



Astral Projection and Travel Secrets: The Complete Guide to Traveling the Astral Plane

By Sharon Fitzgerald

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Astral Projection: Your Guide To Enlightenment

Astral projection is the out-of-body experience wherein people can assume an astral form that physically separates them from their bodies. With astral travel, people can travel outside their bodies and encounter divine beings that can help them with their enlightenment.

Astral traveling has intrigued many people from different civilizations throughout the centuries. Although scientific researchers have not proven the logic behind astral travel, it is perplexing to take note that different people from different regions, countries and religions have experienced the same experiences. This definitely means that there is so much more to astral travel than just simply dreaming of traveling to another world. Astral projection is a difficult thing to do and it can be difficult for first timers thus this book.

With this book, you will be able to learn about the following:

- Learn about the basics of astral travel. Chapter 1 discusses about the astral projections throughout society, its benefits as well as the astral plane. This chapter will provide you with the necessary information that you need to know about astral traveling.
- Chapter 2 discusses about the steps on how to do astral traveling. This chapter provides information on what to expect when it comes to astral traveling. The information is very important especially for beginner astral travelers.
- Lastly, Chapter 3 discusses about the different techniques in astral traveling. This chapter will also discuss the use of crystals for astral traveling that can help you remove any obstacles in astral traveling.

If you want to do astral traveling, you need the right guide to be able to do it right. Let this book serve as your guide so that you can do astral projection properly. By doing astral travel properly; you will be able to enjoy the experience without being troubled by negative energies.

You can reach enlightenment with astral traveling.

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