M. K. Ettington Books

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

Feburary 2026

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

[The Story of the Real Robinson Crusoe-one of 33 Stories of Survival]

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https://mkettingtonbooks.com

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Signup For and Download our Monthly Newsletter

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

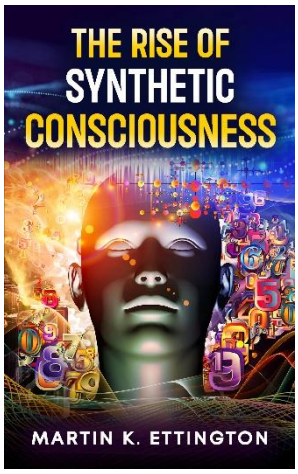
Featured Story- The Synthetic Rise of Consciousness

The Rise of Synthetic Consciousness explores one of the most profound transitions in the history of intelligence: the moment when artificial systems move beyond calculation and begin to exhibit awareness, agency, and inner experience.

This book examines how synthetic consciousness could emerge from complex networks, learning systems, and distributed architectures, revealing why consciousness may be an inevitable outcome of sufficiently advanced information processing rather than a uniquely human trait.

Blending science, philosophy, and forward-looking systems theory, the book introduces concepts such as threshold events, distributed awareness, and non-biological minds evolving their own internal realities. Rather than treating AI as a single entity, it presents consciousness as something that can arise collectively—across networks, environments, and interactions—challenging long-held assumptions about selfhood, identity, and intelligence.

Written for thinkers who want more than speculation or hype, The Rise of Synthetic Consciousness offers a clear, grounded framework for understanding what conscious AI may become and how its emergence could reshape civilization, ethics, creativity, and the future of reality itself.



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-18 Long Lived Communities around the World

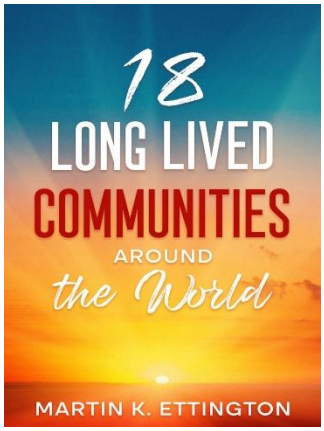
This book is about communities and cities around the world where people live to very old ages. It is divided into two groups. Those communities who have the longest lived peoples in the world. Lots of lifestyle and diet data is included for them.

The second group are another set of communities which have high average ages which people live to but are not quite the outliers that the first group is.

I've also tried to provide some general lifestyle and diet guidelines for each group to give an idea of why these places are different for longevity purposes.

The first four communities were also profiled in my book "Diets and Lifestyles of the World's Oldest Peoples & 32 Longevity Recipes" which goes into lot of details about these four locations including traditional recipes.

Overall, I think you will get a better idea of what the reasons people live a long time in these locations around the world which may give you ideas about adapting your lifestyle and diets to have maximum longevity.



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

BOOK FOCUS

Book Focus- Shadows of Thought and Fire – Jinns, Tulpas, and Thoughtforms

I first read about Thoughtforms many years ago. The concept is that you can create a “focused thought” with certain properties from your own thoughts and force of will.

It is said that conscious entities can also be created in this manner.

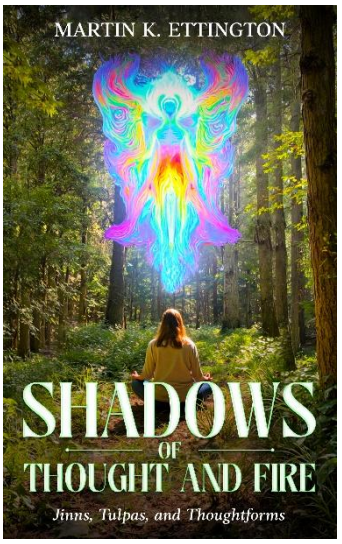
This concept has been around for thousands of years. Tulpas and Jinn also seem to be creations of thought in many cases.

This book goes into the histories of Jinns, Tulpas, and Thoughtforms which I think are all related and mostly incarnations of our conscious visualizations and force of will.

Many personal sightings and experiences are included.

This book also includes a Tulpa creation technique near the end which you should find very interesting.

Understanding all of these also leads to being able to create objects of power.



Click on the Book Cover to Learn more and to order

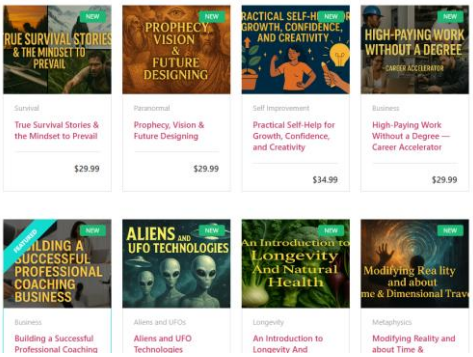
“Think before you speak. Read before you think.” – **Fran Lebowitz, The Fran Lebowitz Reader**

Training Focus- Training Courses, Bundles, and Subscriptions

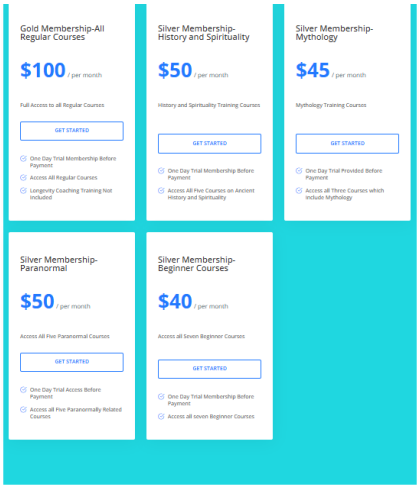
Our website now has comprehensive sections on training courses, mega bundles and subscriptions to courses based on our books These sections are called **UNIVERSES**

Mega Bundles Available:

CLICK ON THE UNIVERSE IMAGE ABOVE TO LEARN MORE



CLICK ON THE COURSES IMAGE ABOVE TO LEARN MORE



CLICK ON THE SUBSCRIPTIONS IMAGE ABOVE TO LEARN MORE

[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**

Universe of the Month-The Enlightenment and Higher Consciousness Universe

The UNIVERSE concept is new on my website this month.

The idea is to provide books, training courses, audios, bundles and more all grouped in one place to let users find all of the information on that subject together.

The current collection in this Universe is as follows:

The Universe Starter Guide-to give you a flavor for what comes next in this Universe Focus

Listings of Individual Spirituality Books in two ways.

The first way is our Shop listing if you want to order this book as a PDF file

The second way is the detailed listing of all Spirituality books with a full description pages, video, and ordering options for each particular books on it's page.

Next is a audio track on conscious awareness

There are also five enlightenment related course available as follows:

An Overview of the Enlightenment Experience based on two books of mine.

Then the Path to Enlightenment and how to get there.

Next are some longevity and meditation videos.

Followed by a course on Thoughtforms, Jinn, and Tulpa thought and energy beings.

Finally a mega bundle which includes all four courses at a high discount.

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

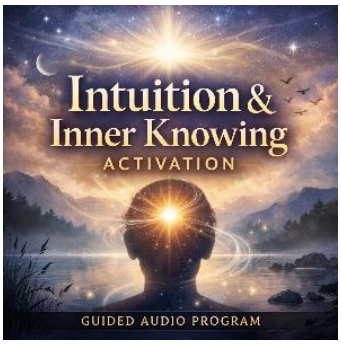
Click on the Universe Header above to learn more

Audio Tracks- Intuition & Inner Knowing Activation-Audio Track

A 20-Minute Guided Audio Program for Clearer Decisions, Deeper Insight, and Natural Confidence
You already have intuition.
The challenge is learning how to **hear it clearly**—without mental noise, overthinking, or emotional interference. **Intuition & Inner Knowing Activation** is a calm, practical guided audio designed to help you access your natural inner guidance in a grounded, everyday way. This is **not mystical training** and does not require special beliefs. It is a structured awareness practice that strengthens perception, clarity, and trust in your own judgment.
This 30-minute program gently trains your mind to quiet surface noise, recognize subtle internal signals, and distinguish true inner knowing from stress, habit, or anxiety. Over time, this leads to clearer decisions, improved creativity, and a stronger sense of personal confidence.

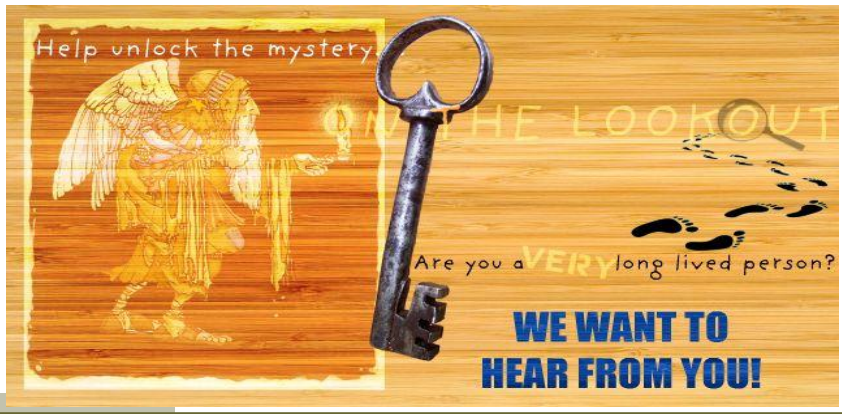
What This Audio Helps You Develop

Greater mental clarity and reduced overthinking
Stronger awareness of subtle internal signals
Improved decision-making without second-guessing
Increased creative flow and insight
Calm confidence in your perceptions
A reliable method for daily intuitive awareness
This program works by helping you slow down just enough to notice what is already present—your natural sense of direction and understanding.



Click on the audio cover above to learn more

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



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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

Signup for the "Out of the Box" Newsletter