



Astral Travel for Beginners: Transcend Time and Space with Out-Of-Body Experiences

By Richard Webster

Llewellyn Publications. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 7.9in. x 5.0in. x 0.7in. What you've done thousands of times in your sleep can now become a totally conscious experience with the help of this handy guidebook. You'll soon learn to leave your body and explore the astral realm with confidence and safety. Achieving your first astral travel experience is always the most difficult and no single method will work for everyone. That's why the techniques in this book are carefully graded to step by step through an actual out-of-body experience. And with fifteen 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 even find a lover but, most importantly, lose your fear of death as you discover that you are a spiritual being independent of your physical body. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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