



How to Astral Travel

By Orry Whitehand

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The experience of astral travel involves the projection of the consciousness so that it can perceive information from other dimensions / realms of existence. This is usually experienced as if the individual s awareness actually leaves the physical body and explores different realities in a spirit body. This book is intended as a purely practical introduction, which will allow those unfamiliar with astral travel to understand its basics, learn how to see with the astral vision, and undertake some introductory journeys. The reader will then possess the required skills to pursue the practice further in the tradition of their choice. This booklet takes you through the following subjects: Preliminary considerations Three types of astral work What can you expect from your astral journeys? Exercises to develop the astral body Your first astral journeys The book offers practical advice and guidance every step of the way, helping to develop this ability in a safe and easy manner.



READ ONLINE
[6.25 MB]

Reviews

The ebook is easy in go through easier to recognize. We have study and i am certain that i will planning to read through once again once again in the future. I am quickly will get a pleasure of studying a composed publication.

-- Prof. Adah Mertz Sr.

This ebook might be worth a read, and superior to other. It is probably the most amazing publication we have read. Your lifestyle period will likely be transform once you total looking over this publication.

-- Alana McCullough