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ASTRAL PROJECTION, OUT-OF-BODY EXPERIENCE AND LUCID DREAMING



Unicorn Books, 2013. Paperback. Book Condition: New. Astral Projection is an act of consciously separating spirit from physical body and letting the spirit travel anywhere without body and returning with full memory. We all unconsciously travel outside our bodies every night when we are asleep. But, with the right guidance and practice, we can train ourselves to achieve this status with 100% consciousness and awareness. Anyone who has experienced astral projection, knows that our existence beyond the physical body is...

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- Released at 2013



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