
Astral Travel

The Definitive Guide to Out of Body Experiences and Astral Projection

Nicole Harrington

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Gamma Mouse

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ASTRAL TRAVEL

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Astral Projection

Secret Techniques Behind Astral Projection Revealed

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Introduction

Astral projection and travel has become a huge part of my life. And being able to help other people with the knowledge I have gained has become extremely important to me.

I consider my readers my friends. I am always so appreciative that they take the time Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) out to read my books and to learn about alternative ways of understanding the body and mind.

Once you have finished with this book, I have no doubt that you will have learned a great deal about astral projection. And you will be better equipped to fully appreciate the incredible power of the human mind.

With just a little effort and the right Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) information, you will be amazed Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) at what you can accomplish.

Let's get started!

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An Introduction to Astral Projection

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. The Prophet Mohamed undertook his famous "night journey" where he was miraculously transported to the Al-Aqsa Mosque in Jerusalem. Similar experiences have been recorded in ancient Egypt, China, and India. Modern mysticism seems to suggest that anybody with a soul can apparently

leave their body and in a way become separate from it. This is referred to as Astral Projection.

What is Astral Projection?

The simplest way to Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) explain Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) the concept of Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) Astral Projection is to describe it as an out of body experience. Astral Projection works on the concept that each of us is made up of two parts: A physical body and an astral body. If we are made up Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) of two parts we can then assume that our astral bodies are, in fact, separate to our physical bodies and thus can be separated causing our astral bodies to be able to travel independently from our physical form. People who have achieved Astral Projection often say that the experience resembled leaving their bodies Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) and existing in a different dimension, often referred to as the Astral Plane.

What are Astral Bodies?

Almost every religious and spiritual belief that has ever existed has maintained some type of belief in an afterlife. This means that we all have a soul. The soul is the part of us that continues to exist long after our physical bodies have expired. Your Astral body is in a sense your soul. There are many schools of thought that suggest that it is our astral bodies that

provide us with the power to desire love, to Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) feel Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) strong emotions Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) and fuel our creativity. Some practitioners of Astral Projection claim that some people's psychic powers are drawn from their astral bodies.

How is Astral Projection achieved?

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The two main ways a person can undertake an astral journey is through a dream state or by a practice of meditation. Both of these relate to tapping into the same resource, the unconscious mind, although through differing ways. It is believed that when you experience dreams you can undertake, unwittingly, an astral journey. Sensations whilst dreaming of falling or flying can be Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) considered as possible Astral Projections. Unfortunately, we are unable to remember most of the dreams we have so determining whether or not we have experienced Astral Projections through our dreams can be difficult.

Conscious meditation, however, offers a much more controlled method of participating in an Astral Projection. In this method, Astral Projection is achieved by a combination of breathing exercises and relaxation. Through the calming of the mind, it is possible Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) to access our subconscious. When entering this meditative state Astral Projection can be achieved by imagining the Astral body slowly levitating above the physical body. Practitioners of Astral Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) Projection through meditation state that like a muscle, it must be worked for it to get stronger and through constant practice a person can enter the Astral plane at will.

What are the Different Types of Astral Projection?

Astral Projection: This is when the practitioner leaves their physical body Astral Travel: The Definitive Guide to Out of Body Experiences and Astral Projection (2 Book Collection) and exists within an entirely new plane of existence known as the Astral Plane. This new plane is governed quite differently compared to the physical world.

Etheric Projection: In this case the practitioner leaves the physical body but is still experiencing the physical world as we know it. A simple way of explaining this is that the practitioner is experiencing the physical world as if they were still in their bodies the only difference is that no one else can see them. There may, however, be slight variations to the physical world and they may not be in the same location as their physical bodies.

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