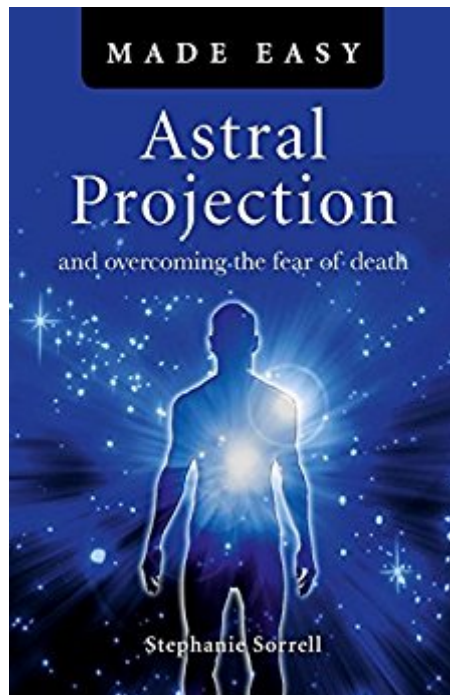


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# Astral Projection Made Easy: Overcoming The Fear Of Death (Made Easy (O Books))



## Synopsis

Mans greatest fear is of death. Because of this, a lot of energy goes into defending ourselves against this reality whether it be through illicit or recreational drugs, business or work. Astral Projection Made Easy is an attempt to eliminate this fear through approaching the whole concept of life beyond and outside the physical body through Near-Death Experiences(NDEs) Lucid Dreaming and the technique of Out-of-Body experiences(OBEs). The author draws from a rich source of information, including her own experiences of astral projection over 20 years. Within this context, she includes Eastern teaching and explores astral projection from a scientific, spiritual and psychic perspective. She includes a chapter on consciousness as well as what precipitates an altered state of consciousness. In order to support her work she includes historical case studies of other writers and contemporary ones as well as her own. There is a section on how to identify an out-of-body experience, what it may feel like, and the very real "symptoms" experienced on a somatic level. More than anything, the Work is engaging, accessible and rich in content.

## Book Information

File Size: 291 KB

Print Length: 81 pages

Publisher: John Hunt Publishing (May 25, 2012)

Publication Date: August 7, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008AJZ5TY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,086,878 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #340

in Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body

Experiences #1019 in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult > Astral

Projection #53136 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

There has been extensive work on parapsychology, especially on Astral Projections or Out of Body

Experiences (OBEs) and related phenomena, with a vast body of anecdote and speculation around the concept of what is variously called the Astral or Subtle body, or the "double", the idea that there is an etheric counterpart to the physical body, as supported by accounts of OBEs, apparitions, deathbed observations, Near Death Experiences (NDEs), etc. and as indicated by different spiritual traditions. Here in this contribution to the John Hunt Publishing Made Easy series, we have a straightforward, accessible and short introduction to the concept of the Astral or Subtle body, particularly in the context of the Astral Projection or Out of Body Experience. It is a very personal account, as the author uses her own vivid astral experiences to illustrate the book throughout, although she does also draw on the accounts of others who responded to a questionnaire on Astral Projection. After explaining the astral body, the book goes on to describe the inhabitants of the astral world, found at different levels depending on our different states of consciousness, and defined by the author as the Lower Astral, the Planes of Desire, and the Summerland. In this astral world we are told that there are helpers, guides, the recently deceased, astral forms of humans still alive in the physical world, non-human inhabitants and debris. In later chapters the author describes the symptoms accompanying Astral projection, with some thoughts on NDEs (according to an article in New Scientist recently, 18 million Americans have had an NDE), and lucid dreaming, journeys into outer space and other dimensions, and a final chapter on how to prepare for our own Astral projections if we are so inclined.

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