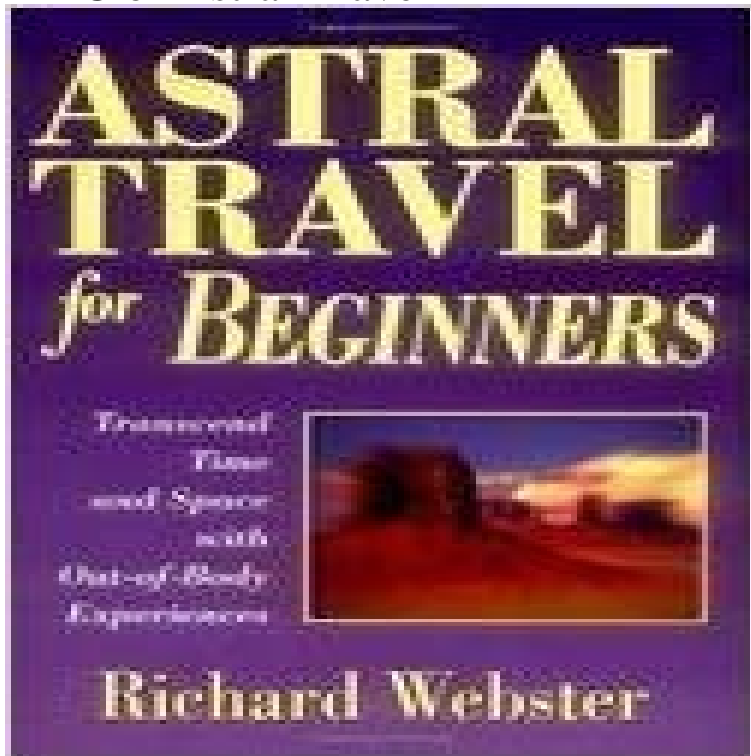


## ABC of Astral Travel



What is astral travel? Astral travel simply means leaving your physical body behind, going wherever you want to go, and then returning to the body. Think about a time in history that has always fascinated you. Think carefully about where you want to go and why you want to be there. Once you are out of your body, simply tell yourself where you want to be and you will instantly be transported back through time and space to the period you wish to see. Out-of-body travel, is a completely natural experience. You have probably already astral-traveled thousands of times in your sleep, you just don't remember it when you wake up. Now you can learn how to leave your body at will, be fully conscious of the experience, and remember it when you return. Achieving your first astral travel experience is always the most difficult-and no single method will work for everyone. That's why the exercises in this book are carefully graded to take you step-by-step through an actual out-of-body experience. And with 15 time-tested methods to choose from you're sure to be astral traveling in no time. Once you learn to leave your body, the freedom you'll discover will transform your life. Explore new worlds-learn to travel with a partner-go back and forth through time-make new friends-but, most importantly, lose your fear of death as you discover that you are a spiritual being independent of your physical body.

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