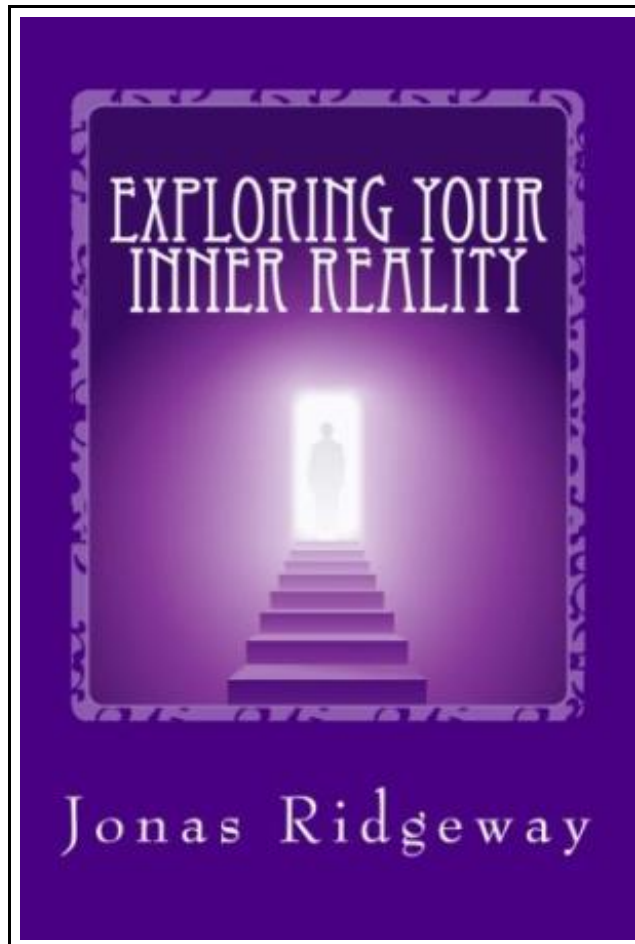


## Exploring Your Inner Reality A Guidebook for Out-of-Body Travel



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## EXPLORING YOUR INNER REALITY A GUIDEBOOK FOR OUT-OF-BODY TRAVEL



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Night Swimming Press. Paperback. Book Condition: New. Paperback. 188 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. From the Introduction: . . . this book is being written for the beginner practitioner. I will assume your knowledge of the subject is limited and will thus offer a simple, step-by-step guide to leaving the body. Although astral projection is often used as a catch-all term for any conscious activity occurring outside the body, throughout this work I will make a clear distinction between etheric projections and astral projections (etheric projections being the most common, at least for me). By applying the same techniques I use, I believe that anyone can achieve the out-of-body state on a regular basis and with their full critical faculties intact. Surely if I can do it, you can do it (if you really want it). It is only a matter of conditioning, allowing yourself to see the door that you never noticed, to realize the freedom that you never knew you had -- to edge pass the threshold and beyond matter. TABLE OF CONTENTS Introduction PART ONE How It Started: My First Out-of-Body Experience Questions and Answers Out-of-Body Predicaments No Vision (Fear of Seeing) The Ectoplasmic Fog Reversed Vision Stuck In Stuff (Windows, Ceilings, Etc. ) Stuck In Mud The Sleeping Bag Syndrome (or Mummy Madness Again!) Catalepsy Sleep Paralysis Crybaby Syndrome Dont Over Do It (Unless You Want To) Disembodied, Floating Head Malicious Spirits and Mischief-Makers My Trips to the Moon (In-Flight Failures) Double Consciousness Pre During Post Projection Noises Good Vibrations The Art of Locomotion PART TWO Preparations Preliminaries Kicking the Fear Habit Peace and Quiet and Naked Veganism and Vegetarianism -- Does It Help Techniques for Out-of-Body Travel The Dream-State Method The Morning Method: The Easiest Method for Inducing an OBE The Catapult Projection Method...



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