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Of Out Of Body

Astral Dynamics The Complete Book Of Out Of Body

"In 1989 Rob Sedgwick was caught with an incriminating hoard of marijuana by the DEA in his Upper West Side apartment, and charged with possession and distribution. Bob Goes to Jail follows Rob as he prepares for the trial and explores his childhood and early adulthood through a series of intimate, and sometimes dark, vignettes of privilege and debauchery"--

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

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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

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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

In 1958, a successful businessman named Robert Mornroe 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 unbounded by life or death. Monroe recorded these experiences in two bestselling, landmark books, *Journeys Out of the Body* and

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Far Journeys. Ultimate Journey, his final and career-defining work, takes us further than we thought possible—and reveals to us what it all means. Ultimate Journey charts that area which lies "over the edge," beyond the limits of the physical world. It presents us with a map of the "interstate"—the route that opens to us when we leave our physical lives, with their entry and exit ramps, their signposts and their hazards. It also tells us how Monroe found the route and travelled it, and uncovered the reason and the purpose of this pioneering expedition. It is a journey that reveals basic truths about the meaning and purpose of life—and of what lies beyond.

If you have ever pondered the mystery of Astral Projection, Astrology & Out-of-Body-Experiences & wondered if they

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are real then continue reading... The study of Astrology goes back thousands of years. Our ancient ancestors looked to the sky for many of their answers. Throughout most of its history, astrology was considered a scholarly tradition and was common in academic circles, often in close relation with astronomy, alchemy, meteorology, and medicine. Taking a look at the science, the facts and the speculation behind both the near-death experience and the concept of Astral Projection, this book will provide you with a solid introduction to the experience of traveling beyond your own physical reality. The book also covers the basic principles behind Astral Projection including everything you need to know to begin exploring the phenomenon for yourself. Using tried and tested methods, the book looks at

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how to prepare yourself to project beyond your own physical body, what to expect when you do and how take the first steps in order to achieve your first out-of-body experience. The keys to understanding astrology is by their groupings into elements, qualities, ruling planets and more. This book contains information on each of the traditional Western signs of the Zodiac. In a full new examination of the traditional Zodiac, this book looks at the popular interpretations of the signs and symbols it contains. In this book, you will discover the realities and benefits of Astral Travel along with a look at the dangers involved (and also how to deal with them). The information in the book is presented in a simple, easy to understand format and the exercises included in the book are designed

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to be easy for the beginner to both understand and put into practice. Inside the Book you'll also get: Zodiac Controversies Astrology In The Eyes Of Our Ancestors Astrological Charts And Their Significance Explanation Of Each Of The 12 Western Zodiac Signs Love And Relationship Profiles Of Each Zodiac Sign Personality And Compatibility Profiles Of Each Zodiac Sign Ideal Careers For the 12 Zodiac Signs Explore the symbolism, both ancient and modern The Facts, the Fiction and the Science behind Astral Travel The Basic "Rules" and Techniques of Astral Projection The Realities and Benefits of Astral Projection The Dangers of Astral Projection - And How to Protect Yourself And much, much more... The book also places them in context with their ancient meanings. While

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some astrological signs are easy to interpret, others have deeper meanings and associations now overlooked in the modern world. It's a journey through the fascinating human traits that the Zodiac provides a reference for and, like all exciting journeys, may contain a few surprises. Also containing an introduction examining why the sky (and what was going on up there) was so important to our ancestors, this book takes a deeper look at how the influence of the stars can fashion those of us who live our lives in their shadows. What are you waiting for? Click "Add to Cart" to receive your copy now.

Exploring the OutofBody State

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

A Guide on How to Travel the Astral Plane and Have an Out-

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Of-Body Experience

Astral Projection and the Nature of Reality

Astral Dynamics

How to Have Them and What to Expect

The Llewellyn Practical Guide to Astral Projection

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.

Is everything that goes on in your mind really you? Perhaps not, says Australian psychic researcher Robert Bruce. Drawing on more than two decades of firsthand research and experience, Bruce reports that our minds

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are subject to influences from many unseen spiritual sources. Some of these can influence how we think, feel, act, and even how our bodies function. They can make us unhappy, irritable, confused, sick, unstable, even crazy. This is why we need practical tools and countermeasures for psychic self-defense, all of which Bruce provides. This is the ultimate guide to combating the influences of earthbound spirits, deranged ghosts, astral snakes and spiders, demonic spirits, and poltergeists. This is a highly anecdotal and comprehensive practical guide to the dark side of the psychic universe.

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"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.

All my life I sought an elegant solution to one odd riddle. I sought it from Siberia to California, from the field of neurophysiology to quantum physics, and in illegal experiments on thousands of people. But the answer I found sent me into shock and changed my entire perception of reality. Unlike others, I offer not only a new perspective on the world, but also step-by-step practices

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that can shake the pillars of your limited reality, and give you revolutionary new tools for obtaining information, self-healing, travel, entertainment, and much more. By the Phase Research Center

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- A Practical Guide to Astral Projection
- A Survival Guide
- Between the Gates
- Astral Projection and Lucid Dreaming
- Astral Projection Made Easy

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A Practical Manual for Exploration and
Personal Evolution

An untold story

Throughout history, people have reported spiritual experiences that we now identify as out-of-body experiences or OBEs. In recent times, modern researchers like Robert Monroe have pioneered the scientific study and practice of OBEs. Increasingly, people are remembering spontaneous OBEs, especially from early childhood. Also, OBEs are a typical feature of near-death experiences and have been described as beautiful, painless, and ecstatic. This is the comprehensive manual for inducing out of body experiences and managing the experience. Peterson not

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only explores the stages of his own development, but also concludes each chapter with a specific exercise that takes you to the next level. From wiggling out of your body for the first time (the author did a back flip his first time) to traveling through other realms and dealing with your "encounters," this is one of the most practical, step-by-step guides to OBEs available. He clearly demonstrates how this consciousness-expanding experience is accessible to anyone willing to make the leap into the great beyond. This is the ultimate manual on how to leave home alone....

"Dimensional Gateways - A Practical Guide to Astral Projection" is another excellent book written by Pane Andov. It gives step by step instructions for awakening

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human latent astral potentials, how to visit other dimensions, what to do and what not to do there. Among many other things, Andov is a lifetime astral traveler with over 30,000 out of body experiences and thousands of students worldwide. His knowledge and experience are always a valuable asset to anyone who studies or practice the art of astral projection. Andov clearly explains that the physical dimension that we are currently living in, is not the only one that exists and that there are other six dimensions that our soul essence can visit and manifest on. In other words, our soul essence - which is the consciousness itself, is capable of multidimensional presence. What the Astral Plane is a concern, as with any other living forms in the Universe,

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the same principle applies for the human beings - the length and the reachable distance while out of physical bodies, will vary on the amount of life force the consciousness has during the process of astral departure or separation from the biological host. During the sleeping time, the astral body of the human being departs from the physical host and enters the Astral Plane where it starts collecting life force energy that is essential for biological existence. The entire recharging process is fully explained, which gives valuable clues to the student, of how the dynamics of the energy transfer between the astral, etheric and physical body works. A part in the book deals with dreaming programs of holographic nature; why we are perceiving them inside

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the Astral Plane or how they are artificially manifested inside our consciousness. A complete elaboration of four sources that the dreaming programs can originate from are given and how one can break the dreaming hologram and regain a full awareness on the Astral Plane. During the sleeping time, many people experience something that is called a "Sleep paralysis" phenomenon. Sleep paralysis is a phenomenon during which an individual is unable to move physically during falling asleep or awakening, but is aware of his/hers surroundings. The author provides the techniques of how to safely exit the Sleep paralysis state and to use it as an advantage to raise the Kundalini energy and achieve high-quality astral traveling. The entire training

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manual is given how one can tune into a progressive meditative state and by learning Andov's five system method, can achieve remote viewing, astral travel and a lot more. A complete guide book for those who are practicing these arts, which saves years of useless experimentation. For all the beginners, many shortcuts are given how to get them from a starting level to a very advanced one. A book that will change your life in six months if the techniques and instructions are followed correctly and as advised. Once one becomes an astral traveler, he/she starts learning about the Dimensional Gates and the ultimate exploration of the Universe begins...

Defines the core vocabulary of English words and

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phrases, and includes synonyms and brief word histories.

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.

Dimensional Gateways

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The New Science of Out-Of-Body Experiences

Hidden Power

Interdimensional Guide to Out of Body Experiences

The Study and Practice of Astral Projection

**Lucid Dreaming, Astral Projection, and the Body of Light
in Western Esotericism**

Astral Projection for Beginners

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

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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

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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

Explains how the subconscious mind works, tells how to communicate with the subconscious, and describes the ways in which it can lead one to success.

This step-by-step approach to physical and emotional health shows how to use the body 's energy centers to speed healing. In Energy Work, Robert Bruce offers a, simple, easy-to-learn, approach to self-healing, based on his breakthrough system of Body Awareness Tactile Imaging energy work. Bruce explains how to use tactile imaging, based on one 's sense of touch, rather than visualization, to

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stimulate the flow of vital energy throughout the body. This is a system that anyone can use, regardless of age, health, or previous experience. Readers learn how to awaken the body ' s energy centers and move healing, vital energy throughout the body. Energy Work offers exercises to:

- Improve immune system function
- Enhance vitality and self-healing ability
- Increase psychic and spiritual abilities
- Develop stronger and more intimate relationships

Bruce provides easy-to-follow illustrations along with a series of exercises that encourage safe, rapid results. This is a valuable guide for anyone seeking to take charge of his or her health. A practical step by step manual on the very complex phenomenon of leaving one's physical body on this plane to travel to others.

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The Complete Beginners Guide to Zodiac Signs, How to Travel Out Of Your Body On The Astral Plane, Find True Love, Your Perfect Career And Your Personality Profile

Navigating the Out-of-Body Experience

How to Unleash the Power of Your Subconscious Mind

Radical New Techniques

Astral Projection

Lightworker's Guide to the Astral Realm

Door-ways to Light

We are all energy, and energy creates consciousness. Right now, you are conscious energy manifested in physical form. You can learn how to release that energy from the physical body to venture into other realms. Lightworker's Guide to the Astral

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Realm will take you on an amazing journey through 7 of the astral realms of energetic worlds you never imagined existed. Chapter by chapter you will discover the limitless potential of the universe, and what lies beyond will be revealed. From the home of spirit guides to the masters of the multiverse--you will learn how to explore them all through soul travel. This book will show you how to: Cultivate a deeper connection to your spirit guides Heal grief Maintain an elevated vibration Access and explore other realms to enhance your life Find and follow your personal "God Grid" Lightworker's Guide to the Astral Realm will not only reveal to you the knowledge of the celestial worlds, but it will also show you how to bring that same state of higher being into your own life and to the planet.

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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

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

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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.

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

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to achieve an incredible astral projection experience ? Astral Projection Beginner's Guide offers an exclusive look inside the realm of the spiritual world, which is largely unknown to many individuals in today's society. The techniques explained in this book are very clear and doable, requiring no specialized knowledge and no mystic powers. They are techniques that you will find, at face value, too ordinary to believe. Yet once you get to practice them you will clear any doubts you ever had about ordinary people doing extraordinary things. You will be a living testimony that all you need is basic but important knowledge to do what a mystic can do in terms of astral projection. In this book you will learn: What Astral Projection entails How different astral projection is from an ordinary dream How to prepare your body

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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!

The History and Science of Astral Travel

Mastering Astral Projection

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

90-day Guide to Out-of-body Experience

The Phase

Journeys Out of the Body

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Seeing Myself

A Better Approach to Astral Projection

Experience the insights and joys of astral projection with **Navigating the Out-of-Body Experience**—a personalized, accessible, science-based guide from a top authority in the field. Drawing on more than twenty years of study and countless OBEs that he has brought about in himself and others, Graham Nicholls shares proven techniques for leaving the body. Gain greater insight into your psychological makeup and strengths with a unique approach to self

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discovery. Learn to use your greater awareness to build a customized approach to projecting into the astral plane. Integrating his deep knowledge of self-hypnosis, breath work, virtual reality, quantum science, nutrition, and healing, Nicholls teaches you how to move past limiting beliefs and deepen your level of self-understanding so you can achieve your astral goals. Praise: "A fascinating review of out-of-body experiences in a detailed, yet easy-to-read style. Nicholls' valuable contribution [provides]

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excellent and practical direction to help explore this phenomenon."—Dr. Jeffrey Long, New York Times bestselling author of Evidence of the Afterlife "Navigating the Out of Body Experience stands out as one of the best. Graham Nicholls [demonstrates] a rare and welcome understanding among authors within this genre."—Thomas Campbell, NASA Physicist and author of My Big TOE

Are you interested in exploring the spiritual realm? Read this book for FREE on Kindle Unlimited – Download Now! Do you

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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

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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.

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You'll be happy you did!

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

Astral Projection: Interdimensional Guide

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to Out of Body Experiences Learn the bizarre secrets to Astral Projection and Out of Body Experiences! Astral Projection: The Interdimensional Guide for Out of Body Experiences is your must-have handbook containing everything you need to know about astral projection. It is the newest title from Daniel Kai, who has written the book from his own personal experiences. Divided into eleven chapters, this book tackles the bizarre and misunderstood topic of out of body experiences with both confidence and

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humour. Decades of research, trial and error have taught the author everything that he knows about the topic today. Look no further for a brief history of astral travel, a run-down of Kai's own past, and a step-by-step guide describing how to induce both sleep paralysis and out of body experiences. There is a huge variety of tips, suggestions and advice for beginners and experts alike. Anyone can have a go at astral travel and learn to open up entire new worlds to explore, so whether you're just starting out on this

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adventure or if you're looking to hone your techniques, then this is the book for you. 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 out of body experiences How to get past the initial fear and shock of being separated from your body The important differences between lucid dreaming and real astral projections Strange encounters on the astral planes How to travel anywhere,

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anytime during your astral voyages The
role of guides and other interdimensional
Much, much more! Are you ready to begin
your out of body adventures? Take action
now. Scroll up and click the 'buy' button
at the top of this page and you will soon
be reading Astral Projection:

Interdimensional Guide to Out of Body
Experiences.

Projection of the Astral Body

The Out of Body Experience

The Classic Work on Out-of-Body Experience

The Practical Psychic Self-Defense

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Handbook

Astral Projection Mastery

Energy Work

Shattering the Illusion of Reality

Master the skills of leaving the body using logic and reason. Improve self-understanding and achieve personal growth with over a dozen exit techniques. With well-ordered, rational explanations, Demystifying the Out-of-Body Experience describes how and why OBEs work. This is a groundbreaking guide for using OBEs to understand your place in the worlds that exist beyond our daily lives. Meet spiritual guides, loved ones who have crossed over, and even other out-of-body travelers who want to help you understand

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who you are and why you are here. Learn communication techniques and memory aids to get the most out of each experience, in addition to tips for creating a program of OBE mastery. Contrary to popular belief, many people have come back from "the other side" and shared their experiences. And now, you can be part of this life-changing exploration. Perfect for beginners and experienced seekers who want to learn about the non-physical planes in a non-mystical context and want to evolve the condition of their soul. This practical workbook for spiritual transformation is based on the research of the International Academy of Consciousness. The Llewellyn Practical Guide to Astral Projection by Denning and Phillips is simply the best step-by-step set of

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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

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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

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plane. With this book in hand you can explore realms you've only dreamed of. Make your dreams a reality.

This book opens with the author's experience with the 'Lucid Light Stimulator' in Switzerland. This presents him with his first experience of 'Astral Travel'. From this he takes the reader on a historical, theological and mystical journey through the history of the 'out of body experience' in all its varieties and forms. The second half of the book discusses the science behind the experience. It reviews some of the latest research in the fields of psychology, neurology and neuro-chemistry. It then attempts a short explanation of why quantum physics may be the unlikely source of answers to the mystery of the out-of-body experience. The final section

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presents the author's new model of how exotic-sounding concepts such as Bose-Einstein Condensates, Einstein Rosen Bridges, Zero-Point Energy, microtubules and coherent light can be used to present a totally new explanation of how 'Astral Travel' really does involve a journey - into inner, not outer, space.

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!

Astral Travel

A New Approach to Out-of-body Experience

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Learn the Secrets to Experience Out of Body Control

Bob Goes to Jail

Leaving the Body

Astral Projection & Astrology

*Powerful Astral Projection and Astral Travel Techniques to
Expand Your Consciousness Beyond the Physical!*

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.

You don't have to be a monk to enter the

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ultimate realm of happiness! Yes, it's true. In his book Kundalini - An Untold Story, Himalayan ascetic Om Swami unveils the enigmatic story of kundalini, the formless aspect of the Goddess or your primordial energy. With workable steps for awakening this energy source, the author explains the esoteric and practical meaning of kundalini and the seven chakras in his usual humorous style. These riveting anecdotes are based on his personal experience gained from years of intense meditation. Take an awe-inspiring journey - something no other book on spirituality can offer - from the origins of

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kundalini all the way to Swami's own sadhana in the modern age. Om Swami is a mystic living in the Himalayan foothills. He has a bachelor's degree in business and an MBA from Sydney, Australia. Prior to his renunciation of this world, he founded and ran a multi-million dollar software company successfully. He is the bestselling author of A Fistful of Love.

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

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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;

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replenishing your energy . . . and much more. Plus, incisive journal entries of his many outofbody adventures will convince you that it can be done and give you the inspiration to go farther than you ever thought possible. 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

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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.

An Essential Guide to Astral Travel, Out-Of-Body Experiences and Controlling Your Dreams

THE PHASE

Out-of-Body Experiences

The Secrets of Healing and Spiritual
Development

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**The Complete Book of Out-of-Body Experiences
The Art and Practice of Astral Projection
Kundalini**

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

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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.

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Between the Gates is a manual of self-initiation and liberation that takes the student through the basic methods of experiencing dream states and conscious astral projection, to the ultimate culmination of consciousness--creation of the Body of Light. Between the Gates is for anyone who has ever desired to experience the "afterlife" while still alive, or who has desired to rid themselves of the fear of death. While drawing upon traditional Qabalistic and alchemical sources, the methods presented are applicable to a variety of traditions and schools of thought. Between the Gates functions as an "A to Z" guide to psychic initiation toward higher consciousness, and ultimately, to

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preparation for the great transition beyond this life and this physical body.

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

About the author's guru Amara, 1919-1982, spiritual master from India.

The Ultimate Journey

Demystifying the Out-of-Body Experience

Astral Dynamics: The Complete Book of Out-of-Body Experience

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

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Consciousness

Overcoming the fear of death

Merriam-Webster's Dictionary of Basic English

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

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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

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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

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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

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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;

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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!