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DB7GIA - MALIK EMERSON

Ancient Teachings for Beginners by Douglas De Long reveals the mysteries from the distant past and how they can lead to a brighter future in the New Age. It begins with a brief history of spiritual development from before ancient Egypt right up to the present. It continues by explaining the secrets of the aura and the chakras. In this section you'll learn about the importance of the third eye chakra. It is related to the pineal gland and the third eye. Opening the third eye aids intuition, creativity, and psychic abilities. You can do this easily by "toning," "doing vibrational work" or chanting Thoh (rhymes with "toe") at a middle or high "C" note. This triggers a vibration in the pineal which cause the third eye and its chakra to open. The exact techniques are included in the book. If you open the crown chakra (associated with the pituitary gland) you can improve some of your natural psychic abilities, including clairaudience, clairvoyance, and clairsentience. Vibrational work for this chakra uses the sound May. Breathing techniques and the exact way of toning to open the chakra are fully explained. You'll also learn how to see the aura and interpret its colors, as well as how to open all of the chakras. The book also explains techniques to send the mysterious kundalini energy through the chakras. But this book has more! It includes the secrets of channeling, such as working with angels and spirit guides. It goes on to share methods of astral projection and then reveals the secrets of reincarnation. Ancient Teachings for Beginners is easy to understand and the techniques are a snap to use. If you are looking for an introduction to the secrets of the teachings of the ancient mystery schools, this book is for you!

Learn to Master Astral Travel Would you like to walk through walls, fly around the world, reconnect with deceased loved ones, and explore time and space? Have you had a terrifying out of

body encounter that left you fearful of ever exploring astral projection? Would you like to know how to travel the astral realms safely and protect yourself from unwanted projections? Whether you are a novice or an experienced astral traveler, the Astral Projection Guidebook will teach you how to master astral projection safely and effectively. In this guide, you'll learn how to: * Prepare yourself for a positive astral journey * Achieve separation from your body * Explore the astral realms - alone or with friends * Enjoy mind-blowing astral sex * Protect yourself from dark entities * Train to become an astral warrior Get ready to have fun exploring the astral realms!

This is an open-minded exploration of the theories behind tunnel and near-death experiences from a scientist who had just such an experience herself aged 19 and spent much of her career determined to find out the truth behind it.

The definitive work on the extraordinary phenomenon of out-of-body experiences, by the founder of the internationally known Monroe Institute. Robert Monroe, a Virginia businessman, began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was inhabiting a place unbound by time or death. Praise for Journeys Out of the Body "Monroe's account of his travels, Journeys Out of the Body, jam-packed with parasitic goblins and dead humans, astral sex, scary trips into mind-boggling other dimensions, and practical tips on how to get out of your body, all told with wry humor, quickly became a cult sensation with its publication in 1971, and has been through many printings. Whatever their 'real' explanation, Monroe's trips made for splendid reading." —Michael Hutchin-son, author of Megabrain "Robert Monroe's experiences are probably the most intriguing of any person's of our time, with the possi-

ble exception of Carlos Castaneda's." —Joseph Chilton Pierce, author of Magical Child "This book is by a person who's clearly a sensible man and who's trying to tell it like it is. No ego trips. Just a solid citizen who's been 'out' a thousand times now and wants to pass his experiences to others." —The Last Whole Earth Catalog

Collected from the oral tradition in South-West Munster, England, here are tales of the fairy-folk and ghosts passed down through the generations through oral story-telling.

Astral Projection and the Nature of Reality goes beyond preconceived notions about how to get out of the body and then back in, as well as the dimensions to which the outofbody adventurer can travel. Magnus starts with a brief history of astral projection and then guides the reader through a stepbystep course for reliable projection. He explains how, once outofbody, we create our own astral world, and he offers techniques for understanding our mind and the nature of reality. Magnus offers detailed exercises and proven techniques for reliably exiting your body; confronting the basic fears that can hold you back; taking advantage of psychic side effects; taming your mind; navigating a world in which you have the ultimate power to create; integrating the lessons you learn from OBEs into your everyday reality; replenishing your energy . . . and much more. Plus, incisive journal entries of his many outofbody adventures will convince you that it can be done and give you the inspiration to go farther than you ever thought possible.

This is a new release of the original 1930 edition.

Are you interested in exploring the spiritual realm? Read this book for FREE on Kindle Unlimited - Download Now! Do you want to Know about Astral Projection? Do you wish you knew the ins and outs and the secrets to Astral Projection? When you download Astral Projection: learn the secrets to experience out of body control, your knowledge will increase every day! You will discover ev-

everything you need to know about Astral Projection. These Secrets will transform your Life, you will no longer be a beginner. You'll we have ancient knowledge Secrets and new techniques to Spiritually grow. Would you like to know more about? Exploring the spiritual realm Mystery surrounding the astral plane The best time for planned astral travel Prepare your body and your environment for astral projection Parallel Realities This book breaks training down into easy-to-understand modules. It starts from the very beginning of Astral Plane, so you can get great results- even as a beginner! Download Astral Projection: learn the secrets to experience out of body control now, and start your Astral experience! Scroll to the top and select the "BUY" button for instant download. You'll be happy you did!

This fascinating book contains the remarkable account of Sylvan Muldoor's out of body experience, scientifically edited by one of the world's foremost psychic researchers, Dr. Carrington. Including both the detailed account of Muldoor's experiences and instructions on the technique of projecting the astral body, this book is thoroughly recommended for inclusion on the bookshelf of anyone with an interest in the subject.

Free yourself from the limitations of the earth plane and the laws of space and time. Astral Voyages presents more than 65 exercises that train you to safely leave your physical body and return unharmed from explorations of the upper astral plane and the causal, mental, or etheric realms. You might even venture to the soul plane and observe the process of selecting your next lifetime! Dr. Goldberg unveils his paradigm of the 13 dimensions, developed from 25 years of experience with hypnotic regression, progression, and out-of-body experiences. Specific scripts train you for guided imagery astral voyage, lucid dreams, accessing the Akashic records, cabalistic projection, and advanced techniques such as the Witch's Cradle and the 37-Degree Technique used by the ancient Egyptians. Other topics in this metaphysical book include astral entities, astral sex, astral healing, and scientific studies on astral voyaging.

Are you intrigued by the concepts of Out of the Body Experiences or Near Death Experience? If so this book is for you. Traditional techniques are explained in a way that is simple, safe and practical so that you can try them for yourself.

Features an introductory essay by Jack Womack! Welcome to the worlds of Charles Fort, chronicler of the odd, the weird, the

strange, the unexpected, and the inexplicable. In words as beautiful as anything ever written in English, Fort reveals the marvels of an age, questions the nature of what we think we know for certain, and provides the reader with leads on how not to be fooled by shaggy dog stories. Here you'll find rains of the unexpected, fish, snakes, and other items from the _super-Sargasso sea of the unexplained that circles the Earth. Here are accounts of UFOs, accounts of odd animals seen at sea or on land, mysterious attacks by what appear to have been animals, mysterious appearances of things and people in places they could not be. Here Fort's epic account of spontaneous combustion, lights in the sky, poltergeists, unseen. murderous wild animals, mysterious disappearances, manifestations of psychotic mania, speaking in tongues and, of course, the cow that gave birth to two lambs. All of this Fortean wonder is prefaced by a magnificent new introductory essay by Jack Womack, winner of the Philip K. Dick Award and lifetime Fortean. This Ebook is part of the Baen Books Charles Fort Ebook Collection At the publisher's request, this title is sold without DRM (Digital Rights Management).

"Specific instructions on how to dream lucidly and consciously leave one's body. Describes various methods of achieving the out-of-body state and what to do once there"--Provided by publisher.

"Supplies easy to understand instructions on the method of out-of-body travel"--Provided by the publisher.

Are you sick and tired of not achieving the spiritual growth you desire-or not having the ability to leave your physical body to travel through the astral realm? Have you tried endless solutions, but nothing seems to work for more than a few weeks? If so, then you've come to the right place!

A series of spells to help you work with Astral Projection. You will receive a pdf file of this book. Includes the following spells: Astral Projection Candle Magic Astral Projection Cord Magic Astral Projection Fire to Air Magic Astral Projection Fire to Earth Magic Astral Projection Fire to Water Magic Astral Projection Green Magic Astral Projection Ice Magic Astral Projection Mirror Magic Astral Projection Moon Magic Astral Projection Parchment Magic Astral Projection Potion Magic Astral Projection Salt or Soil Magic Astral Projection Water Magic Astral Projection Wind Magic

The End Is Nigh!

A Guide to Using Out-of-Body Experiences for Spiritual Develop-

ment The Astral Codex is an effective, practical, and comprehensive guide to what out-of-body experiences are, what to see and do in the astral plane, how it fits into the structure of life, and how to use it for spiritual development. Throughout history, seekers of spiritual wisdom have traveled beyond the body into other dimensions to explore a wider reality. Their experiences formed the basis of otherworldly accounts found in many of the world's sacred teachings. Drawing on decades of out-of-body experiences, Belsebuub explains how someone can use astral travel to seek out spiritual knowledge today. The Astral Codex is based on the popular "A Course in Astral Travel and Dreams" by Belsebuub-a course created in 2001 that was studied online and in-person, and taken by tens of thousands of people worldwide. 67% of people surveyed who took the course reported having an out-of-body experience as a result of it. The Astral Codex includes sections with detailed Q&As from the course. Find out what lucid dreaming and astral projection is. Learn about the multi-dimensional nature of reality. Learn about what the astral plane is and how to travel there. Discover what dreams mean and how to remember them. Learn how to explore destinations in the astral plane. Discover how to become successful at astral projection. Overcome common obstacles to conscious astral travel. Find out how the mind and emotions affects our ability to perceive other dimensions. Learn about how we leave our body every night with sleep. Discover how dreams and the astral plane are connected. Learn about the different ways someone can have an out-of-body experience (OBE). Discover the stages and sensations of having an OBE. Learn exercises to help train the mind to stay focused on astral techniques. Find out why we have bad dreams and nightmares and where they come from. Discover the reasons why science is limited in its studies on OBEs. Learn how to use astral travel for gaining spiritual knowledge. Learn about the symbolic language of higher dimensions and how to interpret it. And much, much more... Mark Pritchard (writing with the name Belsebuub) is the author of a number of books on out-of-body experiences, dreams, self-discovery, and esoteric wisdom including A Course in Astral Travel and Dreams which became a bestseller in its genre, and Gazing into the Eternal which was a finalist in the Best Book Awards 2009 in spirituality. He has appeared on over 70 radio and television programs internationally, and writes from decades of spiritual and mystical experience. Visit <http://www.belsebuub.com> for more in-

formation.

What you've done thousands of times in your sleep can now become a totally conscious experience with the help of this handy guidebook. You'll soon learn to leave your body and explore the astral realm with confidence and safety. Achieving your first astral travel experience is always the most difficult—and no single method will work for everyone. That's why the techniques in this book are carefully graded to step by step through an actual out-of-body experience. And with fifteen time-tested methods to choose from you're sure to be astral traveling in no time. Once you learn to leave your body, the freedom you'll discover will transform your life. Explore new worlds ... learn to travel with a partner ... go back and forth through time ... even find a lover... but, most importantly, lose your fear of death as you discover that you are a spiritual being independent of your physical body. How to induce a safe, controlled out-of-body experience using physical and mental methods. Astral projection, the ability to "leave the body" at will, is a phenomenon that has long fascinated both the scientific world and the general public. If you have been curious about this strange power and are now ready to take your curiosity one step further, here is a complete guide to eight genuine methods that have been proven to induce out-of-body experiences. In plain, straightforward language, this realistic guide explains the techniques and potential applications of astral projection through dynamic concentration, progressive muscular relaxation, dietary control, guided imagery, and others.

Awakening in the Internal Worlds, otherwise known as lucid dreaming, astral projection, Astral travel, or out-of-body experiences, are perceptions of matter and energy that are beyond the reach of the physical senses. Anyone, anywhere, regardless of any distinctions or qualifications, may acquire their own personal knowledge of these living realities, if they are willing to make the effort. Quite simply, astral projection refers to how our Consciousness departs from the physical body. Everytime our physical body sleep, the Consciousness departs from it, and experiences what we call "dreams." This is a form of astral projection, but in most cases the Consciousness is asleep, unaware that it is away from the physical body. While dreaming, we generally do not realize it. And when we return to the body, the memory of the dream is generally lost, or if recalled, appears hazy and unreal. This is all due to the weak state of our Consciousness. It is possible to conscious-

ly project oneself out of the body. By means of constant training from moment to moment, the Consciousness can be strengthened to be be awake, aware, and sharp; thus, when it leaves the physical body, we remain aware of ourselves, and conscious of what transpires. From this state, one can investigate any phenomena in nature or oneself.

Discover Astral Projection Beginners Guide 2nd EDITION Are you interested in exploring the spiritual realm ? Do you want to uncover the mystery surrounding the astral plane ? Do you want to achieve an incredible astral projection experience ? Astral Projection Beginner's Guide offers an exclusive look inside the realm of the spiritual world, which is largely unknown to many individuals in today's society. The techniques explained in this book are very clear and doable, requiring no specialized knowledge and no mystic powers. They are techniques that you will find, at face value, too ordinary to believe. Yet once you get to practice them you will clear any doubts you ever had about ordinary people doing extraordinary things. You will be a living testimony that all you need is basic but important knowledge to do what a mystic can do in terms of astral projection. In this book you will learn: What Astral Projection entails How different astral projection is from an ordinary dream How to prepare your body and your environment for astral projection The different ways you can learn to project your spiritual energies beyond your body The kind of people who can succeed in astral projection The best time for planned astral travel If there are specific times when you cannot take an astral travel And much, much more.. Buy your copy today!

Explores dreams and their interpretation and whether they occur on an astral plane of existence.

This book covers intentional out-of-body experiences covers, astral projection, and exploration of the astral realm. From A to Z, it tells you everything you need to know.

If you want to discover and explore the universe that lies within your mind, then keep reading... Two manuscripts in one book: Astral Projection: A Guide on How to Travel the Astral Plane and Have an Out-Of-Body Experience Lucid Dreaming for Beginners: What You Need to Know About Controlling Your Dreams to Improve Your Sleep and Creativity Do you have experiences in your subconscious you wish to explore? Do you want to explore the universe and unravel the answers to mysteries in the non-physical dimensions? Do you want to unlock your inherent psychic abilities

and discover more ways to improve yourself and get in tune with your higher self? If you answered yes to any of these questions, then this book is for you. Part one of this book provides examples of astral projection experiences, focusing particularly on how to achieve practical success, and showing you how to project out of your physical form to explore the universe at will. In part one, you will learn: How to prepare your body and mind for an exploration of non-physical dimensions. How to master the art of astral projection. How to travel the astral plane and meet higher beings and entities. How to improve your self-awareness and attain higher levels of enlightenment and spirituality. 5 Astral Projection Techniques used by experts. 8 Things You Should Know Before Attempting an OBE (Out of Body Experience). Advanced OBE techniques. How to discover and utilize your spirit guides. How to increase your clairvoyant abilities via astral projection. We all dream, and whenever you dream, you are traveling on a journey toward your inner universe. This inner universe is formed from the fabric of your very being, or existence. This inner fabric is your dream. The dream world is exciting, and it also gives you a chance to explore your inner beliefs, creativity, aspirations, goals, and everything else associated with your persona. Lucid dreaming might sound like an exotic concept, but it is backed by science. It is a skill anyone can learn and improve. Lucid dreaming helps you prevent nightmares, understand the power behind your choices, explore your creativity, become more aware of yourself, and be in complete control of your own life. Lucid dreaming is the key to self-awareness. Part two of this book will act as your guide every step along the way. In this book, you will learn about: Dreams and their meanings; Tips to prepare and get started with lucid dreaming; Relationship between lucid dreaming and astral projections; The link between lucid dreaming and shamanic journeying; Lucid dreaming techniques for beginners; Simple strategies to explore your dreamscape; Tips to protect yourself during lucid dreaming; 14 Common lucid dreaming mistakes and how to avoid them; 5 Advanced lucid dreaming techniques, and much more! So if you want to learn more about astral projection and lucid dreaming, then scroll up and click the "add to cart" button!

A comic that teaches children how to have radical adventures on the Astral Plane.

Detailing six different methods of astral projection, McCoy shows how to gain a broad awareness of other realms of existence, ex-

plore other worlds, engage in astral sex with loving spirit partners, and build sturdy psychic self-defense barriers.

The purpose of *The Phenomenology of Astral Magic*, is not to instruct the student in the practice of astral magic-for this would be irresponsible-but rather to teach the student what the practice of astral magic means, and why the practice of all forms of magic are inherently destructive. This understanding will be of use to all, but will be of particular importance to those who are training in the skills of astral combat, with the express purpose of defending themselves and their loved ones against the perpetual onslaught of negative energy we now all face.

Mans greatest fear is of death. Because of this, a lot of energy goes into defending ourselves against this reality whether it be through illicit or recreational drugs, business or work. *Astral Projection Made Easy* is an attempt to eliminate this fear through approaching the whole concept of life beyond and outside the physical body through Near-Death Experiences(NDEs) Lucid Dreaming and the technique of Out-of-Body experiences(OBEs). The author draws from a rich source of information, including her own experiences of astral projection over 20 years. Within this context, she includes Eastern teaching and explores astral projection from a scientific, spiritual and psychic perspective. She includes a chapter on consciousness as well as what precipitates an altered state of consciousness. In order to support her work she includes historical case studies of other writers and contemporary ones as well as her own. There is a section on how to identify an out-of-body experience, what it may feel like, and the very real 'symptoms' experienced on a somatic level. More than anything, the Work is engaging, accessible and rich in content.

The Vital Message was written by Arthur Conan Doyle. It was first published in Britain in 1919 by Hodder & Stoughton. In "The New Revelation" the first dawn of the coming change has been described. In "The Vital Message" the sun has risen higher, and one sees more clearly and broadly what our new relations with the Unseen may be. As I look into the future of the human race I am reminded of how once, from amid the bleak chaos of rock and snow at the head of an Alpine pass, I looked down upon the far stretching view of Lombardy, shimmering in the sunshine and extending in one splendid panorama of blue lakes and green rolling hills until it melted into the golden haze which draped the far horizon. Such a promised land is at our very feet which, when we at-

tain it, will make our present civilisation seem barren and uncouth. Already our vanguard is well over the pass. Nothing can now prevent us from reaching that wonderful land which stretches so clearly before those eyes which are opened to see it.

This practical guide to achieving conscious out-of-body experiences is based upon the author's extensive knowledge of astral projection. Presented in an easy-to-follow workbook format, the 13-week program introduces astral project methods and provides daily preparatory exercises. Includes a CD-ROM.

The Practical Guide to Astral Projection by Denning and Phillips is simply the best step-by-step set of lessons for learning this skill ever published. Over a quarter-million people are using this book to help them learn this valuable skill. If you want to learn how to project your consciousness onto the astral plane, you should use it, too. First, as the book shows, this skill is natural. You do it all the time (in dreams, for example.) In a sense, it is more natural than walking. It is a skill you can develop with practice. Further, it allows you to have spiritual experiences on the astral plane. Plus, what you create on the astral plane creates changes on the physical plane. This is true magick! Heal someone on the astral and they will be healed on the physical. Create opportunities on the astral and you will have them on the physical. You can even experience sex on the astral plane for one of the most dynamic experiences you will ever have. And you can learn how to do all of this in *The Practical Guide to Astral Projection*. But it is not only the information in this book that makes it easy to understand and use. The very design of each chapter--as well as the illustrations, photos, charts, etc.--make it easy for you to learn the techniques to consciously control your astral projection experiences. The book begins by showing you what astral projection is and what it is not, what can happen and what is fantasy. As a result, you will discover that astral projection can be safe, comforting, exhilarating, and fun. Then you will learn methods of being able to let your consciousness leave your body and safely explore the astral plane. With this book in hand you can explore realms you've only dreamed of. Make your dreams a reality.

Astral Projection and the Nature of Reality goes beyond preconceived notions about how to get out of the body and then back in, as well as the dimensions to which the out-of-body adventurer can travel. Magnus starts with a brief history of astral projection and then guides the reader through a step-by-step course for reli-

able projection. He explains how, once out-of-body, we create our own astral world, and he offers techniques for understanding our mind and the nature of reality. Magnus offers detailed exercises and proven techniques for reliably exiting your body; confronting the basic fears that can hold you back; taking advantage of psychic side effects; taming your mind; navigating a world in which you have the ultimate power to create; integrating the lessons you learn from OBEs into your everyday reality; replenishing your energy . . . and much more. Plus, incisive journal entries of his many out-of-body adventures will convince you that it can be done and give you the inspiration to go farther than you ever thought possible.

Is this world all that exists, or are there one or more invisible dimensions in the universe that also harbor sentient beings? In *The Astral Plane: Its Scenery, Inhabitants and Phenomena*, esoterica expert C.W. Leadbeater brings together centuries of information about one much-hypothesized-about realm, the so-called astral plane. Whether you are a believer in unseen phenomenon or a skeptic, it makes for a fascinating read.

This astonishing, thoroughly researched book can actually teach you methods to achieve out-of-body experiences! You learn how to employ carefully graded, safe, proven exercises to experience two types of astral projection-etheric, and astral plane projection. 160 pages, 8 1/4 x 11.

The BEST Book on Astral Projection A complete and AMAZING GUIDE for beginners on Astral Projection and how to easily travel the astral Plane. Buy this book now before the price goes up. Have you ever dreamt about leaving your body and having an OBE, Out-of-Body-Experience, a.k.a. Astral Projection? Or do you sometimes think about the afterlife or incarnation? (They are both actually connected with Astral Projection!) Or perhaps you are just up for an exciting journey? Inside this book you will learn how you too can travel through the Astral World and perform an Astral Projection. When you read this book you will be guided, step-by-step, through the process of Astral Projection, and I will help you create the best possible circumstances for achieving your goal of an Astral Travel today. In this book I will show you: Top 10 most common and effective methods for Astral Projection Top 10 greatest benefits for traveling in the Astral Plane How and why Astral Travel was used already from ancient times If Astral Projection is a supernatural affair, transcendent liberation or an afterlife forecast!

What are the signs for Astral Projection and how it actually happens How to best prepare physically and mentally for an Astral Voyage And a lot more! Buy This Book Now