

# Dreams And Astral Travel

Dreams And Astral Travel Post Dreams and Astral Travel Target Audience People interested in spirituality consciousness and personal growth Dreams astral projection outofbody experience lucid dreaming astral realm spiritual exploration consciousness expansion Title Ideas The Mystical Realm of Dreams Unveiling the Secrets of Astral Travel Journey Beyond the Body Exploring the World of Astral Projection The Art of Lucid Dreaming Mastering Your Dreams and Expanding Consciousness Stepping Into the Astral Plane A Guide to Understanding and Experiencing Astral Travel Dreamscapes and Astral Realms A Beginners Guide to Astral Travel Sections 1 Engage the Reader Start with a captivating story or anecdote about a vivid dream an outofbody experience or a profound realization during a dream Background Briefly explain the concepts of dreams lucid dreaming and astral travel Purpose State the purpose of the blog post to explore the potential of dreams and astral travel for selfdiscovery spiritual growth and understanding consciousness 2 Understanding Dreams and Astral Travel Types of Dreams Discuss different types of dreams nightmares lucid dreams prophetic dreams and their potential meanings What is Astral Travel Define astral travel outofbody experience and its potential benefits The Science Behind it Briefly touch on scientific theories and studies about dreams and astral projection without going too deep The Spiritual Perspective Explore the spiritual interpretations of dreams and astral travel linking them to soul evolution higher consciousness and connection to the divine 3 How to Enhance Your Dream Experiences Lucid Dreaming Techniques Share practical methods like reality checks dream journaling and mindfulness to achieve lucid dreaming 2 Tips for Astral Projection Introduce techniques like relaxation exercises visualization and intentional energy work to induce astral travel Safety Precautions Emphasize the importance of grounding and mental stability during astral travel and offer tips for a safe and enjoyable experience 4 Benefits of Exploring Dreams and Astral Travel Personal Growth and SelfDiscovery Discuss how dreams and astral travel can reveal hidden desires fears and potential Spiritual Awakening Highlight the potential for connecting with higher realms guides and spiritual wisdom Expanding Consciousness Explain how these experiences can broaden our understanding of reality and our place in the universe Healing and Transformation Explore how astral travel can facilitate emotional healing spiritual growth and overcoming limiting beliefs 5 RealLife Experiences and Anecdotes Share personal experiences or stories from others about transformative experiences through dreams and astral travel Use these accounts to illustrate the potential benefits and inspire readers to explore these realms 6 Conclusion Briefly recap the main points discussed in the blog post Call to Action Encourage readers to explore their own dreams and consider the possibility of astral travel Final Thoughts Leave the reader with a sense of wonder inspiration and motivation to

further their journey of selfdiscovery and spiritual growth 7 Resources and Further Reading Provide links to relevant books articles and websites for those who want to delve deeper into the topic Include information on online communities and forums for sharing experiences and learning from others Note This outline provides a general framework Feel free to adapt and customize it to your own writing style and audience You can also expand on certain sections and add additional information as needed 3

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Astral Projection Astral Projection Astral Travel For Beginners Astral Travel Astral Projection A Witch's Travel Guide to Astral Realms Astral Projection Astral Projection and Lucid Dreaming Astral Projection For Beginners Dreams and Astral Travel A Course in Astral Travel and Dreams Astral Projection: Unlocking the Art of Conscious Out-of-body Journeys (The Beginner's Guide to Astral Projection Unlocking the Secrets of Out-of-body Travel) Beyond Dreaming - An In-Depth Guide on How to Astral Project & Have Out of Body Experiences Astral Projection for Beginners Astral Travelling Astral Projection Within 24 Hours Astral Travel Astral Travel & Aura Viewing Astral Projection For Beginners Astral Projection *Jamie Parr Christopher Tipler Richard Webster Nicole Harrington Samuel Shepherd D. J. Conway Kimberly Moon Mari Silva AstralHQ Rosemary Guiley Belzebuub Jack Watts Gene Hart Beatrice Schwartz Alfred Ballabene Quentin Q. Gavin Frost Yvette Leblanc Mathias Eye William Ortiz*

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

if you have always wanted to feel better and become more spiritual but have not known where to start then keep reading 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 do you finally want to say goodbye to feeling stuck and having questions and discover something that works for you if so then you ve come to the right place you see spiritual growth and astral travel don t have to be difficult even if you ve tried other solutions that haven t seemed to work such as hypnosis or other paranormal techniques in fact it could be easier than you think astral traveling has intrigued many people from different civilizations throughout the centuries although scientific researchers have not proven the logic behind astral travel it is perplexing to take note that different people from different regions countries and religions have experienced the same experiences this definitely means that there is so much more to astral travel than just simply dreaming of traveling to another world astral projection is a difficult thing to do and it can be difficult for first timers thus this book here is a preview of what you ll learn what is astral projection history of astral projection how to have an out of body experience astral projection and dreams how to cause astral travel frequently asked questions much much more download your copy today

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

for people who want an incredible level of control over their mind and body for the first time two books astral projection by nicole harrington and astral projection by joy martel are being offered in one collection discover how to tap into a new metaphysical realm with your body s inner power and change your life forever description from astral projection by nicole harrington we have all heard stories about people who have mysteriously left their bodies and gone on journeys to faraway lands strangely these stories have not just appeared in modern times but have been occurring throughout history for thousands of years people who have achieved astral projection often say that the experience resembled leaving their bodies

and existing in a different dimension often referred to as the astral plane for years i have studied historical texts in order to hone my techniques and skills in astral travel there is no greater thrill than being able to hand this knowledge about astral projection down to those who are looking to achieve out of body experiences these experiences can be life changing opening a person up to look at the world in a whole new light come and learn the secret techniques needed for these out of body experiences in astral projection description of astral projection by joy martel do you feel that you are not living up to your potential would you like to feel more connected with your body and your mind imagine how much better life would become if you could only unlock your true potential and harness the power that resides within you as a young adult i believed that no matter how hard i tried how hard i applied myself whether in work school or family life i wasn t reaching my full potential i felt that i could achieve so much more the problem was i couldn t figure out how to unlock my true potential it wasn t until i discovered astral projection and travel that life changed forever as a new world opened up to me allowing me to tap into the mental and physical reserves i always knew i had over the years i have helped others unlock their potential to finally start living life on their own terms by employing easy to learn strategies anyone can discover the wonderful benefits of astral projection and this book will show you how finally helping you activate the extra potential you know you have

unlock the secrets of out of body travel higher consciousness have you ever wanted to leave your body explore the universe and experience the limitless nature of your consciousness what if you could visit other dimensions meet spirit guides and access divine wisdom all from the comfort of your own home astral projection is real and you can learn how to do it introducing the ultimate astral projection series this 4 book series is a complete guide to mastering the art science and spiritual power of out of body travel whether you re a beginner looking for your first projection or an advanced seeker ready to explore higher dimensions this series will take you step by step through the incredible world of astral travel what you ll learn inside this 4 book collection book 1 the beginner s guide to astral travel unlocking your first out of body experience learn proven techniques to achieve astral projection no prior experience needed master deep relaxation and separation methods to leave your physical body with ease overcome fear doubt and mental blocks preventing successful projection book 2 the science and spirituality of astral projection exploring the boundary between worlds discover how science and quantum physics support the existence of out of body experiences explore ancient teachings on astral travel and consciousness expansion understand brainwave states and how they impact projection success book 3 astral combat psychic defense navigating the dangers of the astral plane protect yourself from negative entities energy parasites and thought forms master psychic shielding energy defense and vibrational control to ensure safe travels develop strength and awareness to maintain sovereignty in the non physical realms book 4 sacred journeys beyond the veil meeting spirit guides and unlocking past lives connect with spirit guides ancestors and ascended beings for wisdom and guidance access the akashic records to reveal your past lives and karmic lessons experience deep spiritual healing and soul level transformation through astral travel why this series is a must read step by step guidance no vague theories each book provides clear

instructions and actionable techniques you can practice today science meets spirituality learn how modern research and ancient wisdom align to unlock the mysteries of astral projection practical safe understand the dangers of the astral plane and how to protect yourself while exploring other dimensions advanced techniques go beyond basic projection and explore past lives higher realms and spiritual awakening life changing benefits strengthen intuition dissolve fear expand consciousness and uncover your true purpose what readers are saying this book series changed my life i went from struggling with projection to confidently exploring other realms emily w finally a book that combines real techniques with deep spiritual wisdom highly recommend jason m a must read for anyone serious about astral travel the psychic defense techniques alone are priceless sofia l are you ready to leave your body and explore the unknown don t wait any longer to unlock the incredible power of astral projection whether you re seeking personal transformation spiritual awakening or cosmic adventure this series will guide you step by step into the limitless realms beyond the physical world get your copy now and begin your journey beyond the veil

witchcraft

if you have always wanted to feel better and become more spiritual but have not known where to start then keep reading 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 do you finally want to say goodbye to feeling stuck and having questions and discover something that works for you if so then you ve come to the right place you see spiritual growth and astral travel don t have to be difficult even if you ve tried other solutions that haven t seemed to work such as hypnosis or other paranormal techniques in fact it could be easier than you think there are many reports of successful astral projections with positive outcomes for the participants demonstrating that out of body experiences are real here s just a tiny fraction of what you ll discover background information on astral projection what is the attraction and why do people want to have out of body experiences best methods and techniques how to perform them how to jump start your experience real world information that you can do in your daily life to enhance the experience and what to expect during your preparation and journey frequently asked questions you will get as much information as possible to answer any concerns or questions you have what it s like coming back how to ease your return into the physical world and what to do once you are back and much much more take a second to imagine how you ll feel once you have successfully traveled through the astral realm and how your family and friends will react when they see how much calmer more focused and happier you are so even if you ve been disappointed by fake guarantees and promises that didn t come true don t worry you can still learn to have purposeful positive out of body experiences with astral projection and if you have a burning desire to get started on your spiritual journey to higher consciousness and willful astral projections then scroll up and click add to cart now

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

master obes and astral travel fast journey beyond the confines of the physical realm and embark on an adventure that transcends time and space in master obes and astral travel fast you're not just reading a book you're unlocking the secrets to navigating the astral plane discover the foundational techniques and tools that have helped thousands soar through the cosmos learn the art of inducing out of body experiences obes from the comfort of your bed experience the wonders of astral realms and meet beings of light and energy that will guide your path uncover tips tricks and safety precautions to ensure every journey is enlightening and secure whether you're a curious beginner or an astral travel veteran looking to refine your skills this guide offers a comprehensive approach to mastering the mysteries of the non physical prepare to spread your astral wings and fly the

universe awaits

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

a course in astral travel and dreams takes you on a trip through the world of dreams and opens up a world of learning for day to day life

this comprehensive guide explores the profound practice of out of body experiences obes and astral projection blending ancient wisdom with modern science it walks readers through every stage of the journey from preparing the mind and body to mastering projection techniques navigating the astral realms overcoming fear and integrating insights into daily life designed for both beginners and seasoned practitioners this book offers practical methods meditations and advanced practices to help unlock non physical exploration whether you're seeking spiritual insight healing or direct experience of consciousness beyond the body this guide provides the tools and encouragement to explore safely and intentionally with this book you will be able to learn about the following learn about the basics of astral travel chapter 1 discusses about the astral projections throughout society its benefits as well as the astral plane this chapter will provide you with the necessary information that you need to know about astral traveling chapter 2 discusses about the steps on how to do astral traveling this chapter provides information on what to expect when it comes to astral traveling the information is very important especially for beginner astral travelers lastly chapter 3 discusses about the different techniques in astral traveling this chapter will also discuss the use of crystals for astral traveling that can help you remove any obstacles in astral traveling if you want to unlock the mysteries of astral projection and transform your spiritual journey then this book awaits you to start your own astral journey right away these guidelines will help you tremendously with your own self exploration the vastness of this universe surpasses what our limited perceptions and experiences can uncover

revised edition 2024 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 contact details and extra resources at the end of the book

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 a 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

astral travel or astral projection abbreviated obe out of body experience means travelling through subtle planes it does not really matter if it is doubted that this possibility exists what is important is that these experiences are highly exciting and allow us to grow inside as a person with a

perceptible and visible body we experience an unknown environment that seems to be as real as the physical world sometimes we are even more awake and we experience everything with more intensity than in everyday life we step into a world full of wonder and beauty in this we are not simply passive observers but instead we are able to knock on someone's door to go in and speak with the people who live there through astral travel my inner life has been enriched enormously in repeated experiences on the astral plane encounters with deceased and highly evolved beings i could strengthen my own belief in a world beyond and in afterlife life has gained a deeper meaning it is not only for short lived pleasure and fun instead higher goals are pursued and it becomes possible to evolve as a person this book presents and explains different phenomena and methods of astral travelling it also contains considerations on lucid dreaming vs astral travelling people who are studying the phenomena of astral travelling will find plenty of information here

crave the freedom of soaring beyond your physical limits yearning to unlock the mysteries of the astral plane dance with unseen beings and explore realities beyond your wildest dreams astral projection within 24 hours isn't just a guide it's your instantaneous escape pod from the mundane ditch the years of practice and forget grueling meditations this proven rapid fire method will have you launching out of your body within a single day regardless of past failures or skepticism imagine whisking through celestial landscapes weightless and unbound peering into forgotten past lives unraveling cosmic secrets meeting enigmatic astral beings and gleaning forbidden knowledge the astral plane is your playground bursting with limitless possibilities this book is your key unlocking hidden doors within your own consciousness and revealing a reality far grander than you ever imagined no more yearning no more frustration take control of your destiny today get astral projection within 24 hours and shatter the boundaries of your existence ready to fly click get this book now and start your adventure

teaches you how to differentiate between astral travel and conventional dreaming you can learn to control your experiences complete instructions for astral dreaming twilight zone astral travel meditative state travel travel in the spiritual realms helping and healing with astral travel and much more

astral travel aura viewing spiritual and effective pathways reading my book and following the suggested techniques will change your life forever it explains in detail how you can have exciting unbelievable adventures to future past and alternate lifetimes to astral counterparts of physical objects and places and to see your own magnificent aura these things are doable without sniffing glue eating hallucinogenic mushrooms taking drugs or performing weird sex it takes no special talent to have these awesome life changing experiences only some time and determination my methods involve deep breathing calling out to god through chanting and sacred meditation the book is concise and basic here are some quotes part one definitions the astral plane is a vibration of life that is highly emotional and visiting it can be a nightmare world of hell a blissful journey to heaven

or one of many many places in between normally we project using an astral body we possess different energies of all vibrations and will without realizing or making any effort choose just the correct combination depending on the vibration of light needed for the journey this astral energy can sometimes be seen and is called the aura part one astral travel basics don t get hung up with tedious drawn out methods to leave your physical body one body part at a time you don t need to project an astral counterpart of your entire physical self i suggest you simply project that part of you located between your eyes that s where your true self is located anyway the fastest and easiest way is to just be wherever it is you want to be don t even think about what you look like that will just bring you back to the physical part two two methods to project to wooded areas when you are in the air and you feel like you are flying you might not be it took me a long time to realize that i was really located in a point in the sky i had no body so i was not subject to gravity however the earth was rotating on its axis i just had the sensation of moving it s like when you re in a car wash seated in your car the big brushes come forward and you have the sensation of moving even though you are not part three my experiences holy and wonderful the separation was in a whole different manner i remained in my physical body while i felt energy projecting i became a being of white light energized by my heart chakra part three my experiences holy and wonderful while meditating on a violet crystal i asked to see my spiritual guides amazing spheres of brilliant colored light appeared i saw a pink spirit and a golden flame baby which i brought to my heart chakra the face of a happy young man looked arabic smiled at me my tunnel rotated very fast and pointed very high part three my experiences the difficult located on the side of a mountain there was a huge stone castle which had many jagged edges of rock i was part of a group of very intense people just outside it seemed we were not worthy to enter the castle from the front because i was small and agile i had been selected to deliver something of great importance to people waiting inside i have no idea what it was i climbed very high while hugging the castle the best i could to some kind of small opening in the rock i was petrified part four aura etheric and halo viewing seeing your own magnificent light will help you realize you are a holy spirit and truly a child of god it s very exciting just a matter of waking up the third eye which is located at the base of your nose and extends to the very center of your head when following these instructions you will have one foot in the third dimension the physical and one foot in the fourth dimension the astral

almost every night something happens during your sleep something that you re still thinking could be a figment of your imagination you go to bed you fall asleep and then all starts you feel the vibrating sensation that grows through your body you have a buzz in your ears just at the very moment when your mind is in the dimension between light sleep and rem phase while your body sleeps peacefully you find yourself floating over your bed you re floating on the side you re watching your hands it s like your body was made of stardust with an aura of little points of light sometimes you could live magical experiences enjoying indescribable sensations and travel to awesome places but other times you may face bad nightmares fight with your big fears or dark shapes that immediately brings you back into your body at this point you suddenly wake up shaking

with labored breathing and thinking that it was so real well if you want to know what we're talking about here is the answer is astral projection how can you have control over it would you like to enjoy these experiences even when your fears emerge would you like to remember it every time that happens then you will find all the theory hands on tools and useful tips that can truly support you in this book astral projection for beginners discover which are the steps that you need to live incredible journeys develop self control the awareness to be a spirit and not a body and find the way for your astral travels among the several chapters of this book you will find how to understand if you have astral projection experiences the 5 astral projection myths now debunked how to prepare yourself for astral projection the 7 keys to controlling the vibrations to reach a full state of astral projection how to begin to safely and consciously try astral travel at home techniques and method to start your first astral projection top 13 astral projection tips the 6 things to avoid while attempting astral projection in depth theoretical explanations on astral travel obe astral body and astral plane don't be worried to wait so much or to fail at your first attempt even beginners can have their initial experiences after only 15 days of practice reach a dimension where everything you want is possible and elevate yourself to a higher spiritual level get immediately a copy of this book click on the buy now with 1 click button

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

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