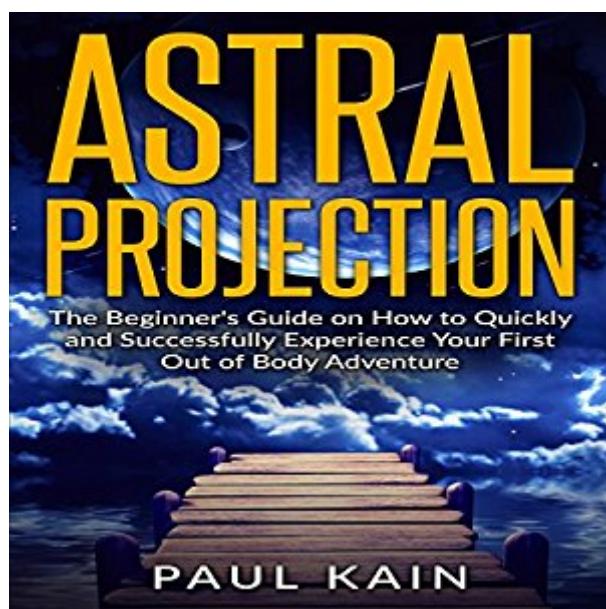


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# Astral Projection: The Beginner's Guide On How To Quickly And Successfully Experience Your First Out Of Body Adventure



## **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, introduce you to 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. You will learn about vibrations and how to raise them, different techniques, a bit of the history of astral projection, astral entities and spirit guides, how to protect yourself in the astral realm, 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 listening to 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**

Audible Audio Edition

Listening Length: 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Paul Kain

Audible.com Release Date: September 22, 2016

Language: English

ASIN: B01LZUZLQG

Best Sellers Rank: #73 in [Books](#) > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body Experiences #409 in [Books](#) > Religion & Spirituality > Occult & Paranormal > Unexplained Mysteries #1160 in [Books](#) > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## **Customer Reviews**

What I find most remarkable about this book is that author explanations and guidelines have a depth

to them that can only be gained through experience. After the first few lessons, I got the impression that I would not be wasting my time if I practiced these techniques - an intuitive hunch :) I was able to then focus on actually doing the practices and was able to achieve success by using them. Presents several different techniques for astral projection and waking up in dreams. Of these, some of my favorites includes certain mantra practices and a practice that involves concentrating on your heart. Author gives the information in a clear, straightforward way, and he also gives insight into common obstacles and how to persevere. There is a definite, logical flow and sequence to the topics and exercises. I would recommend using it as the author suggests, taking the course a week at a time.

Great read! Short, simple and to the point. I have been trying to learn more about Astral travel for quite some time now, ever since I had an unplanned out of body experience while I took a nap one afternoon after staying up very late the day before. I love that this book is not tiresome and outlines the different techniques that can help me have an out of body experience on a very simple way. Thank you!

I enjoy reading it. Easy read and easy to understand. This book is a excellent guide to discovering the world of astral projection. You will also learn about different methods in doing astral projection and how to make it safe. I recomend it to anyone just beginning their jorney.

At first I thought this astral projection is not true but upon reading this book it has a lot of good point and basis that proves this astral projection, this book will teach you how to experience your first ever astral projection travel. Paul did a remarkable job on creating a very informative book like this and I commend him for that. It is really worth spending my time reading this book!

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 book is perfect for beginners who want to find how to Astral Project. It has lots of useful information and lots of techniques for astral projections. I suggest you get this book if you're a beginner because after all, that's what it's for. And it's well worth your money.

This book effectively breaks down the how-tos and talks about what to expect when astral projecting. Great guide for a beginner or someone that is interested in trying this out. The read was to the point and concise and the content delivery made it enjoyable.

It is truly fascinating. I learned a lot about astral projection on this book. Of course, everyone who wants to try must know the proper steps and what are the effects of astral projection. I recommend anyone who wants to try it to consult this book.

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