

The How and Why of Astral Projection



Step one:
I would like to find a comfortable place. The space should have minimal distractions. This is so you aren't tense for the next steps.



Step three:
Try and meditate, this is the biggest step. I recommend focusing on breathing in and breathing out. Meditating is what leads to astral projecting.



Step five:
Cleansing step. Imagine a light, any colour, and picture it around you and inside you cleaning the negativity away. I picture a magenta light, and this step is to reinforce that there is no negativity.



Step seven:
When you feel almost the full separation of your body and mind, with no rush, just get up out of your comfortable position. You should see your body just lying there.



Step two:
I recommend getting into a comfortable position. This is because you don't want to move for 15 - 20mins. This is so you can focus on meditation.



Step four:
Create a protective circle by visualising a white light around you. Breathe in positivity, and shake negativity. Immerse yourself, body and mind, in the white light. This is because negativity can sense up the body and we want the body as loose as possible.



Step six:
For this step I like to think of it as the body vibrating. What you want to do is keep your mind awake and permit your body to sleep. How you do this is by breathing in tranquility and out disarray. To keep focus have a mantra. I use "my body is relaxing", however you can use whatever you want. By the end, your mind should feel light and your body heavy.

"you control where you are and what you are doing with your thoughts, rather than your body or speaking"

Astral Projection Kit

Melita Denning, Osborne Phillips



Astral Projection Kit:

The Astral Projection Kit Melita Denning, Osborne Phillips, 2002-09 Explore the astral plane through step by step exercises and discover what life is like beyond the physical body Find out first hand about soul sculpture astral sex and safely observe the mysteries of the after life Travel through time and space meet beings from other planes of existence and learn what secrets await in higher dimensions *Astral Projection Plain & Simple* Osborne Phillips, 2003 Discover a reality beyond human vision with the complete system in this book It starts with preparation for the first steps out into the astral to clear instructions for returning to the physical body **The Llewellyn Practical Guide to Astral Projection** Melita Denning, Osborne Phillips, 2001 The Practical Guide to Astral Projection by Denning and Phillips is simply the best step by step set of lessons for learning this skill ever published Over a quarter million people are using this book to help them learn this valuable skill If you want to learn how to project your consciousness onto the astral plane you should use it too First as the book shows this skill is natural You do it all the time in dreams for example In a sense it is more natural than walking It is a skill you can develop with practice Further it allows you to have spiritual experiences on the astral plane Plus what you create on the astral plane creates changes on the physical plane This is true magick Heal someone on the astral and they will be healed on the physical Create opportunities on the astral and you will have them on the physical You can even experience sex on the astral plane for one of the most dynamic experiences you will ever have And you can learn how to do all of this in *The Practical Guide to Astral Projection* But it is not only the information in this book that makes it easy to understand and use The very design of each chapter as well as the illustrations photos charts etc make it easy for you to learn the techniques to consciously control your astral projection experiences The book begins by showing you what astral projection is and what it is not what can happen and what is fantasy As a result you will discover that astral projection can be safe comforting exhilarating and fun Then you will learn methods of being able to let your consciousness leave your body and safely explore the astral plane With this book in hand you can explore realms you've only dreamed of Make your dreams a reality **The Llewellyn Practical Guide to Psychic Self-defense & Well-being** Melita Denning, Osborne Phillips, 2002-09 Deliberate psychic attack is very rare However your psyche is constantly under attack from friends and strangers advertisers and politicians who want to manipulate you Luckily there is a solution Denning and Phillips Practical Guide to Psychic Self Defense The best way to overcome attacks on your psyche is through awareness that they are occurring This requires you to become more awake and alert to this bombardment Part of the technique is to understand how this attempted manipulation works By studying this book you will gain that knowledge The result is that the psychological intimidation that has been used on you in the past will no longer control you There are two types of psychic attack The first kind is attack by a person who has not had any occult training He or she may feel slighted or betrayed by you based on actual or imagined situations and hold on to negative emotions Eventually unknown to that person the negative energy can leap out directed at you This book

reveals that your aura is your best line of defense By using the exercises in this book to strengthen your aura any such unintentional psychic attack will easily be dispelled and discharged Even more rare is the classic psychic attack where a person does some sort of spell or ritual to harm you Full instructions are given for overcoming such negative magick both on a practical physical level sever any physical connection between you and the attacker and on a ritual spiritual level perform blessings and rites to overcome psychic attack But what happens if an attack does get through First you have to know how to recognize it Usually a successful attack strikes at your weak link That could be your physical health causing illness or your mental attitude causing depression This book will show you how to recognize the problem and how to deal with it effectively

Practical Guide to Creative Visualization Melita Denning,Osborne Phillips,2001 Now you can open channels from other dimensions that will aid you in your pursuit of success With the series of exercises in this book you will actually program your mind to bring your desires into personal realization No matter what you desire you can start practicing these proven and simple techniques today

Practical Guide to Psychic Powers Melita Denning,Osborne Phillips,2000 ESP Divination Psychometry Telekinesis Astral vision You ve heard of all these talents The amazing truth is that you can have all of these abilities when you practice the simple but powerfully effective exercises in Melita Denning and Osborne Phillips *Practical Guide to Psychic Powers* World famous experts Denning and Phillips explain exactly what you need to develop your own innate abilities including advice on diet rest and exercise They advise you to meditate daily and give instructions how you can bring this wonderful skill into your life They also reveal how you can make your own tools for psychic development such as a pendulum ESP cards and a Vision Mirror *Practical Guide to Psychic Powers* explains that your attitude is important in establishing these abilities in your life You ll discover how to eliminate boredom and stress practice mental concentration for long periods and have foreknowledge of the future Many of the exercises to help you to develop psychic abilities are in the form of games making them fun preventing boredom and creating faster success For example you ll learn a game of guessing dice one with ESP cards and another that uses the vision mirror to predict your future The book teaches you how to become aware of the impressions a material object has gathered the art of psychometry You ll learn about contacting spiritual entities the way Spiritualists do You ll also discover the secrets of dowsing and how to develop and use this ability Denning and Phillips are known for their clarity of thought and for having effective techniques as demonstrated in *Practical Guide to Psychic Powers*

The Art Doll Chronicles Catherine Moore,2003-04 This celebration of nine art dolls and the artists who made them offers a colourful look at an unusual project that spanned 19 months and took the dolls on a journey all over the United States Each doll is a one of a kind work of art made by women who contributed something to each work in progress and offered unique perspectives on womanhood and images of dolls Professional doll makers as well as a quilt maker a metalsmith a woodcarver and a sculptor created dolls that evolved into vivid characters as they travelled from artist to artist with handmade journals that served as a combination diary travel log and artist s canvas From Joe the Wandering 60s

Beatnik to a made over Madeline sure to be kicked out of her French boarding school for her outrageous attire each doll is accompanied by photographs excerpts from the journals and essays by the artists about the joys challenges and frustrations of working on the project **Forthcoming Books** Rose Arny,2003 **Parapsychology, New Age, and the Occult** ,1993 **Books Out Loud** ,2004 *The Publishers Weekly* ,1999 **Weekly World News** ,2002-06-11 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site Side Parting K T Bowes,2021-06-10 Rusty clippers precision scissors and a dead Curly Kit went back to school to learn hairdressing and hoped it would kickstart a new career Taking out the final challenge and winning the coveted matte black precision scissors is the sign she needs But instead of success she finds herself expelled from her Curly group jobless and accused of a committee member s murder And her precious scissors are found sticking out of the body Can the two vicars and the mad scientist cut Kit out of this mess Or is this one too bad even for the varied skills of her loyal flat mates Darkness Becomes Her Jaime Rush,2012-05-29 I m hooked on Jaime Rush s exciting sexy paranormal series Janet Evanovich With Darkness Becomes Her author Jaime Rush spins off from her acclaimed Offspring series gifting readers who love paranormal romance and page turning adventure with an exhilarating tale of two young people who fear the extraordinary powers they possess yet each is the other s only hope for survival A novel that seamlessly blends passion suspense and supernatural mayhem Darkness Becomes Her is a must read for fans of TV s Torchwood and Heroes admirers of Jeaniene Frost Vicki Pettersson and Kay Hooper s Special Crimes Unit novels and anyone fascinated by the fictional possibilities of shape shifting ESP astral projection and all things otherworldly **Subject Guide to Books in Print** ,1975 *Feminist Bookstore News* ,1988 The Publishers' Trade List Annual ,1991 Human Behavior ,1978 **Railroading a Citizen** Dinshah P. Ghadiali,1926 **Astral Projection** emely sand,2017-02 Are you interested in exploring the spiritual realm Read this book for FREE on Kindle Unlimited Download Now Do you want to Know about Astral Projection Do you wish you knew the ins and outs and the secrets to Astral Projection When you download Astral Projection learn the secrets to experience out of body control your knowledge will increase every day You will discover everything you need to know about Astral Projection These Secrets will transform your Life you will no longer be a beginner You ll we have ancient knowledge Secretsmand new techniques to Spiritually grow Would you like to know more about Exploring the spiritual realm Mystery surrounding the astral plane The best time for planned astral travel Prepare your body and your environment for astral projection Parallel Realities This book breaks training down into easy to understand modules It starts from the very beginning of Astral Plane so you can get great results even as a beginner Download Astral Projection learn the secrets to experience out of body control now and start your Astral experience Scroll to the top and select the BUY button for instant download You ll be happy you did

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