



## Astral Projection Plain Simple: The Out-Of-Body Experience

By Osborne Phillips

Llewellyn Publications. Paperback. Condition: New. 192 pages. Dimensions: 9.2in. x 6.0in. x 0.5in. 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 and 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 elemental spirits the native inhabitants of the astral realm This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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