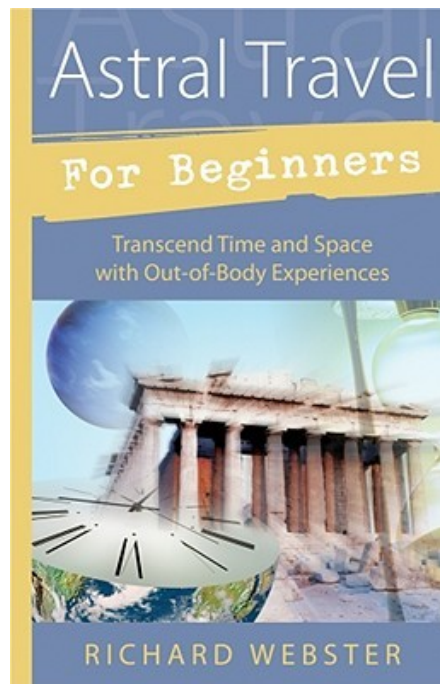




Astral Travel for Beginners: Transcend Time and Space with Out-Of-Body Experiences

Richard Webster

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What you've done thousands of times in your sleep can now become a totally conscious experience with the help of this handy guidebook. You'll soon learn to leave your body and explore the astral realm with confidence and safety.

Achieving your first astral travel experience is always the most difficult--and no single method will work for everyone. That's why the techniques in this book are carefully graded to step by step through an actual out-of-body experience. And with fifteen time-tested methods to choose from you're sure to be astral traveling in no time.

Once you learn to leave your body, the freedom you'll discover will transform your life. Explore new worlds... learn to travel with a partner... go back and forth through time... even find a lover... but, most importantly, lose your fear of death as you discover that you are a spiritual being independent of your physical body.

Astral Travel for Beginners: Transcend Time and Space with Out-Of-Body Experiences Details

Date : Published September 8th 2002 by Llewellyn Publications (first published January 1st 2002)

ISBN : 9781567187960

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Format : Paperback 256 pages

Genre : Spirituality, New Age, Nonfiction, Religion, Paganism



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Amanda Hughes says

I liked that this was a quick read while still being very informative. It gives you tons of different methods to try, all explained in detail. There are lots of mantras and relaxation scripts for the reader to use as well. I've been sick for the last three days, so I haven't been able to try any of the techniques but I am very excited to begin!

Amy says

helpful

Jane says

While packed with much (oversimplified) information, this book is well out of date. It really isn't an in depth study or guide, and I could not recommend it as a resource for anyone who is serious about beginning on this challenging path. Fortunately, there are much better and more recent books out there for that. Richard Webster makes the whole thing sound like it's as easy as falling off a log, which it most certainly isn't. Don't bother.

Mel says

This book would be good for someone who knows very little about astral travel. It is very imformative. I knew more than I thought I did and learnt very little so only gave it two stars.

Haley says

Astral Travel For Beginners depicts astral traveling as a very interesting subject. However, astral travel is not a simple as this book describes it.

Lisa says

I'm so NOT a beginner, but I'm going to read this any way because Richard Webster is fantastic.

Matthew says

This book serves as an excellent introduction to the worlds of astral travel and meditation. The writing is simple and straightforward, making it easy to understand the multiple techniques that the author offers. For those who are skeptical of the possibilities of astral travel, the book is still a useful guide for how to meditate properly. The techniques for both astral projecting and meditating are effective, and easily taught to others. From my experience, one only needs to approach this book with an open mind, and attempt its techniques with positive expectations, to enjoy it most.

dipak pethani says

good to start your journey in astral travel but it is hard to accept its need a lot of practice and patience to do, but frankly speaking 3.5/5 .

Michelle Hansen says

I dont like it when the author takes forever to get to the point of what they are trying to teach in books such as these. However, it is full of information on the subject. I just can never do it.

Mysticpaganwitch says

Very good, just wish I could get my head around the visualisations and all the other stuff. I bet loads of people do this all the time and don't even think about it but for me I'm afraid...it's easier said than done.
