

Astral Projection Psychic Soul Travel Sleep Learning Guided Self Hypnosis Meditation Affirmations Jupiter Productions

What is Soul Travel? It has been likened to a near-death experience, one from which the traveler emerges transformed and newly powerful. Although often confused with astral projection, soul travel is an out-of-the-body experience that occurs every night when the body sleeps. Soul Travel teaches how to consciously channel the soul's energy and direct it to travel where the individual wills it to go. Readers will learn how to visualize and meditate to reach their goals and realize their dreams. Many successful soul travelers report their lives to have been miraculously changed for the better. Sure to have lasting appeal to New Age readers, Wiccans, Astarions, adherents of Eckankar, spiritualists, and other seekers.

Free yourself from the limitations of the earth plane and the laws of space and time. Astral Voyages presents more than 65 exercises that train you to safely leave your physical body and return unharmed from explorations of the upper astral plane and the causal, mental, or etheric realms. You might even venture to the soul plane and observe the process of selecting your next lifetime! Dr. Goldberg unveils his paradigm of the 13 dimensions, developed from 25 years of experience with hypnotic regression, progression, and out-of-body experiences. Specific scripts train you for guided imagery astral voyage, lucid dreams, accessing the Akashic records, cabalistic projection, and advanced techniques such as the Witch's Cradle and the 37-Degree Technique used by the ancient Egyptians. Other topics in this metaphysical book include astral entities, astral sex, astral healing, and scientific studies on astral voyaging.

You really shouldn't miss this book because it thoroughly discusses methods to obtain psychic powers such as clairvoyance, clairaudience, telepathy, intersoul communication and astral travel easily. Several other things are added to the revised edition, namely Hypnosis and Consciousness Transfer Method and the comparison of the two. By using consciousness transfer method, people do not only know their past life through one's story, but re-experience real events in the past. To this day, thousands of people have tried this method easily and safely. Ignoring this book means that you LOST the opportunity to increase your knowledge, consciousness, and spirituality because the materials discussed in this book is the author's experience and original discovery that have never been discussed in other books. PROVE IT! 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!

Feel Alive by Ralph Smart explores the infinite potential in human beings, and discovers how we can awaken our infinite power. We talk on relationships, mind control, organic food and becoming the greatest version of yourself. To feel alive is to be free, being free is our birthright.

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.

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!

Discover Astral Projection Beginners Guide 2nd EDITION Are you interested in exploring the spiritual realm ? Do you want to uncover the mystery surrounding the astral plane ? Do you want to achieve an incredible astral projection experience ? Astral Projection Beginner's Guide offers an exclusive look inside the realm of the spiritual world, which is largely unknown to many individuals in today's society. The techniques explained in this book are very clear and doable, requiring no specialized knowledge and no mystic powers. They are techniques that you will find, at face value, too ordinary to believe. Yet once you get to practice them you will clear any doubts you ever had about ordinary people doing extraordinary things. You will be a living testimony that all you need is basic but important knowledge to do what a mystic can do in terms of astral projection. In this book you will learn: What Astral Projection entails How different astral projection is from an ordinary dream How to prepare your body and your environment for astral projection The different ways you can learn to project your spiritual energies beyond your body The kind of people who can succeed in astral projection The best time for planned astral travel If there are specific times when you cannot take an astral travel And

much, much more.. Buy your copy today!

BACK IN PRINT: SECOND EDITION. DO YOU KNOW WHICH BODY YOU'RE IN? Many spiritual traditions, from yoga and Buddhism to contemporary theosophy, teach that we are multidimensional humans. We exist simultaneously on several planes and in several bodies. These bodies range from the familiar physical body to the astral body experienced in dreams and out-of-body states, as well as higher energy bodies that access realms and states of consciousness beyond our wildest dreams. In *The Multidimensional Human*, consciousness researcher and intuitive consultant Kurt Leland reveals the secret of how to master these energy bodies: we must develop our inner senses. Based on a close study of theosophy, the Seth Material (as channeled by Jane Roberts), and his own clairvoyant investigations, Leland explains that there are twenty inner senses. They come in four categories: existential (those that help us know and understand ourselves), environmental (those that help us perceive nonphysical environments), kinesthetic (those that help us move within and between nonphysical realms), and relational (those that allow us to interact with nonphysical beings). He also provides thirty-two practices for developing our inner senses. These practices are extremely simple. They can be done in ordinary waking consciousness by anyone--beginner to advanced--who has an interest in psychic development, out-of-body experiences, lucid dreams, astral projection, and other adventures in consciousness. By mastering these inner senses, we learn how to use our energy bodies to experience the bliss of higher states of consciousness, explore the astral plane and beyond, meet nonphysical Teachers and Guides, and work for the spiritual benefit of humanity. We achieve our birthright as multidimensional humans. "A seasoned traveler in the realms of alternate reality gives useful and practical advice for anyone who wants to follow his example. One of very few books on astral travel that is worth reading. Follow him if you dare." Richard Smoley, author of *The Dice Game of Shiva: How Consciousness Creates the Universe*

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.

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-statetravel, travel in the spiritual realms, helping and healing with astral travel, and much more.

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,

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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!

Have the Feeling There Is More to Life than What We Can See? Do you have the feeling there is more to life than what we can see? That you are capable of so much more... but you don't know what? Is every day blurring together... the same thing over and over? Well, there is another way. There is a secret locked inside of you that nobody is talking about. A secret so important that the "powers that be" have quietly swept it under the rug for millennia. It's the key to unlocking your potential and showing you the truth behind your being. Isn't it time you changed the rules? Learn to Astral Travel, Hack Enlightenment, Do The Impossible Inside this true story you will find... Real life Astral Travel memoirs strewn over two decades; so you know what to expect, how to handle it, and how the intricate web of the spiritual weaves quietly through our lives. Honest and upfront. How to break free from life's rules and do the impossible using the secret art of Astral Projection (Step by step method and real life hacks included) A snap shot guide to the afterlife; energy backpacking for the new millennium. Slingshot yourself to heaven and beyond. Do what science says you can't. No B.S included. The inside story on the insidious hidden forces manipulating you every move. How to have a mini-enlightenment and hack higher consciousness. Who has 9 years to sit under a tree these days? How to pick the lock on life's biggest questions. Get the keys to the universe and find the truths nobody seems to have answers for. This book is made for you if... You want an honest and insiders view of what its like to go from spiritual blindness to travelling into the spiritual dimension everyday. You are interested in learning more about what you'll experience in the afterlife and beyond. You want a clearer understanding on how the spirit world interacts with the physical world, and how it guides us. More clarity on what its like to work with your higher self directly. What experiences you may encounter and how this affects your life. You want a simple and actionable method to learn Astral Travel which has worked for this non guru. You want to know how real lessons learnt from spiritual masters on the other side can be used to make your experience better, in love, life, and beyond. Life's short. Learn to do the impossible.

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

Open the Mind Exercise the Soul is the first book from internationally known psychic medium John Cappello. It links psychic ability with personal experiences and intellectual thought as it answers many questions about the relationship between religion, philosophy, and science with this controversial subject. This is an intelligent discussion offering a fresh, new look at psychic abilities. Have you ever wondered ... • Why do psychic abilities exist? • What is the proof? • What is our soul's role in using them? • How do I access my gifts? • Can we connect with crossed-over loved ones? • What is really going on? Open the Mind Exercise the Soul will answer these questions and more. Explored with real-world examples and new techniques, it boldly challenges you to examine your own abilities and receive clarity. While guiding you through the development of your own psychic gifts, you will learn to embrace experiences you may have questioned and relate to the author as he discusses his own path in

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metaphysics. For practicing psychics or beginners, the book combines historical information with spiritual exercises to assist you in gaining insight.

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 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.

A captivating history of astral practice among shamans and medieval witches challenges long-held notions--such as leaving one's body--about the astral experience, proposing that the astral plane is really a dimension within one's mind. Original. 10,000 first printing.

A new edition of an occult classic, which includes a new introduction by Mary K. Greer, author of *Women of the Golden Dawn*, and a new afterword with excerpts from rarely seen documents by Fortune herself describing how the book came about. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense.

Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the twentieth century.

Astral Projection for Psychic Empowerment Practical Applications of the Out-of-Body Experience Llewellyn Worldwide
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

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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
Discover a reality beyond human vision with the complete system in this book. It starts with preparation for the first steps out into the astral to clear instructions for returning to the physical body.

The author describes out-of-body experiences which have enabled him to travel beyond the physical plane to communicate with spirits and gain psychic insights, and shows readers how to have such experiences

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

The definitive work on the extraordinary phenomenon of out-of-body experiences, by the founder of the internationally known Monroe Institute. Robert Monroe, a Virginia businessman, began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was inhabiting a place unbound by time or death. Praise for Journeys Out of the Body "Monroe's account of his travels, Journeys Out of the Body, jam-packed with parasitic goblins and dead humans, astral sex, scary trips into mind-boggling other dimensions, and practical tips on how to get out of your body, all told with wry humor, quickly became a cult sensation with its publication in 1971, and has been through many printings. Whatever their 'real' explanation, Monroe's trips made for splendid reading." —Michael

Hutchinson, author of Megabrain "Robert Monroe's experiences are probably the most intriguing of any person's of our time, with the possible exception of Carlos Castaneda's." —Joseph Chilton Pierce, author of Magical Child "This book is by a person who's clearly a sensible man and who's trying to tell it like it is. No ego trips. Just a solid citizen who's been 'out' a thousand times now and wants to pass his experiences to others." —The Last Whole Earth Catalog

This collection of rare writings by Feri teachers Victor and Cora Anderson discusses subjects such as the Triune soul, etheric sight, the human aura, and astral projection (OOBE). Also included are Feri prayers and exercises such as the Flower prayer (to contact the personal god), the Ha Prayer (to raise mana for successful spells and prayers), and the Kala prayer (to clear energy blocks). This compendium provides all seekers, regardless of their spiritual path, with information to better understand the nature of the soul and expand their psychic skills.

ASTRAL PROJECTION Download This Great Book Today! Available To Read On Your Computer, MAC, Smartphone, Kindle Reader, iPad, or Tablet! 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

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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! Get your copy today!

"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"--

Druhan celebrates the soul and the lover in this poetic, sophisticated guide to love and lovemaking in the spiritual realm.

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

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.

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

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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 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.

Science is confirming what ancient wisdom has always asserted—that reality is far more complex than we have imagined, and that our individual potential is far greater than we have believed. In this time of expanding consciousness, the new frontier—the gateway to spiritual growth and self-empowerment—is through the astral realm. Astral Projection for Psychic Empowerment introduces you to the real-world benefits that come from exploring the astral plane. Learn controlled, self-induced astral projection and reach beyond physical limitations to new sources of knowledge. Live and love more fully than you have ever thought possible by tapping your immense unconscious powers and integrating them into your conscious experience. Delve into the pages of this fascinating book and learn to: Induce an out-of-body experience Safely visit astral realms Explore past lives Communicate with guides and entities Interpret the aura for health and healing Create powerful thought forms Practice astral sex Expand your psychic awareness Achieve your goals Understand psychokinesis and the power of your mind This comprehensive guide includes true case studies of astral projection, scientific test results from laboratory studies, and a seven-day developmental program designed to unleash your highest potential.

Most engrossing account of out-of-body experiences since Monroe's Journeys Out of the Body. Detailed instructions to launch you on your own spiritual adventures.

There's More To Explore Than Just The Physical World - Here's How To Visit The Astral Plane Without Leaving Your Room! Have you ever had a vivid dream that ended in a terrifying fall, waking you up? Congratulations, you've been to the astral plane! And if you're curious about the afterlife, supernatural creatures, or psychic abilities, it's time to go there again. A journey to the astral plane is called astral projection. So, what is Astral Travel - Projection? Astral projection is a conscious out-of-body experience that assumes the existence of consciousness or soul. Astral body can travel outside the physical body throughout the universe by leaving the physical body. The astral body can float and traverse across the world or observe the environment. Individuals who practice astral projection are aware of what's happening around them. The belief of astral projection as a real phenomenon and not a fabrication of the mind can even be supported by quantum physics. Since as quantum physics suggests everything is energy and we are all connected. Having that in mind separating your consciousness from your physical body to explore the fourth dimension the astral realm is something absolutely possible. Astral projection gives you incredible freedom. During an astral projection you can do absolutely everything you desire... like flying over the world, visiting friends and observing them, going back in time, communicating

with higher frequency beings and even having astral sex. The possibilities in the astral realm are limitless. Many people believe astral projection as the ultimate evidence of life after death and a solid proof for the hypothesis that other higher dimensions exist and the fact that our consciousness is separate from our physical bodies and our life here on earth is simply a small journey. Here Is A Preview Of What You'll Learn... Frequently asked question about Astral Travel How to Astral Travel Time-Tested Astral Projection Techniques Experiencing a Higher Consciousness And ...Much, much more! Download your copy today!

The End Is Nigh!

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 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!

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.

Why Not Venture to Heavens Little Known? The extraordinary story of how two individuals, a couple, Allen and Heather,

used Out-of-Body Travel and the help of "Ancient Spiritual Travelers" known as VARDAN Masters, to explore the little known heavenly realms of God. This book captures some of their literally thousands of Out-of-Body journeys to many incredible levels of Heavens starting with the lower psychic Heavens of Near Death Experience, Astral Travel, Meditation and Prayer. (In the Astral Plane, Causal Plane, Mental Plane and Etheric Plane Cities of Light). Then the book takes a dramatic turn and moves far beyond these lower, psychic Heavens; beyond matter, energy, space, time and mind into the breathtaking white universes of the Pure Positive God Worlds and into the very Ocean of Love and Mercy where dwells God! These worlds are beyond description although the Authors attempt it, but more importantly this book offers a means to experience these indescribable worlds for your self! Yes if you are bold, courageous, cunning and resourceful enough you too can have your own experiences, realizations, gain TOTAL AWARENESS and learn to dwell in the God Worlds as a conscious co-worker or agent of God while still keeping your physical body here on Earth! As the authors point out, desire and humility are the keys for anyone who desires true Self Realization and God Realization! A journey of a thousand miles starts with a single step. Discover the true nature of Soul, God and your great spiritual destiny throughout Eternity. One of the most mind-blowing books on spirituality ever written!

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!

The Awakened Psychic is a guide to developing your inner psychic and tuning in to your intuitive wisdom. With hands-on exercises and stories from the author's practice, this book is all about lifting the veil between the worlds, seeing into the future, and connecting with spirits and loved ones on the other side. Join Kala Ambrose as she explores ideas and techniques for enhancing your psychic abilities and making the most of your intuitive talents, including: How to build a powerful energy field for psychic self-defense The difference between being psychic and being a medium Techniques to heighten your psychic abilities How ghosts and spirits are different How to awaken your powerful inner intuitive oracle The difference between an intuitive hunch and being psychic Techniques to connect with spirit guides and your higher self Everyone has intuitive ability at some level, and those abilities can be helpful tools in making decisions, following your dreams, enhancing your relationships, and building a business or career that you enjoy. In this book, you'll discover the different kinds of psychic abilities and how they work together so that you can manifest your destiny and live a spiritually fulfilled life.

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