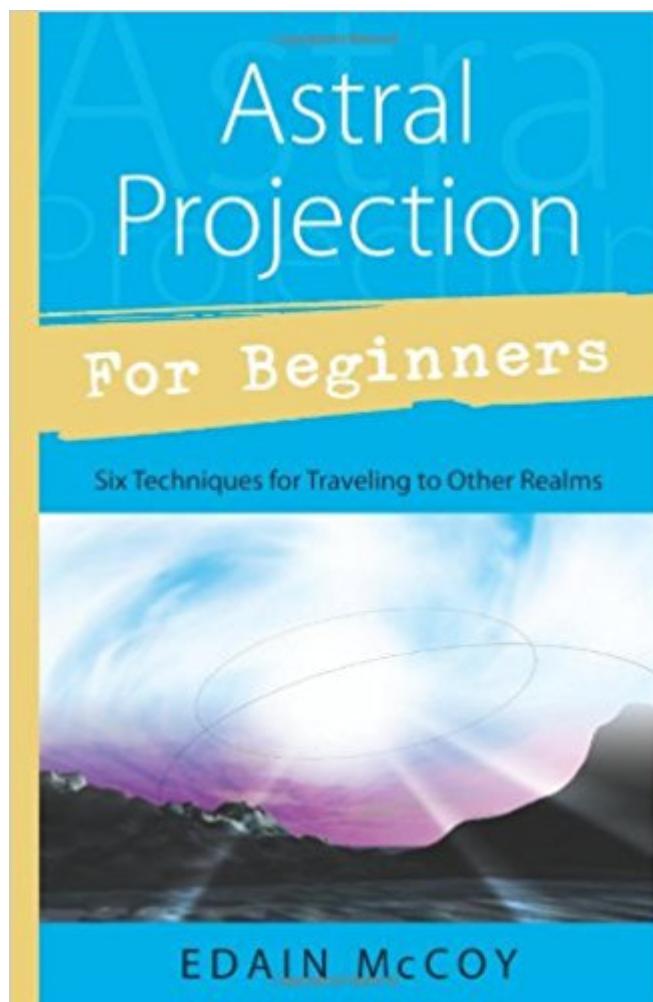


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# Astral Projection For Beginners: Six Techniques For Traveling To Other Realms



## **Synopsis**

Visit a realm in which time and space have no meaning—â the astral realm. Written for beginners, this friendly guide presents step-by-step instructions for six easy and effective astral projection techniques. Travel to different times and eras, visit with departed loved ones, and explore different astral worlds, such as the faerie realm. On the astral plane, it's also possible to heal yourself and achieve improved health, send healing energy to others, receive direction from your spirit guides, and view your Akashic records, the astral record of each soul's past and future events.

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## **Book Information**

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## **Customer Reviews**

Astral projection can be a wonderful thing. If you study and learn from *Astral Projection for Beginners* by Edain McCoy, you'll be on your way to projecting your consciousness out of your body. Several years ago, a person I'd just met asked to do some magick with me. I said, "Sure. To what end?" This stumped the person. He didn't know what to say. He had no goal. Lots of people are enamored of the idea of astral projection for no reason other than wanting to astrally project. To them, getting out of body is enough. This book will be an ideal resource for them. But if you're like me, you may want to have a reason or purpose for projecting. Having such a goal takes astral projection to an entirely new level. In this book you can learn such things as how to gain information about yourself and others, both in current and past lives, by viewing the akashic records. How do you do it? It's in the book. Perhaps you want to learn how to heal others. In the astral state you can

easily move energy to correct imbalances and help overcome problems. How do you do it? It's in the book. Or perhaps you would like to use your ability with the goal of making changes here on the physical plane; what is commonly called "magick." How do you do it? You use the technique known as astral creative visualization. And that's fully described in the book, too. No matter what your level, this is an incredible addition to your knowledge. You shouldn't be without it.

Edain became a self-initiated Witch in 1981 and has been an active part of the Pagan community since her formal initiation into a large San Antonio coven in 1983. Edain has researched alternative spiritualities since her teens, when she was first introduced to Kaballah, or Jewish mysticism. Since that time, she has studied a variety of magickal paths including Celtic, Appalachian folk magick, and Curanderismo, a Mexican-American folk tradition. Today, Edain is part of the Witan Irish Pagan tradition, where she is a priestess of Brighid and an elder. An alumnus of the University of Texas with a BA in history, she is affiliated with several professional writer's organizations and occasionally presents workshops on magickal topics or works individually with students who wish to study Witchcraft. This former woodwind player for the Lynchburg (VA) Symphony claims both the infamous feuding McCoy family of Kentucky and Sir Roger Williams, the seventeenth-century religious dissenter, as branches on her ethnically diverse family tree. In her "real life," Edain works as a licensed stockbroker. Edain is the author of fifteen books, including Bewitchments; Enchantments; and her most recent release, Ostara: Customs, Spells & Rituals for the Rites of Spring.

I've been reading numerous books on Astral Projection over the past year and truly appreciate this book. The author's personal experiences are sprinkled throughout the book to really bring out her excellent points / techniques. I'd recommend this book as part of your Astral Travel research.

I have not yet finished the book yet but its really good and I like it a lot. I can see I'm going to enjoy the rest. It's very easy to read and I like how she puts in examples and experiences. The book covers meditation, how to travel and come back safely, protection, beings you might encounter and how to deal with them( negative or positive) and a lot more. The topics she covers are detailed and I like how she dont focus too long on any particular topic. Good amount of info. I've only read about astral travel from my books on witchcraft and online so this is my first book. I would recommend this book to any beginner or any one that's looking for more info on astral projection. The price is good. Fair to say any beginner would enjoy this book. Try it out to see for yourself.

good book about astral projection! if you're browsing for a book/ becoming interesting in learning how to astral project this book is for you. I havent read it all yet, because I am still trying to lucid dream, but astral projection is the next step after lucid dreaming.

I am very happy with Astral Projection for Beginners. I read it as soon as it was delivered and finished it in no time. I was looking to bring back to my conscious mind what I already know from previous lifetimes and this worked perfectly and has several ways to reach my goal.

This is truly a great book for those who are interested in astral projection but are still new to the subject. Its also a great refresher course for those more comfortable with the topic.

Simple and very understandable, I hope to astral project soon it takes time and patience and this will help you

This book was hard to understand in the beginning. It's a slow start , but I found it useful .

I have heard about this before but I never really looked into it. It will be interesting I am sure. Thanks for the great deal and fast shipping!!!

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