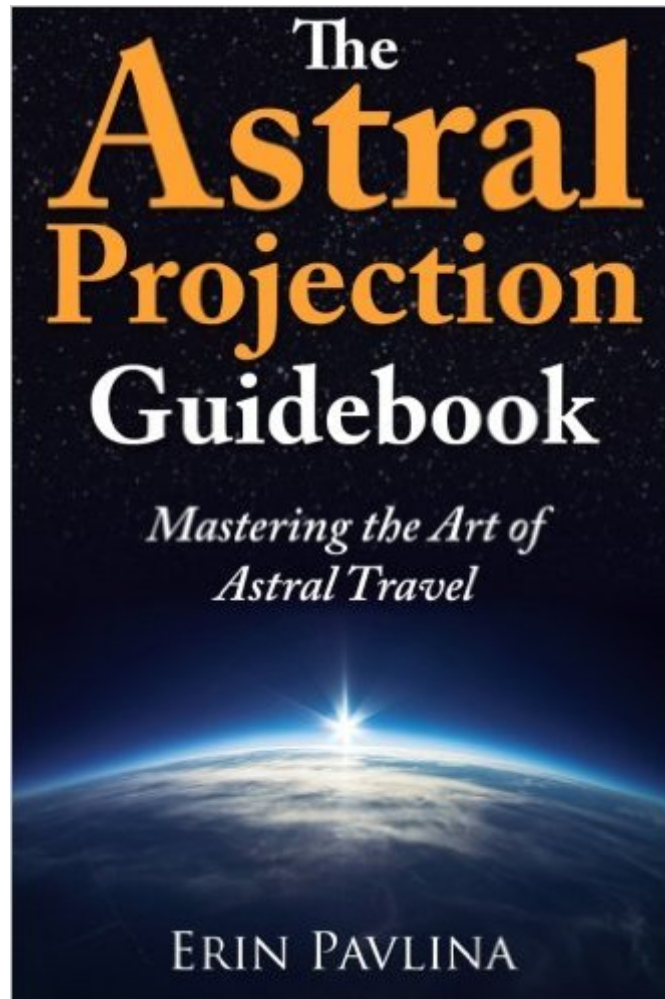


The book was found

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

I gave this book one star simply because of Erin's embrace and constant push of "negative or dark entities". If you are trying to learn how to astral project - this is NOT the book for you. It will scare you away from the wonderful experience of astral travel - and if you are already fearful - this will launch you into a whole another realm of terror. Geeze! Erin learned to astral travel as a teenager - and so she manifested the fears of a teenager. She even talks about how she loved going after the "astral bad-guys" in her neighborhood and slaying them with her sword. Talk about creating. At one point - she asks how people who astral travel could possibly see the same "bad things" (sleep hag who sits on your chest and tries to suffocate you - good Gawd!). My answer is simple - you attract what you believe. It is the law of the universe. The law of attraction. If you've heard of these things -

it's easy to manifest them. If you are traveling with a friend who believes and brings this with them - you will experience it too. In 48 years - I have NEVER encountered a "dark entity". However, there are dark energies and lower vibration energy minefields that are created by humans and can get stuck to you (think being around a friend who is angry at her boyfriend and suddenly you feel very angry and very drained of energy for no reason) - however, if you clear your aura and energy field daily, and you keep energetic protection around you than this will not be a problem. Your experience in dreams and astral travel comes from here and from here . What you are attracting in life and the energy that surrounds you on a daily basis - is what will manifest when you travel.

I'm a 45 year old male who has been experimenting with Lucid Dreaming and Astral Projection/OOB's since I was 15. Like Erin there was not a lot of subject matter on this back in the 80's and I have been reading every new book and every new "discovery" as they have been coming out with no luck whatsoever. I bought Erin's book about 2 weeks ago and was surprised at the different, casual, friendly approach she took to the subject. Usually I don't like my "Textbooks" reading like fiction but she wrote her experiences in such a way that I was getting more information (and more comfortable which is VERY important) with Astral Projection than I ever had from a book before. Not only that but it is THOROUGH. If you have any questions they are in the book, and if they are not in the book she gives you the website where they can be found no matter how obscure!! So after 25 years or so of effort and struggle I had my first Projection last night only 2 weeks after buying her book because she covered techniques that had never even been suggested before. If I had only known a couple of things she said that I had never heard before I know I would have succeeded. But after reading the whole book, not only did I succeed, I flourished and went to a different Plane on my first journey. It doesn't matter if you are religious, sceptical or a non-believer. This is not about that!! This book just shows you that there IS something more than this life we live and this body we inhabit and that we do go on! I find it a book that would give hope and inspiration to anyone who takes the time and succeeds because once you do you will never feel lost or think, "Is this all there is???" again.

I had so much fun reading this book!! I have been a fan of Erin's website articles, and I took an intuition seminar 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.

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