

# Navigating The Out-of-body Experience - Graham Nicholls

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Navigating the Out-of-Body Experience is the most personalized, scientifically advanced, and accessible guide to astral projection available today. Drawing from more than twenty years of study and hundreds of OBEs that he has brought about in himself and others, Graham Nicholls reveals proven immersive techniques for leaving the body. Begin by filling out an in-depth, personal questionnaire to gain greater insight into your psychological makeup and unique strengths and use this knowledge to build a customized approach to astral projection. Blending hypnosis, breathwork, virtual reality, quantum science, nutrition, and healing, Nicholls teaches you how to move past limiting beliefs and deepen your level of self-understanding so you can achieve your astral goals. Author: Nicholls, Graham Publisher: Llewellyn Publications Illustration: N Language: ENG Title: Navigating the Out-of-Body Experience Pages: 00264 (Encrypted EPUB) On Sale: 2012-04-01 SKU-13/ISBN: 9780738727615 Category: Body, Mind & Spirit : Parapsychology - Out-of-Body Experienc

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