



Astral Projection Plain & Simple: The Out-of-Body Experience

Osborne Phillips

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Come explore the astral realm. Meet spirit helpers and guides, gain insight on past events or possible futures, and experience freedom and adventure you've only dreamed about.

Astral Projection Plain & Simple teaches you how to project easily, naturally, and safely. This complete guide is comprehensive in scope, with step-by-step instructions for both basic and advanced techniques. You'll discover many ways to learn, create, and simply have fun on the astral plane, including how to:

- ?Perform astral healing techniques
- ?Develop your psychic potential
- ?Create an astral "watcher" to gather information
- ?Increase your creative and problem-solving abilities
- ?Experience astral love and sex
- ?Encounter beloved pets who have crossed over
- ?Travel through time to explore past eras and places
- ?Meet elementals?the "native inhabitants" of the astral realm

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