M. K. Ettington Books

Learn about a New Book Month, Chosen because it provides a Unique Point on Unusual Subjects

January

2026

January Book Spotlight Two:

Physical Immortality: A History and a Practical How to Guide

I had an experience at age four where I met a man at a glider field and for some reason I said to him “Are you the man who never dies?”. He didn’t laugh at me but gave me a very strange look. I’ve since learned that an immortal 500-1000 years old supposedly lives in that area.

When I started reading books about highly developed adepts many years ago, the books also mentioned spiritually advanced immortals who lived many lifetimes.

This was a fascinating idea to me and fueled my interest in the subject since then.

Over many years I’ve read books and websites on immortality, learned many spiritual and energy practices, and I finally came to a theory of immortality which has been validated by much of what I’ve learned.

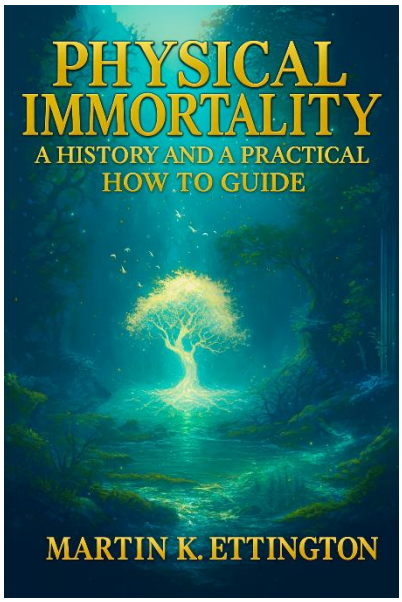
This book goes into the history of Immortality, shows many examples of very long lived persons, then presents the theory and practices of how one can extend their life indefinitely.

Some of these Chapters provide Spiritual Practices, exercises, and supplements to help you live forever.

Advice is also given on attitudes and abilities to avoid accidents to help you in your quest for immortality.

A Quote from a satisfied reader:

I am reading your books, they are very good—Leonard Orr—-(World famous immortalist, lecturer, and writer—He has been teaching about immortality, rebirthing, and removing the death urge for over forty years.)



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