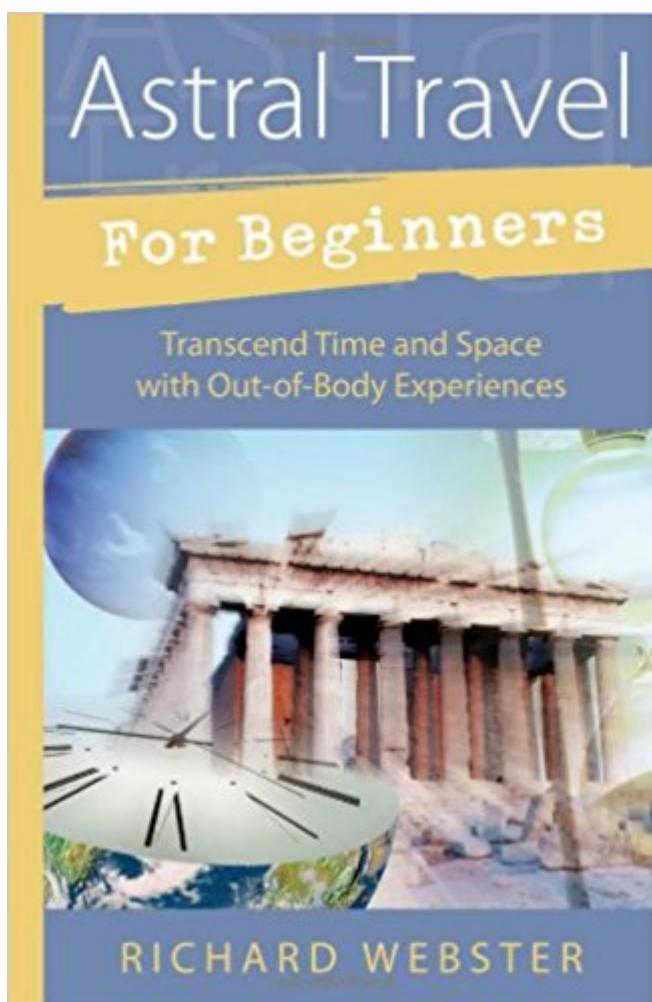


The book was found

Astral Travel For Beginners: Transcend Time And Space With Out-of-Body Experiences (For Beginners (Llewellyn's))



Synopsis

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.

Book Information

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Customer Reviews

I live in Minnesota. Sometimes — well fairly often — we get a great deal of snow. This makes it difficult to drive if you live outside of the city, as I do. You have to wait for the snow plows and hope to get through. And that's where astral travel comes in. Whether you're snowed in or just stuck at home, being able to travel into the past or visit Paris or Sao Paulo is a wonderful skill. It can help you balance your energies and emotions. And you can learn this skill in Richard Webster's *Astral Travel for Beginners*. I would like to take this opportunity to really

encourage you to study this book. Just imagine taking a five- or ten-minute holiday to Rome whenever you desired! Going on such a vacation can help revive you and let you finish the tasks of the day. The relaxation can also be healing, if that is what you need. This book has all of the information you need in order to start astral travelling. It tells you what to do to prepare. It also tells you what could hinder your ability to astral travel so you can eliminate that from your life. Richard includes twelve techniques for astral travel: his own, tested technique, plus eleven more. Then he gives examples of how you can use the techniques to experience the wonders of time and space. I hope you will give this book a try. Think of all the positive things you can do by using one or more of the techniques that are in here!

Richard Webster was born and raised in New Zealand. He has been interested in the psychic world since he was nine years old. As a teenager, he became involved in hypnotism and later became a professional stage hypnotist. After school, he worked in the publishing business and purchased a bookstore. The concept of reincarnation played a significant role in his decision to become a past-life specialist. Richard has also taught psychic development classes, which are based on many of his books. Richard's first book was published in 1972, fulfilling a childhood dream of becoming an author. Richard is now the author of over a hundred books, and is still writing today. His best-selling books include *Spirit Guides & Angel Guardians* and *Creative Visualization for Beginners*. Richard has appeared on several radio and TV programs in the United States and abroad including guest spots on *Hard Copy*, *WMAQ-TV* (Chicago), *KTLA-TV* (Los Angeles), *KSTW-TV* (Seattle) and the *Mike and Matty Show* (ABC). He currently resides in New Zealand with his wife and three children. He regularly travels the world to give lectures, workshops and to continue his research.

I have been involved in numerous kinds of meditation practices (Zen methods, Yoga methods, Tai Chi methods, Self-Hypnosis techniques) over the years and found most of the techniques beneficial for relaxation and for giving positive affirmations to improve myself. There is some hard science that has shown real benefits of meditation and relaxation practices. There were also times that I imagined I was mind traveling while in deep self-hypnosis and meditation. I decided to read more information on so-called "Astral travel" even though I am suspicious of anything that focuses on mysticism or pseudoscience. I purchased this 227 page soft cover (*Astral Travel for beginners: transcend time and space with out-of-body experiences* by Richard Webster) at a bargain price on and was pleasantly surprised at how much I liked this book. I

strongly believe the mind is the most powerful weapon a human being has and that our minds can create all kinds of creative activities that may or may not be based upon reality. This book approaches the subject of astral travel, which is also termed out-of-body experiences, as a fact rather than a controversial topic. Nevertheless, I admit to finding this a very interesting book to read. I also was able to imagine myself traveling into space and visiting (I have always had an interest in astronomy) our planets; however, I have a good imagination and I cannot say for certain that I was astral traveling but in my mind I could travel anywhere I desired. I have not tried all the techniques in this book but I am still in the process of investigating the material from my perspective. This book has 15 chapters and covers an enormous amount of material. Some of the chapters include: Astral travel requirements, a few definitions, involuntary astral travel, getting started, the astral world, advanced astral travel and many other topics. If you are interested in learning some simple techniques to achieve mind travel and astral traveling you should check out this book. I personally found it a good read and liked this book. Rating: 4 Stars. Joseph J. Truncate (Author: Haiku Moments: How to read, write and enjoy haiku).

Very good work with lots of examples and historical events. If you are a serious student, this is the book for you.

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My friend and I have enjoyed reading and discussing this book.

great introductory book, lots of instruction and examples.

Very good product

good

Is astral travel real? If one can do it would it benefit their spiritual growth? I continue to ask these questions and so this rather old, 1998, book caught my eye in the library. *Astral Travel for Beginners* is not as spooky or "out there" as it might seem. Richard Webster does not go into the holier than thou "enlightened" mediums and spiritualists who claim to be especially gifted and have always

been around. He seems to truly believe that anyone, not just those special individuals, is able to astral travel and provides a methodology to accomplish the feat. He presents the topic as well within the possibility of anyone. He provides several techniques and present possible hindrances to a successful travel to help a wide range of people. After reading the book I found his recommendations and methods interesting and promising. I have tried other methods to no avail, but decided to buy this book and remain open to the possibility. Interested in travel without the problems of surcharges on your luggage? This may be your ticket. I am recommending this book based on my first read. Perhaps it will help you or not. Me? I don't know the answer yet but will update this review if I am successful and add the fifth star. Bon voyage.

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