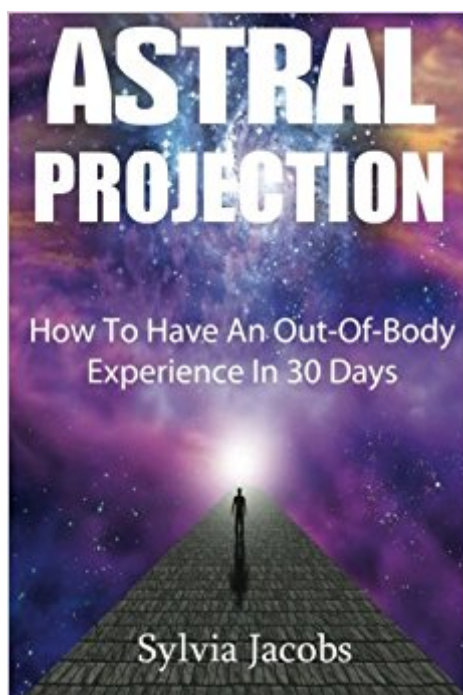


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# Astral Projection: How To Have An Out-Of-Body Experience In 30 Days



## Synopsis

Astral Projection Is Real, And Yes, You Can Do It! Learn A Simple, 10-Step Process For Astral Projection Success In 30 Days. If you are a beginner or have found it difficult to astral project, this book gives you a no-nonsense, practical approach to astral projection. If you have read about astral projection, but never tried it, this book encourages you to take action so you can experience it for yourself. This book reveals: The best astral projection techniques How to conquer your astral projection fears How to protect yourself in the astral plane How to communicate with your guides and loved ones on the other side How to connect to your higher self How to access the Akashic records How to use creative visualization to manifest your desires How to heal physical and emotional problems How to remember your astral projection adventures Your first astral projection experience will transform your life. One short out-of-body experience can help you accomplish more personal development and spiritual growth than twenty years of therapy. Astral projection is the most amazing adventure! When you leave your body, the universe is your playground! Exploring the astral dimensions is your birthright as a spiritual being. Discover your true self and take action now to have the most thrilling spiritual adventure of your life! Order your copy today and start reading instantly!

## Book Information

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## Customer Reviews

This book delivers on its promise to provide step-by-step guidance without wandering off into theory or philosophy. However, it falls short on one step - achieving the vibrational state. The book lays out the steps, gets about halfway through and declares "At this point you may achieve the vibrational state." The remaining steps work off of the assumption that you did indeed achieve it. But what is

this "may" business? I expected to be shown how to do it, not how to maybe have it happen. That being said, I have started following the steps and within the first couple of weeks I had my first full bore lucid dream. Now I have had several dreams (usually nightmares) in the past in which I realized in the middle that I was in a dream and they became lucid from there. But this was the first time that I was fully aware and in full control from the very beginning to the very end. Bottom line: The directions appear to be working. OBE should not be long in coming.

As an avid projector I still read as much as I can on the subject. This book is a fantastic start for any person that is interested in the subject of Astral Travel. Written in plain English and an easy to read format. It explains what it is, preparation, how to, what to expect when out of the body and putting to rest fears some people might have. This book is short and to the point, and explains from start to finish how to and what to expect. A lot of books I have read in the past are filled with irrelevant, unnecessary and confusing text. Nice job Sylvia Jacobs!

Sleep is the refreshment of consciousness, because while the physical body lies in the bed, the gates of the astral realms open to the coherent realities.. In a really practical way the message of this book is really clear. All depend of us (Our commitment, determination and perseverance more than needed:) Open your heart and elevate your thoughts, the fuel of consciousness. Insisting in a daily energy practice, relaxing, making your prayer in silence, visualizing columns of energy enveloping you.. Moving the energy from the top of your crown chakra till the palm chakra that's called vibrational state and let the body rest.. Don't believe in what I wrote, experiment and have your own experience.. There is no magic recipe beside the willingness of consciousness.. Persist don't desist and you will achieve brilliant results.. Far beyond, our guides, helpers, mentors etc. Await our effort or move to assist and boost our progress, but they will never interfere. Enjoy the daily trip. I loved it! Greetings and congratulations to the Author to this simple and practical book. Namaste, Dave Zebian

It is a good book. I learned two main things from this book. 1) one of the methods is to visualize your astral body swaying back and forth. 2) be sure to ASK your guides if you are in trouble (for example: if you see a negative entity coming to you, call out your guides!!!).

This is a great book, it gives you insight if you are simply curious or some good steps of how to achieve astral projection. However, it is very short and after a few pages you get the hint and the rest

of the pages just repeat.

I enjoyed the book. Full of information. I would recommend to anyone wanting to get more information on the subject.

Much better book than I expected. Full of insight, and information. Great addition to anyone's library!  
A must have to own!

This is a great book for those new to the concept. Gives great ideas and her personal opinions are excellent.

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