

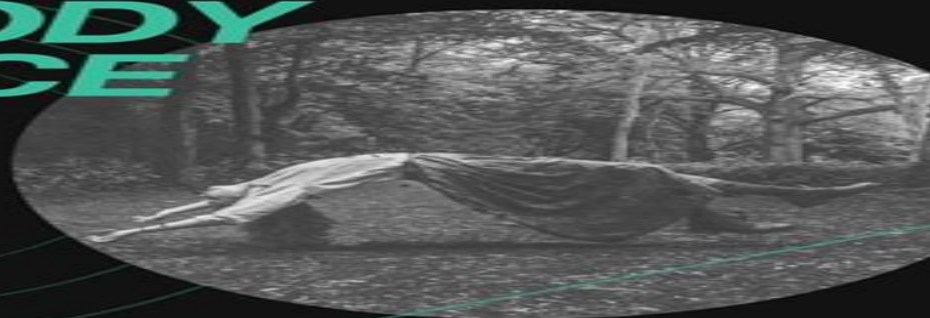
# HOW TO HAVE OUT OF BODY EXPERIENCE

## STEP BY STEP GUIDE



### STEP 1: RELAX YOUR MIND AND BODY

- LAY DOWN IN A COMFY POSITION
- TAKE SLOW, DEEP BREATHS
- RELAX AS MUCH AS YOU CAN
- FOCUS ON BREATHING (MEDITATE)
- BE CAREFUL NOT TO FALL ASLEEP



### STEP 2: VIBRATIONS

- TYPICAL FEELING TELLING YOU ARE ON THE RIGHT WAY
- KEEP THE RELAXED MODE WITHOUT GETTING TOO MUCH EXCITED
- YOU MAY EXPERIENCE A TINGLING SENSATION



### STEP 3: HYPNAGOGIC STATE

- HYPNAGOGIA IS A TERM FOR HALLUCINATIONS WE EXPERIENCE DURING THE TRANSITION BETWEEN WAKEFULNESS AND SLEEP
- SIMPLY OBSERVE AND FOLLOW YOUR NATURAL HYPNAGOGIC STATE
- STAY FULLY RELAXED WITHOUT MOVING AT ALL
- DEEPEN YOUR AWARENESS

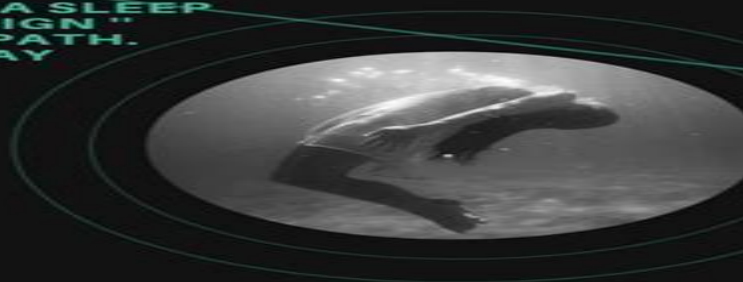


### BE AWARE!

- AT THIS STAGE, YOU MAY GO THROUGH A SLEEP PARALYSIS, BUT THAT'S OKAY. IT IS A "SIGN" TELLING THAT YOU ARE ON THE RIGHT PATH.
- AS SOON AS YOU RELAX IT WILL GO AWAY

### STEP 4: LEAVE YOUR BODY

- WITH YOUR EYE CLOSED, FOCUS ON THE THOUGHTS ON LEAVING YOUR BODY
- IMAGINE YOUR SPIRITUAL (ASTRAL) BODY RAISING UP FROM YOUR PHYSICAL BODY
- KEEP DOING THIS UNTIL YOU FEEL LIKE YOU'RE FLOATING UP



# Astral Projection A Guide

**Yvette a. LeBlanc**



## **Astral Projection A Guide:**

**Astral Projection** Peter Longley, 2019-12-17 Astral projection has been talked about in different cultures for hundreds of years. With the steps provided in this book, most people are able to experience the amazing occurrence of astral projection for themselves within one month of practice. So begin learning today and in no time you'll be confidently able to engage in astral projection.

**Astral Projection** Jamie Parr, 2020-09-28 **ASTRAL PROJECTION** Download This Great Book Today Available To Read On Your Computer MAC Smartphone Kindle Reader iPad or Tablet Astral projection, sometimes called astral travel, is an intentional out-of-body experience (OBE). Those who engage in astral projection believe in the existence of a soul or a sense of consciousness that is separate from the physical body, which is referred to as the astral body. This astral body is capable of traveling outside of or away from the physical body, which is how astral projection or astral travel is achieved. Once you know how to safely astral project, the experiences you are capable of having are phenomenal. Astral projection and travel can be used for everything from visiting other realms or visiting different areas of earth without physically going there to performing energy work on yourself in a deeply spiritual way. In this book, we discuss this phenomenon, including how you can begin to safely astral project and astral travel yourself. Here is a preview of what you'll learn about inside: What Is Astral Projection? Astral Projection VS Astral Travel The Third Eye Benefits Of Astral Travel How To Stay Safe During Astral Projection How To Astral Travel Much Much More. Get your copy today. *Leaving the Body* D. Scott Rogo, 1986

**Astral Projection and Lucid Dreaming** Mari Silva, 2020-09-26 If you want to discover and explore the universe that lies within your mind, then keep reading. Two manuscripts in one book: *Astral Projection A Guide on How to Travel the Astral Plane* and *Have an Out Of Body Experience Lucid Dreaming for Beginners*. What You Need to Know About Controlling Your Dreams to Improve Your Sleep and Creativity. Do you have experiences in your subconscious you wish to explore? Do you want to explore the universe and unravel the answers to mysteries in the non-physical dimensions? Do you want to unlock your inherent psychic abilities and discover more ways to improve yourself and get in tune with your higher self? If you answered yes to any of these questions, then this book is for you. Part one of this book provides examples of astral projection experiences, focusing particularly on how to achieve practical success and showing you how to project out of your physical form to explore the universe at will. In part one, you will learn: How to prepare your body and mind for an exploration of non-physical dimensions. How to master the art of astral projection. How to travel the astral plane and meet higher beings and entities. How to improve your self-awareness and attain higher levels of enlightenment and spirituality. 5 Astral Projection Techniques used by experts. 8 Things You Should Know Before Attempting an OBE. Out of Body Experience Advanced OBE techniques. How to discover and utilize your spirit guides. How to increase your clairvoyant abilities via astral projection. We all dream, and whenever you dream, you are traveling on a journey toward your inner universe. This inner universe is formed from the fabric of your very being or existence. This inner fabric is your dream. The dream world is exciting, and it also gives you a chance to explore your

inner beliefs creativity aspirations goals and everything else associated with your persona Lucid dreaming might sound like an exotic concept but it is backed by science It is a skill anyone can learn and improve Lucid dreaming helps you prevent nightmares understand the power behind your choices explore your creativity become more aware of yourself and be in complete control of your own life Lucid dreaming is the key to self awareness Part two of this book will act as your guide every step along the way In this book you will learn about Dreams and their meanings Tips to prepare and get started with lucid dreaming Relationship between lucid dreaming and astral projections The link between lucid dreaming and shamanic journeying Lucid dreaming techniques for beginners Simple strategies to explore your dreamscape Tips to protect yourself during lucid dreaming 14 Common lucid dreaming mistakes and how to avoid them 5 Advanced lucid dreaming techniques and much more So if you want to learn more about astral projection and lucid dreaming then scroll up and click the add to cart button

**Astral Projection** Mari Silva,2020-09-11 If you want to have an amazing astral projection experience then keep reading Do you want to explore the universe and unravel the answers to mysteries in the non physical dimensions Are you ready to embark on a wholesome Out of Body Experience OBE to attain a higher level of enlightenment awareness and spirituality Do you want to unlock your inherent psychic abilities and discover more ways to improve yourself and get in tune with your higher self If you answered yes then this book is for you An out of body experience may sound easy but it requires a perfect symphony of mind body and soul Astral Projection A Guide on How to Travel the Astral Plane and Have an Out Of Body Experience offers you the opportunity to learn how to explore the dimensions beyond the physical world and gain deeper insight and awareness about your existence and spirituality This remarkable guide to intentional out of body experiences covers a lot of ground on OBEs astral projection and exploration of the astral realm From A to Z it tells you everything you need to know It provides examples of astral projection experiences focusing particularly on how to achieve practical success and showing you how to project out of your physical form to explore the universe at will In this book you will also learn How to prepare your body and mind for an exploration of non physical dimensions How to master the art of astral projection How to travel the astral plane and meet higher beings and entities How to improve your self awareness and attain higher levels of enlightenment and spirituality 5 Astral Projection Techniques used by experts 8 Things You Should Know Before Attempting an OBE Advanced OBE techniques How to discover and utilize your spirit guides How to navigate the astral dimension without falling victim to negative entities 5 secrets tips that can help you increase your vibration How to heal your energy field and keep your vibrations at an all time high How to increase your clairvoyant abilities via astral projection From powerful techniques to secret tips that you never knew you are in for a stunning discovery about OBEs With this practical guide you can have your one stop shop for everything related to astral projections and out of body experiences Get this book now to get started on an amazing journey

[How to Astral Project](#) Allison Kinterelli,2014-11-23 Astral Projection AP or Out of Body Experience OBE is no hoax sham or ritual of the occult It is by no means supernatural and in

fact is as natural as breathing or living itself It s a real practice originating at similar times across civilizations dating back to times immemorial without any contact between them or joint efforts to develop such skills It can be found in works of Ancient Greece hieroglyphs of Ancient Egypt as the movement of the Kṛishna Hindu lore and Buddhist practices of the Pure Land and has been extensively chronicled by practitioners all over the world including near death experiences recorded by medical personnel It s a universal phenomenon that hundreds of thousands if not more have experienced and made a part of their daily lives and countless more have taken part without even fully realizing it This guide hasn t been written to convert non believers though Instead I present to you the purest form of the scientific method experimentation through experience I hand you the means to unlock this phenomenon cultivate and control it and make up your own mind about its truths If nothing else the meditative requirements for AP will dramatically improve your physical and mental well being When you do experience your first OBE as I know you will it will unlock pathways to other realities worlds and dimensions and will expand your knowledge of yourself and the universe you inhabit like nothing before So are you ready to take the last steps of your old life and the first baby steps into a universe so vast that it boggles the mind Are you ready to enter a state that will reflect just how narrow your understanding of life has been up to this point Let s get started

*Astral Projection* Daniel Kai, 2015-04-03

*Astral Projection Interdimensional Guide to Out of Body Experiences* Learn the bizarre secrets to Astral Projection and Out of Body Experiences *Astral Projection The Interdimensional Guide for Out of Body Experiences* is your must have handbook containing everything you need to know about astral projection It is the newest title from Daniel Kai who has written the book from his own personal experiences Divided into eleven chapters this book tackles the bizarre and misunderstood topic of out of body experiences with both confidence and humour Decades of research trial and error have taught the author everything that he knows about the topic today Look no further for a brief history of astral travel a run down of Kai s own past and a step by step guide describing how to induce both sleep paralysis and out of body experiences There is a huge variety of tips suggestions and advice for beginners and experts alike Anyone can have a go at astral travel and learn to open up entire new worlds to explore so whether you re just starting out on this adventure or if you re looking to hone your techniques then this is the book for you In *Astral Projection Interdimensional Guide to Out of Body Experiences* you will learn Three rapid ways to induce an astral projection The role of sleep paralysis in out of body experiences How to get past the initial fear and shock of being separated from your body The important differences between lucid dreaming and real astral projections Strange encounters on the astral planes How to travel anywhere anytime during your astral voyages The role of guides and other interdimensional Much much more Are you ready to begin your out of body adventures Take action now Scroll up and click the buy button at the top of this page and you will soon be reading *Astral Projection Interdimensional Guide to Out of Body Experiences*

**Astral Projection** Kristin Komak, 2019-06-29 This book covers the topic of astral projection and will educate you on exactly what astral projection is the history of astral travel why you should engage in it

and how to do so safely Inside this book you will discover the steps required to successfully and safely enter the astral plane and also learn about the many benefits of doing so Despite being relatively unknown astral projection has long been practiced in many cultures around the world By learning how to engage in this powerful activity you will open yourself up to a whole new world of experiences and be able to greatly improve your own life as well as the lives of those around you At the completion of this book you will be ready to begin your own journey with astral projection and be armed with the necessary knowledge to do so both safely and effectively Here Is A Preview Of What You ll Learn About Inside What Is Astral Projection Dreams Astral Travel The History Of Astral Travel How To Astral Travel How To Stay Safe During Astral Projection Common Myths About Astral Projection Benefits Of Astral Projection Much Much More     *Astral Projection Guide*

Astral HQ, 2022-02-17 From The Creator Founder Of AstralHQ com The YouTube Channel AstralHQ With 5K Subscribers Revised version I ve updated this ebook in 2025 to share the most effective and useful astral projection out there This is a great starting point for learning the basics and learning to astral project as effectively as possible Learn how to astral project TONIGHT Even if it s your first time OVER 15 TECHNIQUES Learn over 15 methods and techniques most of which you can t find anywhere else on the internet These are unique and very effective methods CRIPPLING BEGINNER MISTAKES Most beginners always make the same mistakes when trying to Astral project In this section of the ebook we explain how to avoid making these critical mistakes and how to just practice what works TIPS AND TRICKS Many powerful astral travel tips and tricks are included in this guide most of which you ve not heard before HOW ASTRAL PROJECTION WORKS A Detailed breakdown of how astral projection works and what parts of your brain are active during certain stages of the OBE Get this beginners guide to astral projection to learn how to have OBEs within 20 days or less I m not sure how much longer I ll keep this available at this low price as this is very effective and concise information Scroll up or down to order now and start reading     **Astral Projection for Beginners** Jennifer Barrow, 2021-06-08 55% OFF for Bookstores NOW at 22 97 instead of 32 97 LAST DAYS Have you recently come across the concept of astral projection and having out of body experiences and are curious to know what it is all about and how you too can have such an experience safely and without all the fear or without having a near death experience Your Customers Will Never Stop To Use This Amazing Guide If you ve answered YES keep reading Let This Book Usher You Into The New World Of Astral Projecting And Experiencing Out Of Body Experiences At Will The fact that you are here means you are already sold to the idea of astral projecting and having out of body experiences but are probably wondering Is it safe What do I need to do to experience that Will I still be in charge What can you expect from the experience If you have these and other related questions this audiobook is for you In it you will uncover The basics of Astral Projection including what it is what it entails and how it works What astral projection has to do with dream interpretation and inner peace Step by step guide on how to astral project as a beginner How to leverage the power of self hypnosis to astral project effortlessly Powerful techniques for astral projection that will help you astral project and have out

of body experiences anywhere effortlessly Analyzing your out of body experience and making sense of them Any insider s look into the astral body and astral plane and a glimpse into the endless possibilities they offer How to let go of your fears and apprehensions about astral projection And so much more Even if you ve never done this before and are afraid of the unknown this audiobook will give you the gentle guidance and necessary assurance you need to keep going confidently Click Buy Now to get started NOW Buy it NOW and let your customers get addicted to this amazing book

**Astral Projection: The Complete Guide to Traveling the Astral Plane (Astral Projection Techniques, astral Projection, expand Your Consciousness)** Chris Eckhart, The first point that is important to master is to improve your intention that is the ability to direct your attention wherever you want according to your needs Slowing down your thoughts focusing on empowering them letting go of those you don t need leads you to regain control of your emotions and your internal energies and last but not least also your self confidence The second point is the sensitivity and control of your energy system that is the ability to feel and strengthen your chakras your meridians and your aura 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 Akashi records How to use creative visualization to manifest your desires How to heal physical and emotional problems How to remember your astral projection adventure 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

*Astral Travel* Gavin Frost,Yvonne Frost,1986-01-01 Teaches you how to differentiate between astral travel and conventional dreaming You can learn to control your experiences Complete instructions for astral dreaming twilight zone astral travel meditative statetravel travel in the spiritual realms helping and healing with astral travel and much more

*Astral Projection Guide, Book One* Yvette a. LeBlanc,2017-06-30 EXPLORE ALL OF CREATION LEARN THE TRUE MEANING OF LIFE LET ME SHOW YOU This book was previously published as Astral Travel and will without realizing or making any effort choose just the correct combination depending on the vibration of light needed for the journey This astral energy can sometimes be seen and is called the aura Part One Astral Travel Basics Don t get hung up with tedious drawn out methods to leave your physical body one body part at a time You don t need to project an astral counterpart of your entire physical self I suggest you simply project that part of you located between your eyes that s where your true self is located anyway The fastest and easiest way is to just be wherever it is you want to be Don t even think about what you look like that will just bring you back to the physical Part Two Two Methods to Project to Wooded Areas When you are in the air and you feel like you are flying you might not be It took me a long time to realize that I was really located in a point in the sky I had no body so I was not subject to gravity However the Earth was rotating on its axis I just had the sensation of moving It s like when you re in a car wash seated in your car The big brushes come forward and you have

the sensation of moving even though you are not Part Three My Experiences Holy and Wonderful The separation was in a whole different manner I remained in my physical body while I felt energy projecting I became a being of white light energized by my heart chakra Part Three My Experiences Holy and Wonderful While meditating on a violet crystal I asked to see my spiritual guides Amazing spheres of brilliant colored light appeared I saw a pink spirit and a golden flame baby which I brought to my heart chakra The face of a happy young man looked Arabic smiled at me My tunnel rotated very fast and pointed very high Part Four Aura Etheric and Halo Viewing Seeing your own magnificent light will help you realize you are a holy spirit and truly a child of God Good luck You CAN do it

**Astral Projection** Samuel Shepherd, 101-01-01 Unlock the Secrets of Out of Body Travel Higher Consciousness Have you ever wanted to leave your body explore the universe and experience the limitless nature of your consciousness What if you could visit other dimensions meet spirit guides and access divine wisdom all from the comfort of your own home Astral projection is real and you can learn how to do it Introducing the Ultimate Astral Projection Series This 4 book series is a complete guide to mastering the art science and spiritual power of out of body travel Whether you re a beginner looking for your first projection or an advanced seeker ready to explore higher dimensions this series will take you step by step through the incredible world of astral travel What You ll Learn Inside This 4 Book Collection Book 1 The Beginner s Guide to Astral Travel Unlocking Your First Out of Body Experience Learn proven techniques to achieve astral projection no prior experience needed Master deep relaxation and separation methods to leave your physical body with ease Overcome fear doubt and mental blocks preventing successful projection Book 2 The Science and Spirituality of Astral Projection Exploring the Boundary Between Worlds Discover how science and quantum physics support the existence of out of body experiences Explore ancient teachings on astral travel and consciousness expansion Understand brainwave states and how they impact projection success Book 3 Astral Combat Psychic Defense Navigating the Dangers of the Astral Plane Protect yourself from negative entities energy parasites and thought forms Master psychic shielding energy defense and vibrational control to ensure safe travels Develop strength and awareness to maintain sovereignty in the non physical realms Book 4 Sacred Journeys Beyond the Veil Meeting Spirit Guides and Unlocking Past Lives Connect with spirit guides ancestors and ascended beings for wisdom and guidance Access the Akashic Records to reveal your past lives and karmic lessons Experience deep spiritual healing and soul level transformation through astral travel Why This Series is a Must Read Step by Step Guidance No vague theories Each book provides clear instructions and actionable techniques you can practice today Science Meets Spirituality Learn how modern research and ancient wisdom align to unlock the mysteries of astral projection Practical Safe Understand the dangers of the astral plane and how to protect yourself while exploring other dimensions Advanced Techniques Go beyond basic projection and explore past lives higher realms and spiritual awakening Life Changing Benefits Strengthen intuition dissolve fear expand consciousness and uncover your true purpose What Readers Are Saying This book series changed my life I went from struggling with projection

to confidently exploring other realms Emily W Finally a book that combines real techniques with deep spiritual wisdom Highly recommend Jason M A must read for anyone serious about astral travel The psychic defense techniques alone are priceless Sofia L Are You Ready to Leave Your Body and Explore the Unknown Don t wait any longer to unlock the incredible power of astral projection Whether you re seeking personal transformation spiritual awakening or cosmic adventure this series will guide you step by step into the limitless realms beyond the physical world Get Your Copy Now and Begin Your Journey Beyond the Veil *Leaving the Body* D. Scott Rogo,2008-06-30 How to induce a safe controlled out of body experience using physical and mental methods Astral projection the ability to leave the body at will is a phenomenon that has long fascinated both the scientific world and the general public If you have been curious about this strange power and are now ready to take your curiosity one step further here is a complete guide to eight genuine methods that have been proven to induce out of body experiences In plain straightforward language this realistic guide explains the techniques and potential applications of astral projection through dynamic concentration progressive muscular relaxation dietary control guided imagery and others *Astral Projection Guide: How to Get Started with Astral Projection and Learn to Induce Obes (Out of Body Experiences)* at Will Astral Hq,2017-12-28 Explore the Astral realm easily every night Astral Projection is the ability to separate your astral body from your physical body allowing you to travel around and explore other realms with your spirit This guide can show you exactly how to get started fast OVER 15 TECHNIQUES Learn over 15 methods and techniques most of which you can t find anywhere else on the internet These are unique and very effective methods CRIPPLING BEGINNER MISTAKES Most beginners always make the same mistakes when trying to Astral project In this section of the ebook we explain how to avoid making these critical mistakes and how to just practice what works TIPS AND TRICKS Many powerful astral travel tips and tricks are included in this guide most of which you ve not heard before HOW ASTRAL PROJECTION WORKS A Detailed breakdown of how astral projection works and what parts of your brain are active during certain stages of the OBE Plus lots more This is being sold for double this price on the website so make sure you get it at this low price now before it changes There s also a bonus section in the ebook just for my readers *Astral Projection for Beginners* Silvia Hill,2021-10-28 With this book you can explore the astral world peel back the veil shrouding alternate realms and states of consciousness and discover the truth about your rich multidimensional life *Astral Projection for Beginners* Bess Mathews,2021-01-17 Experience Inner Awakening Profound Inner Wisdom and Out of Body Experiences by Using Astral Projection Master the ability to access other planes of realities that go beyond the physical realm of different dimensions Enter into other realms of realities that you might have experienced in a previous life or even see the place where we will go after the physical death 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 provides a basic and simple outline on how to master the art of astral projection. Astral projection can seem to be very mysterious but it has multiple benefits once you learn how to travel to the different planes. Here is a preview of what you will learn in *The Astral Projection Handbook*: What is Astral Projection and how it can change your life forever, how to experience astral projection and never be the same again, amazing experiences are to be had, what to expect when you astral project, fact or fiction, can you experience death during astral projection, so why would you really want to experience astral projection, step by step, look at why you should use this amazing technique to experience bliss, much, much more. Download your copy today of *The Astral Projection Handbook*      **The Astral Projection Guidebook** Erin

Pavlina, 2013-10-18 Learn to Master Astral Travel. Would you like to walk through walls, fly around the world, reconnect with deceased loved ones and explore time and space? Have you had a terrifying out-of-body encounter that left you fearful of ever exploring astral projection? Would you like to know how to travel the astral realms safely and protect yourself from unwanted projections? Whether you are a novice or an experienced astral traveler, *The Astral Projection Guidebook* will teach you how to master astral projection safely and effectively. In this guide, you will learn how to prepare yourself for a positive astral journey, achieve separation from your body, explore the astral realms alone or with friends, enjoy mind-blowing astral sex, protect yourself from dark entities, train to become an astral warrior, get ready to have fun exploring the astral realms.      [Astral Projection](#) Lauren Lingard, 2021-12-05 **ASTRAL PROJECTION** Astral projection is the art of pulling our conscious mind out of our body and entering another world. It can feel just like dreaming, but the big difference is that you're wide awake. Just as the physical world exists, made up of cars and streets and buildings, the astral world exists too, and so when we leave our physical body and enter the astral plane, we are projecting our body into that invisible world. While it can take a while to become proficient at astral travel, this book will take you step by step through the process and give you everything you need to experience this phenomenon yourself.

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Astral Projection A Guide** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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