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Astral projection techniques

Astral projection occurs when you consciously separate your soul or astral body from your physical body. Your consciousness goes with the astral body. The difference between this and an out-of-body experience is that astral projection leaves the body with a conscious intention and can last as long as you want. When you travel astral, your body lags behind in the physical world, functioning normally as it would otherwise. A silver cord (which binds your physical body to the astral body) keeps you connected. At the point of death, the silver cord is cut, you die and your soul continues to its next destination. Astral projection is not the same as dreaming. Everything seems to be in real life and in real time – that is, you are in your room or wherever you settle down to do so. The beings you encounter are also real and simply live on the astral plane, unlike the first terroir material plan, as it is called. There are so many things to do or experience while projecting astral, including: Accelerated spiritual growth Find peace of mind, knowing that there is more to life than most assume enhanced psychic powers and consciousness Super-effective problem of solving Encounter lucid dream architecture, that is, experiencing dreams like never before traveling and exploring the universe in astral projection , with hypnosis-induced astral travel techniques, best-selling spiritual author Craig Beck reveals the secrets behind possibly achieving the deepest events of his life. This handy guide is designed for those who don't really understand astral travel and how it works and seek to learn safe, effective and easy astral projection methods. Believe it or not, there are safe and effective methods for out-of-body experiences. And I give them all within this guide. Finally you will learn to: Astral journeys safely and effectively. Let's face it, if we don't know the methods and techniques to have a safe astral journey, then how can we expect to feel confident about feeling safe with out-of-body experiences. Discover these current methods and techniques and have a plan for a safe and effective astral projection. The secret of your success will be how well you apply what you discover in this guide. Learn these strategies, apply them and be well on your way to having a good and solid astral journey. Here's a little bit of what you'll learn about Astral Travel. What is the astral journey? The dual components of human life. Guidelines for a safe and successful astral journey. Astral projection techniques. Creation of a blessed circle. Connect and affirm the 3 chakras. The 5 astral kingdoms. The 5 catwalks. And much more... The astral journey is safe and fun, If you understand the correct methods and techniques. Knowing these techniques and applying them will lead you on your way to fun and safety Travel! This is an extremely basic way of as an astral instruction booklet that has no substance whatsoever and gives no details on what kinds of things can be found on your trip or things you can do to stay safe while traveling. He doesn't even explain anything about the connection between astral projection and its chakras. I found it quite disappointing to be honest, but I guess it would be O.K for someone who is curious, but having found them as a light and medium worker I would still advise them to look in psychic shields at least to protect themselves from astral spiders and other rights that they can take advantage of especially if you have a brilliant aura. Good luck travelers x

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