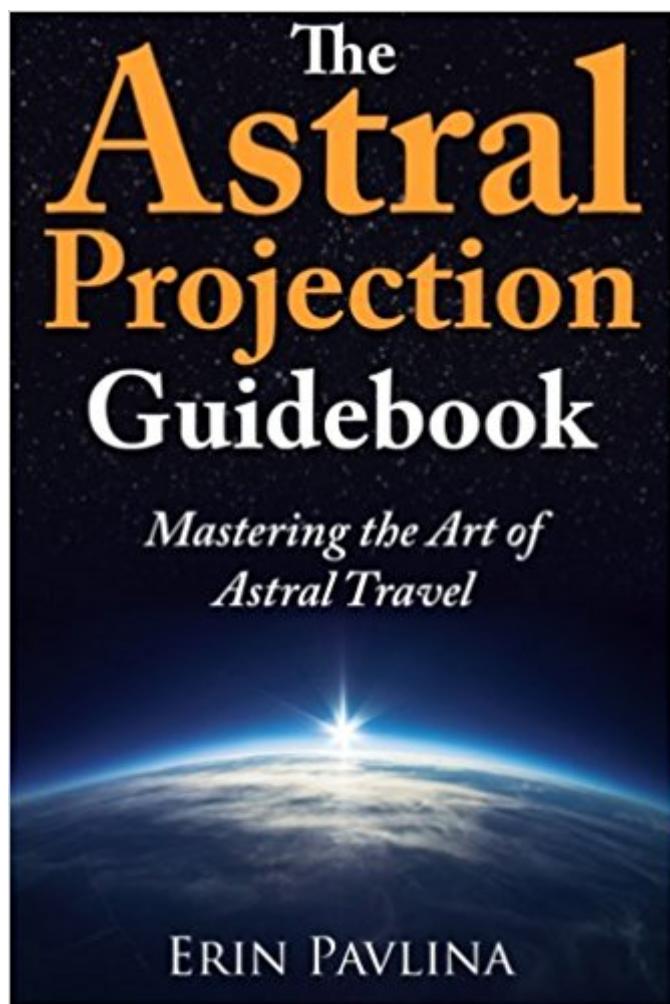


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# The Astral Projection Guidebook: Mastering The Art Of Astral Travel



## Synopsis

Learn to Master Astral Travel Would you like to walk through walls, fly around the world, reconnect with deceased loved ones, and explore time and space? Have you had a terrifying out of body encounter that left you fearful of ever exploring astral projection? Would you like to know how to travel the astral realms safely and protect yourself from unwanted projections? Whether you are a novice or an experienced astral traveler, the Astral Projection Guidebook will teach you how to master astral projection safely and effectively. In this guide, you'll learn how to:

- Prepare yourself for a positive astral journey
- Achieve separation from your body
- Explore the astral realms alone or with friends
- Enjoy mind-blowing astral sex
- Protect yourself from dark entities
- Train to become an astral warrior
- Get ready to have fun exploring the astral realms!

## Book Information

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## Customer Reviews

Erin Pavlina is an intuitive counselor who has assisted thousands of clients worldwide. She mastered astral projection at a young age, has projected more than a thousand times, and is a recognized authority on astral travel and the paranormal. To connect with her or read her blog articles, visit [www.ErinPavlina.com](http://www.ErinPavlina.com)

I had so much fun reading this book! I have been a fan of Erin's website articles, and I took an intuitionseminar class of her's in Vegas which was just great. In that class I had the chance to see and communicate with my spirit guides, and to communicate with the spirit guides of other students

in the class. My intuitive-psychic abilities have improved and I have gained some mediumship abilities (yes speaking to ghosts! :) Based on these experiences I knew I would like this book, but I did not realize how much fun I would have reading it. It was one of the best intuition books I have ever read, and one of the most entertaining books I have ever read period. On the Practical side, Erin shares years of experience, detailing the do's and don'ts of astral projection. Erin gives you instructions on how to work towards achieving astral projection, and how to protect yourself so you don't get yourself into trouble. Yes this stuff is real and you need to be careful! Besides the practical instruction, I enjoyed Erin's personal stories of how she came to learn astral projection during her teenage years, and I enjoyed reading about the astral projection adventures that followed. I found the stories exciting, and I did not want the adventure to end. I am thankful to Erin for sharing these experiences. My understanding of the spiritual universe has broadened. I am deeply grateful. I look forward to working on my own astral projection experiences and adventures. If you decide to purchase this book, I don't think you will be disappointed. I sure wasn't - it was one of the most enjoyable intuition books I have ever read. p.s. - just promise to be careful. Even if you do not believe in the spirit world, hedge your bets and ask God and Archangel Michael to come along for the ride. They will be there to watch over you, whether you believe in them or not, as long as you ask ;)

Good book, very informative, but I thought it would have more info on how to get out of body. I enjoyed this read because of not only the author's humor, but how her modern, easy-to-understand way of explaining is great for almost everyone wanting to learn how to Astral Project. She includes not only how to astral project, but how to protect yourself while doing so - not to mention preparation. Though it's a great book over all, I think it would be even better if there was more information on how to achieve the sleep paralysis state, since this is key to achieving separation. Like specifically, how would someone know if they're close to sleep paralysis anyway? The hypnagogic state? The vibrations? Which steps let us know whether we're close or not - should we meditate more, etc. Over all, though, this is a great book on achieving separation. I'd recommend this for everyone, especially teens and young adults.

I have had an on-going interest in astral-projection and the development of psychic/intuitive abilities - and have read most of the "classic" books by people with experience developing their (metaphysical) abilities. Though I have appreciated the experiences described by other authors, I always felt that their texts fell short of what I needed (or expected). Reading this book I have had the

opposite experience. It is well-organized, well-written, and comprehensive. Not a hint of superiority on the part of the author -- she writes as an invitation to join her (metaphorically) as an astral traveler. It's an accessible and supportive. I'd like to share that I happened upon this book by chance. I hadn't realized that Erin Pavlina had written a book, but went to her website as part of a renewal of my interest in pursuing my personal development. I did this in part because ( although I have never met her) I had occasion to come to trust Erin ... some years ago she was giving my sister a telephone reading when she blurted out "..so who is (my name)? You should call her because I am seeing trouble in her marriage." My sister hadn't met Erin in person, I didn't live near my sister and hadn't known that my sister was having a reading, and I hadn't told a soul about how unhappy I was at the time. It was a genuine surprise and welcome support to get the call from my sister. And it informed my feeling of trust in the author. It helped that I could read the first chapter for free on Erin's website - it gave me a sense of her writing style and confirmed my interest in what she had to say. I'd recommend this book to anyone wanting to learn more about astral-projection. It's great guide. :)

I can only repeat what so many others have said here. An excellent book, informative, well structured and written with a light hearted sense of humour. Much is known about the astral planes from many different sources. I studied them for a long time. This book is a personal experience which corroborates very well with the more technical and general information about the astral worlds. The book is also a good textbook to learn the art of conscious leaving the physical body and the problems and wonders one can encounter doing so. Highly recommended.

After having read all the information on her webpage, and having seen all on her youtube page, I thought about buying the book. After reading the reviews here on , and seeing how affordable the price actually was, I decided to go for it. I got the e-book, and read the entire thing the very first day. It was definitely worth it. Very good information, solid break down of astral projection, and some very interesting and inspiring stories of astral travel accounts by the author.

Glad I read this book. Writing style flowed easily and it was intriguing. Going to do some immersion in astral travel meditations and set aside some time to try this more often.

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