

How To Astral Project The Essential Astral Projection Guide To Navigate An Obe Using Safe Astral Projection Techniques Astral Travel Astral Projection For Beginners

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. Why Learn About Astral Travel? Experience lucid dreams Increase Concentration Aid in relaxation Increase positive thinking Leave you more open to possibilities Increased confidence Decrease the effect of fear Inside this book, you'll discover: The benefits of astral projection Its risks Proven techniques Visualization Tips for developing the right state of mind And so much more! Discover what you can accomplish with an out-of-body experience and explore the physics of the nonphysical world. Learn how to navigate the delicate balance of the mind, body, and spirit that's required to project. Now is your opportunity to have your questions answered and achieve a conscious out-of-body experience for yourself.

Do you want to travel outside your body; without being seen by anyone, covertly, so you can experience

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the world as if you're on some secret mission, like a spy, able to watch people and visit places and take in new experiences-all without the limitation of limitations; that is, time, space, energy, and matter?

Think about the implications of being able to do astral projection. You could be anywhere you wanted to be, at any point in time, free from a limited physical body, and free to experience whatever you wanted without any limitation whatsoever. This book will teach you how to astral project so you can experience all this and more. Grab Your Copy Now!

Learn How to Travel Beyond the Waking Life: Discover the Secrets of Lucid Dreaming and Astral Projection Have you had the occasional lucid dream but want to take it further and learn how to control your dream experience? Do you want to explore the world of astral projection and learn how to communicate with the beyond? If so, keep reading! This book delves deep into the secrets that lie beyond our conscious minds... Have you ever woken up, only to understand that you're still dreaming? Did you get scared or excited? It's completely normal to feel a bit scared the first few times lucid dreams happen. But by now, you must have also felt the joys of controlling your lucid dreams and doing whatever you want without consequences... Even if you never had a lucid dream, you can learn to invite one and control it. There are some tried and tested techniques that this book covers in detail, along with the most efficient and safe ways to try astral projection. Out-of-body experiences are liberating and can teach us a lot about our lives and our loved ones... Here's what you'll learn in this book: What is lucid dreaming and how to tell the difference between myths and truths How to keep the lucid dream going and change it at will What are the benefits and what are the risks of lucid dreaming A step-by-step guide to preparing for a lucid dream, both awake and while dreaming What is an astral body and what are some typical projections you can expect Subconscious development and the best strategies to reap the benefits of astral projection AND SO MUCH MORE! Even if lucid dreaming and astral projection can

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sound a little scary, have no fears! These are well-documented ways to explore our mind, and can be practiced safely if you learn exactly how to do it! So Scroll up, Click on 'Buy Now', and Get Your Copy! How To Travel The World Beyond Just Dreaming and Without Leaving Your Home?(Proven Techniques Inside) How you ever had this feeling the moment you were transitioning from awake to sleep that is absolutely amazing? Would you like to see yourself and travel wherever your want without moving your physical body? Have you ever wondered if Astral Projection is real or not and whether you can learn it without becoming a master yogi or some type of meditation guru? If you answered "Yes" to at least one of these questions, please read on... I was wrong. Dead wrong. I thought that astral projection and all those out-of-body experiences are just some hallucinations or magical gimmicks that are not even real. Oh, may I was wrong. It was the first time I was in India about 15 years ago when I spent over 6 months there and got the experience beyond my expectations. And inside this book, I would like to share with you probably the most exciting piece of that experience and teach you how you can safely leave your body and achieve the level of connection with it you didn't think was possible. And that goes beyond just traveling the world. Take a look at what's inside: - What is astral projection, and why can it be valuable to you beyond just an amazing experience of mind traveling and leaving your body? - Is astral projecting dangerous? (a must-read chapter for the ones who've never done it before!) - Essential energy concepts and how to achieve the level of energy when your mind leaves your body and becomes an independent being? - What is the easiest way to effective astral projection? (for some, it take months to master this, and I will give you the shortcut) - Can you get stuck out of your body if you astral project? And how to make sure you come back at it the exact time you want - Astral projection techniques for beginners and advanced - special training to improve your Astral Skills and go beyond just leaving your physical body - Best techniques of the astral projection (these techniques are not for

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everyone, so be cautious once you try them out) - Practical advice about how to astral travel (from my own experience + some of the best practices from most experienced gurus) - Much much more... Again. You don't have to be some "super-yogi" to put these techniques into action and succeed with them. Just follow the instructions inside this book and enjoy the journey! Scroll back up, click on "Buy Now," and Start Reading!

Astral Projection Guide

Mastering the Art of Astral Travel

Transcend Your Physical Self and Travel to the Astral Plane (Out-of-body Travel, Guided Meditation, Self Hypnosis, Binaural Beats)

Astral Travel

Mastering Astral Projection

The Art and Practice of Astral Projection

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.

Explore the Astral realm easily every night! Astral Projection is the ability to separate your astral body from your physical body, allowing you to travel around and explore other realms with your spirit. This guide can show you exactly how to get started fast! OVER 15 TECHNIQUES: Learn over 15 methods and techniques, most of which you can't find anywhere else on the internet. These are unique and very effective methods.

CRIPPLING BEGINNER MISTAKES: Most beginners always make the same mistakes when trying to Astral project. In this section of the ebook we explain how to avoid making these critical mistakes, and how to just practice what works! TIPS AND TRICKS: Many powerful astral travel tips and tricks are included in this guide, most of which you've not heard before! HOW ASTRAL PROJECTION WORKS: A Detailed breakdown of how astral projection works and what parts of your brain are active during certain stages of the OBE. Plus lots more. This is being sold for double this price on the website, so make sure you get it at this low price now, before it changes! There's also a bonus section in the ebook just for my readers!

Gives all the necessary theory and directions to enter the astral plane, function there, and return with memory available. Astral Projection Astral projection refers to an out-of-body-experience (OBE) during which the soul leaves the physical body and travels to the astral plane. People often experience this state during illness or when involved in a near death experience, but it is also possible to practice astral projection

at will. Astral projection (or astral travel) is an interpretation of out-of-body experience (OBE) that assumes the existence of an "astral body" separate from the physical body and capable of travelling outside it. Astral projection or travel denotes the astral body leaving the physical body to travel in an astral plane. The idea of astral travel is rooted in common worldwide religious accounts of the afterlife in which the consciousness' or soul's journey or "ascent" is described in such terms as "an... out-of body experience, wherein the spiritual traveller leaves the physical body and travels in his/her subtle body (or dreambody or astral body) into 'higher' realms with this ebook: A complete guide for astral projection

Exploring the OutofBody State

Astral Travel for Beginners

26 Techniques for Astral Projection

Learn the Secrets to Experience Out of Body Control

Your Guide to the Secrets of Out-of-the-body Experiences

The Essential Astral Projection Guide to Navigate an OBE Using Safe Astral Projection Techniques (Astral Travel - Astral

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Projection for Beginners)

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

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! *From The Creator/Founder Of 'AstralHQ.com' & The YouTube Channel 'AstralHQ' With 5K+ Subscribers* Revised version: I've updated this ebook in 2022 to share the most effective and useful astral projection out there. This is a great starting point for learning the basics, and learning to astral project as effectively as possible. Learn how to astral project TONIGHT! Even if it's your first time. **OVER 15 TECHNIQUES:** Learn over 15 methods and techniques, most of which you can't find anywhere else on the internet. These are unique and very effective methods. **CRIPPLING BEGINNER MISTAKES:** Most beginners always make the same

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mistakes when trying to Astral project. In this section of the ebook we explain how to avoid making these critical mistakes, and how to just practice what works! TIPS AND TRICKS: Many powerful astral travel tips and tricks are included in this guide, most of which you've not heard before! HOW ASTRAL PROJECTION WORKS: A Detailed breakdown of how astral projection works and what parts of your brain are active during certain stages of the OBE. Get this beginners guide to astral projection to learn how to have OBEs within 20 days or less. I'm not sure how much longer I'll keep this available at this low price, as this is very effective and concise information. Scroll up (or down) to order now and start reading!

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 we have ancient knowledge Secretsmand 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!

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Astral Projection and the Nature of Reality

The Astral Projection Guidebook

Astral Projection For Beginners

Astral Projection Made Easy

Wake Up, Church!

How to Travel the Astral Plane and Having a Willful Out of Body Experience Lucid Dreaming, Hypnogogic State, Meditation, Proving Your Immortality. Exploring Your Inner Reality

"Looking To Gain Some Insight Into Astral Travel?" "Curious about Astral Projection?" "Ready to discover effective & safe Astral Travel techniques?" This Practical Guide Is Designed For Those That Might Not Really Understand The Astral Travel and How It Works and Are Looking To Learn Safe, Effective & Easy Methods To Astral Projection. Believe it or not, there are safe and effective methods for out-of-body experiences. And I give them all to you within this guide. You will finally learn how to: Safely & Effectively Astral Travel. Let's face it, if we don't know the methods and techniques to have safe astral travel then how can we expect to feel confident to feel safe with out-of-body experiences. Discover these methods & techniques today and have a blueprint for save and effective astral projection. The secret to your success will be how well you apply what you discover in this guide. Learn these strategies, apply them and be well on your way to having a good & sound astral travel. Here is just a bit of what You'll Learn about Astral Travel. * What is astral travel? * The dual components of human life. * Guidelines for a safe and successful astral voyage. * Astral projection techniques. * Creating a blessed cirle. * Connecting & affirming the 3 chakras. * The 5 astral realms. * The 5 gateways. * And much more.... Astral travel is safe and fun, If you understand the correct methods and techniques.

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Gaining the knowledge of these techniques and applying them will have you on your way to safe and fun astral travel!

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!

Astral projection has been talked about in different cultures for hundreds of years. With the steps provided in this book, most people are able to experience the amazing occurrence of astral projection for themselves within one month of practice! So begin learning today, and in no time you'll be confidently able to engage in astral projection!

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

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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.

Lightworker's Guide to the Astral Realm

How to Experience Safe and Fulfilling Astral Projection

Beyond Dreaming - an In-Depth Guide on How to Astral Project and Have Out of Body Experiences

The Llewellyn Practical Guide to Astral Projection

Astral Projection and Lucid Dreaming

Discover Unknown Worlds and Explore New Dimensions, Free Your Physical and Mental Limits (Proven Techniques and Methods for Learning to Travel Astral Plain)

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

If you want to have an amazing astral projection experience, then keep reading... Do you want to explore the universe and unravel the answers to mysteries in the non-physical dimensions? Are you ready to embark on a wholesome Out-of-Body Experience (OBE) to attain a higher level of

enlightenment, awareness, and spirituality? 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," then this book is for you. An out-of-body experience may sound easy, but it requires a perfect symphony of mind, body, and soul. Astral Projection: A Guide on How to Travel the Astral Plane and Have an Out-Of-Body Experience offers you the opportunity to learn how to explore the dimensions beyond the physical world and gain deeper insight and awareness about your existence and spirituality. This remarkable guide to intentional out-of-body experiences covers a lot of ground on OBEs, astral projection, and exploration of the astral realm. From A to Z, it tells you everything you need to know. It 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 this book, you will also 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. Advanced OBE techniques. How to discover and utilize your spirit guides. How to navigate the astral dimension without falling victim to negative entities. 5

secrets tips that can help you increase your vibration. How to heal your energy field and keep your vibrations at an all-time high. How to increase your clairvoyant abilities via astral projection. From powerful techniques to secret tips that you never knew, you are in for a stunning discovery about OBEs. With this practical guide, you can have your one-stop shop for everything related to astral projections and out-of-body experiences. Get this book now to get started on an amazing journey!

Visit a realm in which time and space have no meaning—the astral realm. Written for beginners, this friendly guide presents step-by-step instructions for six easy and effective astral projection techniques. Travel to different times and eras, visit with departed loved ones, and explore different astral worlds, such as the faerie realm. On the astral plane, it's also possible to heal yourself and achieve improved health, send healing energy to others, receive direction from your spirit guides, and view your Akashic records, the astral record of each soul's past and future events. Astral Projection (AP), or Out of Body Experience (OBE), is no hoax, sham or ritual of the occult. It is by no means supernatural and, in fact, is as natural as breathing or living itself. It's a real practice, originating at similar times across civilizations - dating back to times immemorial - without any contact between them, or joint efforts to develop such skills. It can be found in works of Ancient Greece, hieroglyphs of Ancient Egypt (as the movement of the Kha), Hindu lore and Buddhist practices of the

Pure-Land, and has been extensively chronicled by practitioners all over the world, including near death experiences recorded by medical personnel. It's a universal phenomenon that hundreds of thousands, if not more, have experienced and made a part of their daily lives; and countless more have taken part without even fully realizing it. This guide hasn't been written to convert non-believers though. Instead, I present to you the purest form of the scientific method: experimentation through experience. I hand you the means to unlock this phenomenon, cultivate and control it, and make up your own mind about its truths. If nothing else, the meditative requirements for AP will dramatically improve your physical and mental well-being. When you do experience your first OBE, as I know you will, it will unlock pathways to other realities, worlds and dimensions, and will expand your knowledge of yourself and the universe you inhabit like nothing before. So are you ready to take the last steps of your old life and the first baby steps into a universe so vast that it boggles the mind? Are you ready to enter a state that will reflect just how narrow your understanding of life has been up to this point? Let's get started!

How to Astral Project

Unlocking the Secrets of Astral Travel and Having a Willful Out-of-Body Experience, Including Tips for Entering the Astral Plane and Shifting Into Higher Consciousness

How To Get Started With Astral Projection And Learn To Induce OBEs

(Out Of Body Experiences) At Will

**The Complete Guide for Beginners on Astral Projection, and How to Travel
the Astral Plane**

**A Complete Guide to Astral Traveling, Out Of Body Experience and How
To Achieve Peace Of Mind Through Meditation and Mindfulness
Overcoming the fear of death**

*The astral projection is a unique way of living great adventures without moving from your bed (or your chair)...This phenomenon is known as astral travel, but it doesn't imply any "movement" in the physical sense of the word. In fact, the astral projection (or astral travel) is a temporary separation of your astral body from your physical body. It is a transfer from a physical plane to an astral plane. But WHO travels, if it's not the physical body? Let's take a look at the "subtle" composition of a human being: just like the universe is made up of different planes, or levels (the physical plane, the astral plane, etc.), every human being is made up of several bodies that form a layered structure. Different layers surround the physical body in the following order: - the physical body- the etheric body- the astral body- the mental body- the causal body- the Buddhist body (or supra mental)- the divine body (or atmic body) When we make the decision to astral project, it is of course the astral body that "travels" alone, leaving the physical body behind. This is why the phenomenon is also known as "out of body" experience. You might want to know that the astral entities that you come across during your journey are not "auras," as some people think: they are the astral bodies of different (living or deceased) beings. They can be human beings or animals for that matter.****Do you find this intriguing but also a little worrying? Well, you are not the only one. I don't think any astral traveler could claim they never felt the slightest apprehension...***The first fear everyone faces is not being able to "return" to*

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*one's physical body. Making bad encounters is also a major concern to most people. Although in theory accidents may happen, this book will show you that in reality, if you follow the proper techniques, it is impossible for these unwanted events to occur during your astral projection. If you feel an apprehension, don't try to deny it: it's a natural reaction. But mastering a few safe techniques will make the fear disappear, just as naturally as it appeared. The purpose of this book is to teach you the right methods for safely undertaking out-of-body experiences. It's a guide to traveling in the astral plane in a completely safe way, even if you have NEVER tried it before.- You will learn how to start an astral projection without having any prior experience (it's quite possible for a total beginner to embark on this new adventure. However, don't take things too lightly. You don't start an astral projection as easily as you start a car ...)- You will learn the easiest and fastest projecting techniques, but you will also be warned about those you must avoid if you are tired or under pressure (at the end of a stressful day for example).- You will read about the possible encounters in the astral realm, how to deal with them and how to make sure that nothing and no-one can ever disturb you.- Most importantly, you will learn everything about the unknown benefits of astral projection, what they are and how you can empower yourself and literally improve your everyday life using this extraordinary experience.*** This is the english version of one of Richard Armand's best selling ebooks (he is a French author, his books on astral traveling and extrasensory phenomena have been a great success in France in the past years) ***

Have you ever had an out of body experience? Is it something you would like to know? What you will learn in these pages: What Is Astral Projection Basic Astral Projection Methods Moving in the Proper State of Mind Directing Your Astral Body While there are an unending amount of theories, start with just one and see where it takes you. Learn to see the world in a different way.

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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!

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

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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!

Astral Projection

*An Essential Guide to Astral Travel, Out-Of-Body Experiences and Controlling Your Dreams
Ultimate Guide Master to the Art of Lucid Dreaming and Discover Your Own Expanding
Consciousness (Experience Lucid Dreaming, Hypnogogic State, Meditation and Prove Your
Immortality)*

*Your Guide To Understanding Astral Projection & The Effective & Safe Astral Travel Techniques
Projection of the Astral Body*

The Complete Guide to Understanding and Preparing Yourself to Astral Project, Mastering an Out-Of-Body Experience Travelling to the Astral Plane

Experience Inner Awakening, Profound Inner Wisdom, and Out-of-Body Experiences by Using Astral Projection Master the ability to access other planes of realities that go beyond the physical realm of different dimensions. Enter into other realms of realities that you might have experienced in a previous life or even see the place where we will go after the physical death. Learn A Simple, 10-Step Process For

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Astral Projection Success In 30 Days. If you are a beginner or have found it difficult to astral project, this book gives you a no-nonsense, practical approach to astral projection. If you have read about astral projection, but never tried it, this book encourages you to take action so you can experience it for yourself. This book provides a basic and simple outline on how to master the art of astral projection. Astral projection can seem to be very mysterious but it has multiple benefits once you learn how to travel to the different planes. Here Is A Preview Of What You'll Learn In The Astral Projection Handbook... What Is Astral Projection And How It Can Change Your Life Forever! How To Experience Astral Projection and Never Be The Same Again Amazing Experiences Are To Be Had: What To Expect When You Astral Project Fact or Fiction: Can you experience death during astral projection? So Why Would You Really Want Experience Astral Projection? Step-By-Step Look at Why You Should Use This Amazing Technique To Experience Bliss! Much, much more! Download your copy today of The Astral Projection

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The End Is Nigh!

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 consciously project

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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.

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.

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

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finding their way to their 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. If you want to experience an OBE (Out of Body Experience) it is a good idea before you give it a try to understand all the risks that are coming alongside an astral projection. A complete and clear guide is "ASTRAL PROJECTION: How to travel the astral plane and having a willful out of body experience lucid dreaming, hypnogogic state, meditation, proving your immortality, exploring your inner reality" by Karen Cooper, also author of other five books about meditation, chackras and healing. Here's what you will find inside the book: how to take off remaining conscious and remembering your astral experience prepare your mind and body for the experience meditation and hypnosis being out of the body for the first time (what you could find) best Astral Projection techniques ...and much more! Scroll up and add to cart "Astral Projection" by Karen Cooper!

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Astral Dynamics

The Guide to Astral Projection
for Beginners

Four Books in One. A Complete Guide to Travel While
Unconscious

The Safe Way to Enjoy Astral Projection and Its Wonderful
Benefits

90-day Guide to Out-of-body Experience

"We are all energy; energy creates consciousness. Right now, you are conscious energy manifested in physical form. The physical body is able to learn to release that energy to venture into other realms. This book will guide you through seven of the astral realms"--

"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.

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!

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

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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!

The Enemy Is Within Your Gates - Astral Projection and the Church

The Complete Book of Out-of-Body Experiences

Lucid Dreaming and Astral Projection

Astral Projection Guide: How to Get Started with Astral Projection and Learn to Induce Obes (Out of Body Experiences) at Will

Development for Mystical Spirit Walking & Out of Body Experience, Day & Night Meditation, Hypnosis & Affirmations (Master Theta, Delta & Lambda Waves, Journey Beyond Your Physical Body)

How the Awakening of Consciousness Is Synonymous with Lucid Dreaming and Astral Projection

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☐ Have you recently come across the concept of astral projection and having out of body experiences and are curious to know what it is all about and how you too can have such an experience, safely and without all the fear or without having a near death experience? Your Customers Will Never Stop To Use This Amazing Guide! If you've answered YES, keep reading... Let This Book Usher You Into The New World Of Astral Projecting And Experiencing Out Of Body Experiences At Will! The fact that you are here means you are

already sold to the idea of astral projecting and having out of body experiences but are probably wondering... Is it safe? What do I need to do to experience that? Will I still be in charge? What can you expect from the experience? If you have these and other related questions, this audiobook is for you. In it, you will uncover: - The basics of Astral Projection, including what it is, what it entails and how it works - What astral projection has to do with dream interpretation and inner peace - Step-by-step guide on how to astral project as a beginner - How to leverage the power of self-hypnosis to astral project effortlessly - Powerful techniques for astral projection that will help you astral project and have out-of-body experiences anywhere effortlessly - Analyzing your out-of-body experience and making sense of them - Any insider's look into the astral body and astral plane and a glimpse into the endless possibilities they offer - How to let go of your fears and apprehensions about astral projection - And so much more Even if you've never done this before and are afraid of the unknown, this audiobook will give you the gentle guidance and necessary assurance you need to keep going confidently! Click Buy Now to get started NOW! Buy it NOW and let your customers get addicted to this amazing book! 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 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 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.

~~~~~ 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.**

**A Guide on How to Travel the Astral Plane and Have an Out-Of-Body  
Experience**

**A Complete Guide to Astral Travel and Out of Body Experiences  
Astral Projection for Beginners**

**Guide to Travel in Mysterious Worlds and Contact Your Loved Ones  
(Ultimate Guide to Separating From Your Physical Body and Travelling  
Outside It With Astral Travel)**

**The Ultimate Astral Projection Guide with Tips and Techniques for Astral  
Travel, Discovering the Astral Plane, and Having an Out of Body Experience!**

*The exercises in this book are carefully graded to take readers step-  
by-step through an actual out-of-body experience.*

*1929. Dr. Carrington, one of the world's foremost psychic researchers,*

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brings his vast knowledge of scientific investigation to bear in editing the remarkable account of Sylvan Muldoon's out of body experiences. Muldoon gives not only a vivid account of his own astral projections, but instructions to the student in the technique of projecting the astral body.

We all have the ability to separate from our physical bodies and travel on the astral plane. In this uniquely practical guide, you will learn how to differentiate between astral travel and conventional dreaming, and how to control and monitor the exper

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

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*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.*