M. K. Ettington Books

**The Out of the Box Newsletter**
Learn about our Books, Online Training, Misc Wisdom, and unusual stories

**September 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

# September Edition Highlights


Featured Story- My Memories Before Birth
Page 2

Book Focus-Strange But True Stories, Tales, and Facts
Page 3

Training Focus-Learning about the Paranormal Abilities
Page 4

Spiritual Practice-The Enlightenment Experience
Page 5


## Picture of the Month

*A picture I took in 1980 at the Church of the Holy Sepulchre in Jerusalem. Is in the book "The Reality of Ghosts and Spirits"*

Featured Story

# My Memories Before Birth

**Here is a short Synopsys of my memories from before my birth:**

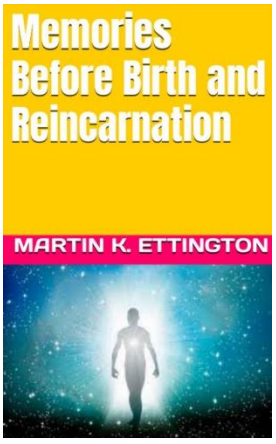
It was the year 1955 and my parents lived in the town of Painted Post in upstate New York in the United States. The United States was the greatest world power and my parents and their friends always mentioned how lucky we were to live in the U.S.

We lived in new house in the small industrial one company town. (Ingersoll Rand) Everything was picturesque and it seemed like it was right out of a Normal Rockwell painting.

I continued to grow in my mother's womb until I could feel the walls of it pressing in. Then I got tangled up in the baby's cord and was almost strangled by it. I managed to turn myself around so my head was up and feet down. This made it much easier for me to not get choked by the cord.
My room to move in the womb gradually seemed to get smaller until one day I kicked my feet and my mother's water broke. Then followed hours of contractions until I was forced out of my Mom's birth canal. It was extremely painful as the Doctor pulled me out by my feet. My head felt like it was being crushed in the tunnel and finally I popped out! (Being born is a very painful experience and uncomfortable. It is no surprise that most of us want to forget it.)

Though I was breathing on my own, the Doctor hit me on my bottom anyway and the pain caused me to take a huge breath which felt like breathing fire. I also started choking and the Doctor ended up putting me in an iron lung to help my breathing. After an hour or so the mucous in my throat and lungs were relieved and I could breathe normally.

A couple days later I was taken home by my parents and passed around for the grandparents to hold me. My father's mother didn't hold me right and I started crying because I was uncomfortable. Then my other grandmother who was a nurse made suggestions on how to hold me. I felt sorry for my paternal grandmother and so I stayed quiet when she held me again. She was happy because I was now peaceful in her arms.




My full story and much more is in the book above. Click on the cover to see more

# BOOK FOCUS

## Strange But True Stories Tales and Facts

I have researched and written over 150 books on strange and mysterious phenomena. Some of these books are based on my own experiences and most topics are based on my research. My fascination with strange things has become a major passion in my life.

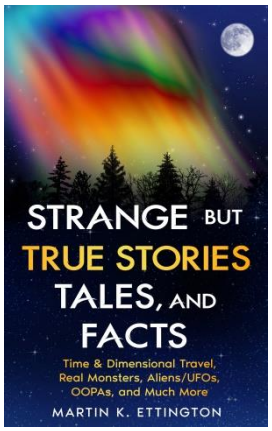
This book includes over sixty true stories on many different subjects to provide a lot of food for thought on these topics.

These stories cover Bigfoot, Aliens & UFOs, Time and Dimensional travel stories, survival stories, ancient civilizations, Out Of Place Artifacts, Dragons, Giant Snakes, the Paranormal, Longevity, Outer Space, Spiritual Experiences, Impossible Ruins, and much more.

Graduated from Engineering School and also had many paranormal experiences from learning meditation and other practices. My goal is to write about weird topics from an analytical perspective.

When you finish this volume maybe you will see my point of view which is that as much as we think we know about this world and the Universe, there are still many mysteries and strange things out there.

A Giant Crab under the water off a pier




Click on the Book Cover to Learn more and to order

---

The only true wisdom is in knowing you know nothing.’ – Socrates

# Learning About the Paranormal Training Course

We all have paranormal abilities and we can learn to use them safely. This course teaches you how to do that.

## What are your Paranormal Abilities Goals?

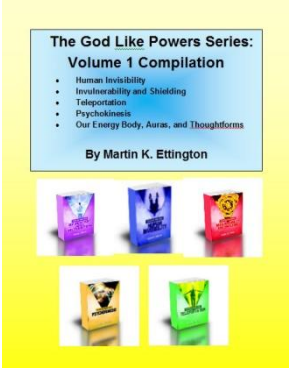
- **To live a Safer life and Avoid Accidents**
- **Learn how paranormal abilities really work**
- **What other abilities can I really learn to use and how do they work?**
- **What is the truth about spirits and ghosts?**

## How do I learn about and use these abilities?

- **Learn certain meditation and visualization techniques which enable your paranormal abilities**
- **Learn what I did based on my own experiences and research into the paranormal for fifty years**
- **This course includes a survey of many abilities and exercises how to learn to use them**
- **Learn about my own experiences and many stories of ghosts and spirits.**
-

## Ways Your Life Will Improve Using Paranormal Abilities

- **Live a Safer Life because you can see what potential futures might hold**
- **You will be able to do healing on yourself and others.**
- **Learn to take in Vital Forces to energize your body and open your energy centers**
- **You will learn safe practices and how to improve your life in many ways**
- **And Much More....**




Click on the God Like Powers Compilation Above to Learn more

***CLICK HERE TO LEARN MORE ABOUT PARANORMAL TRAINING AND HOW TO SIGNUP***

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest. **Confucius**

# The Enlightenment Experience

**There are a lot of stories about Spiritual Enlightenment. Here is one of mine:**

My most recent experiences put those previous ones to shame.
In September of 2012 a close female friend of mine who I love dearly told me that she had always loved me unconditionally but not romantically.

Our discussion finally led me to conclude that intimacy was not in our future. However, this woman was someone I had a very deep spiritual connection to and who already had an open heart.

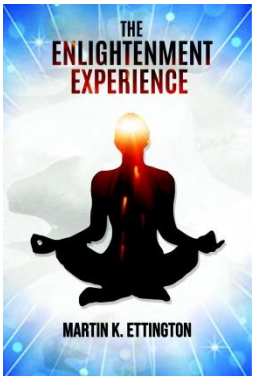
I think spending a lot of time with her over a couple of years plus some other training and experiences of mine had raised my vibrational level to a point where I was ready for a full heart opening.

The process started when I reviewed my feelings for her in my own mind—where my ego was very hurt. Then I recalled all of the good times we had experienced and the spiritual healing and different she had made in my life.

As I reviewed those experiences and realized how grateful I was for them happening was when my heart started to open… in a much greater way than ever before.

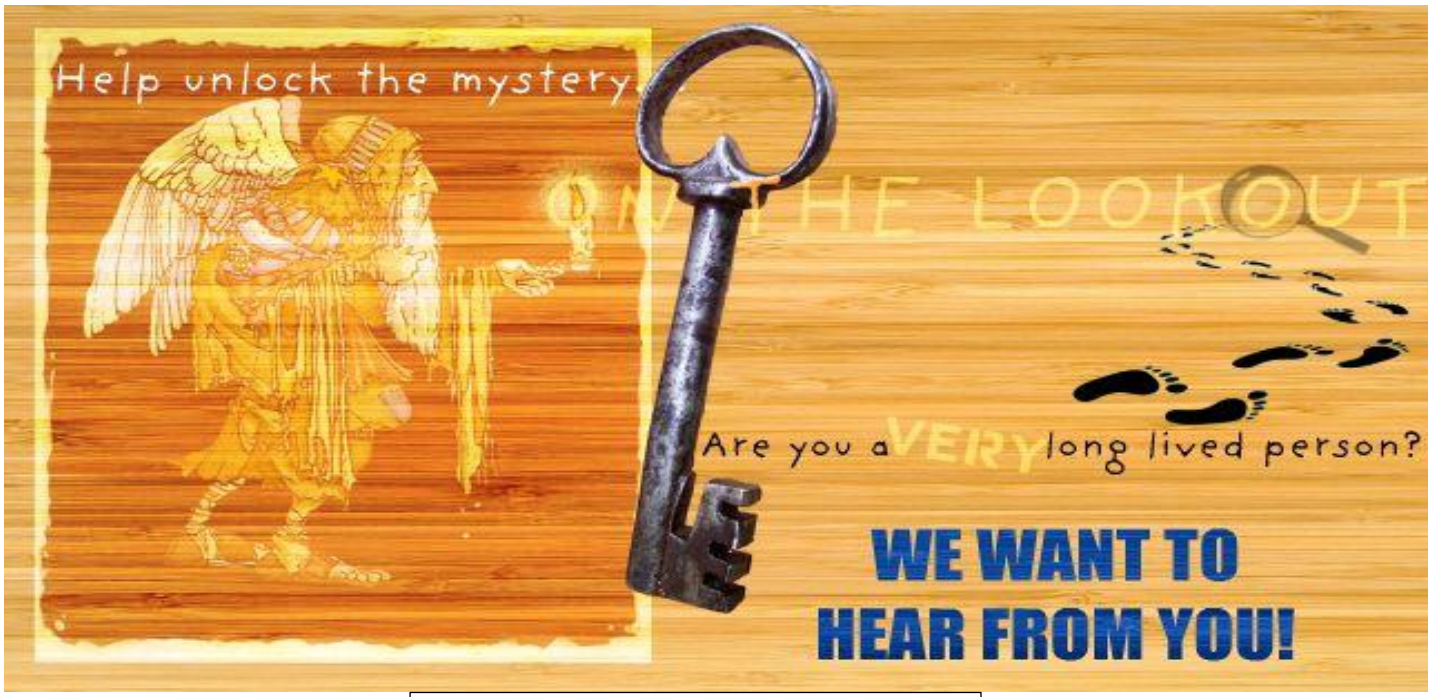
There was a lot of heat in my heart and I could feel the heat spreading throughout my body. I also felt more "connected" to everyone and everything than I was before.

This experience went on for hours and happened to some extent everyday thereafter.
I might just be sitting on my couch watching TV and suddenly my heart would open and I would feel wonderful and like my body was being charged with a powerful energy…




Click on the book cover above to learn more

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




Email: mke@mkettingtonbooks.com

# The Out of the Box Newsletter

**MK Ettington Books**

Providing a variety of unusual books on these topics:

https://mkettingtonbooks.com

**MKE Book TRAINING HOME**

Full Online Training Courses on different subjects

https://www.mkettingtonbooks.com/training-home

Click here to Signup for this Monthly Newsletter and download past issues

***About Our Organization...***

.MKEttingtonbooks.com consists of over 150 books written by me from my own experiences (mainly paranormal) and research.

My 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—we know nothing about the Reality we live in.

--Marty Ettington

## Help Unlock The Mystery! Send Us Your Story Online Today...

Contact Us!

*Send a greeting to:*

**Marty Ettington**

**mke@mkettingtonbooks.com**