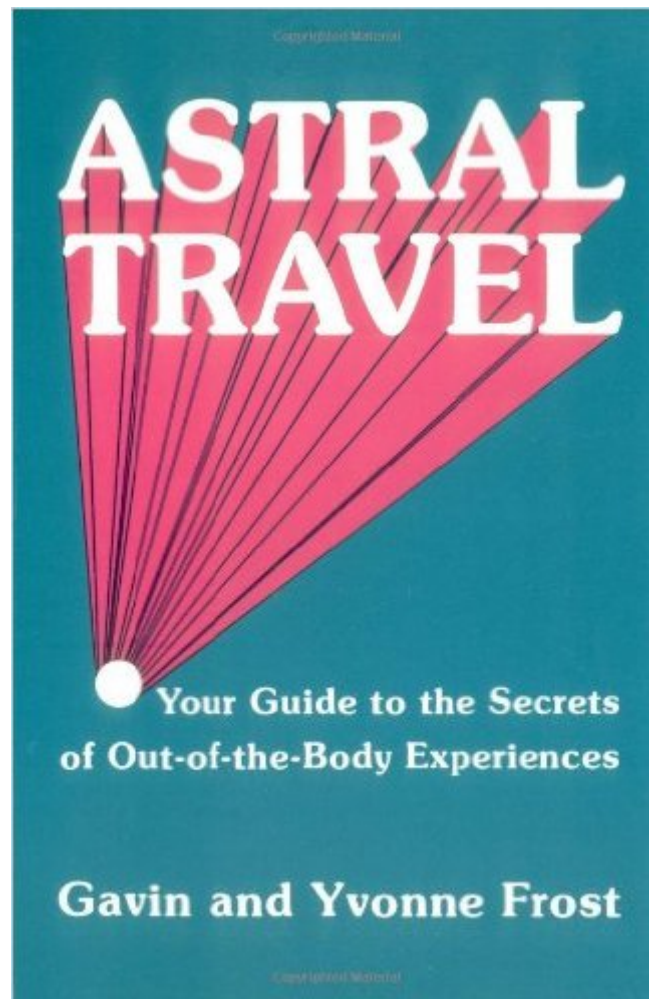


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# Astral Travel: Your Guide To The Secrets Of Out-Of-The-Body Experiences



## Synopsis

A practical guide that teaches you how to differentiate between astral travel and conventional dreaming. You can learn to control and monitor your experiences for increased awareness. Complete instructions for astral dreaming, twilight zone astral travel, meditative-state travel, travel in the spiritual realms, helping and healing with astral travel, and much more.

## Book Information

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (24 customer reviews)

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## Customer Reviews

This book was one of the first I came across when searching for answers to some spontaneous astral experiences I had a few years back. Whilst it assisted in terms of affirming the actual existence of the astral plane, it did not contain the content to do much more. Most of the content in the book was unfortunately confounding and entangled, and did not present an accurate overall picture of what the astral plane is. Additionally, one gets the feeling, even without any substantial occult knowledge, that in the attempt to describe the nature of the plane and its workings, the authors have undertaken an overly ambitious endeavour, given that their own understanding of the plane seems at best incipient and at worst, terribly incomplete. The outcome of this to the reader, is a misleading hotch-potch of subjective information that is better off avoided if you are seriously seeking to understand either your own experiences or the hidden world in general. Because the cultivation of an authentic understanding of the astral plane is but a small fraction of an immense, potentially life-long study of the esoteric truths that permeate life, those who are drawn to this should note that any worthwhile study requires the aid of an ethical and profoundly

knowledgeable author, and preferably an organization that can assist a student in their development in the same way. Despite the plethora of misleading books, materials and other information on this subject that abounds like weeds in the fields, there is fortunately such an author and also a number of correlating schools of study available, for those who are serious about understanding this and other related subjects. The Author I recommend is Samael Aun Weor.

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