



Mastering Astral Projection CD Companion

By Brian Mercer, Robert Bruce

Llewellyn Publications, U.S., United States, 2007. CD-Audio. Condition: New. Language: English . Brand New. Everyone projects out of body when they sleep, according to metaphysicist Robert Bruce and information technology professional Brian Mercer. This revolutionary yet easy-to-follow audio course teaches you how to consciously have an out-of-body experience (OBE) and remember your life-changing journey into the astral realm. The exercises in this album teach you to mimic the body's natural sleep projection process with two key differences: you're making it happen on purpose and your mind will remain awake and alert while it happens. The six-CD set also features binaural-beat sound technology that induces the ideal state of consciousness for astral projection. A helpful 64-page instruction guide provides additional tips, techniques, and illustrations for achieving a successful out-of-body experience. Effective for both beginning and advanced astral projection practitioners, this CD set can be used alone or as a companion to the Mastering Astral Projectionbook.



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