M. K. Ettington Books

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

October 2026

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

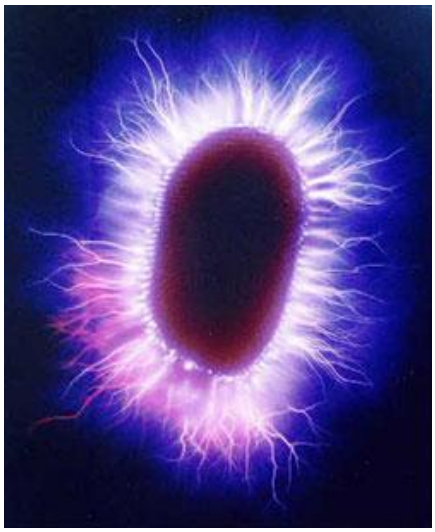
What is the real truth about our lives and the world we live in?

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	

Picture of the Month



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

[Radionics and Life Force Technologies]

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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- Radionics and Life Force Technologies

Radionics is the term for machines which manipulate life forces. This is often for healing or increasing psychic perceptions.

The Author is an engineer and has many decades of experience with the paranormal and well as time learning and experimenting with radionics devices from the 1970s.

While radionics devices are often considered pseudoscience, those opinions don't take into account the sensitivities of individuals who have incredible paranormal and healing abilities.

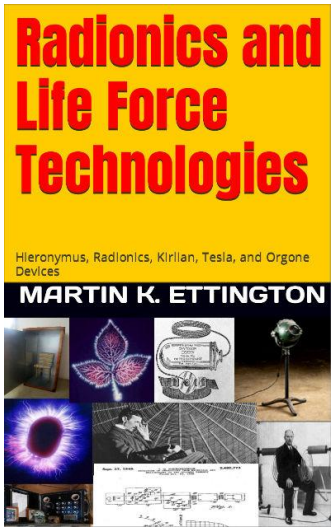
In my first year of engineering school at Rensselaer Polytechnic Institute in Troy, New York I met a man who became my mentor in the Paranormal and other things too. This was in 1973.

I learned to meditate and how to open my crown chakra to take in vital forces which allowed me to do many things including healing others.

In addition I also met another middle aged guy at a Psychic Fair in Saratoga Springs, New York. He was a researcher in the arcane field of Kirlian Photography.

In this book the history of radionics is discussed, some of the major influencers on that history, how these devices are used for healing, and even some plans for building radionics devices.

My hope is that this book will give you a good grounding in radionics to learn to use it productively for your own efforts.



Click on the image above to learn more

Health & Wellness-Bridging Spirit and Science

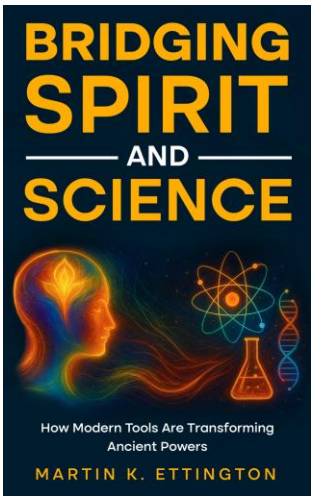
I have lived my life in the middle of this divide. Trained as an engineer and scientist, I was taught to trust logic, mathematics, and experimental proof.

Yet my personal experiences — from moments of prophecy to direct awareness of subtle energies — convinced me that there is more to reality than conventional science admits.

For years I tried to keep the two worlds separate: the rational and the mystical. But over time, the boundary dissolved. I realized that both perspectives describe the same universe from different vantage points.

My work, and this book in particular, is about restoring the unity that once existed between them.

The purpose of this book is not to replace science with mysticism, nor to reduce spiritual experience to chemistry or neurology. Rather, it aims to show that consciousness, energy, and matter are aspects of a single integrated system.



Click on the Book Cover to Learn more and to order

Marcus Aurelius: "The happiness of your life depends upon the quality of your thoughts."

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

HEALTH & WELLNESS

LONGEVITY & IMMORTALITY

SPIRITUALITY

SELF IMPROVEMENT

BOOK FOCUS

Book Focus- The Expanding Your Mind and Spirit Bundle

This Bundle consists of a group of books which will help you expand your mind and spirit. Some thoughts and ideas which will cause you to think more about what is real and what is possible. The six titles included are below.

Ancient and Prehistoric Civilizations
A history of many ancient and lesser known civilizations going back to Pre History. Many of these Societies are not ones modern archeology accepts. Dates from recently to 30,000 B.C. or even earlier. Also includes my book on Atlantis "The Real Atalantis-In the Eye of the Sahara"

Crazy Strange and Disruptive Ideas
Do you think "Outside of the Box" or do you consider unusual ideas not worth your time? Maybe you need to open your mind to what is possible or what might be possible. That is the purpose of this book to "Blow Your Mind" and present some crazy ideas and concepts which might somehow or someway become true. At least they will help you think outside of the box. You will have some fun too reading these strange ideas. Come learn something new you may have never thought about before.

The Enlightenment Experience
The Enlightenment Experience is very powerful according to those who have experienced it. But can it be described properly to the layman? This book is a flow of consciousness to help you comprehend what those people experience. Once you get into the flow i'm sure you will enjoy it.

God Like Powers and Abilities
A fascinating encyclopedia of super human powers and abilities which most people can learn. Includes stories of persons who had these abilities and exercises to learn them.

Physical Immortality: A History and How to Guide
Covers the history of Immortality, long lived persons, and how to become physically immortal. Goes into Spiritual, Energy Body, and Physical bodies. Provides practices, exercises, advice, and supplements to live a long life.

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.

Click on the Logo to Learn more and to order

Steve Jobs:
"Everything around you that you call 'life' was made up by people that were no smarter than you."

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:

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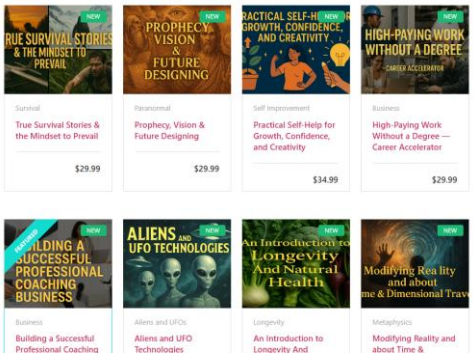

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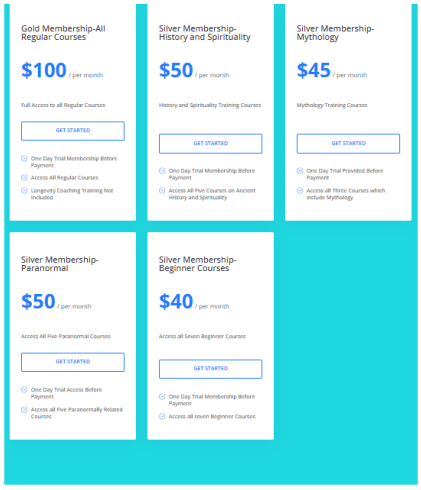

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[Download the Online Training Catalog]

Albert Einstein:
"Strive not to be a success, but rather to be of value."

Training Courses- An Introduction to Longevity And Natural Health

Live Longer • Feel Younger • Thrive Naturally

Imagine waking each day full of energy, clarity, and strength —
not just this year, but for decades to come.
Most people wait until their health declines to take control.
You're choosing to build your future now.
This course teaches the **core foundations of natural longevity** — how to nourish, protect, and elevate the body and mind so you can live a longer, stronger, more joyful life.
This isn't about hype, fads, or expensive treatments…
It's about **science-aligned natural wisdom**, daily practice, and the proven principles of the world's healthiest and longest-living people.
If you want vibrant health that lasts, this is your first step.

What You Will Gain

A complete understanding of how natural longevity really works

Confidence in building a sustainable lifestyle for long-term vitality

Nutrition and movement foundations that support cellular youth

Tools for deep sleep, stress mastery & recovery cycles

Clarity on eliminating modern aging stressors

A 90-day personal longevity action plan you can start immediately

You won't just learn — you will **activate lifelong habits that extend your healthspan.**

Course Modules

1 ☐ Longevity Mindset & Foundations
How to think like a long-living, high-vitality human

2 ☐ Natural Health Principles
The body's self-healing laws & biological intelligence

3 ☐ Nutrition for Long Life
Foods, nutrients & eating patterns proven to support longevity

4 ☐ Movement & Physical Resilience
Strength • mobility • metabolic longevity • injury prevention

5 ☐ Sleep & Regeneration
Rest, hormones, deep repair & age-reversal rhythms

6 ☐ Stress, Mind & Emotional Longevity
Nervous system balance • mental clarity • emotional harmony

7 ☐ Environment, Detox & Purity
Reduce hidden aging toxins • create a longevity-supportive habitat

8 ☐ Holistic & Modern Longevity Tools
Supplements • natural healing • emerging research
Ancient practices + modern science

9 ☐ Purpose, Spirit & Human Meaning
Fulfillment, joy, connection & spiritual longevity

Your 90-Day Longevity Blueprint
A step-by-step plan designed for *real-world results*

You finish with clarity, structure, and lasting health strategies.

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Lao Tzu: "Life is a series of natural and spontaneous changes. Don't resist them."

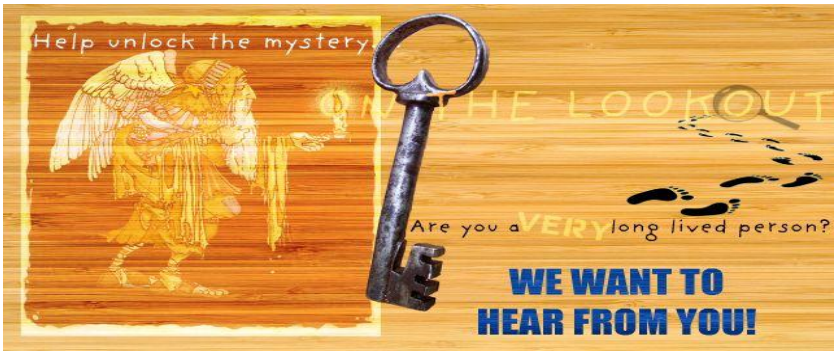
The Longevity and Immortality Universe

All of our books, training courses, videos and more on the subject of Aliens and UFOs.

Longevity & Immortality Universe Highlights

Discover the Path to Longevity and Immortality

The most comprehensive offering of longevity books, training, videos, and bundles in the world



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

Email: mke@mkettingtonbooks.com

Email: mke@mkettingtonbooks.com

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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

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