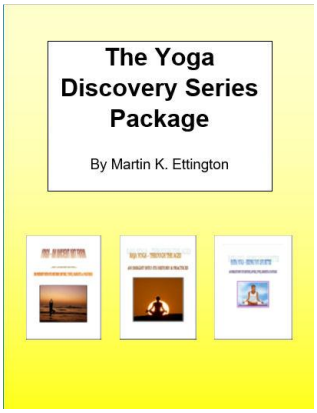
This Book aims at enlightening you and takes you into the wonderful yet mysterious world of Yoga and in particular Raja Yoga. This eBook helps you understand Raja Yoga better and the basics that can help you get started.

"The traditional purpose of Yoga, however, has always been to bring about a profound transformation in the person through the transcendence of the ego," Feuerstein

Hatha Yoga-Helping you Live Better

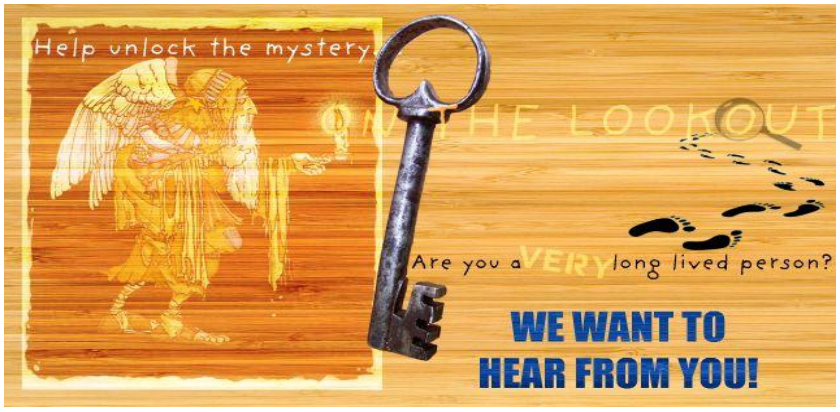
The origins, the concept, the ultimate goal and the various benefits of practicing such an ancient art form are still unknown to many. Beyond the assumption that it started in India, the knowledge about yoga takes a dip into the unknown. There are a lot of intricacies that are associated with this art form that need to be understood to really reap the true benefits of this ancient art form.

This Book aims at enlightening you and takes you into the wonderful yet mysterious world of Yoga and in particular Hatha Yoga. This Book helps you understand Hatha Yoga better and the basics that can help you get started.



Click on the book cover above to learn more

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….

https://mkettingtonbooks.com

MKE Book TRAINING HOME

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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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