



Astral Projection And the Nature of Reality: Exploring the Out-of-body State

John Magnus

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For nearly a decade, Hampton Roads has been at the forefront of publishing books on the out-of-body exploration of the astral world. Following in that tradition comes *Astral Projection and the Nature of Reality*, a work that goes farther than ever before in explaining the dimensions to which the out-of-body adventurer can go. Magnus provides a brief history of astral projection and then guides the reader through a step-by-step course for reliable projection. Once out-of-body, Magnus explains how we create our own astral world and offers techniques for taming both our mind and the nature of our reality.



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