

The background of the entire image is a deep blue night sky filled with numerous small, bright white stars. A prominent, glowing orange and yellow nebula or galaxy structure stretches across the upper right portion of the frame. In the lower right, the silhouette of a person is shown in a meditative pose, sitting cross-legged with hands resting on their knees in a mudra. A bright, circular, golden-yellow light source is positioned directly behind the person's head, creating a halo effect and illuminating the scene. The text is overlaid on this background.

My Life with Astral Projection

Secrets of
Sorcery
Tibetan Buddhism
Aikido

Masaaki Torii