



# **Astral Projection: The Beginners Guide On How To Travel Out Of Your Body On The Astral Plane (Astral Projection, Astral Travel, Astral Plane, OBE, Out-of-Body Experience)**

*Mia Rose*

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## **Astral Projection the Beginners Guide On How To Travel Out Of Your Body On The Astral Plane**

**By Amazon Best Selling Author Mia Rose**

If you have ever pondered the mystery of Astral Projection and Out-of-Body-Experiences and wondered if they are real or if you could learn the techniques for yourself, then this book may be perfect for you!

Taking a look at the science, the facts and the speculation behind both the near-death experience and the concept of Astral Projection, this book will provide you with a solid introduction to the experience of travelling beyond your own physical reality.

The book also covers the basic principles behind Astral Projection including everything you need to know to begin exploring the phenomenon for yourself.

Using tried and tested methods, the book looks at how to prepare yourself to project beyond your own physical body, what to expect when you do and how take the first steps in order to achieve your first out-of-body experience.

In this ebook you will discover the realities and benefits of Astral Travel along with a look at the dangers involved (and also how to deal with them). The information in the book is presented in a simple, easy to understand format and the exercises included in the book are designed to be easy for the beginner to both understand and put into practice.

## **Here Is A Preview Of What You'll Learn...**

The Dangers of Astral Projection – And How to Protect Yourself

Tags: Astral Projection, Astral Travel, Astral Plane, Astral Dynamics, Astral Beings, OBE, Out of Body Experience, Robert Bruce, Lucid Dreaming, Astral Project, Meditation, Astral Projection, William Buhlman, Astral Projection for Beginners, Astral Projection Techniques, Near Death Experience, Astral Projection Free,

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