

## The Astral Projection Guidebook Mastering The Art Of Astral Travel

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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 ' ll learn how to:

- Prepare yourself for a positive astral journey
- Achieve separation from your body
- Explore the astral realms – alone or with friends

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Astral projection is an entertaining and harmless pastime that can seem profound, and in some cases even life-changing. But there's no evidence that out-of-body-experiences happen outside the body ...

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