M. K. Ettington Books

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

November 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?

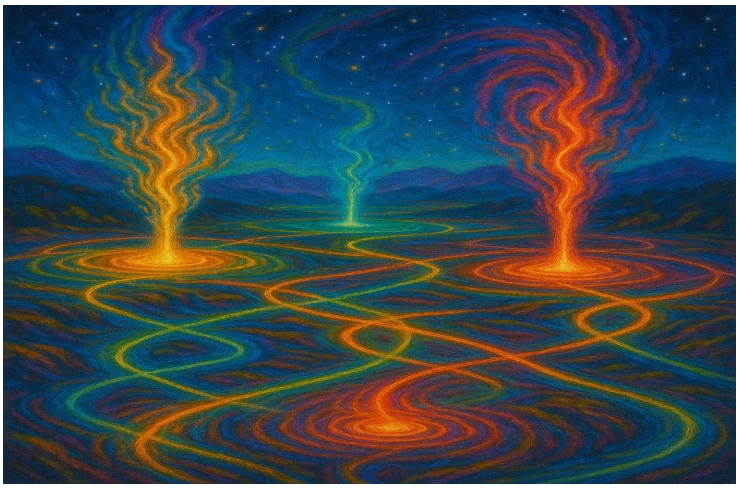
Over 12 Categories of Out of the Box Books:

(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



Lei Lines part of a CommunicationsNetwork

"Alien Networks: Earth's Hidden Communications Grid"

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https://mkettingtonbooks.com

November Edition Highlights:

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Spiritual Practices-
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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

Featured Story- 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.

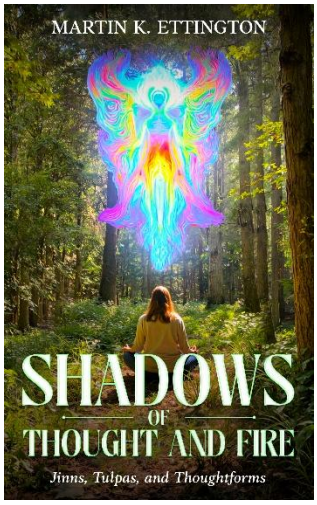
This concept has been around for thousands of years. Tulpas and Jinn also seem to be creations of thought in many cases.

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 above to learn more

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."
— **Albert Einstein**

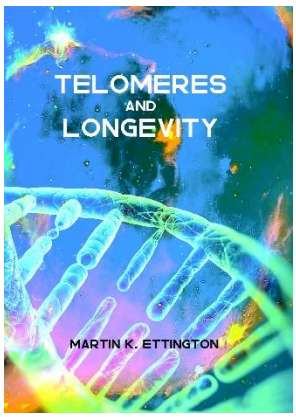
Health & Wellness- Telomeres and Longevity

In this book we cover all about how telomeres are related to aging, current research, ways to lengthen your telomeres, supplements, reviews, and more.

Order this Ebook today to stay current with the latest science and therapies on this subject.

Here are some of the Chapters in this book:

- The Increase in Life Expectancy
- What are the Causes of Aging?
- What are Telomeres?
- Telomeres and the Nobel Prize
- Research on Telomeres
- Ways to Lengthen Telomeres
- Traditional Longevity Supplements
- Major Telomere Supplements
- Telomere Product Testimonials
- Comparing Telomere Supplements



Click on the Book Cover to Learn more and to order

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."
– **Bernard M. Baruch**

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 Commentaries of Living Immortals

This all started a few years ago when I wrote my Book:

"Physical Immortality: A History and How to Guide"

based on my research into very long lived persons and my theories on how one can extend their longevity to 150 years or more.

Part of my marketing effort was to setup different webpages where I had articles about my book with links to my website for sales. One of these sites also included a discussion bulletin board where anyone could post comments.

For over a year there were typical comments both pro and con about my book.

Then the comments started to change, and a variety of persons started posting who said that they were living immortals and made statements to me about their knowledge and what immortality is really all about.

Stealth says he is over 2800 years old and this is a little bit of what he wrote:

Hi. Marty, my small childhood was a good one peace full happy, my mother/father were simple farmers and my father was also a deer/sheep hunter/hearder, that was very long ago i was born in today its named Elgin in Scotland I did say born 2823bc but if you add the dates its 812bc.

i used to live in a small house with a wooden/hay bed with brick firecplace/walls, and small kitchen area, They died young, my age being 17 they got sick/ill/hunger they were 45 years old. near the end of neolithic start of the bronze age britany. Back then the viking era. Then shortly after i was still a young Immortal aged 20 then moved to irland then new/fird deity named Lugh/Lugus till aged 160.

Chapters with biographies are included on these persons and more:

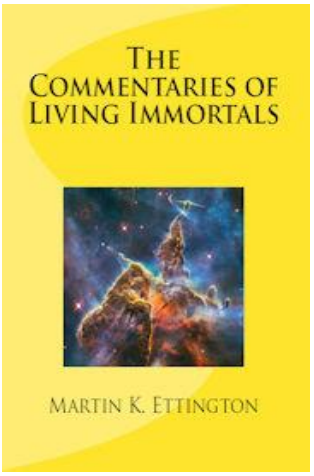
* Stealth
* Lu Dongben
* Old Man
* Ullrs
* Blaclight

What Stealth says about the other immortals he has met:

"I have met over 170 other immortals dating from 20,000 years old to 110 years old, from around Earth. Gods are in another league. I have met 15 Gods/Godesses …. most are norce/celtic Gods."

"There is at least 2000 of us out of your 7billion humans doing the exact same as me ie jobs/names some still hide in mountans and forests."

One of the most interesting comments that Stealth made to me by email at the end of our discussions was that I was the first mortal to learn all this information in over 600 years. I don't know why, but this comment has always stuck with me and gave me a "Ring of Truth"



Click on the Book Cover to Learn more and to order

"Be the change that you wish to see in the world."
– **Mahatma Gandhi**

Signup for FREE Longevity Video Ecourse

TRAININGFOCUS

Training Focus- New Online Training Courses

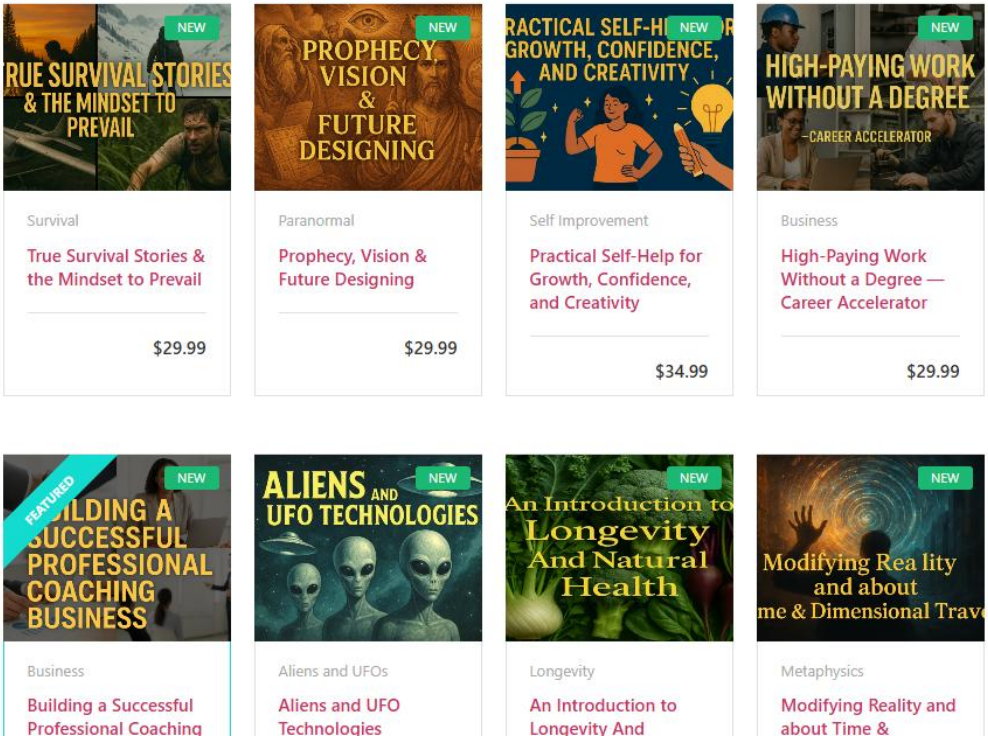
We now have a new Ecourses section on our website and over 10 courses based on the books by Martin K. Ettington

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

CLICK ON THE COURSES IMAGE TO LEARN MORE



[Download the Online Training Catalog]

"If you want to know what a man's like, take a good look at how he treats his inferiors, not his equals."
— **J.K. Rowling, Harry Potter and the Goblet of Fire**

Book Bundle Deal- The Space and Aliens Six Books Bundle

This Bundle consists of a group of books which focus on space colonies, moon bases, Aliens, Alien Technology and interesting facts about our Universe:

Designing and Building Space Colonies- One of the greatest adventures in the future of humanity will be to construct, work, and live in space based structures.
In this book we look at the history of ideas for living in space, proposed space colony designs, and technology.

The details of current life support technology on the International Space Station is reviewed, and what technologies will be required for development of large scale space colonies.

All About Moon Bases- Learn about building Moon Bases, the history or plans to do so, and the other issues involved.

Also learn about the Near Moon Space Station to be built too. What will we do with a long term presence on the Moon?

Aliens and Secret Technology- An overview of aliens, UFOs, and secret anti-gravity and aircraft technology with some surprising conclusions. Many interesting stories you may never have heard of before

Aliens are Already Among Us- Aliens have already visited Earth in the past and are here today. This book is a history of alien visits to Earth, and many stories and evidence that Aliens are still visiting us today. You may have heard of some of these stories but you might find something new too.

Humanity and the Universe- The Universe is a mysterious place. What are some of the most interesting facts about it? And are there things about space outside of Earth which we should consider? Lots of thought provoking issues about the Universe and Man's place in it.

The Immortals of the Interstellar Colony
- Personal Freedom-is a two part book about a man rising from the ashes of his life to create a new Space Habitat, and that Habitat journeying to the nearest star to create a new settlement.

Click on the book cover above to learn more

"If you tell the truth, you don't have to remember anything."
– **Mark Twain**

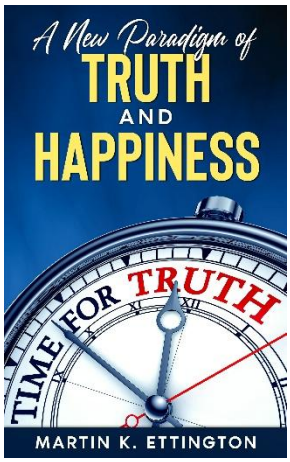
Spiritual Practice- A New Paradigm of Truth and Happiness

This book is for people who want to become happier by applying the concepts here to their lives. It is all about seeing through the distortions and misinformation in our lives, civilization, science, and common beliefs.

What you can learn from this book:

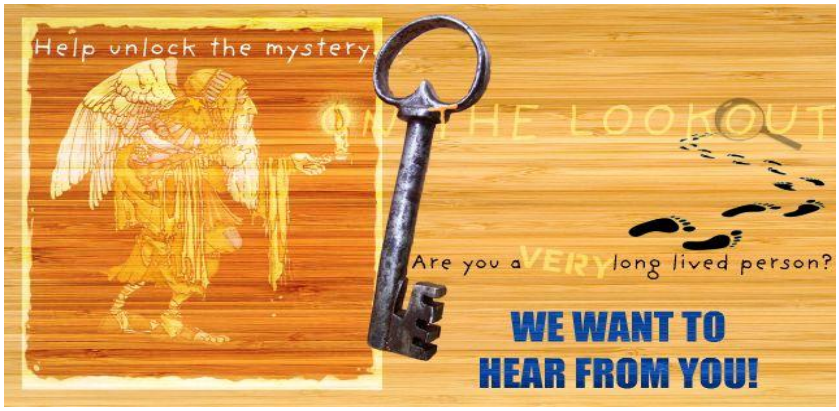
- Examples on how to apply these ideas to improve happiness in your daily life.
- See why replacing illusions with truth leads to better peace of mind and happiness
- A new paradigm about how to improve objectivity
- How our Ego affects how well we can see truth
- Approaches which will aid your Spiritual Growth
- Seeing the truth beyond many lies and misinformation you are taught
- How to measure the paranormal scientifically
- How Integration of diverse knowledge leads to new understandings

Follow the ideas given here to improve your life. You will not regret it.



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….

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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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