M. K. Ettington Books

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

November 2024

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

November Edition Highlights

Featured Story- Fighting a Bear on the Appalachian Trail
Page 2

Book Focus-The Handbook of Spiritual and Energy Healing
Page 3

Training Focus-Anomalies of Ancient History

Page 4

Book Bundle Deal of the Month-The Celtic and Irish Mythology Bundle

Page 5

Spiritual Practices-The Spiritual Masters

Page 6

Signup for FREE Longevity Video Ecourse

Picture of the Month

Sir Victor Goddard who flew an airplane into the future

"Real Time Travel Stories"

Featured Story-Fighting a Bear on the Appalachian Trail

I'm an old Eagle Scout, so I've been on many camping and backpacking trips in my life. It is a sport I've also enjoyed for many years into adulthood.

In the early 1980s I lived in Knoxville, Tennessee which is near the Smoky Mountains, so I decided to go backpacking for several days on the Appalachian Trail. I wanted to hike on the trail for a number of nights. My plan was to make stops at the Lean-tos on the trail and complete about sixty miles of trail. The start was at Clingman's Dome and I planned to exit out of the trail at Spence Field.

The second day on the trail I continued the hike and saw deer running across the trail and lots of birds including Eagles. The more I got into the wilderness I started feeling one with the nature around me while hiking. I felt outside of my body and just observing myself hiking as I enjoyed the mountains and scenery too. The hike was for about eight hours with breaks to rest and for lunch. In the middle of the afternoon I got near the shelter I planned to stay in that night. Oops! In front of the shelter were Mother and Cub Black bears. I didn't want to walk into that! So I waited up the trail out of sight of the bears. There was also another guy on the other side of the shelter who was coming north. I waved him to stop and wait—which the guy did. After waiting about twenty minutes the bears wandered off into the woods.

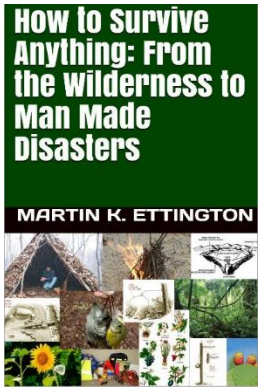
I and the other guy then made it to the shelter where we locked the door frame. Unfortunately, I only locked the top part of the door, not the bottom. I greeted the other hiker who warned me of more bears down the trail. That was just great. Soon it was time for dinner, and this was when I made a huge mistake. I put my portable cook stove down on the floor of the shelter near the fencing and started cooking bacon. I later asked myself "What was I thinking? "

This was a really rookie mistake and I was an Eagle Scout. Dumb. As I was cooking the Mother Bear smelled the bacon and came rushing out of the woods trying to get into the shelter by biting on the steel fencing. She was dripping saliva out of her mouth. I immediately put out the cook stove, but the damage was done and a hungry top predator was trying to get inside to eat the bacon. (And me)

I started yelling at the bear but it just looked at me with dead eyes and kept trying to get in. When biting the steel mesh didn't work the bear started trying to dig under the front wall. There were big rocks, but these bears had big claws and she started digging deeper into the ground and pulled out some rocks. But this was taking too long. Next the Mother Bear saw a gap in the doorframe and started pushing her head in to get through. She actually started spreading the door wider and wider. The other guy jumped up on a bunk in the back of the shelter. I realized that if the bear got into the shelter we were dead. I looked around and saw several long steel posts leaned up against the wall. The bear was close to breaking the door chain and was only a few feet from me. I was scared I was going to die but I swore to himself that I would go out fighting. I wasn't going try to hide and do nothing. I had a passion for life, and I was not going to let myself be killed by a wild animal.

The bear was only three feet from me and close to breaking the chain on the door. With a wild yell I jammed the post into the bear's forehead as hard as I could and screamed like a crazed warrior at the same time. Doing the same thing to a human would surely have smashed the person's skull. The bear however emitted a huge angry growl of pain and backed out of the door shaking its head. I could see a huge red cut on the bear's forehead. Then it went back to biting and trying to get into the shelter.

Having learned that the posts worked, I and the other guy both started using the posts to poke the bear through the screen. The bear finally had enough and left. After this we both had our adrenalin up and were shaking from the confrontation. Of course I didn't cook anything else that evening but only had cold food. I realized how precious life was since I had come so close to losing it that evening. When the bear had been gone for an hour I walked around outside shaking. I never wanted to feel like prey for a bear again!



Click on the book cover above to learn more

Book Focus-The Handbook of Spiritual and Energy Healing

I have been studying the spiritual and paranormal my entire life. This has also led to me having many paranormal experiences such as prophecy. I'm also a Reiki healer and have experimented a lot with vital forces and different healing methods.

Since I'm also and engineer I think this gives me a fairly unique perspective on the scientific and the spiritual. My view is that spiritual/faith and psychic healing can often be entirely separate approaches.

In looking at all the books available on this topic I saw a lot focusing on the spiritual aspects and some focused on Chakra usage or Reiki healing. What I didn't see was an overview and history of the whole topic to help people understand how spiritual and energy healing developed and how it fits into the science and medicine of today.

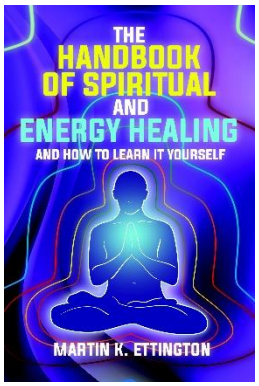
There is also a need to see how spiritual and energy healing integrates with other medicines to improve a person's long term health.

In 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.



Click on the Book Cover to Learn more and to order

'It's not what happens to you, but how you react to it that matters.' – Epictetus

Signup for FREE Longevity Video Ecourse

Training Focus-Anomalies of Ancient History

Some Questions About History to be answered:

How can there be so many Out of Place Artifacts (OOPAs) existing before man existed?

What ruins exist underwater which were built many thousands of years ago?

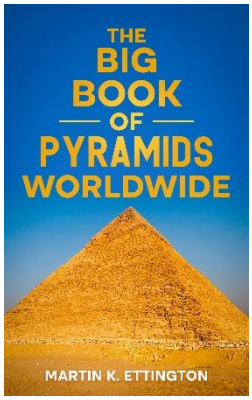
Who built the ancient underground wall in Rockwall, Texas?

What Ancient underground cities and towns exist on Earth?

Did a civilization on Earth exist 300 Million years ago? The case for the destruction of civilization about 10,500 B.C.

The research I've done for my fifteen history books have led me to find many patterns and inconsistances in current thinking.

This course shares many of these myteries and anomalies with you.



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CLICK HERE TO LEARN MORE ABOUT AFFILIATES AND HOW TO SIGNUP

'The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.' – Michelangelo

Book Bundle Deal-The Celtic and Irish Mythology Bundle

Here is a package of three books on Irish and Celtic Mythology

There are legends of the little people all over the world. And recent discoveries such as Flores Man show that these people are real! Learn more about these beings, the Otherworld, and stories of encounters with them.

The Mythical People of Ireland

All about the mythical beings of Ireland including the Tuatha De Danann, Elves, Leprechauns, Druids, the Otherworld and more.

Druid History, Mysticism, Rituals, Magic, and Prophecy

The History of the Druids, their festivals, alphabet, meditations, rituals, prophecy, herbal healing, and much more.

The Little People: Fairies, Elves, Dwarfs, and Leprechauns

The little people are known as Elves, Gnomes, Leprechauns, Sidhi, and many others

Click on the book cover above to learn more

'Obstacles are those frightful things you see when you take your eyes off your goal.' – Henry Ford

Spiritual Practice- The Spiritual Masters

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.

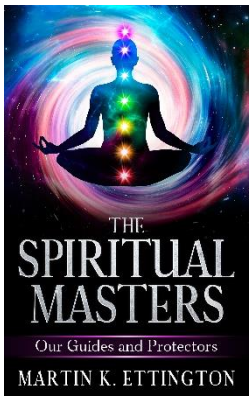
All of a sudden this voice coming from me said to me "WE ARE WATCHING OUT FOR AND TAKING CARE OF EVERYONE HERE. THIS IS WHAT WE DO."

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.



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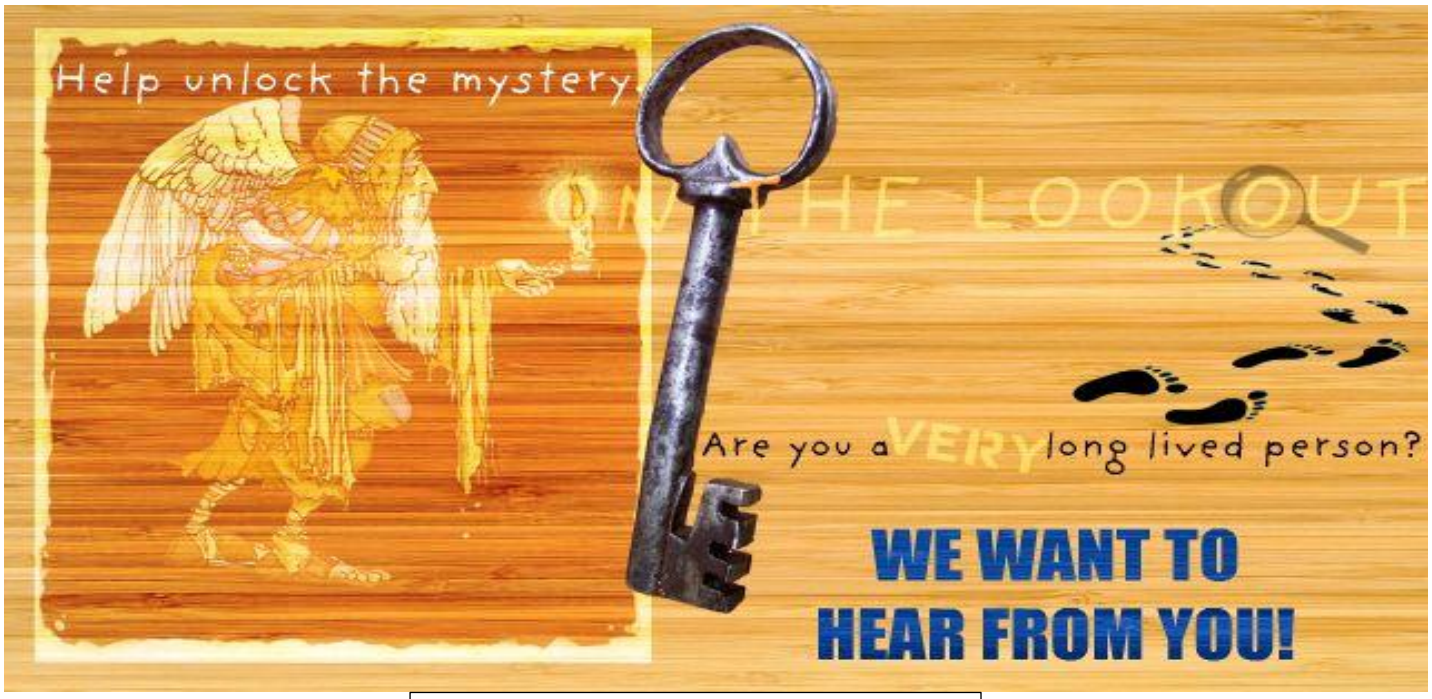
DO YOU OR SOMEONE YOU KNOW HAVE A STORY TO TELL?



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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 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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