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NPNYYQ - LEBLANC DENNIS

Take your astral body on an exciting ride Projecting out-of-body requires a delicate balance of mind

This is a new release of the original 1930 edition.

ASTRAL PROJECTION Astral projection, sometimes called astral travel, is an intentional out of body experience (OBE.) Those who engage in astral projection believe in the existence of a soul or a sense of consciousness that is separate from the physical body, which is referred to as the astral body. This astral body is capable of traveling outside of, or away from, the physical body, which is how astral projection or astral travel is achieved. Once you know how to safely astral project, the experiences you are capable of having are phenomenal. Astral projection and travel can be used for everything from visiting other realms or visiting different areas of earth without physically going there, to performing energy work on yourself in a deeply spiritual way. In this book, we discuss this phenomenon, including how you can begin to safely astral project and astral travel yourself! Here Is A Preview Of What You'll Learn About Inside... What Is Astral Projection Astral Projection VS Astral Travel The Third Eye Benefits Of Astral Travel How To Stay Safe During Astral Projection How To Astral Travel Much, Much More!

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 attain 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.

Have ever an Astral Projection took place on your body? Would you like to experience this type of separation between body and spirit? Also called Astral Travel, the expression Astral projection refers to an "Out of Body Experience" (also called OBE) during which the astral body leaves the physical body and travels to the "astral plane". It can occur naturally, as part of the sleep process, or it can be performed through lucid dreaming or deep meditation. Also called Astral Travel, the expression Astral projection refers to an "Out of Body Experience" (also called OBE) during which the astral body leaves the physical body and travels to the "astral plane". It can occur naturally, as part of the sleep process, or it can be performed through lucid dreaming or deep meditation. Basically, the concept of astral projection hinges on the belief that there is something called an "astral plane," and that it is one of the seven planes of being, and humans generally live on the material plane. The mythicized "astral plane" is considered to be the home of not only souls finding their way to their next life or final resting place, but also angels and spirits that are more than human. Astral projection is the personal gateway into the realms of the consciousness exploration. In this step by step guide you will learn everything you need to learn about how to leave your body and travel successfully. You will also learn about the landscape of the astral planes and the beings that inhabit them so that you can interact and learn from them. Zero knowledge is assumed as this book starts right from the beginning. Get ready to transcend your physical body and explore the astral realms and prepare yourself for an amazing adventure as you explore and grow spiritually. Here Is A Preview Of What You'll Learn... Freeing Your Mind Through Astral Projection When Traveling The Astral Plane Your Own Out-Of-Body Experience The Power Of Meditation Spirituality And Astral Projection Meditation 101 Understanding Your Chakras Understanding Kundalini Yoga Tai Chi Much, Much More! Download your copy today!

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.

DigiCat Publishing presents to you this special edition of "The Book of Dreams and Ghosts" by Andrew Lang. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

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.

This book gets people out of their body! Do you find it hard to achieve an OBE or Astral Projection? If the answer is yes, then this is the book for you. "Astral Projection Within 24 Hours" is a short, to-the-point guide on Astral Projection if nothing else has worked for you before. Be prepared to leave your body for the first time. No long meditations, affirmations and months of practice. You can have your first Astral Projection within the next 24 Hours!! This works regardless of your beliefs about Out of Body Experiences. Travel the astral dimension, meet astral beings, fly and visit any place on Earth. Everything is possible when you leave your body. Read this guide and take action immediately! The astral dimension is yours to explore. Get this book now!

The Llewellyn 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 Llewellyn 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.

There's More To Explore Than Just The Physical World - Here's How To Visit The Astral Plane Without Leaving Your Room! Have you ever had a vivid dream that ended in a terrifying fall, waking you up? Congratulations, you've been to the astral plane! And if you're curious about the afterlife, supernatural creatures, or psychic abilities, it's time to go there again. A journey to the astral plane is called astral projection. So, what is Astral Travel - Projection? Astral projection is a conscious out-of-body experience that assumes the existence of consciousness or soul. Astral body can travel outside the physical body throughout the universe by leaving the physical body. The astral body can float and traverse across the world or observe the environment. Individuals who practice astral projection are aware of what's happening around them. The belief of astral projection as a real phenomenon and not a fabrication of the mind can even be supported by quantum physics. Since as quantum physics suggests everything is energy and we are all connected. Having that in mind separating your consciousness from your physical body to explore the fourth dimension the astral realm is something absolutely possible. Astral projection gives you incredible freedom. During an astral projection you can do absolutely everything you desire... like flying over the world, visiting friends and observing them, going back in time, communicating with higher frequency beings and even having astral sex. The possibilities in the astral realm are limitless. Many people believe astral projection as the ultimate evidence of life after death and a solid proof for the hypothesis that other higher dimensions exist and the fact that our consciousness is separate from our physical bodies and our life here on earth is simply a small journey. Here Is A Preview Of What You'll Learn... Frequently asked question about Astral Travel How to Astral Travel Time-Tested Astral Projection Techniques Experiencing a Higher Consciousness And ...Much, much more! Download your copy today!

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.

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.

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.

Astral projection is the classic term for what today is more commonly called out-of-body experience or OBE. In this fascinating volume, Robert Bruce has drawn on his lifetime's experience not only traveling in the astral dimension, but teaching others to do so. Astral Dynamics provides, all in one package, a personal narrative, a "how-to," a troubleshooting guide, and a theoretical perspective. Whether you are a skeptic, a veteran astral projector, a novice or an armchair traveler--there is treasure here. Astral Dynamics provides the intelligent and motivated reader with everything needed to put theory into practice: Elements of Projection--Bruce's mind-split theory of what actually goes on during projection New Energy Ways (NEW)--His stunningly practical method of raising awareness by using touch, which Bruce calls tactile imaging. Core Skills--How to succeed at the three tasks that are essential to success in astral projection. Projection Technique--What you need to know to stop reading about astral projection and actually do it. The Akashic Connection--Speculations on things seen and heard while traveling in astral realms. Written in an engaging, unpretentious manner, Astral Dynamics is already considered to be a classic.

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

The author claims: a simple method of instruction whereby the sincere student of the occult may readily learn to project his astral body and learn some of the deep secrets of the spiritual phase of existence, as well gain a deeper insight into the realm.

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!

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.

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.

Provides step-by-step instructions for astral projection techniques, including travelling to different times and eras, reuniting with de-

parted loved ones, and receiving direction from spirit guides. 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 at times 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).

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 everything you need to know about Astral Projection. These Secrets will transform your Life, you will no longer be a beginner. You'll 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!

Do you want to unearth practical techniques to help you experience Astral Projection? Or do you want to know what a near-death experience might feel like? Do you want to dispel the mystery surrounding the Astral Plane and discover if it exists for yourself? Then keep reading... An elusive and mysterious subject, Astral Projection is a strange ability which lets you project yourself out of your body and explore the world beyond the physical. Whether you believe it to be a figment of the mind or a life-changing spiritual experience, this skill has the power to transform the way you look at the world. Anyone can have a go at astral projection and learn to open up entire new worlds to explore, so whether you're just starting out on this adventure or if you're looking to hone your techniques, then this is the book for you. It's time for you to learn the keys to astral projection. In Astral Projection: Interdimensional Guide to Out of Body Experiences you will learn: Three rapid ways to induce an astral projection The role of sleep paralysis in astral projection How to get past the initial fear and shock of when experiencing astral projection The important differences between lucid dreaming and real astral projection Strange encounters - beings and entities you might meet during your astral projection How to travel anywhere, anytime after learning solid astral projection techniques The role of guides and other interdimensional guardians who help you with astral projection. Much, much more! If you dream of embarking on an out-of-body experience, or if you're looking for reassurance that you're on the right path, then you've come to the right place. Ready to begin reading the skies and walking in the Astral Plane? Scroll up and grab your copy now!

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

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 At-

tempting 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!

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.

Are you having no luck with Astral projection? Discover the spiritual and wholesome approach to attaining out-of-body states of awareness which leads to more vivid and profound experiences. The approach in this book is on the practical understanding of out-of-body consciousness, rather than on intellectual debate or speculation. It aims to address frequently asked questions that Gene has received from hundreds of people struggling to achieve Astral projection. As explained in the book: "Through practical understanding alone, we get rid of the need for ineffective methods and complex practices which harbour self-doubt, often seen in books which promise quick results through techniques backed by little explanation. When we instinctively comprehend the mechanics behind out-of-body experiences, we adopt our own intuitive practice." Furthermore, the book explores the difference between lucid dreaming and out-of-body experiences and how both these phenomena serve a significant purpose towards our spiritual progress. One way to understand this is through realising that most of us are in a continuous dream-like state that often has a firm grip over our awareness while we're awake and also while we're asleep; this is key in understanding how to go beyond layers of subconscious perception in order to reach higher objective states of consciousness. If we wake up out of our dreams during the day, then we also have more chance of becoming conscious during our dreams at night too; "As Above, So Below". Learn about how following the path of Astral projection enhances our mental, emotional and physical health and overall quality of waking life; the practice does not just apply to our non-physical experiences during sleep. Gene's knowledge is based on over a decade of deep meditation, hundreds of out-of-body experiences, and several years spent being part of a Gnostic group. He has only one wish; for you to experience conscious out-of-body travel with all of your senses in-tact, just as you are here and now, reading this. Below are just some of the things you will learn in this guide: - Overcoming fear of 'the other side' - How to rely on intent rather than methods - Several step-by-step methods and exercises - How meditation greatly benefits Astral projection - Analysing and understanding your failed attempts - How to stay grounded and present once out of body - How dreaming at night is no different than when we 'daydream' - How Astral projection is a deeply spiritual practice of self-realisation Gene is dedicated to helping others achieve Astral projection and has provided his email at the end of the book in case you have any questions related to any of the points made inside.

This book covers the topic of astral projection and will educate you on exactly what astral projection is, the history of astral travel, why you should engage in it, and how to do so safely. Inside this book, you will discover the steps required to successfully and safely enter the astral plane, and also learn about the many benefits of doing so. Despite being relatively unknown, astral projection has long been practiced in many cultures around the world. By learning how to engage in this powerful activity, you will open yourself up to a whole new world of experiences, and be able to greatly improve your own life, as well as the lives of those around you. It's time for you to become an amazing person who has sufficient knowledge of the non-physical world and the esoteric principles that govern our existence. It is time for you to learn

about astral projection. If you have ever wondered what it would be like to float through the air with ease like a bird, swim through the ocean with the grace of a dolphin or travel to distant lands and meet new people without the hassle of leaving your own home, Astral projection is the key. Learn how to relax, take a breath, and bring the world to your fingertips with minimal effort. The key to understanding astral travel and how to consciously control what you have been doing subconsciously for years is finally presented in this book Here Is A Preview Of What You'll Learn... Understanding the Finer Aspects of Astral Projection Initial Steps in Performing Astral Projection Astral Projection - The Next Step after Deep Relaxation is Achieved The Hypnotic State in Astral Projection Separating the Astral Self from the Physical Body Exploration of the Astral Plane Much, much more! Download your copy today!

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 Hutchinson, author of Megabrain "Robert Monroe's experiences are probably the most intriguing of any person's of our time, with the possible 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 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 Toh (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!

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

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 experi-

ences 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.

"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. 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 ordi-

nary 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!

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!

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