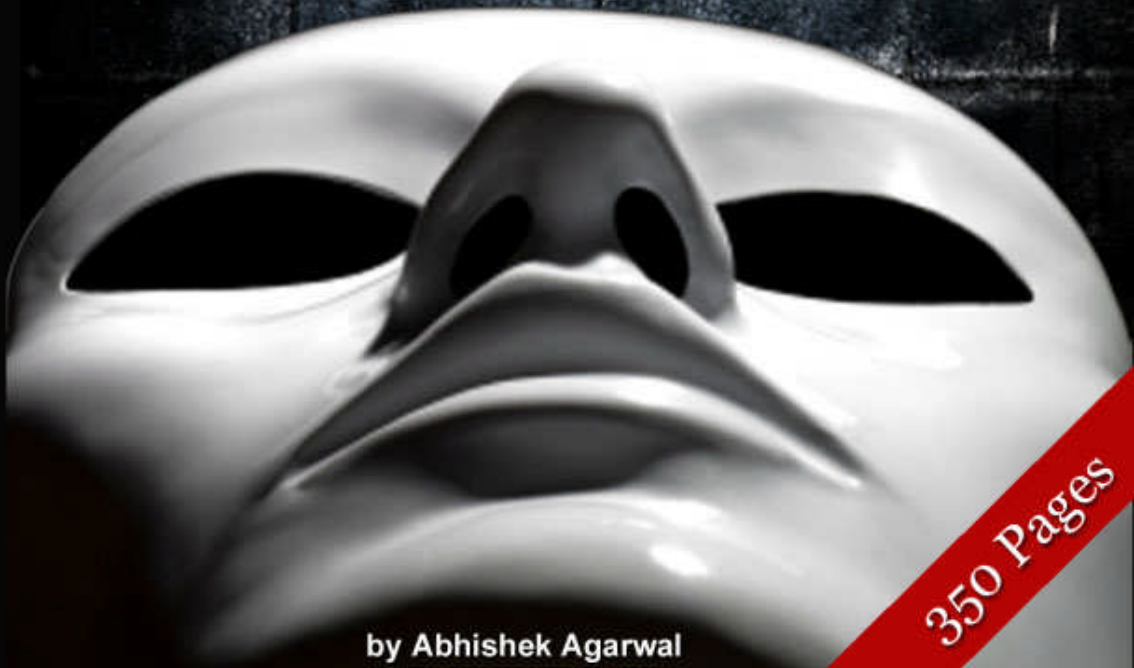


ASTRAL PROJECTION **Underground**

HIDDEN ASTRAL PROJECTION SECRETS...REVEALED !

Astral Projection Underground



by Abhishek Agarwal

350 Pages

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Binaural Frequency Harmonics

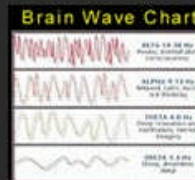
Astral Projection Astral Projection Made Easy With Our Recordings!



You can learn to Astral Project! We all have the ability to travel on the Astral Plane, but most people fail because they can not tune their brain waves into the right frequency. We all know that Astral Projection is dependant on the brain, and it takes dedicated practice to reach the mental level to allow our inner body to separate from our physical body. Controlling the brain is one of the hardest obstacles that we face.

Now it no longer takes a lot of practice master Astral Projection! We stumbled upon the "secret key" to Astral Projection which is so powerful that many people are able to Fully Astral Project on their first try! Using our Astral Projection Tool, even the most stubborn mind can learn to Astral Project. No intense mind training, no herbal influence, and no frustration. Just Success!

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- No Extensive Practice Required
- Vibrate On The Astral Frequencies
- OBE Success Rate Dramatically Improved



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Manifestation



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Remote Viewing



Spirit Guide



Lucid Dreaming



Past Life Regression



Sleep



Christ Consc.



Chakra Tuning



Aura Viewing



Creativity



DNA Stimulation



Endorphin Release



Health



Motivation



Prosperity



Stress Release



Weight Loss



Hypnosis



Memory Enhancer



Telepathy



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- Myth 2: Astral Projection is difficult And takes several years to achieve
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- Myth 6: Astral Projection is always spontaneous. You cannot learn it.
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 3. The Thirst Technique (By Sylvan Mudoon)
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2. What happens when people experience Out of Body Experience (OOBE)?
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5. How common is Astral Projection?
6. will Out-of-body experience change my religious beliefs?
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10. Is age a factor for Astral Projection?
11. How long does it take to have an OOBE?
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41. Are there levels to Lucidity?
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44. In the Astral, is it possible to attract people on the physical world?
45. Is it possible to meet deceased relatives on the Astral Plane?
46. Is it possible to meet other human beings during Projection?
47. Is it possible to take astral trips with others?
48. Are there negative entities in the Astral? Are they dangerous?
49. How can we control the fear factor?

50. Why is this taking so long?
51. I can't remember my dreams. How do I improve my dream-recall ability?
52. while practicing, I always feel things but I never seem to make it.
54. While practicing, I often have vision and movement problems. Help!
55. Can other Astral Projectors help me in achieving aN OOB?E?
57. I often get a tingling sensation but I cannot go beyond that. Help!
58. Sometimes while trying to Project, I hear whistling and buzzing noises. My heart starts beating faster than usual and the
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60. What kind of knowledge can we gain from the Astral?
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62. When we are Astral Projecting, by just taking the name of the person, can we visit him/her? Is it possible that by mistake
63. Can light meals help out-of-body experiences?
64. Do the dead make their presence felt?
65. Why dont successful Projectors prove to the non-believers that Astral Projection is real?

Appendix B : Astral Projection Experiences

Author: Jonas Ridgeway

Author: Synergie

Author: Pati

Author: Dave

Author: Kurt

Author: Kurt

Author: Matt

Author: Shane

Author: Ms. E

Author: Mr. TS

Author: Ms. P

Author: Ms. S

Author: Mr. C

Author: Mr. T

Author: Mr. F

Author: Ms S

Author: Mr. S

Author: Michael Ross

Author: Unknown

Author: Mrs Finlayson

Author: Mrs Edith G W

Author: Mrs Elaine M

Author: Anne Mc C

Author: Michael G

Author: Elaine M

Author: Ada P

Author: Alfred Ballabene

Author: S.Muldoon, H.Carrington

Author: Ian R

Author: Alison L

Author: Unknown

Author: Jill Lowy

Author: Adam Gorightly

Author: Unknown

Author: Ian

Author: Lin

Author: Phil S

Author: Corey

Author: Enamorata

Author: Antoinette

Author: Sandy

Author: Sarah

Author: Nick Rossi

Author: Conan

Author: Alan McDougall

Author: Selma

Author: Brian

Author: Julia Melges-Brenner

Author: Andrew Brylowski

Author: Sneaky Squirrel

Appendix C : 50+ Astral Projection Articles

Astral Projection Basics - What It Teaches And Why You Must Project

Astral Traveling - Learn The Truth About Astral Planes

5 Simple Steps To Project Successfully

2 Top Reasons Some People Cannot Project

Exposing The Top Secret To Make Projection Easy

4 Fears Of Astral Projection - Why You Should Banish Them

Astral Projection Basics - Things You Must Know Before You Project

Astral Projection Difficulties - 3 Reasons Everybody Cant Project

Astral Projection and Remote Viewing - Learn Various Similarities And Differences

Astral Traveling Dangers - 2 Reasons You Dont Have To Worry

Learning Astral Terms - OOB, NDE, Lucid Dreaming, And Astral Projection

Quick Astral Projection - 2 Ways To Project Effortlessly

Lucid Dreaming Benefits - 3 Simple Steps To Solve Problems In Lucid Dreams

Inducing Lucid Dreaming - 3 Techniques That Never Fail

Reasons Astral Projection Is Difficult To Achieve

Reasons People Fail At Lucid Dreaming

Reality Of Dreams - Learning The Valuable Lessons Of Dreams

Is astral projection ethical?

Astral Projection And Enlightenment

Heaviness During Astral Projection - 3 Excellent Tips To Deal With It

Revealing The Top Reason For Effortless Projection

Physical Ailments And The Astral Body - 2 Reasons You Dont Fall Ill In The Astral

Reasons Astral Projection Should Be Learned In Childhood

5 Powerful Tips To induce An Astral Experience

Astral Projection Secrets - Reasons Focus Is So Important

Astral Projection Research - Revealing The Truth Of Our Astral Existence

Truth About Astral Projection - What You Need To Know Before You Try To Project

Lucid Dreaming Tips - Everything You Wanted To Know About Lucid Dreaming

Your Unconscious Experiences - Unveiling The Realities Of Your Dreams
Learning Lucid Dreaming - 2 Useful Tips To Have Lucid Dreams
Learning Lucid Dreaming - 4 Important Things You Must Know Before You Begin
Learning Lucid Dreaming - 4 Simple Steps To Have A Lucid Dream
Using Brain Wave Technology - How Binaural Beats Induce Lucid Dreaming
Learning Lucid Dreaming - Exposing 5 Great Lucid Dreaming Techniques
Lucid Dreaming Benefits - 4 Way Directed Dreaming Transforms Your Life
Lucid Dreaming Fun - 10 Exciting Things You Can Do In Your Dreams
Everything About Lucid Dreaming - Introduction, Benefits, and How To
Learning Lucid Dreaming - 5 Secrets To Complete Dream Control Revealed
Best Way To Utilize Sleep Time - 3 Great Ways To Learn Lucid Dreaming
Life And Afterlife - Contradictory Views On Astral Subjects Explained
Learning Lucid Dreaming - 5 Sure-fire Ways To Become A Lucid Dreamer
Lucid Dreaming Versus Astral Projection
4 Top Lucid Dreaming Secrets - How To Have Entertaining Lucid Dreams
Inducing Lucid Dreams - 3 Tested And Proven Techniques
Learning Lucid Dreaming - Reasons You Must Learn To Have Lucid Dreams
Flying In Lucid Dreams - 4 Major Problems And How To Overcome Them
Lucid Dreaming Fun - How Dream Control Can Transform Your Life
Lucid Dreaming - How It Aids Spiritual Growth
Lucid Dreaming Challenges - 4 Simple Steps To Deal With Sleep Paralysis
How To Have Great Fun With Lucid Dreaming
Power Of Lucid Dreaming Pills - Easy Way To Get Lucid Dreams

Appendix D: 500+ Astral Projection Sites

AUTHOR'S PREFACE

If you are one of the average people, you will probably brush off the concept of Astral Projection as mere fantasy. But since you have purchased this book, I know you are not average. You believe, somewhere deep down in your heart, that this might be true. I am glad that you took this small decision to start this journey...a journey towards realization...a journey towards self-discovery.

One of the most difficult things about Astral Projection is making others “believe” that this is true. But for those who have experienced this reality, they know how real it is. No one can make them believe otherwise. They know that they can exist outside their physical body.

It is my sincere request to you not to read this book for entertainment purpose. I also ask you not to believe blindly whatever I have written in this book. But I want you to have an open mind. Start reading this book with a clean slate. Judge it by experiment. Devote some time to this wonderful topic. Practice. And with practice you will have belief. With belief, you will have experience. And with experience you will have conviction... an unshaken conviction that you are much more than your physical self.

So this is all I ask the reader to do. Experience it!

It will be my endeavor to give you as much of information possible, theory and practical, and at the same time, avoid too much technicalities, so that you can ***understand*** Astral Projection and ***experience*** it.

Learn From My Experience!

I have consolidated all the knowledge, information and experiences I have had on this topic and compiled them into this easy to understand, highly-informative ebook.

I have tried to present this book in a very simple language. I have assumed that the reader is a layman and has no idea about Astral Projection and Out-of-body experiences. With that in mind, I tried to cover most of the common concepts about Astral Projection, along with step-by-step instructions on how to experience this reality

I can promise the reading this book will be sheer delight! Hope you enjoy this blissful journey!

I suggest you read the book completely from the first to the last page, including the experiences and FAQs, and get an overall idea of Astral Projection. Then go back to the exercises section and start practicing them. Refer to the book from time to time as and when required. All the Best!

Abhishek Agarwal

MY INTRODUCTION

A brief (and hopefully not so boring!) introduction about me!

My name is Abhishek Agarwal and I am from India.

At the very outset, let me tell you that I am a very normal person, just like most of you...I neither have a mystical background nor do I have any qualifications as a meditation master or a Hypnosis guru! Since the last 15 years, I have always been interested in reading stuff related to the mysteries of the human mind and its unlimited potential. Maybe this underlying interest and quest to learn more, attracted me towards one of the most amazing powers lying dormant within us - **Astral Projection**

How It All Began

When I was very young, I used to go to my maternal uncle's house for my summer vacations. My uncle had a collection of some very good books... and I loved reading them! One of those books was called **The Third Eye**, by **T.Lobsang Rampa**. Lobsang Rampa was a Tibetan Lama, and an expert Astral Projector. It was through this book that I first learnt about Astral Projection and Out Of Body Experiences (OOBE)

(I loved Rampa's books so much that over the years, I managed to collect 19 more of his books. They are still there with me as my prized collection!)

The very concept of leaving the body intrigued me and put me in awe! I was so fascinated by Astral Projection, that I read everything I could find on this subject. I even visited various local libraries to get hold of any book on this topic. I got besotted about the topic and used to think about it day and night!

And then it happened!

One night while I was sleeping, I suddenly woke up, and found my body totally paralyzed! I was unable to move even my fingers and toes. It seemed as if someone had cemented me to my

bed. I knew this was one the symptoms when you are about to leave your body. I tried to stay calm and composed, although I must admit that my excitement was difficult to control!

My body felt as if it was vibrating from head to toe. Had I not read about vibrations in many of the books, I would have thought that someone had electrocuted me! But fortunately I knew what was happening. This vibration was because of my vibrating Astral Body, about to slide out of my Physical body.

After a few seconds I felt myself floating high up in my room... I was like a feather floating on soft breeze! This feeling of freedom was amazing! I could see clearly, and saw myself lying down peacefully on my bed...fast asleep!

I had read in so many books that you can see yourself while out of the body, but experiencing it for the first time was a shock! Imagine looking at yourself sleeping...I can promise you, when you experience this yourself, it will change your perception about life completely. You will have first-hand experience that you can survive out of your body!

My first OOB (Out of body experience) lasted just for a few minutes, because I got too excited, and bumped back into my physical body. But this incident opened the doors to innumerable OOBs, and my life has changed for the better!

CHAPTER 1: BASICS OF ASTRAL PROJECTION



Imagine this scenario

You are lying in your bed, eyes shut, completely relaxed and totally awake. After a few minutes you feel your body becoming heavy and numb. The next moment you experience a floating sensation and then you start rising up... floating a few feet above your bed. You look down and find that your Physical body is sleeping peacefully on the bed. You take a short glance at the glowing pulsating bluish white cord connecting you to your physical body.

You are calm, relaxed and awake. This is not a new experience for you because you have consciously done this hundreds of time before. You feel a blissful sensation of peace because you are now unchained to your physical shell. You are experiencing a truly wonderful, a truly joyous feeling of exhilaration and freedom from bounds.

You look around the room for a few moments. Everything seems to sparkle. Everything seems to have life! The walls and the ceilings and all other objects have a different hue to them.

You want to visit a close friend staying in another country. As you think about him you rise higher and higher. You pass *through* your roof and into the darkness above. Roofs and walls

and other seemingly solid objects are no longer a barrier now. You rise higher and can see your house getting smaller and smaller as unseen currents take you deeper up into space. You rise far higher than the astronauts have ever reached. The Earth is slowly turning below you. The vast oceans now look like placid village ponds.

As you think about your friend, you suddenly fall back towards the Earth. You pass through the clouds with the speed of thought. In this part of the world it is still daylight and you can see the roads and the vehicles. Even though the place is new to you, you instinctively “know” where your friend lives. You see his house and fall down through the roof, right in front of him!

He is wearing a pair of blue jeans and white T-shirt. He is eating some cookies while watching his favorite sport. He cannot see you, of course! You watch him for some time and then realize that its time to go back. You think about your body sleeping peacefully in your bedroom.

The next instant you are back in your room hovering a few feet above your slumbering physical body. You look down at it and shudder at the thought of losing the freedom that you just now experienced. But its time, and you have to return to your body. You find yourself sinking slowly into your Physical shell.

As the first streaks of the sun filters through the window, you open your eyes, feeling refreshed and wide awake, with complete memory of your adventures. As soon as you get up, you call your friend and tell him what you just saw in your “dream”. He gapes in amazement “That’s absolutely right !”

Welcome to the exciting world of Astral Projection, commonly known as Out-of-Body-Experience!

What is Astral Projection?

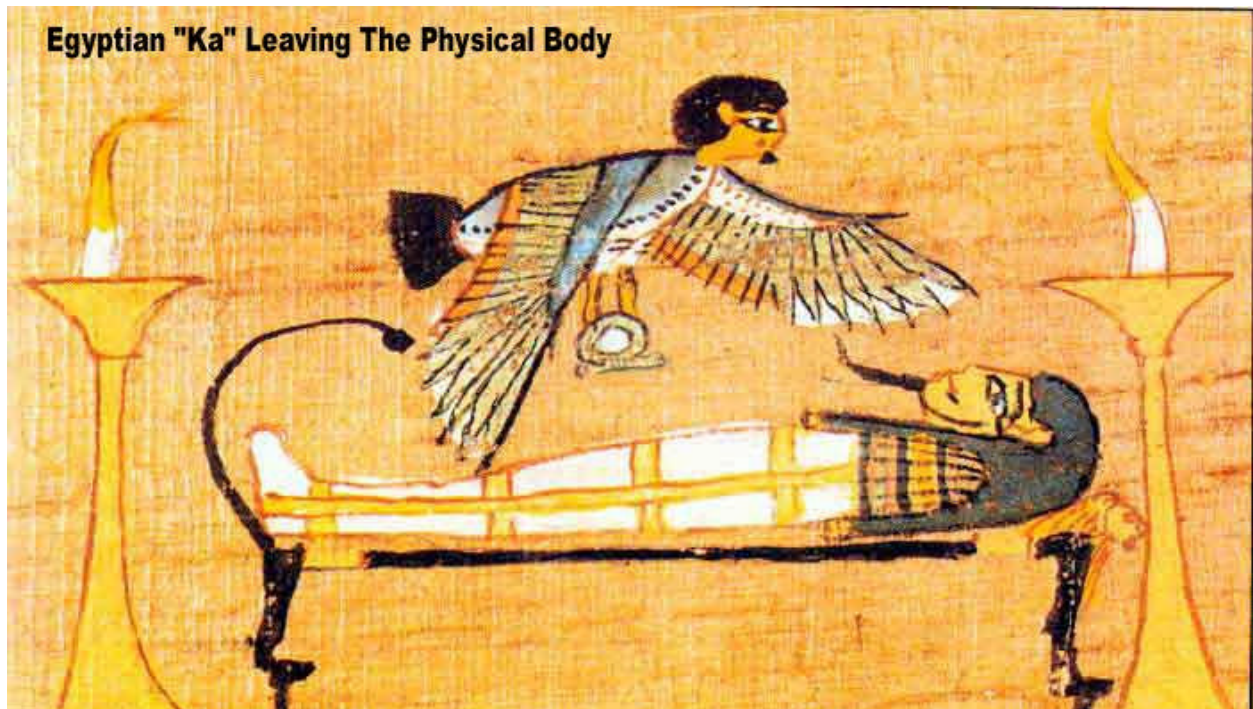
Astral projection is a phenomenon that has rapidly gained popularity over the last few decades. It is a process by which the human consciousness temporarily leaves the physical body and functions independently, while the physical body remains still and asleep throughout.

This results in observing the world from a point of view other than that of the physical body and by means other than those of the physical senses.

Sometimes, however, we have complete waking consciousness during the experience, and remember the event in every detail upon returning to the physical body. Mostly this happens without any forethought by complete surprise, and more often than you might think. There is a good chance that even if you yourself have never had a conscious OBE, someone you know has. It is a very common occurrence but one which is not widely spoken of.

This may sound crazy, but it isn't. In fact, we all experience Astral Projection every night when we sleep. Most of these projections are unconscious because we are not trained to remember them.

Astral Projection is often aptly termed as an **Out-of-Body-Experience** (OOBE or OBE) because it is an experience where your consciousness is *out* of your Physical body. Moreover it sounds less technical and easier to understand! Some authors might offer subtle differences between Astral Projection and OOBE, but here, for the purpose of this book, we will use both these terms interchangeably. So whenever I mention Astral Projection, Out-of-Body-Experience or OOBE, I am referring to the same phenomenon.



Astral Projection From A Historical Perspective

Astral Projection is as natural as being human, and probably as old as our existence on this planet. References to OOBEx are evidenced throughout human history. Across cultures, socio-economic strata, languages, genders, religions, nationalities and civilizations. From the most ancient tribal societies to the modern civilized societies of the 21st century, human beings have recorded the departure and subsequent return of a subtle body from the physical body. All such recordings have a remarkably high degree of consistency in describing the many different aspects of the phenomenon, thus giving us an idea of the universal character of this capacity of leaving the body.

Early evidence of the OOBEx appeared in ancient Egypt between 3,000 and 5,000 years ago. The Egyptian priests were aware of the existence of the astral body and they called it the **Ka**. They left inscriptions and drawings on the rock walls of many temples and buildings, depicting the human soul abandoning the physical body.

The Tibetans believed in the **Bardo** body, which could leave the physical body while still alive and could also pass through physical matter because it is made of psychic material. According to them, this Bardo body could be directed by will.

Ancient Greeks believed in a **Double body**, which housed the soul. References to the OOBEx later appeared in Greece through the writings of a number of philosophers including Plato, Herodotus and Hermetimus of Clazomene.

Cases of conscious projections are also well documented even in the Bible, for example in Ezekiel III:14; the Apocalypse of John 1:10-11 and 4:2; and in the Epistles of Paul of Tarsus, e.g., II Corinthians 12:2.

During the Middle Ages, OOBEx was studied and practiced secretly. Information gathered was not made available to the general population. This need for secrecy contributed to the fabrication of various myths and untruths about the dangers of Astral travel that persist even today.

The phenomenon of the out-of-body experience therefore is ancient and universal. We can see that different persons throughout history had experienced this, independent of culture, education, financial situation, religion, credo, sex, or age.

From this historical perspective, and from studies and personal experience of thousands of people, the most solid conclusion that can be drawn is that human beings are more than just their physical bodies. When one experiences a conscious OOB, one has irrefutable evidence that the physical body is merely a temporary "house" through which one's consciousness or awareness manifests in the physical dimension.

How Common Are OOBs?

OOBs are very common. Reports confirm that at least one out of every ten is likely to have had a conscious OOB, either **spontaneous** or **controlled**.

Spontaneous OOBs can occur to anyone anytime - while relaxing, while sleeping, during sickness, under medication, during accident, during meditation etc.

In this book you would learn **Controlled OOB** - how to experience this with full consciousness, and repeat the process whenever required. You will maintain awareness through all stages of the experience; in other words, during the period of your normal waking state, during relaxation, through the separation of the nonphysical body, during the period spent outside the body, during the return of the extra-physical body to the physical body and finally, the return to normal waking state

Near-Death Experiences (NDEs)

Near-death experiences (NDE) are among the most powerful experiences that a person can have.

When people survive a close brush with death, either because of an accident or maybe because of a heart failure, the experience is known as Near-death experiences (NDEs). One most extraordinary aspect of NDEs is that the underlying pattern seems unaltered by a person's culture or belief system, religion, race, education, or any other known variable.

A person who has had an NDE normally reports being out of the Physical body, hearing buzzing or ringing sounds, moving through a dark tunnel, encountering deceased loved ones, seeing beautiful scenes and colors, hearing angelic music, feeling peaceful and at Home, learning

lessons, and an indescribable radiant light full of love and affection. After this brief experience, they are told that it's not yet time to stay on the Other Side, and they rapidly journey back into the constraints of the now resuscitated physical body.

For most people the experience is joyful beyond words. The subject sometimes 'hears' the doctor pronouncing him *dead* when he feels intensely *alive* and free from physical pain. They often recount events that occurred during the period of unconsciousness with complete accuracy.

Tens of thousands of NDE cases are now on record by doctors and scientists. All these cases demonstrate a continuation of awareness beyond "death".

Raymond Moody, the pioneer in NDE research, and the author of Best selling NDE book "Life After Life", interviewed many people who had been resuscitated after having had accidents and he then put together an idealized version of a typical near-death experience. He emphasized that no one person described the whole of this experience, but each feature was found in many of the stories.

Here is his typical description of an NDE

A man is dying and, as he reaches the point of greatest physical distress, he hears himself pronounced dead by his doctor. He begins to hear an uncomfortable noise, a loud ringing or buzzing, and at the same time feels himself moving very rapidly through a long dark tunnel. After this, he suddenly finds himself outside of his own physical body, but still in the immediate physical environment, and he sees his own body from a distance, as though he is a spectator. He watches the resuscitation attempt from this unusual vantage point and is in a state of emotional upheaval.

After a while, he collects himself and becomes more accustomed to his odd condition. He notices that he still has a 'body,' but one of a very different nature and with very different powers from the physical body he has left behind. Soon other things begin to happen. Others come to meet and to help him. He glimpses the spirits of relatives and friends who have already died, and a loving, warm spirit of a kind he has never encountered before -- a being of light -- appears before him. This being asks him a question, non-verbally, to make him evaluate his life and helps him along by showing him a panoramic, instantaneous playback of the major events of his life. At some point he finds himself approaching some sort of barrier or border, apparently

representing the limit between earthly life and the next life. Yet, he finds that he must go back to the earth that the time for his death has not yet come. At this point he resists, for by now he is taken up with his experiences in the afterlife and does not want to return. He is overwhelmed by intense feelings of joy, love, and peace. Despite his attitude, though, he somehow reunites with his physical body and lives. Later he tries to tell others, but he has trouble doing so. In the first place, he can find no human words adequate to describe these unearthly episodes. He also finds that others scoff, so he stops telling other people. Still, the experience affects his life profoundly especially his views about death and its relationship to life.

The parallels between these NDEs and Astral Projections are strikingly similar. The massive amount of research on **Near Death Experiences** (NDEs) constitutes the most scientific proof that consciousness survives bodily death. A Gallup survey estimates that more than 8 million Americans have had NDEs. Taken together with other evidence, NDEs help many realize that their real selves do not die.

How Long Does It Take To Learn Astral Projection?

It is very natural to ask, “How long does it take to learn conscious Astral Projection?”

Voluntary OOBES take time and practice and since everybody has different levels of natural ability and skill, there is no fixed duration for everybody. It will take as long as it takes.

Some people achieve it in a just one day, some in a few weeks, some in a few months and some even in a few years. But if you persist and follow the techniques outlined in this book, in a few days you will at least start having some of the commonly reported pre-projection symptoms. If you continue your practice diligently, you should experience this reality soon.

7 Planes Of Existence

Before we continue further, it would help if we understood the concept of Planes.

The spirit realms consist of “Levels” or Planes distinguishable by the different densities and vibrations (or frequencies) of the substances they contain. Higher the frequency of vibrations, higher the plane. These planes are said to interpenetrate, existing in the same space.

It is most commonly believed by metaphysicists and occultists that there are 7 Planes of our existence. Let us just briefly see what these seven Planes are:

[First Plane \(Physical\)](#)

This is the plane that we all are familiar with. It has all physical matter, ranging from gases and minerals to all plant and animal bodies, therefore including the human body.

[Second Plane \(Astral\)](#)

This is also known as the emotional plane. Within this plane all dreams, hopes, desires can become reality. There are a variety of mythological creatures that dwell within this realm. The aspects of time and space are greatly distorted on this plane. That means, an hour that is passed in this realm could only be a few minutes on the physical plane.

[Third Plane \(Mental\)](#)

In this realm, all thoughts and ideas are manifested into actual objects; however, this does not only mean that you can travel through your own thoughts, but also that of someone else. Time is greatly distorted, even more so than in the Astral Plane.

[Fourth Plane \(Buddhic\)](#)

This plane is full of love and peace. Due to this enhanced feeling of love and peace any human who is able to reach this plane would most likely not wish to return.

[Fifth Plane \(Spiritual\)](#)

Individuality of a person is non-existent on this plane. This plane is highly spiritual and not much has been documented, as it is highly unlikely that most people would be able to reach it.

[Sixth Plane \(Monadic\)](#)

On this place everything is a part of everything. It is said that here great paradoxes are tied together.

[Seventh Plane \(Adi\)](#)

This realm is beyond explanation; it is the highest realm possible to reach. It is the realm of everything and the aspect of complete Oneness.

So that was a very brief touch-up on the seven planes. For each of these planes, there is a corresponding body - Physical Body, Astral Body, Mental Body etc.

When we talk about Astral Projection, we are actually talking about projecting our Astral Body into the Astral Plane.

Then entire concept of the 7 Planes is very complex to understand. An entire book can be written on it. To keep things simple and avoid boredom, I have just covered the very elementary basics. My goal here was not to make you an expert regarding the 7 planes, but just to introduce them to you.

CHAPTER 2 : BENEFITS OF ASTRAL PROJECTION

Why Should You Learn Astral Projection?

People often wonder “Why should I astral project?” or “What are the benefits one can get through Out-of-body-experiences”? I believe there are many good reasons to induce out-of-body experiences.. It is very rich in terms of possibilities and advantages. Let us look at some them:

First-Hand Experience

Out-of-body exploration have profound impact on people. It offers us the unique opportunity to experience and explore beyond the limits of our physical senses. It gives us the ability to obtain firsthand knowledge of our existence.

Recalling Past Lives

We learn more about ourselves by understanding our past lives. As we begin to have more and more Projections, we begin to have spontaneous, healthy recollections of our past lives. Past-life influences are an important element of our current psychological makeup. These subconscious memories can be effectively accessed and explored through personal out-of-body experiences.

Identify Reason For existence

We may even recall the plan of action (purpose) for this life that was established prior to being born and this can help us to reprioritize our life. This information can help us know ourselves better, overcome certain traumas, self-cure certain illnesses, and expand our sense of fraternity and universalism. The feeling of being one with the universe is ecstatic. This helps us to progress spiritually. With the knowledge of life gained through the study of Astral dimensions,

we expand self-awareness, increase our level of maturity, and also accelerate our spiritual evolution.

[Flight](#)

In the Astral even the sky is NOT the limit. We can fly way beyond the blue sky. We can glide through the air or float like a balloon. We can have a bird's eye view of our city. We can jump off mountains and somersault in mid-air! We can propel out into the infinite space and explore the planets, heavenly bodies and other distant galaxies.

Imagine being able to glide over the ocean like a seagull, or dive inside and swim like a fish! We can visit any city on this planet and other planets as well. We can go and check out friends in another corner of the world!

[Learning](#)

There are all sorts of hidden knowledge we can acquire through Astral Projection, knowledge that cannot be acquired in every day life, from other people or books.

This is one reason why many want to master Astral Projection - to gain knowledge about ourselves, about our Earth, the Universe, or about anything else. We can meet advanced enlightened beings, even from distant ancient traditions, and they can help guide us along the Spiritual path.

If we want we can even attend true esoteric schools and temples to learn much about the mysteries of life and death...

[Increase Psychic Abilities](#)

Regular Out of body experiences enhance the individual's paranormal and psychic abilities.

The control and experience that comes from projections naturally helps us increase abilities such as clairvoyance, ESP, precognition, telepathy, premonitions, prophecy, the ability to see auras and many other psychic abilities.

This is a natural result because we become more in tune with our internal energy systems and also become sensitive to universal energies.

[Accelerated Personal Development](#)

The recognition that we are more than just physical beings, gives us firm belief that we are capable of much more than previously imagined.

Once we consciously control our non-physical self, we can unlock the unlimited knowledge of our subconscious and harness our ability to explore the universe. The entire subject of human potential is dramatically expanded beyond all current concepts and comprehension

[Overall Well-being](#)

We become better in all respects: Overall well-being, increase in self-confidence, control of stress, emotional balance, heightening of intellectual capacities, and expansion of self-knowledge. We can learn to manage and control our own energies by applying different techniques and experiences.

Out-of-body experiences help us to break free from old mental ruts and habits. We get a more enlightened perspective of our current existence and this expansive vision is instrumental in awakening new levels of personal growth and understanding.

[A Reduction In Hostility](#)

Those who have experienced an OOB, realize that they are more than just their Physical body and that they continue after death. They now realize that along with their consciousness, their personal responsibility also continues. Hence many feel that harboring hostility towards other fellow souls can be very self-destructive.

[An Inner Calmness](#)

Many report feeling at peace with themselves and others. They develop an inner tranquility that is hard to describe.

[An Increased Quest For Answers](#)

Once we realize that all answers are available to us, many people begin a personal spiritual quest to solve the mysteries they have held since childhood. Each of us has questions relating to our existence - What are we? What is our purpose? Do we continue? What is the meaning of life?

These questions and many more can be answered only through personal experience. Out-of-body exploration provides a powerful method for all of us to obtain the answers we seek. Why settle for beliefs when the answers are available? Why rely on religions and dogmas when we can get untarnished answers ourselves?

[An Increased Respect For Life](#)

A pronounced aversion to violence and killing seems to appear. For example, the idea of hunting and killing an animal becomes repugnant. This is due to the personal knowledge obtained concerning our spiritual interconnection

[Confirmed Belief In Life After Death](#)

Through having Astral Projection, individuals are provided with irrefutable personal evidence that we are immortal. It reassures us that there is life after death. People who have had at least one OOB are generally transformed, having much greater faith in our existence beyond the physical

If it is possible for our consciousness to exist outside our body, then it is also possible that our consciousness survives physical death. When we find ourselves lucid outside the body, we realize by ourselves, without any mystic belief that death does not exist. This belief removes fear of death completely. It provides first-hand evidence of the reality of the Astral planes and the continuity of life beyond the confines of the temporal physical shell of body.

Fear of death is fear of the unknown. Once you separate from your body, you absolutely know that you continue. Dying may not be scary experience but rather a wondrous, spiritual adventure. Death would be something to be embraced with excitement and anticipation when the time arrives.

[See first-hand, what lies on the *Other Side*](#)

Apart from knowing that we survive physical death, OOB also shows us what is the “other side” like. We see, firsthand, where we go after we die. It tells us what the Great Beyond is like, and helps us prepare for it.

[Contact departed Loved ones](#)

Yes, it is often possible to contact loved ones who have moved on to the other side. If the bonding is strong enough, and if other circumstances are favorable, you might request your loved ones to help you with guidance.

[An Increased Zest For Life](#)

There is a certain excitement inherent in out-of-body exploration. This exhilaration reaches deep into the very core of our being because we know that we are much greater than our current physical personality or ego. By exploring the non-physical realms, we become the ultimate explorers.

Life itself becomes an adventure, an exciting journey of discovery. Every day and night is an opportunity to experience a new adventure. This inner excitement also stems from the fact that we are blazing a path far ahead of our time.

[Increased Intel l igence And Memory Recal l](#)

Many people report that their out-of-body experiences have somehow enhanced their awareness and intelligence. Some believe that out-of-body experiences stimulates areas of the brain previously untapped during normal physical life.

[Increased Knowl edge And Wisdom](#)

Only experience creates wisdom. Out-of-body experiences have the unique ability to provide knowledge and wisdom far beyond the limits of our physical perceptions.

This personal experience gives you personal knowledge. Your knowledge is first hand and is not imposed by other teachings and beliefs

[Witnessing Other Real ities](#)

The out-of-body experience permits us reach other realities, or dimensions, beyond the physical plane. For example, we can go to a place where we used to live before entering into this present lifetime, and we can also see the place where we will go after the physical death.

[Benefits to the scientific community](#)

If science can re-create OOBEE at will, it will help unravel all the mysteries of our universe. It will allow man to go where no one has ever been...

1. Astral project into the center of the earth and find out what mysteries lies therein
2. Astral project into the deepest oceans to unravel the wildlife there
3. Go into active volcanoes and find out things that we never knew about
4. Plunge into the infinite space and discover unknown worlds and planets, and other forms of life.
5. Help our law-makers to better control crime.
6. And many many more that I have not mentioned. The possibilities are simply endless!

[Increased Self-responsibility](#)

Many realize, that they are the creators of their physical existence. They often experience the vast potential and power of their inner, non-physical self and tap into their creative essence.

They feel they are completely responsible for all their actions, thoughts and deeds.

[Increased Spirituality](#)

Without a doubt, Astral Projection helps us become more spiritual. This, I believe, is the most powerful aspect of having an OOBEE.

Many report profound insights into their spiritual nature. Instead of viewing themselves as Physical beings possessing a soul, many start to recognize themselves as soul temporarily possessing a Physical body.

There is a feeling of connection to something far greater than them. Whether we call it spirit or the universal consciousness, or God, there are consistent reports of a powerful inner connection.

[Healing](#)

With the knowledge and control acquired through out-of-body experiences, we learn to utilize our own energies in favor of other beings. We can heal ourselves mentally and physically.

There are numerous reports of individuals healing themselves and others when out-of-body. Often this healing is initiated by a focused thought directed to a specific area of the body.

[It is FUN!](#)

Other than all the reasons mentioned above, it is true that OOBIE can be real fun!

You get a thrill of an exciting new adventure.

There is sheer joy in exploring an undiscovered terrain.

There is exhilaration when exploring beyond the ordinary.

You get an overwhelming feeling of personal accomplishment.

You get a personal satisfaction and firsthand experience of the meaning of your life

You get an inner joy of unraveling ancient mysteries

There is an inexplicable excitement of being a pioneer in a new field of exploration.

There is absolute joy in experiencing your personal immortality.

You have overwhelming feelings of accelerated personal development

You experience a delight in discovering the truth of your existence beyond all beliefs

These benefits and much more await you; however, it's up to you to explore and experience the reality of this for yourself. Out-of-body exploration gives you the rare opportunity to know and see, instead of hope and believe.

This opportunity is yours today.



Binaural Frequency Harmonics

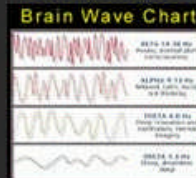
Astral Projection Astral Projection Made Easy With Our Recordings!



You can learn to Astral Project! We all have the ability to travel on the Astral Plane, but most people fail because they can not tune their brain waves into the right frequency. We all know that Astral Projection is dependant on the brain, and it takes dedicated practice to reach the mental level to allow our inner body to separate from our physical body. Controlling the brain is one of the hardest obstacles that we face.

Now it no longer takes a lot of practice master Astral Projection! We stumbled upon the "secret key" to Astral Projection which is so powerful that many people are able to Fully Astral Project on their first try! Using our Astral Projection Tool, even the most stubborn mind can learn to Astral Project. No intense mind training, no herbal influence, and no frustration. Just Success!

- Works Every Time Without Fail
- No Extensive Practice Required
- Vibrate On The Astral Frequencies
- OBE Success Rate Dramatically Improved



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Binaural Frequency Harmonics

Astral Projection	Meditation	Manifestation	ESP/Psychic	Shaman Consc.	Remote Viewing	Spirit Guide
Lucid Dreaming	Past Life Regression	Sleep	Christ Consc.	Chakra Tuning	Aura Viewing	Creativity
DNA Stimulation	Endorphin Release	Health	Motivation	Prosperity	Stress Release	Weight Loss
Hypnosis	Memory Enhancer	Telepathy				

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