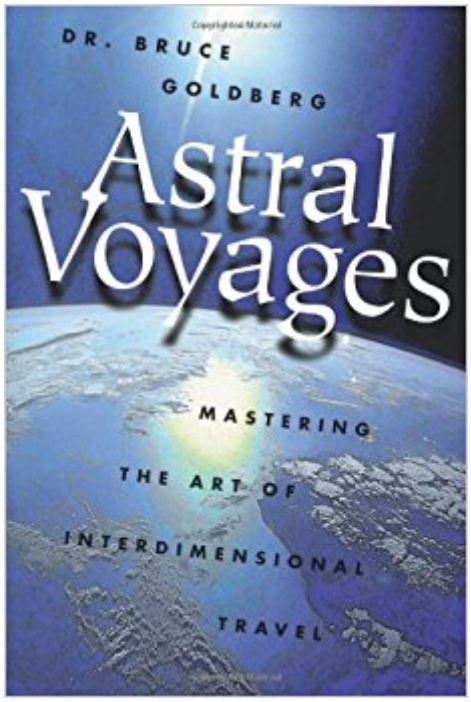
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Astral Voyages: Mastering The Art Of Soul Travel



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Synopsis

Free yourself from the limitations of the earth plane and the laws of space and time. Astral Voyages presents more than 65 exercises that train you to safely leave your physical body and return unharmed from explorations of the upper astral plane and the causal, mental, or etheric realms. You might even venture to the soul plane and observe the process of selecting your next lifetime! Dr. Goldberg unveils his paradigm of the 13 dimensions, developed from 25 years of experience with hypnotic regression, progression, and out-of-body experiences. Specific scripts train you for guided imagery astral voyage, lucid dreams, accessing the Akashic records, cabalistic projection, and advanced techniques such as the Witch'Ã¢â ¬â„¢s Cradle and the 37-Degree Technique used by the ancient Egyptians. Other topics in this metaphysical book include astral entities, astral sex, astral healing, and scientific studies on astral voyaging.

Book Information

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Customer Reviews

Everything you always wanted to know about astral travel is explored in Astral Voyages by ex-dentist and hypnotist Bruce Goldberg. Discussing the four types of out-of-body experiences, he answers such wide-ranging questions as, "Why do some people leave their physical body while simply talking or walking? How do you meet kindred souls on the astral plane? What is lucid dreaming? What other dimensions are out there? What is your karmic purpose?" This clearly written, no-fluff book is full of helpful checklists, definitions, scientific explanations, detailed descriptions of various states (for example, how to know when you're dead), contemplation

exercises, visualization techniques, how-to instructions, and, excuse the phrase, much, much more. If you're an aspiring astral traveler, don't leave home without it. --Randall Cohan

I'm sure you've heard the old saying that everybody talks about the weather but nobody does anything about it. You may have noticed in a similar fashion that a lot of people talk about the astral plane without ever having visited it. Now is your chance to be one of the real travelers in the spiritual realms with the help of Dr. Bruce Goldberg's Astral Voyages. This is one of the most complete guides to the universe of astral projection ever published. It answers all the questions you have and shows you sixty-five techniques that will get you into the astral plane. The truth is, you experience astral travel when you sleep, during physical or emotional trauma, and at times when you are intensely focused or preoccupied with something. It is as natural as breathing. The instructions in this book simply enable you to safely astral travel at will. And when you project an entirely new universe will open to you. You will be able to explore other dimensions (Dr. Goldberg lists thirteen), other entities and other people. You will also find freedom from physical, mental, emotional, psychic, and spiritual entanglements. You will discover the secrets of your past lives and your future lives in the akashic records. And you will be able to heal yourself and others while on the astral plane. Along the way you will also learn about other aspects of being out of your body including near-death experiences and lucid dreaming. You'll also find out about scientific studies which have been done over the past century. Even the U.S. Department of Defense has used a form of astral travel for information gathering. Get the evidence. Discover the theory. Learn the techniques. Get this book and take a quantum leap into the astral plane so you can finally achieve your potential.

Another book that should help you expand yourself fast shipping and fast delivery 5 stars for sure Namaste Robert Scott

I found this unusual book (Astral Voyages: Mastering the art of interdimensional Travel by Bruce Goldberg) an interesting read. As a science minded person I sometimes enjoy reading paranormal and pseudoscience material for entertainment purposes.Many years ago I seriously studied hypnosis and I am quite familiar with this topic as well as various meditation and visualization techniques. This 251 page text goes into great detail explaining many methods to enter a relaxed and meditative state in order to experience what the author refers to as ÃƒÂ¢Ã â ¬Ã Å“astral voyages.ÃƒÂ¢Ã â ¬Ã Â• The following material is explored in this book:Astral projection, initial out-of-body experiences, our other bodies, astral entities, the other dimensions, preparing for your

astral voyage, basic astral techniques, near-death experiences, conscious out-of-body experiences, lucid dreaming, advanced astral voyaging techniques, astral sex (an very intriguing chapter), astral healing, scientific studies on astral voyaging and putting it all together.If you are into self-hypnosis or meditation you may find this book a very interesting and informative read. Though the author certainly attempts to present this material in terms of a scientific study; however, there has not been any compelling or verifiable scientific evidence about this topic that I am aware of; nevertheless, it is an interesting read.Rating: 4 Stars. Joseph J. Truncale (Author: Never Trust a Politician: A critical review of politics and politicians).

amazing read very transforming

i love a lot of his books, and I did like this one also, when i read this book, I went with him in my mind, not many books do that for me, but some will and some want. we all gain knowledge in our own way.

Space travel is a little far out for me. I will focus on the now. An advanced healer may be able to meditate on many places at once. Goldberg’s book on Past Lives was very interesting and more relevant for me as it mentions how we encounter people with phobias that are not from this lifetime.

I am not a reader, but I definitely did enjoy this book. It is very interesting, and it covers everything you need to know. It answered all my questions and curiosities about astral voyages.

good writing, useful information, clear and concise, more detailed than other books i’ve read on the same subject. excellent read, also good purchasing experience with the vendor

Great!

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