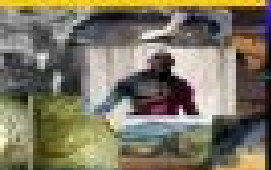


# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient civilizations, and More

MARTIN K. ETTINGTON

Theory of  
Ancient  
Prehistory &  
Alien Aliens

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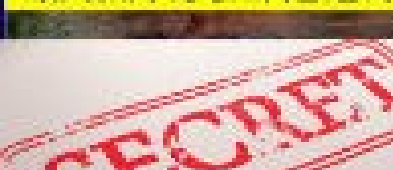
THE  
HANDBOOK  
OF SPIRITUAL  
AND  
ENERGY HEALING  
AND HOW TO LEARN IT YOURSELF



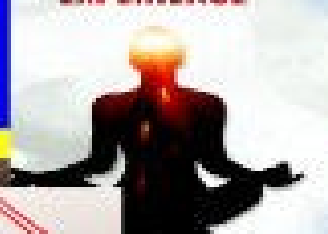
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The Real  
Atlantis-In  
the Eye of the  
Sahara

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THE  
ENLIGHTENMENT  
EXPERIENCE



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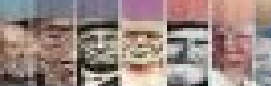


GODLIKE POWERS AND ABILITIES

And How You Can Learn These Abilities Yourself

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RECORDS  
EXTREMELY  
LONG  
LIVED  
PERSONS



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Strange  
objects wh  
should Not  
Exist



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A Modern Man's  
Search For Truth  
By Martin K. Ettington

ALIENS  
ARE ALREADY  
AMONG US



THE 10 PRINCIPLES  
OF PERSONAL GROWTH  
AND PERSONAL POWER



MARTIN K. ETTINGTON

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

The Title of this book is not just a boast since I have uncovered many secrets from my research, reading, and experiences. I've written over 75 books from my research on a variety of topics. Being an Engineer and writing about non-technical and subjective subjects gives me an unusual point of view. My research has given me some unusual perspectives on the topics I've researched and I think you will be fascinated.

This book is organized as follows:

## Secrets of Longevity& Immortality

Some of the conclusions I've drawn from my ten years of research on Longevity. This includes the "10 Principles of Personal Longevity which I developed and info about my online training program.

## Secrets of the Paranormal

Having had many paranormal experiences in my life and having gone through spiritual development and paranormal abilities training-there have been many things I've learned. My experiences with prophecy have saved my life.

## Secrets of Spirituality and Enlightenment

Spiritual development is the path to a greater realization of who you are (Paranormal abilities are really a side effect of spiritual development.) What is enlightenment like? And how might a life of spiritual growth be lived?

## Secrets of Ancient Civilizations and Megaliths

My book in 2018 on the real Atlantis also led me to study many ancient civilizations and megaliths. Giants were involved in human pre-history too. What are the undiscovered secrets of ancient civilizations and humanity?

## Secrets of Space Exploration and Aliens

Aliens live among us and governments have a wealth of alien technology they have been developing for over 50 years. Also, how would we go about building space colonies or moon bases? And how would those structures evolve?

## Secrets of Survival and Survival Stories

33 Stories of survival in all types of situations and a book on survival techniques for the wilderness, nuclear war, and the collapse of civilization

## Secrets of Time Travel

There are many reported individual time travel experiences. And what is time really?

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## Secrets of Business and Coaching

Why you should become a coach and how to build a coaching business. And what do you need to learn to become a self-published author. Also, there are many high paying jobs you can find without a college degree.

## Miscellaneous Secrets and Subjects

Did you know that some people have real time travel experiences? Some involve cuts in the fabric of time. And do you know how to think outside of the box? What are the benefits of doing so? And how can the Scientific Method be used to analyze experiential phenomena?

Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and  
Space, Ancient Civilizations, and More

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Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and  
Space, Ancient Civilizations, and More

By Martin K. Ettington

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Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and  
Space, Ancient Civilizations, and More

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## Other books by Martin K. Ettington

### Spiritual and Metaphysics Books:

Prophecy: A History and How to Guide  
God Like Powers and Abilities  
Enlightenment for Newbies  
Removing Illusions to Find True Happiness  
Using the Scientific Method to Study the Paranormal  
A Compendium of Metaphysics and How to Guides (Six books together in one volume)  
Love from the Heart  
The Enlightenment Experience  
Learn Your Soul's Purpose  
Pursuing Enlightenment  
A Modern Man's Search for Truth  
Use Intuition and Prophecy to Improve Your Life  
The Handbook of Spiritual and Energy Healing

### Longevity & Immortality:

Physical Immortality: A History and How to Guide  
The Commentaries of Living Immortals  
Records of Extremely Long Lived Persons  
Enlightenment and Immortality  
Longevity Improvements from Science  
The 10 Principles of Personal Longevity  
Telomeres & Longevity  
The Diets and Lifestyles of the Worlds Oldest Peoples  
The Longevity Six Books Bundle

### Science Fiction:

Out of This Universe  
Personal Freedom-Parts 1 & 2  
The Psychic Soldier Series:  
    Book 1-Himalayan Journey  
    Book 2-A Soldier is Born  
    Book 3-Fighting For Right  
    Book 4-Earth Protector  
The Immortality Sci Fi Bundle

### The God Like Powers Series:

Human Invisibility  
Invulnerability and Shielding  
Teleportation  
Psychokinesis  
Our Energy Body, Auras, and Thoughtforms

The God Like Powers Series—  
    Volume 1 Compilation

### The Yoga Discovery Series:

Yoga-An Ancient Art Form  
Hatha Yoga-Helping you Live Better

Raja Yoga-Through the Ages  
The Yoga Discovery Package

### Business & Coaching Books:

Creating, Publishing, & Marketing Practitioner Ebooks  
Building a Successful Longevity Coaching Business  
Why Become a Coach?  
The Professional Coaching Success Trilogy  
2020-Make Money Writing and Selling Books  
The 2020 Handbook of High Paying Work Without a College Degree

### Science, Technology, and Misc.

Future Predictions By and Engineer & Seer  
The Unusual Science & Technology Bundle  
The Real Atlantis-In the Eye of the Sahara  
Are Cryptozoological Animals Real or Imaginary?  
Real Time Travel Stories From a Psychic Engineer  
Removing Limits On Our Consciousness-And Thinking Outside the Box  
33 Incredible True Survival Stories  
How to Survive Anything: From the Wilderness to Man Made Disasters  
All About Mars Journeys and Settlement  
Mining the Asteroid Belt

### Ancient History

The Real Atlantis-In the Eye of the Sahara  
Ancient & Prehistoric Civilizations  
Ancient & Prehistoric Civilizations-Book Two  
The History of Antediluvian Giants  
The Antediluvian History of Earth  
Ancient Underground Cities and Tunnels  
Strange Objects Which Should Not Exist  
Strange and Ancient Places in the USA  
A Theory of Ancient Prehistory And Giant Aliens  
Aliens and Space  
Aliens and Secret Technology  
Aliens Are Already Among Us  
Designing and Building Space Colonies  
Humanity and the Universe  
All About Moon Bases  
All About Mars Journeys and Settlement  
The Space and Aliens Six Books Bundle  
A Theory of Ancient Prehistory and Giant Aliens  
The Space Colonies and Space Structures Coloring Book  
All About Asteroids

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## The Longevity Training Series

*(A transcription of the online Multimedia Longevity Coaching Training Program)*

The Personal Longevity Training Series-Book1-Long Lived Persons  
The Personal Longevity Training Series-Book2-Your Soul's Purpose  
The Personal Longevity Training Series-Book3-Enable Your Life Urge  
The Personal Longevity Training Series-Book4-Your Spiritual Connection  
The Personal Longevity Training Series-Book5-Having Love in Your Heart  
The Personal Longevity Training Series-Book6-Energy Body Health  
The Personal Longevity Training Series-Book7-The Science of Longevity  
The Personal Longevity Training Series-Book8-Physical Body Health  
The Personal Longevity Training Series-Book9-Avoiding Accidents  
The Personal Longevity Training Series-Book10-Implementing These Principles

The Personal Longevity Training Series-Books One Thru Ten

These books are all available in digital and printed formats from my website and on Amazon, Barnes & Noble, Apple iTunes, and many other sites

My Books Website is: <http://mkettingtonbooks.com>

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<http://personal-longevity.com/mkebooks/emailsignup/>

And click this link to get the FREE 102 page Ebook titled "[Secrets of Many Things](#)"

If you have any questions about this book or other subjects please contact the Author at:

mke@mkettingtonbooks.com



# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

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# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## 1.0 Introduction

As promised in the title of this book you will learn some of the conclusions I've reached after doing research and having experiences for years in these subject areas.

I've always been curious about the strange and unusual. When I was ten years old I read a book titled "Stranger than Science" By Frank Edwards. This book exposed me to many amazing stories which really piqued my curiosity to learn what was real and what was not. Finding the answers has taken me the rest of my life.

It has been amazing to discover all the things I have from my research. The world is much stranger place than any of us think. We should review our assumptions about many things to reach a level of reality based on the evidence currently available. We should also be open minded to experiential evidence.

I've learned that nothing is truly impossible. What we call "impossible" just takes longer to accomplish.

The structure of this book is that the beginning of each chapter discusses various conclusions about the subject in question. Then there are pages of my different books on these subjects with a the book's cover, a synopsis of each book, and the main chapters are listed.

I hope you enjoy this "Book of Secrets" and will want to learn more from reading my other in depth books for details of the subjects discussed.

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## 2.0 Secrets of Longevity & Immortality

In 2009 I was interested in the claims of people who were reported to have lived well over 100 years old. Some people claimed that people had lived into their mid one hundreds or even older. Was this possible? The number of sources I found of records of these people seemed to answer the question that this was real. This led me to write my first book on Longevity and Immortality titled "Physical Immortality: A History and How to Guide".

After years more research and talking with people interested in longevity I developed what I call "The 10 Principles of Personal Longevity" which is also the title of one of my books. The idea was to put together a series of 10 steps people can use to improve their long term health and live decades longer. Here are the 10 Principles:

### The 10 Principles of Personal Longevity

- 1) Real Long Lived Persons Exist**  
People really have lived a long time-so you can do it too
- 2) Define Your Purpose in Life**  
Know your life purpose-To live life with meaning
- 3) Enable Your Life Urge**  
Know without doubt that you will live a long and happy life
- 4) The Importance of a Spiritual Connection**  
A spiritual connection is important for happiness & long term health
- 5) Having Love in your Heart**  
Unconditional Love is real-It will make you happier and healthier
- 6) Activate your Vital Forces**  
Improve the vitality of your energy body for health and to enjoy life more
- 7) The Science of Longevity**  
Use new therapies and discoveries from Science & Medicine
- 8) Keep your Physical Body Healthy**  
Eat a proper diet, use herbal supplements, and exercise
- 9) Use Your Intuition for Safety**  
Learn to use your intuition to keep you safe
- 10) Implement the above principles in your life**  
Implement these principles for long term health, greater happiness, and extended longevity

Later, I transcribed all of the videos and other materials in the online training and published a set of 10 books-one for each of the 10 principles.

This information also led me to develop an online training program in what I call "Longevity Coaching". The details of this program can be found on the website: <http://personal-longevity.com>

I also became interested in long lived communities around the world. My research resulted in my book "The Diets and Lifestyles of Long Lived Peoples" which also includes a lot of their recipes. The people in these communities have very long lives because of daily exercise, community connections, and their diets.

As a result of my first book on Immortality, a person contacted me who claimed he was a 2800 year old immortal. We had online discussions for over six months and a few phone calls. The result of this is the title "The Commentaries of Living Immortals".

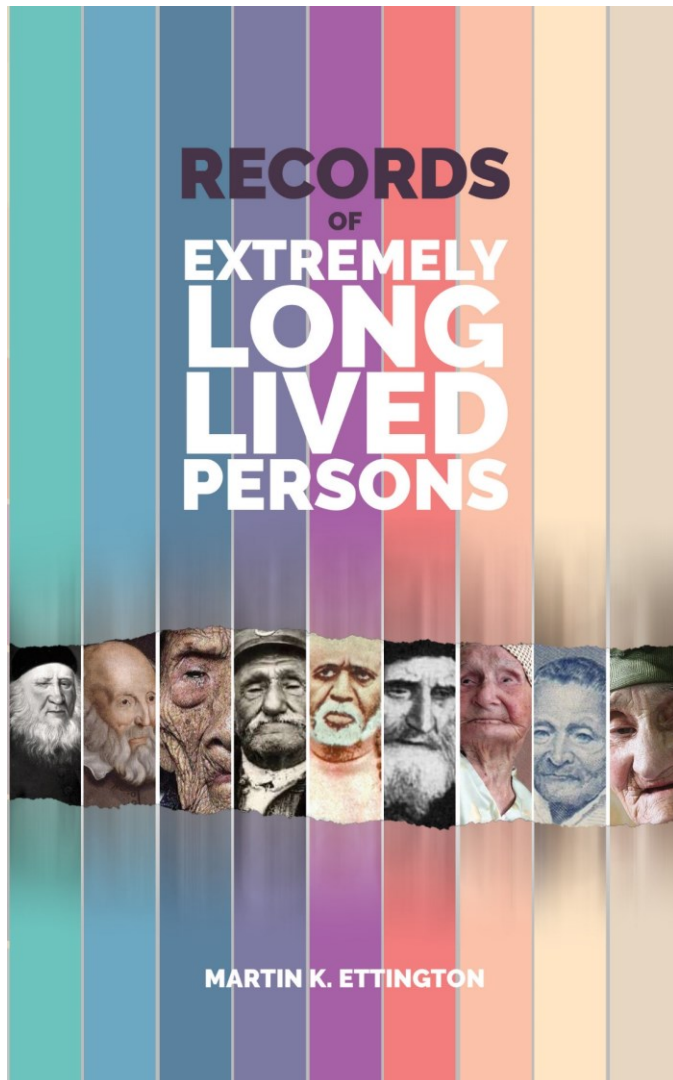
# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## LONGEVITY/IMMORTALITY

Title: Records of Long Lived Persons

Website Page: <http://mkettingtonbooks.com/long-lived-persons.htm>



Synopsis:

Here are a series of records of extremely long lived persons from my research all over the world. You will be amazed at the number and types of people from all countries who are in some of these records.

Some are still living

Some of the Table of Contents:

- Introduction:
- General Records of Long Lived People
- Christian Jacobsen Drakenberg
- Thomas Parr
- Zaro Ağa Mutki
- Shirali Mislumov
- Javier Pereira
- Turinah
- Antisa Khvichava
- Li-Ching Yung
- Trailanga Swami
- The Oldest Man Alive Today?
- Summary



# Secrets of Longevity, the Paranormal, Spiritual Development, Aliens and Space, Ancient Civilizations, and More

## LONGEVITY/IMMORTALITY

Title: Enlightenment and Immortality  
Website Page <http://mkettingtonbooks.com/enlight-immortality.htm>

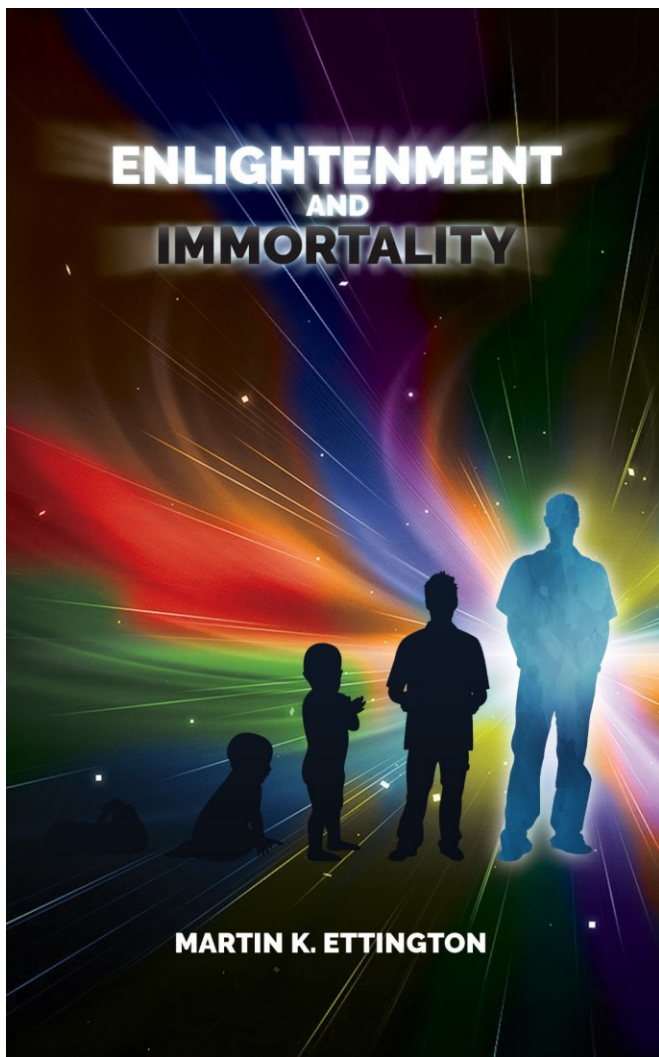
discusses spiritual development with enlightenment as a goal, and also how to determine your Soul's Purpose in life.

In later chapters we discuss how Extended Longevity is not only something to strive for, but that physical immortality is tied to the enlightenment process.

Some are still living

Some of the Table of Contents:

- Life is full of Pain and Suffering
- What Helps Us Handle Pain
- The Ego In Our Lives
- Longevity And Spirituality
- More About Enlightenment
- Why are We Alive?
- Finding Purpose in Living
- Building a Life Purpose
- The Importance of Extended Longevity
- Spiritual Evolution
- How do we Lengthen our Lives?
- The Psychology of Living
- Synchronization of Spirit, Energy, Physical Body
- Connecting to the Spirit
- Energy Flows and Chakra Development
- Herbs and Supplements
- Avoiding Accidents



Synopsis:

I've had experiences with enlightenment and studied physical immortality for close to forty years.

My conclusion is that there are ways to not only become a happy person, but our lives can be much longer and more fulfilling than we ever thought possible.

This book on Enlightenment and Immortality starts with reviewing the Pain and Suffering in our lives,

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