

Astral Odyssey: Exploring Out-of-body Experiences - Carol Eby

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Astral travel-what is it and how does it fit in our lives? Eby explains the differences and similarities between astral projection, out-of-body experiences (OBEs), ordinary dreams, creative inspiration, mental projection, and clairvoyance. With OBEs defined and placed in the context of consciousness continuum, these various states of awareness can provide entryways to alternate realities. Astral Odyssey guides us through the pathways of consciousness that lead to the invisible worlds around us, giving step-by-step procedures on how to do actual, voluntary, conscious astral projection. But Eby does more than just teach astral travel-she provides instructions for attaining all the necessary states of consciousness, tells how each may be used to derive valuable benefits in daily life, such as improved psychological balance, solutions to problems, increased creativity, and enhanced powers of extrasensory perception. Included are never-before-published examples of OBEs and an OBE diary that describes, in vivid detail, the sights, sounds, sensations, and thoughts associated with actual visits to the astral plane. We discover that astral travel allows a new perspective of both the universe and the role that human experience plays in it. With this first-hand knowledge of the existence of nonphysical worlds and their entities, physical life can become more meaningful, creative, and joyful! Author: Eby, Carol Publisher: Weiser Books Illustration: N Language: ENG Title: Astral Odyssey: Exploring Out-Of-Body Experiences Pages: 00272 (Encrypted EPUB) On Sale: 1996-05-01 SKU-13/ISBN: 9780877288602 Category: Body, Mind & Spirit : Parapsychology - Out-of-Body Experienc

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