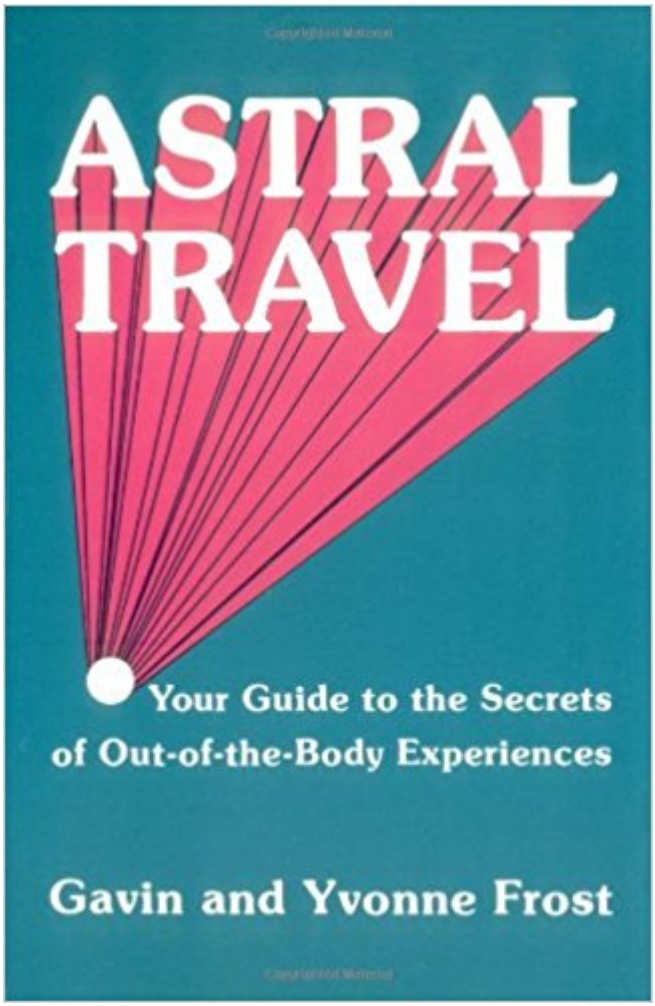
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Astral Travel: Your Guide To The Secrets Of Out-Of-The-Body Experiences



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Synopsis

A practical guide that teaches you how to differentiate between astral travel and conventional dreaming. You can learn to control and monitor your experiences for increased awareness Complete instructions for astral dreaming, twilight zone astral travel, meditative-state travel, travel in the spiritual realms, helping and healing with astral travel, and much more.

Book Information

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Average Customer Review: 3.8 out of 5 stars 24 customer reviews

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Customer Reviews

Written in easy to digest terms,in minimal sittings,the authors bring to light much research conducted in clinical studies here as well as Britain on such topics as REM,stages of sleep state and its brain workings,methods for recognizing the two and their interactions on the psyche.They do mention a tie which others have disclaimed validity but do not disclaim the statements of their adversaries claim all in the while of explaining why many donot have that one particular experience,making them more credible.They will take you thru a checklist of methods for preperation without placing the demands of post hypnotic methodology on you(many only use this method),they stress you are not in a hypnotized state but above this threshhold into the next state allowing conscious awareness of your spirit being or soul as some call it and rendering it under the will of the mind as to be directed to carry and sort things out. You are given primers in Eastern mystism(chakras)a brief explanation into kaballa and Judaism(apologetically,it is more complicated than their book has room or understanding,they’re Witches not Jews).They do discuss means and methods to safeguard your person from unwanted intrusion while your out tripping as well as

methods of developing at will departues from anywhere anytime.And ask each participant to file a questionere with them for further compilation of research study.It is not an in total of the subject or a brief sampling of the matter either,it is a handbook to help and teach the newcomer or aspirant to enjoy his spiritual self and explore the possibilities that were evident millenia ago.

This book teaches how to actually have an out of body experience. If you are serious in progressing get this book now!

I tried this book out purely to develop an understanding of astral travel as I had heard positive anecdotes throughout the years on the subject. What I read left a great deal to be desired.The authors 'conducted' some highly dubious research that had absolutely no method in terms of statistical analysis. It was an insult to my intelligence to read vague information without any proper comparative analysis or understanding of simple cross tabulation methods. It seemed that the authors wrote the book thinking that they would be able to deceive uneducated readers with flawed research that acted as their supporting evidence. The research presented is fluff.A quick Google search yields few credible results of the elusive 'Canterbury Institute' where the research was conducted. The authors have a current website that screams snake oil sales.Buyer beware - this book is a complete waste of time and a poor representation of the phenomenon.

Could be better, I got a little bored with the studies but in offered some good techniques for "travel". Excellent condition.

Very good product

While enjoyable, there were some contradicting factors in my opinion. Definitely compare with other books on this topic to gain your own thoughts.

I've only gotten through the first 4 chapters, but this has been an extreeeeemely informative read. I have scanned the next couple of chapters and I am excited about finishing the entire book. The authors provide context for their explanations and will slowly build your understanding of Astral Travelling and the surrounding metaphysical concepts. I highly, highly, highly recommend this book for any beginners, but also advanced travelers.

The book,like every other book from the Frost, are very easy to use. I like the fact that they stress being protected. Too many people, who dabble in the Occult-take no measures to protect themselves on a psychic level.

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