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## Astral Travel

Astral Travel (AT) is the act of the soul leaving the body for a temporary period of time to travel to specific places to experience learning and soul growth. With practice, AT can be done both while you are conscious and awake and it can also be done while

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you are unconscious and in dream state. Many people have astrally traveled in dream state without realizing it.

[Astral Travel In Dreams: Can It Be Done? — Amanda Linette ...](#)

In other words, Astral Travel is being

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aware of the entire transition of consciousness from the physical body to the dreaming body. Like falling asleep with conscious awareness. The Astral Body is one of the subtle and lies between the intelligent soul and the mental body. The astral body travels in a space called the Astral

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Plane. Plato was one of the first to discuss this state of being.

## Dreams, Astral Travel, and Lucid Dreaming

How to Consciously Dream Travel on  
the Astral Plane Practice With  
Intentional Astral Travel and Lucid

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Dreaming Separately. Astral travel and lucid dreaming are two separate...  
State Your Intention Every Night Before Sleep. Once you are comfortable with both practices, it's time to combine them. Once ...

[Astral Projection and Dream Travel |](#)

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## LoveToKnow

When we dream, we have out-of-body experiences on the astral plane. Astral projection involves getting into a meditative state, consciously moving your astral body out of your physical body, and traveling around on the astral plane. Astral Body. Between you

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as spirit and your physical body there is an intermediate body known as your astral body.

## Astral Projection and Dreams - The Auras Expert

For skeptics, astral travel is a controversial notion because of the

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lack of direct physical evidence. For lucid dreamers, it bears striking resemblances with internally generated wake induced lucid dreams (WILDs). So, is astral projection real? Well, it depends what we mean by 'real'.

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## The Startling Truth About Astral Projection (it's not real)

Lucid dreaming is simply the state of being aware within a dream, whereas astral projection is a real experience of consciousness in another realm.

Astral projection happens on the astral plane. The consciousness

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separates from the physical body and travels to the astral plane in the astral body.

## What is the Difference Between Lucid Dreaming and Astral ...

There ' s no herb more recommended for dream magic than mugwort.

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Mugwort is in the artemisia family, which includes the absinthe herb wormwood, and is known to induce prophetic dreams and astral travel. Most blame the constituent thujone for its mild hallucinatory effects on the brain. It ' s supposedly illegal to drink mugwort or wormwood as a tea.

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## 10 Herbs & Crystals for Astral Projection and Prophetic Dreams

Astral Travel. Astral travel basics. How to practice astral travel and telepathy. Dream control. Material technology, without spiritual knowledge, is leading us to a global catastrophe on Earth.

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Technology should ASSIST in the spiritual development and not be used (as it is used now) to confine and enslave people within a monetary system and materialistic world, which are both temporary anyway.

Astral Travel - Telepathy and Dream

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## Control

The astral plane is where you have the bad dreams, and the etheric plane is where you have visions and memories of high experiences. Dreams of Flying Mark Prophet, Elizabeth Clare Prophet's husband and ascended twin flame, was also a pioneering spiritual

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leader.

## Soul Travel at Night Takes Us through Many Levels

Your Astral Experiences. Here are our user submitted experiences. We currently have 122 published astral experiences!. If you had an experience

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related to astral projection, out of body experiences (OBE or OOBE), lucid dreaming, remote viewing and near death experiences (NDE), share it with us! Or if you have a comment about a story, please sign up (it's free) and once you are registered, just ...

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Your Astral Experiences - Astral  
Voyage

Dreams and Astral Travel (Mysteries,  
Legends, and Unexplained Phenomena  
(Library)) Library Binding –  
September 1, 2009 by Rosemary Ellen  
Guiley (Author)

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[Amazon.com: Dreams and Astral Travel \(Mysteries, Legends ...](#)

Astral projection (or astral travel) is a conscious out-of-body experience (OBE), where the soul separates from the body. Even though the topic attracts hot debates, it is undoubtedly a unique experience. Anyone can

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learn how to astral travel, and encounter the amazing benefits. In this article, I will teach you how to astral project.

[How To Astral Project: Astral Projection Guide For ...](#)

It is this subtle body that projects

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astrally and is active during unconscious and lucid dreaming; astral projection and dreaming often go hand-in-hand as “ out-of-body ” experiences, or OBEs.

[What is Astral Projection? An Astral Projecting Guide | Gaia](#)

*Page 28/35*

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The Middle Astral ~ This is the DREAM world. is the place where we usually go at night during the dream state. These worlds have a reality within the constructs of the fourth dimension, and entire cities and worlds exist within these realms, complete with their own coordinates, rules and

# Where To Download Dreams And Astral Travel principles.

If you meet someone in a dream are  
you meeting them on the ...

Astral projection is an intentional out-of-body experience, in which your soul (known as an “ astral body ” ) separates from the physical body.

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Then, your astral body is capable of travelling anywhere throughout the universe!

What Does Astral Projection Feel Like:  
9 Astral Projecting ...

Allow yourself to enter the astral realm or drift far away into magical

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lucid dreams and or Astral Project  
tonight with this soft sleep music  
tuned to 432 Hz...

[Enter The Astral Realm | Astral  
Projection Lucid Dreaming ...](#)

The idea of astral travel is ancient and  
occurs in multiple cultures. The

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modern terminology of "astral projection" was coined and promoted by 19th-century Theosophists. It is sometimes reported in association with dreams, and forms of meditation.

[Astral projection - Wikipedia](#)

Then you will learn methods of being

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able to let your consciousness leave your body and safely explore the astral plane. With this book in hand you can explore realms you've only dreamed of. Make your dreams a reality. Decode the wisdom of your dreams to enrich your life and achieve your personal goals.

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