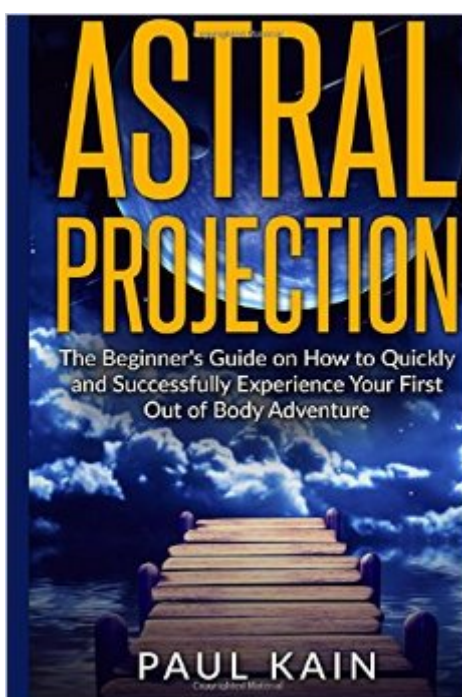


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# Astral Projection: The Beginner's Guide On How To Quickly And Successfully Experience Your First Out Of Body Adventure



## Synopsis

This book contains proven steps and strategies on how you will be able to use astral projection. It will also help you to learn some quick tips that will enable you to overcome fears and mental blocks as you attempt to begin your astral journey. Astral projection is an adventure that not many get to experience. It will empower you, teach you about yourself, meet astral entities, and possibly convince you of proof of an afterlife. My hope is that with this book, you will be able to successfully perform your first out of body experience. With this book you will find the proper mindset that you need in order to achieve an out of body experience, what are vibrations and how to raise them, different techniques, a bit of the history of astral projection, what are astral entities and spirit guides, how to protect yourself in the astral realm, some first hand accounts, and a few tips and tricks that you can use in order to try and help make your astral journey just a little bit easier. During reading this book, you will learn:

- The proper mindset that you need in order to achieve the trance that you're going to need to be in.
- Different techniques that you can use to be able to achieve the separation of your body and soul.
- Tips that you should follow so that you can achieve astral projection better.
- How to actually achieve astral projection
- About the astral world and its inhabitants
- First hand accounts of astral projection
- And additional sources that can help you better to assist you on your journey. Good luck on your journey!

## Book Information

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## Customer Reviews

Astral projection (or astral travel) is an interpretation of an 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. This book is a spiritual guide on your journey of astral travel. Must read book.

Wow. Astral travel sounds cool. The book did well in explaining what Astral travel is and how to do it. The instructions are clear and easy to follow, yet difficult to master. I have tried following the instructions in this book and I can't reach the hypnotic state which is required for astral projection. It's either that my mind is too cloudy, or that I get too relaxed and accidentally fall asleep. Will just keep trying until I master it. Aside from learning astral projection, you will also learn how you will be able to relax, meditate, and how to empty your mind, which is some of the requisites for astral projection.

A short book but holds some vital information about astral projection - an adventure that not everyone get to experience. This book is the best guide to educate you on how to overcome fears, troubles and mental blockage as you start your astral journey and how to make your journey a little bit easier. I have learned a lot from this short book. Kudos!

This book is a nice introduction to anybody looking for information to start with astral projection. The book explains what will be the benefits for your life and gives you techniques to start with astral projection. There are some examples that are really interesting.

This is such an amazing guide this is what i want. For years I believed astral projection was a real, obtainable goal. I did everything in my power to achieve it. Through this book Soon, I'd managed to separate my awareness from my body in bed, and float in my bedroom. I fall in love with this superb book. Thank you Paul,

The different techniques that will help in the promotion of the separating your body and your soul in the process of Astral Projection are amazing!. I have to admit this usually isn't the type of book that i would go for, but after reading a chapter, i have to admit i was hooked. The book is written in such a way that the information is given to you in bits without boring you, as most spiritual books do. But i can guarantee you this book is different, and there is no way you wont enjoy this book.

This book will help us learn the proper mindset that we need to achieve the trance that weâ™re going to need to experience our first Astral Projection. My favorite part of this book is the chapter

that talks about different techniques that we can use to be able to achieve the separation of your body and soul. Great read.

This book is one that is written to assist persons in astral projection adventures. Astral Projection involves the paranormal and the metaphysical aspects of life such that it involves one going on a journey that is out of the body. This book is there to guide and prepare one mentally and instruct one on the things that are likely to be encountered.

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