

## The Astral Projection Guidebook Mastering The Art Of Astral Travel

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Whether you are a novice or an experienced astral traveler, the Astral Projection Guidebook will teach you how to master astral projection safely and effectively. In this guide, you'll learn how to:

- Prepare yourself for a positive astral journey
- Achieve separation from your body
- Explore the astral realms - alone or with friends

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Astral projection is an entertaining and harmless pastime that can seem profound, and in some cases even life-changing. But there's no evidence that out-of-body-experiences happen outside the body ...

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The Astral Projection Rope Technique. From the work of Robert Bruce, founder of the Astral Dynamics movement, the rope technique is regarded one of the most accessible astral projection methods. Step 1: Relax the physical body by visualizing each muscle. Step 2: From your space of relaxation, enter a vibrational states; this should feel like an amplified version of a cell phone's vibration ...

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The complexity and durability of any creation in the astral dimension depends largely on the strength of the mind doing the creating. Table of Contents PART 1. WHAT IS THE ASTRAL REALM PART 2. STARTING OUT PART 3. PROJECTION TRAINING PART 4. BASIC ENERGY WORK PART 5. ASTRAL ROPE TECHNIQUE PART 6. MORE ON THE ROPE TECHNIQUE PART 7. OOB AND ...

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