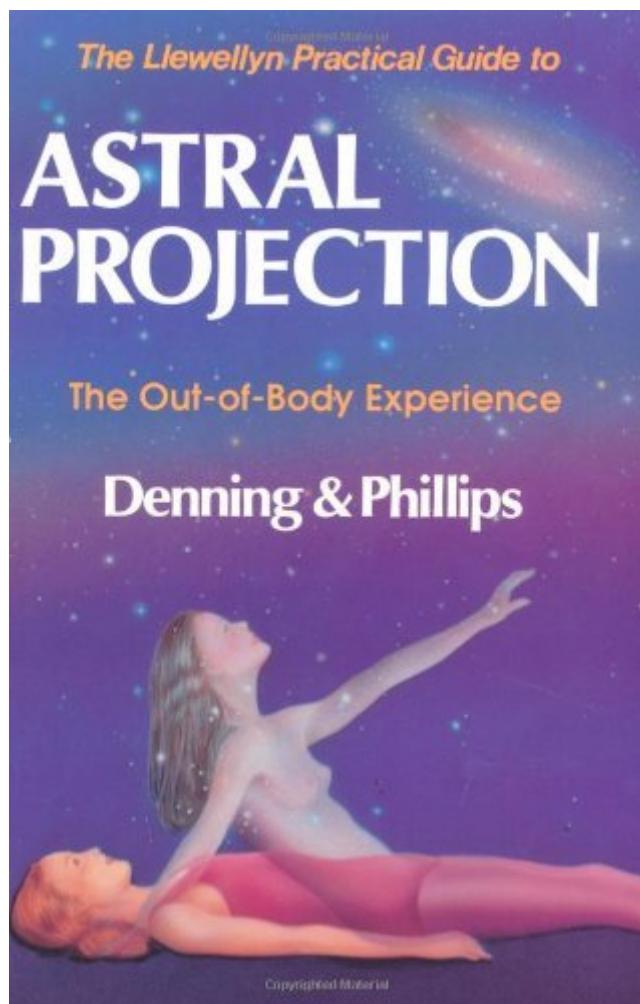


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# The Llewellyn Practical Guide To Astral Projection: The Out-of -Body Experience



## **Synopsis**

The Llewellyn 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 Llewellyn 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.

## **Book Information**

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## **Customer Reviews**

This is a very good book. I put off reading it for years because it looked simple and cheesy. But it has a lot of wisdom of the ages. Yes it is a simple book. But it is full of truth. It is a gradual incline into full astral work. It is an amazing book. I loved it. I have been involved in this form of art for 30 years and I find this is a gem.

This is a wonderful manual on not only astral projection but a spiritual development guide. It contains spiritual exercises that can be used independently for their specific effects on their own or leading to full projection eventually. I've not achieve full projection yet but the soul sculpting technique is invaluable in helping me curb my bad habits.

Look no further than this guide to astral projection for your needs. With the help of this text, as well as the accompanying Llewellyn's Guide to Psychic Self-Defense, you'll find yourself knee deep in satisfaction and awareness of self. The book does nothing less than to proclaim to be a text on the occult, and while it may be, is not just for readers or fans of the occult. There is much to be said about these more benign occult teachings, that allow you to come into deeper contact with yourself and define yourself as who you are. Your levels of creativity will skyrocket from doing just these simple introspective activities!

I've been reading these negative reviews and find that they are based primarily on a fundamental lack of knowledge and in a couple cases easy solutions to the complexity of this kind of work. One reviewer claims that this book is too "occultish". That's laughable, becuause not many things are more "occult" than trying to force your spirit from your body with the intentions on traveling to other dimensions of reality. Having said this, the book is challenging because it actually asks something of the reader.....dedication and commitment to the process. These authors are practicing

metaphysicians/magicians for many years and are the head of a magickal order based in England called Aurum Solis (Denning recently passed away). There is a lot of experience between these pages and it can work for you if you work with the techniques within. Namaste

Love this

Very detailed ! Fast shipping !!! TY

tough to learn for beginners, nice but it seems like it's too complicated to understand. i must find a book to start with. I like this one but I must go back and find a book that's easier to comprehend. so that I may enjoy astral travel.

good reading

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