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Astral projection is a term used in esotericism to describe an intentional out-of-body experience (OBE) that assumes the existence of a soul or consciousness called an "astral body" that is separate from the physical body and capable of travelling outside it throughout the universe. The idea of astral travel is ancient and occurs in multiple cultures. The modern terminology of "astral projection" was coined and promoted by 19th-century Theosophists. It is sometimes reported in

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### **Astral projection - Wikipedia**

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This Astral Projection, Psychic Soul Travel Guided Meditation program was designed to assist the listener in achieving super-conscious lucid dream states and to assist in astral and soul travel. Some say that we are the sum total of what we surround ourselves with.

**Astral Projection & Psychic Soul Travel Audiobook ...**

During astral projection your soul or higher consciousness leaves your physical body and is free to journey anywhere on the astral plane to the past, present or even the future. It's like an Out Of Body Experience, but these tend to take

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people by surprise. Meditation Affirmations Jupiter  
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## **Develop your psychic skills - Astral Projection | Michele**

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There are different beliefs and concepts accepted in the Spiritual Biz regarding astral travel. When it is called astral projection, it is considered an out-of-body experience where a person's soul or consciousness, the "astral body," separates from the physical body and travels around the universe or in the astral plane.

## **Understanding Astral Travel and Astral Projection | Keen**

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Astral travel is the the soul moving from the physical human

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body and into the physical world. Science on the other hand believe it is not in fact the soul leaving the body but a very vivid dreamlike state. Drugs like Ketamine and other hallucinogenics can sometimes induce an out of body like experience.

### **How to Astral Project - Astral Projection Step by Step ...**

Astral projection (or astral travel) is a spiritual interpretation of the out of body experience. Astral Projection is a very common occurrence. Five to ten percent of the world's population has...

### **Understanding the Astral Plane and Astral Travel | by ...**

Astral Projection Guide – How To Perform Astral Travel



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Safely. In plain terms, astral projection is an out of body experience. It is one of the most powerful forms of these experiences. During astral projection, the soul is separated from the physical body. The astral is the subtle body that hovers over and observes the environment.

## **Astral Projection Guide – How To Perform Astral Travel Safely**

Soul Travel is a shift in awareness, a change in consciousness, moving closer to God. Although in truth, Soul doesn't actually "go" anywhere, Soul Travel describes the experience of accepting greater states of being. Broadening your viewpoint from even higher vantage points brings upliftment, problem-solving skills, and endless opportunity for

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spiritual adventure. Meditation Affirmations Jupiter  
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### **Soul Travel | Out-of-Body Experiences & Expansion of ...**

When you learn how to astral project, you can let your soul travel to unknown places and explore many things you would not have experienced with your physical body. However, similar to waking up after a dream, you may not remember what happened during your astral travel. Take some notes after your trip to get a better idea of your experience.

### **How to Astral Project | Astrology Psychic Reading**

Astral projection occurs when the astral body is projected into the astral dimension, where things are different than in the real world. Time is extended and distorted, that is. one hour

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on the astral can be like a few minutes in the physical world, depending on the part of the astral you are in. Reality is fluid and changeable.

## **This Is Why You Face Obstacles In Learning Astral Projection**

What is Astral Projection? Astral projection is an intentional out-of-body experience by which you separate from the physical body to travel outside it to enhance your psychic and spiritual awareness. To achieve astral projection, you recognize that you have an etheric double which is anchored to your physical being.

**Astral Projection | Psychic Reading | Ask Astrology**

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Astral projection, also known by the term "astral travel" is a term that can be used to describe a facet of telepathy and divination that temporarily separates a person's consciousness and awareness from her physical body. While the body remains in a fixed point on the "material plane," the astral projectionist's mind is free to travel the universe.

## **Is Astral Projection Real? - Best Psychic Reading Reviews**

Astral travel is possible after you have achieved the ability to astral project, which is an intentional out-of-body experience by which you separate from the physical body to move around outside it to enhance your psychic and spiritual awareness. To achieve astral projection, you recognize that

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you have an etheric double which is anchored to your  
physical being.

### **Astral travel | Psychic Reading | Ask Astrology**

Dangers of Astral Travel: Like anything in life, there are real concerns related to astral projection, and there are also myths. Some myths include that you can get 'stuck' in the astral plane and be unable to return. As aforementioned, you remain linked to your physical body at all times.

### **Why You Should Care About Astral Travel (Astral Projection)**

Every human being will travel to the astral plane once his or her lifetime in the physical world is over. That is where the

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soul, or the consciousness, will wait until the person is reborn in a new lifetime. But that does not mean that it is impossible to travel to the astral plane before the end of your lifetime.

## **Astral Plane | Astrology Psychic Reading**

Astral projection or out of body experiences allow our souls to travel to different planes or even different times and realities. This fact is truly liberating. It means we are not just humans but souls and spirits that are truly free. There are many ways to do astral projection.

## **El Tiempo de Viaje a Través de la Proyección Astral | Lucy ...**

Astral Projection: Your Guide To Enlightenment Astral

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projection is the out-of-body experience wherein people can assume an astral form that physically separates them from their bodies. With astral travel, people can travel outside their bodies and encounter divine beings that can help them with their enlightenment.

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