



A Course in Astral Travel and Dreams

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Have you ever had a dream where you were flying or knew you were dreaming, or had a floating sensation after falling asleep? If you have, then you have experienced Astral Travel. A Course in Astral Travel and Dreams takes you on a trip through the world of dreams into the furthest reaches of human experience and opens up a world of learning for day-to-day life. Easily accessible and authoritatively written, this informative guide structured in 9 easy to follow weeks provides all the information you need to explore the world of dreams a step further.

- Learn how to Astral project and have out-of-body experiences
- Understand your dreams and why you have them
- Find out what the Astral plane is
- Experience lucid dreaming
- Navigate your way around the Astral plane once you get there
- Discover the workings of the subconscious mind
- Explore a whole new avenue of life
- Includes a reference guide to interpret the meaning of dreams.

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