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# Dreams And Astral Travel

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Dreaming the Life Since 1965

26 Techniques for Astral Projection

Beyond Dreaming - An In-Depth Guide on How to Astral Project & Have Out of Body Experiences

Dreaming the Life Since 2000

Dreaming the Life Since 1952

Astral Projection: Waking Up

Dreaming the Life Since 1999

Astral Projection and Lucid Dreaming

Astral Projection

Dream Yoga

Astral Projection

The Astral Codex

Dreaming the Life Since 1991

Lucid Dreaming and Astral Projection

A Course in Astral Travel and Dreams

Dreams and Astral Travel

Dreaming the Life Since 1972

Astral Travel

THE PHASE

Dreaming the Life Since 1971

Lucid Dreaming: Master Out Of Body Experiences In Higher Dimensions With Astral Projection (Overcoming Nightmares And Sleep Paralysis With Creativity And Psychic Awakening)

Dreaming the Life Since 1981

Astral Projection and Lucid Dreaming

Dreaming the Life Since 1933

A Course in Astral Travel and Dreams

Astral Travelling  
Dreaming the Life Since 1968  
Dreaming the Life Since 2002  
Astral Projection for Beginners  
Dreaming the Life Since 1997  
The Awake Dreamer  
Dreaming the Life Since 1939  
Dream Yoga  
Dreaming the Life Since 1979  
Dreaming the Life Since 1996  
Teaching Out-of-Body Travel and Lucid Dreaming  
Between the Gates  
Dream Yoga  
Astral Projection and Lucid Dreaming

*Dreams And Astral  
Travel*

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## **JOVANI SANTIAGO**

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*Dreaming the Life Since 1965* Patricia  
Dilas

Learn the methods used by mystics and seers worldwide to awaken consciousness in the dream state. Among the ancient mystics, shamans, Egyptians, Tibetans, and even modern investigators like Carl Jung, consciousness and the dream state have been of the utmost spiritual and

psychological importance. Astral projection, lucid dreaming, out-of-body experiences and vision quests are all part of the extensive practical science of Dream Yoga, the sacred knowledge of consciously harnessing the power of the dream state. Any sincere practitioner who actively utilizes the clues in this book can open the doors to the inner dimensions of nature and the soul, and thereby come to know the truth of the mysteries that exist beyond the reach of our physical senses. \* Provides step-by-step guidance leading to personal experience in the internal worlds

\* Explains how to remember dreams and how to understand them \* Filled with examples from all the world's religions  
Chapters include: Consciousness, The Awakening of Consciousness, Fascination, Sleep, Remembering Oneself, Complementary Practice, Patience and Tenacity, On Dreams, Dreams and Visions, Key of SOL, Dream Yoga Discipline, Special Nourishment to Develop the Power of the Memory, Tantric Dream, The Return Practice, The Four Blessings, The Guardian Angel, Hod (The Astral World), The Science of Meditation, Chapter 13: Dream

Interpretation, Types of Dreams, Rules for Dream Interpretation, Astral Projection, The Astral Body, Useless Dreams

### **26 Techniques for Astral Projection**

Hampton Roads Publishing

DREAM JOURNAL FOR TRACKING ASTRAL PROJECTION DREAMS, LUCID DREAMS, ASTRAL TRAVEL, EXTRASENSORY PERCEPTION & DAYDREAMS. Personalised With Year Of Birth / Birthday Astral Projection dream journal has been designed with Year Of Birth / Birthday to make an original gift for anybody that's interested in lucid dreams an astral projection an even to gift yourself. Manifest The Life You Want To Live The 'Dreaming the Life since' design is a pun on the expression living the dream as Astral Projection an Lucid dreaming is whilst you sleep to manifest the life you want to live. Perfect Size This notebook is a perfect size and prompts you to write your thoughts and your emotions before sleep. When you wake you are prompted to write about your dream, your interpretation, how you feel and any other comments you would feel important to include. Organize Your Dreams This dream journal will help you organize your

extrasensory perceptions, lucid dreaming, astral projection, astral travel to the astral plane. Even comment on future projections you would like to experience. You may even comment on the moon circles, lunar phases and how this influences your dreams. Get Your Copy Now This Astral travel Dream Journal is just for you - it will give you the perfect way to organize your dreams in one place. It's beautifully designed, simple, clear, easy to use and well organized. So Click Buy and get your copy now!  
*Beyond Dreaming - An In-Depth Guide on How to Astral Project & Have Out of Body Experiences* Michael Raduga  
A Guide to Using Out-of-Body Experiences for Spiritual Development The Astral Codex is an effective, practical, and comprehensive guide to what out-of-body experiences are, what to see and do in the astral plane, how it fits into the structure of life, and how to use it for spiritual development. Throughout history, seekers of spiritual wisdom have traveled beyond the body into other dimensions to explore a wider reality. Their experiences formed the basis of otherworldly accounts found in many of the world's sacred teachings.

Drawing on decades of out-of-body experiences, Belsebuub explains how someone can use astral travel to seek out spiritual knowledge today. The Astral Codex is based on the popular "A Course in Astral Travel and Dreams" by Belsebuub-a course created in 2001 that was studied online and in-person, and taken by tens of thousands of people worldwide. 67% of people surveyed who took the course reported having an out-of-body experience as a result of it. The Astral Codex includes sections with detailed Q&As from the course. Find out what lucid dreaming and astral projection is. Learn about the multi-dimensional nature of reality. Learn about what the astral plane is and how to travel there. Discover what dreams mean and how to remember them. Learn how to explore destinations in the astral plane. Discover how to become successful at astral projection. Overcome common obstacles to conscious astral travel. Find out how the mind and emotions affects our ability to perceive other dimensions. Learn about how we leave our body every night with sleep. Discover how dreams and the astral plane are connected. Learn about the

different ways someone can have an out-of-body experience (OBE). Discover the stages and sensations of having an OBE. Learn exercises to help train the mind to stay focused on astral techniques. Find out why we have bad dreams and nightmares and where they come from. Discover the reasons why science is limited in its studies on OBEs. Learn how to use astral travel for gaining spiritual knowledge. Learn about the symbolic language of higher dimensions and how to interpret it. And much, much more... Mark Pritchard (writing with the name Belsebuub) is the author of a number of books on out-of-body experiences, dreams, self-discovery, and esoteric wisdom including *A Course in Astral Travel and Dreams* which became a bestseller in its genre, and *Gazing into the Eternal* which was a finalist in the Best Book Awards 2009 in spirituality. He has appeared on over 70 radio and television programs internationally, and writes from decades of spiritual and mystical experience. Visit <http://www.belsebuub.com> for more information.

*Dreaming the Life Since 2000* Gene Hart  
Awakening in the Internal Worlds,

otherwise known as lucid dreaming, astral projection, Astral travel, or out-of-body experiences, are perceptions of matter and energy that are beyond the reach of the physical senses. Anyone, anywhere, regardless of any distinctions or qualifications, may acquire their own personal knowledge of these living realities, if they are willing to make the effort. Quite simply, astral projection refers to how our Consciousness departs from the physical body. Everytime our physical body sleep, the Consciousness departs from it, and experiences what we call "dreams." This is a form of astral projection, but in most cases the Consciousness is asleep, unaware that it is away from the physical body. While dreaming, we generally do not realize it. And when we return to the body, the memory of the dream is generally lost, or if recalled, appears hazy and unreal. This is all due to the weak state of our Consciousness. It is possible to consciously project oneself out of the body. By means of constant training from moment to moment, the Consciousness can be strengthened to be be awake, aware, and sharp; thus, when it leaves the physical

body, we remain aware of ourselves, and conscious of what transpires. From this state, one can investigate any phenomena in nature or oneself.

**Dreaming the Life Since 1952** Astral Projection and Lucid Dreaming If you want to discover and explore the universe that lies within your mind, then keep reading... Two manuscripts in one book: *Astral Projection: A Guide on How to Travel the Astral Plane and Have an Out-Of-Body Experience* *Lucid Dreaming for Beginners: What You Need to Know About Controlling Your Dreams to Improve Your Sleep and Creativity* Do you have experiences in your subconscious you wish to explore? Do you want to explore the universe and unravel the answers to mysteries in the non-physical dimensions? Do you want to unlock your inherent psychic abilities and discover more ways to improve yourself and get in tune with your higher self? If you answered yes to any of these questions, then this book is for you. Part one of this book provides examples of astral projection experiences, focusing particularly on how to achieve practical success, and showing you how to project out of your physical form to explore the

universe at will. In part one, you will learn: How to prepare your body and mind for an exploration of non-physical dimensions. How to master the art of astral projection. How to travel the astral plane and meet higher beings and entities. How to improve your self-awareness and attain higher levels of enlightenment and spirituality. 5 Astral Projection Techniques used by experts. 8 Things You Should Know Before Attempting an OBE (Out of Body Experience). Advanced OBE techniques. How to discover and utilize your spirit guides. How to increase your clairvoyant abilities via astral projection. We all dream, and whenever you dream, you are traveling on a journey toward your inner universe. This inner universe is formed from the fabric of your very being, or existence. This inner fabric is your dream. The dream world is exciting, and it also gives you a chance to explore your inner beliefs, creativity, aspirations, goals, and everything else associated with your persona. Lucid dreaming might sound like an exotic concept, but it is backed by science. It is a skill anyone can learn and improve. Lucid dreaming helps you prevent nightmares, understand the power

behind your choices, explore your creativity, become more aware of yourself, and be in complete control of your own life. Lucid dreaming is the key to self-awareness. Part two of this book will act as your guide every step along the way. In this book, you will learn about: Dreams and their meanings; Tips to prepare and get started with lucid dreaming; Relationship between lucid dreaming and astral projections; The link between lucid dreaming and shamanic journeying; Lucid dreaming techniques for beginners; Simple strategies to explore your dreamscape; Tips to protect yourself during lucid dreaming; 14 Common lucid dreaming mistakes and how to avoid them; 5 Advanced lucid dreaming techniques, and much more! So if you want to learn more about astral projection and lucid dreaming, then scroll up and click the "add to cart" button! Dreams and Astral Travel Liberate the full potential of your spiritual consciousness with this accessible A-to-Z guide to Lucid Dreaming, Astral Projection, and the Body of Light. Between the Gates is a manual of self-initiation and liberation that takes readers through the basic

methods of experiencing dream states and conscious astral projection. Through these practices, readers embark on the path to the ultimate culmination of consciousness—creation of the Body of Light. Between the Gates is for anyone who has ever desired to experience the “afterlife” while still alive, or who has desired to rid themselves of the fear of death. While drawing upon traditional Qabalistic and alchemical sources, the methods presented are applicable to a variety of traditions and schools of thought. Between the Gates functions as an “A to Z” guide to psychic initiation toward higher consciousness, and ultimately, to preparation for the great transition beyond this life and this physical body. *Astral Projection: Waking Up* Weiser Books Learn How to Travel Beyond the Waking Life: Discover the Secrets of Lucid Dreaming and Astral Projection Have you had the occasional lucid dream but want to take it further and learn how to control your dream experience? Do you want to explore the world of astral projection and learn how to communicate with the beyond? If so, keep reading! This book

dives deep into the secrets that lie beyond our conscious minds... Have you ever woken up, only to understand that you're still dreaming? Did you get scared or excited? It's completely normal to feel a bit scared the first few times lucid dreams happen. But by now, you must have also felt the joys of controlling your lucid dreams and doing whatever you want without consequences... Even if you never had a lucid dream, you can learn to invite one and control it. There are some tried and tested techniques that this book covers in detail, along with the most efficient and safe ways to try astral projection. Out-of-body experiences are liberating and can teach us a lot about our lives and our loved ones... Here's what you'll learn in this book: What is lucid dreaming and how to tell the difference between myths and truths How to keep the lucid dream going and change it at will What are the benefits and what are the risks of lucid dreaming A step-by-step guide to preparing for a lucid dream, both awake and while dreaming What is an astral body and what are some typical projections you can expect Subconscious development and the best strategies to

reap the benefits of astral projection AND SO MUCH MORE! Even if lucid dreaming and astral projection can sound a little scary, have no fears! These are well-documented ways to explore our mind, and can be practiced safely if you learn exactly how to do it! So Scroll up, Click on 'Buy Now', and Get Your Copy! *Dreaming the Life Since 1999* Book Tree DREAM JOURNAL FOR TRACKING ASTRAL PROJECTION DREAMS, LUCID DREAMS, ASTRAL TRAVEL, EXTRASENSORY PERCEPTION & DAYDREAMS. Personalised With Year Of Birth / Birthday Astral Projection dream journal has been designed with Year Of Birth / Birthday to make an original gift for anybody that's interested in lucid dreams an astral projection an even to gift yourself. Manifest The Life You Want To Live The 'Dreaming the Life since' design is a pun on the expression living the dream as Astral Projection an Lucid dreaming is whilst you sleep to manifest the life you want to live. Perfect Size This notebook is a perfect size and prompts you to write your thoughts and your emotions before sleep. When you wake you are prompted to write about your dream, your

interpretation, how you feel and any other comments you would feel important to include. Organize Your Dreams This dream journal will help you organize your extrasensory perceptions, lucid dreaming, astral projection, astral travel to the astral plane. Even comment on future projections you would like to experience. You may even comment on the moon circles, lunar phases and how this influences your dreams. Get Your Copy Now This Astral travel Dream Journal is just for you - it will give you the perfect way to organize your dreams in one place. It's beautifully designed, simple, clear, easy to use and well organized. So Click Buy and get your copy now!

### **Astral Projection and Lucid Dreaming** Occult Sciences

Master Your Dreams and Take Them Where You Want to Go In the world of dreams, inventors have discovered techniques to solve problems, scientists have conjured new medicines to heal the sick, and artists have created poetry, plays, and songs. Many people have reported being visited by loved ones in heaven bringing messages of healing or warnings to prevent an upcoming disaster.

Stories of precognitive dreams—some filled with wonder and hope, others foretelling impending misfortunes—have been recorded for centuries. In *The Awake Dreamer*, you will learn how to utilize the dream state to expand your consciousness, reach out to loved ones in heaven, and use sleep to fully realize your soul's potential. The book is comprised of stories, research, exercises, and techniques designed to show you a whole new side to what it means to dream, including these how-to steps: Receive and give ancestral healing through your dreams Find the treasures of self-discovery buried in scary experiences Invite healing dreams into your life and request assistance Practice lucid dreaming, astral travel, and past-life dream recall Remember your dreams better With these skills, you can become a soul traveler who has dreams that are very different from the average dreamer.

[Astral Projection](#) Oakridge Press  
**DREAM JOURNAL FOR TRACKING ASTRAL PROJECTION DREAMS, LUCID DREAMS, ASTRAL TRAVEL, EXTRASENSORY PERCEPTION & DAYDREAMS.** Personalised With Year Of Birth / Birthday Astral

Projection dream journal has been designed with Year Of Birth / Birthday to make an original gift for anybody that's interested in lucid dreams an astral projection an even to gift yourself. Manifest The Life You Want To Live The 'Dreaming the Life since' design is a pun on the expression living the dream as Astral Projection an Lucid dreaming is whilst you sleep to manifest the life you want to live. Perfect Size This notebook is a perfect size and prompts you to write your thoughts and your emotions before sleep. When you wake you are prompted to write about your dream, your interpretation, how you feel and any other comments you would feel important to include. Organize Your Dreams This dream journal will help you organize your extrasensory perceptions, lucid dreaming, astral projection, astral travel to the astral plane. Even comment on future projections you would like to experience. You may even comment on the moon circles, lunar phases and how this influences your dreams. Get Your Copy Now This Astral travel Dream Journal is just for you - it will give you the perfect way to organize your dreams in one place.

It's beautifully designed, simple, clear, easy to use and well organized. So Click Buy and get your copy now!  
[Dream Yoga](#) LDS Publishing  
 Teaching out-of-body travel and lucid dreaming means success, an easy and interesting way to make good money, and travel all around the world to lead seminars and network. This is the hottest and most promising field of personal development. Let's change the world together - join us! Perhaps it's your destiny? After many years of experimental work on thousands of pupils, we are going public with our super-effective teaching methodologies. This altruistic deed was performed in order to create motivation for third parties to further develop the field. Though teaching out-of-body travel used to be the purview of the elect few, now anybody can do it, and even do a good job at it without any particular experience!

[Astral Projection](#) Lulu.com  
 Teach your brain to have safe out-of-body experiences in the comfort of your own home with this book. Do you want more love and compassion in your life? Maybe, you want a spiritual awakening, or you

want to remove the fear of your own death. Astral projection is the conscious intention of experiencing an altered perception of the world while having a sense that what is happening is very real. Fall effortlessly into a trance of self-hypnosis by following along with your guide in this program and have an experience of healing and love. What You Will Experience with Astral Projection: - Spiritual awakening -Emotional healing -No more fear of death -Realizing your own potential -More love and compassion in your life -And much, much more...

#### **The Astral Codex** BookRix

Astral projection, sometimes called astral travel, is an intentional out of body experience (OBE.) Those who engage in astral projection believe in the existence of a soul or a sense of consciousness that is separate from the physical body, which is referred to as the astral body. This astral body is capable of traveling outside of, or away from, the physical body, which is how astral projection or astral travel is achieved. Once you know how to safely astral project, the experiences you are capable of having are phenomenal. Astral projection and travel can be used for

everything from visiting other realms or visiting different areas of earth without physically going there, to performing energy work on yourself in a deeply spiritual way. Why Learn About Astral Travel? Experience lucid dreams Increase Concentration Aid in relaxation Increase positive thinking Leave you more open to possibilities Increased confidence Decrease the effect of fear Inside this book, you'll discover: The benefits of astral projection Its risks Proven techniques Visualization Tips for developing the right state of mind And so much more! Discover what you can accomplish with an out-of-body experience and explore the physics of the nonphysical world. Learn how to navigate the delicate balance of the mind, body, and spirit that's required to project. Now is your opportunity to have your questions answered and achieve a conscious out-of-body experience for yourself.

**Dreaming the Life Since 1991** Infobase Publishing

DREAM JOURNAL FOR TRACKING ASTRAL PROJECTION DREAMS, LUCID DREAMS, ASTRAL TRAVEL, EXTRASENSORY PERCEPTION & DAYDREAMS. Personalised

With Year Of Birth / Birthday Astral Projection dream journal has been designed with Year Of Birth / Birthday to make an original gift for anybody that's interested in lucid dreams an astral projection an even to gift yourself. Manifest The Life You Want To Live The 'Dreaming the Life since' design is a pun on the expression living the dream as Astral Projection an Lucid dreaming is whilst you sleep to manifest the life you want to live. Perfect Size This notebook is a perfect size and prompts you to write your thoughts and your emotions before sleep. When you wake you are prompted to write about your dream, your interpretation, how you feel and any other comments you would feel important to include. Organize Your Dreams This dream journal will help you organize your extrasensory perceptions, lucid dreaming, astral projection, astral travel to the astral plane. Even comment on future projections you would like to experience. You may even comment on the moon circles, lunar phases and how this influences your dreams. Get Your Copy Now This Astral travel Dream Journal is just for you - it will give you the perfect



way to organize your dreams in one place. It's beautifully designed, simple, clear, easy to use and well organized. So Click Buy and get your copy now!

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Motilal Banarsidass Publ.

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Glorian Publishing

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### **Dreams and Astral Travel**

Glorian Pub  
Are you having no luck with Astral projection? Discover the spiritual and wholesome approach to attaining out-of-body states of awareness which leads to

more vivid and profound experiences. The approach in this book is on the practical understanding of out-of-body consciousness, rather than on intellectual debate or speculation. It aims to address frequently asked questions that Gene has received from hundreds of people struggling to achieve Astral projection. As explained in the book: "Through practical understanding alone, we get rid of the need for ineffective methods and complex practices which harbour self-doubt, often seen in books which promise quick results through techniques backed by little explanation. When we instinctively comprehend the mechanics behind out-of-body experiences, we adopt our own intuitive practice." Furthermore, the book explores the difference between lucid dreaming and out-of-body experiences and how both these phenomena serve a significant purpose towards our spiritual progress. One way to understand this is through realising that most of us are in a continuous dream-like state that often has a firm grip over our awareness while we're awake and also while we're asleep; this is key in understanding how to go beyond layers of subconscious perception in order

to reach higher objective states of consciousness. If we wake up out of our dreams during the day, then we also have more chance of becoming conscious during our dreams at night too; "As Above, So Below". Learn about how following the path of Astral projection enhances our mental, emotional and physical health and overall quality of waking life; the practice does not just apply to our non-physical experiences during sleep. Gene's knowledge is based on over a decade of deep meditation, hundreds of out-of-body experiences, and several years spent being part of a Gnostic group. He has only one wish; for you to experience conscious out-of-body travel with all of your senses in-tact, just as you are here and now, reading this. Below are just some of the things you will learn in this guide: - Overcoming fear of 'the other side' - How to rely on intent rather than methods - Several step-by-step methods and exercises - How meditation greatly benefits Astral projection - Analysing and understanding your failed attempts - How to stay grounded and present once out of body - How dreaming at night is no different than when we 'daydream' - How

Astral projection is a deeply spiritual practice of self-realisation Gene is dedicated to helping others achieve Astral projection and has provided his email at the end of the book in case you have any questions related to any of the points made inside.

### **Dreaming the Life Since 1972**

There's More To Explore Than Just The Physical World - Here's How To Visit The Astral Plane Without Leaving Your Room! Have you ever had a vivid dream that ended in a terrifying fall, waking you up? Congratulations, you've been to the astral plane! And if you're curious about the afterlife, supernatural creatures, or psychic abilities, it's time to go there again. A journey to the astral plane is called astral projection. So, what is Astral Travel - Projection? Astral projection is a conscious out-of-body experience that assumes the existence of consciousness or soul. Astral body can travel outside the physical body throughout the universe by leaving the physical body. The astral body can float and traverse across the world or observe the environment. Individuals who practice astral projection are aware of what's happening around them. The belief

of astral projection as a real phenomenon and not a fabrication of the mind can even be supported by quantum physics. Since as quantum physics suggests everything is energy and we are all connected. Having that in mind separating your consciousness from your physical body to explore the fourth dimension the astral realm is something absolutely possible. Astral projection gives you incredible freedom. During an astral projection you can do absolutely everything you desire... like flying over the world, visiting friends and observing them, going back in time, communicating with higher frequency beings and even having astral sex. The possibilities in the astral realm are limitless. Many people believe astral projection as the ultimate evidence of life after death and a solid proof for the hypothesis that other higher dimensions exist and the fact that our consciousness is separate from our physical bodies and our life here on earth is simply a small journey. Here Is A Preview Of What You'll Learn... Frequently asked question about Astral Travel How to Astral Travel Time-Tested Astral Projection Techniques Experiencing a Higher Consciousness And

...Much, much more! Download your copy today!

### **Astral Travel**

If you want to discover and explore the universe that lies within your mind, then keep reading... Two manuscripts in one book: Astral Projection: A Guide on How to Travel the Astral Plane and Have an Out-Of-Body Experience Lucid Dreaming for Beginners: What You Need to Know About Controlling Your Dreams to Improve Your Sleep and Creativity Do you have experiences in your subconscious you wish to explore? Do you want to explore the universe and unravel the answers to mysteries in the non-physical dimensions? Do you want to unlock your inherent psychic abilities and discover more ways to improve yourself and get in tune with your higher self? If you answered yes to any of these questions, then this book is for you. Part one of this book provides examples of astral projection experiences, focusing particularly on how to achieve practical success, and showing you how to project out of your physical form to explore the universe at will. In part one, you will learn: How to prepare your body and mind for an exploration of non-

physical dimensions. How to master the art of astral projection. How to travel the astral plane and meet higher beings and entities. How to improve your self-awareness and attain higher levels of enlightenment and spirituality. 5 Astral Projection Techniques used by experts. 8 Things You Should Know Before Attempting an OBE (Out of Body Experience). Advanced OBE techniques. How to discover and utilize your spirit guides. How to increase your clairvoyant abilities via astral projection. We all dream, and whenever you dream, you are traveling on a journey toward your inner universe. This inner universe is formed from the fabric of your very being, or existence. This inner fabric is your dream. The dream world is exciting, and it also gives you a chance to explore your inner beliefs, creativity, aspirations, goals, and everything else associated with your persona. Lucid dreaming might sound like an exotic concept, but it is backed by science. It is a skill anyone can learn and improve. Lucid dreaming helps you prevent nightmares, understand the power behind your choices, explore your creativity, become more aware of yourself,

and be in complete control of your own life. Lucid dreaming is the key to self-awareness. Part two of this book will act as your guide every step along the way. In this book, you will learn about: Dreams and their meanings; Tips to prepare and get started with lucid dreaming; Relationship between lucid dreaming and astral projections; The link between lucid dreaming and shamanic journeying; Lucid dreaming techniques for beginners; Simple strategies to explore your dreamscape; Tips to protect yourself during lucid dreaming; 14 Common lucid dreaming mistakes and how to avoid them; 5 Advanced lucid dreaming techniques, and much more! So if you

want to learn more about astral projection and lucid dreaming, then scroll up and click the "add to cart" button!

### **THE PHASE**

The practice of phase states of the mind is the hottest and most promising pursuit of the modern age. Unlike in the past, the notions of "out-of-body experience" and "astral projection" have already lost their mystical halo, and their real basis has been studied in minute detail from the most non-nonsense approach. Now, this phenomenon is accessible to everyone, regardless of their worldview. It is now known how to easily master it and apply it effectively. It gives each and every person

something that previously could only be dreamt about - a parallel reality and the possibility of existing in two worlds.

### *Dreaming the Life Since 1971*

For centuries mankind has been exploring the nature of reality. The materialistic scientific worldview would have us believe that physically measurable phenomena are all that exist. Yet the answers to the key of reality go far beyond this mindset. This book explores the clues we have about the nature of reality, especially those aspects that cannot yet be proven. If we can understand the most baffling aspects of reality, then we will move closer toward understanding its ultimate cause and nature.

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