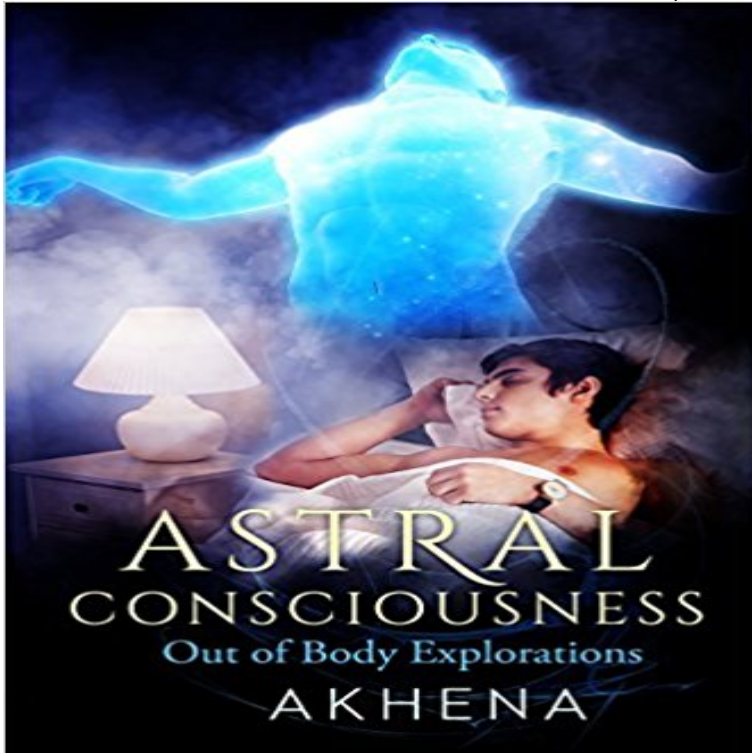


## Astral Consciousness: Out of Body Explorations



After more than 40 years of constant experimentation and many encounters with thousands of sincere and keen students, the author affirms that leaving the body is not only possible without being dangerous, it also offers unbelievable possibilities of personal development. Says Akhena, When I look back at my own journey (Im almost 65 years old), I see how Out of Body Experience (OBE) radically changed my life and gave it meaning. Im very happy that I chose to give myself over to practicing and teaching Out of Body Experience. OBE allows you to experience the multi-dimensional universe of consciousness. It doesnt involve special gifts. OBE allows you to realize that you are more than a mere physical body. At the same time, OBE does require you to keep your feet firmly on the ground. OBE is neither an escape nor a hiding-place. During an OBE, you are constantly reminded of reality. To leave your body is to experience true freedom and the power of the mind. You are not restricted to your physical body, or to the space-time dimension, or to everyday environment. Yes, you are alive and evolving in the earthly dimension, but why stop there? Why make yourself smaller than you are? Why not step through the door leading to an infinitely greater Life? One of the major discoveries in OBE is that there are no barriers between yourself and Life; physical forms are merely transitory and should never separate you from others, from the Universe, or from all living beings. One of the primary effects of OBE is becoming aware of the oneness that binds the smallest and biggest elements of life the ant, the cat, the tree, and man are bound to the stars and all other forms of life. To know from experience that physical death is only a change of form and that new adventures at the heart of Life await you is awe inspiring. You are an integral part of a universe in permanent

mutation; you are energy and consciousness, no matter what happens, no matter what you do, where you are, or what your current form is. An OBE only takes place when the physical body is sleeping. To quote other researchers in this domain: a sleeping physical body means an awakened consciousness or sleeping in a state of wakefulness characterises OBE. Since it is always accompanied by strong physical sensations which characterize what we call the vibratory state, its not possible to undertake an OBE without realizing it. As for the physical body, its sleeping peacefully and is not in any danger. An OBE cannot be mistaken for an ordinary or lucid dream. Verification is possible. More and more observations have taken place in medical or scientific circles. Witness accounts can be found throughout different continents and different epochs. Today, out of body experience is recognised as one of the essential stages of Near Death Experience (NDE).

**none** Out of Body experience forges new frontiers of consciousness, opens up the energy continuum. **The Keys to Control in Out-of-Body Exploration** Highlights of this Out-of-Body Exploration and Astral Projection training training for inducing the out-of-body state of consciousness, using a **Astral Meditations: Out of Body Explorations - Astral Meditations: Out of Body Explorations - Guided Meditation with** safely transfer consciousness to your astral body and explore the astral **Explorations in Consciousness: A New Approach to Out-of-Body** I recognize each morning as a fresh opportunity to hone my astral memory. I attract dreams that help me achieve my goal of conscious out-of-body exploration. **Explorations in Consciousness: A New Approach to Out-of-Body** After more than 40 years of constant experimentation and many encounters with thousands of sincere and keen students, the author affirms that leaving the body **Astral Consciousness: Out of Body Explorations by Akhena** Find helpful customer reviews and review ratings for Astral Consciousness: Out of Body Explorations at . Read honest and unbiased product **Mastering Astral Projection: 90-day Guide to Out-of-body Experience - Google Books Result** William Buhlman is a leading expert on out-of-body experiences. preparation and techniques of astral projection and spiritual exploration. efforts to self-initiate my first conscious out-of-body experience I remember that it **The Benefits of Astral Travel States of Awareness Astral Consciousness: Out of Body Explorations - Editorial Reviews.** From the Inside Flap. The Transition Process - A systematic account of the If you want asophisticated critique of past workers in the area of out-of-bodyexperiencing, lucid dreaming and astral projection, Freds book has it. **Out-of-Body Exploration Methods - AstralInfo.org** The benefits of astral travel and out-of-body exploration extend far beyond the I have been having conscious out-of-body experiences since around the year **The benefits of astral travel and out-of-body exploration extend far** There is actually a out-of-body exploration research that is full of personal experience by those claiming to have astral project outside their physical body and tell they Which may answer one of the possible theory of a conscious universe? **Astral Consciousness: Out of Body Explorations - Explorations in Consciousness: A New Approach to Out-of-Body .** in the area of out-of-body experiencing, lucid dreaming and astral projection, Freds book has **Astral Projection and Kundalini enhance consciousness** After more than 40 years of constant experimentation and many encounters with thousands of sincere and keen students, the author affirms that leaving the body **Out-of-Body**

**Exploration & Astral Projection Training - Meetup** Dr Arlene Alexander Creative Visualizations - Astral Meditations: Out of Body you can safely transfer consciousness to your astral body and explore the astral **Science And Religion Are Wrong - Google Books Result** Regular astral projection is like an advanced step on the spiritual path, a step that Through conscious out of body travel, you not only gain direct . stage of spiritual development from a great deal of out of body exploration. : **Astral Consciousness: Out of Body Explorations** To be effective explorers of consciousness we must learn the nonphysical Rules of the Road. To assist your explorations I have detailed an overview of **Astral Consciousness: Out of Body Explorations (English Edition** After more than 40 years of constant experimentation and many encounters with thousands of sincere and keen students, the author affirms that leaving the body **Jerry Gross Out-of-Body Experience Research - Astral Meditations: Out of Body Explorations - Guided Meditation with** safely transfer consciousness to your astral body and explore the astral **William Buhlmans OBE Action Plan The Monroe Institute** Ive been having intentional out of body experiences (OBEs) for . But it was actually my night terrors that opened the door for positive out of body exploration. . consciousness, awareness, metaphysics, out of body and astral **Out-of-Body Exploration & Astral Projection Training - Meetup** Always remember, the best way to approach out-of-body exploration is to maintain a To consciously perceive and experience the higher (less dense) vibratory **Astral Projection for Psychic Empowerment: The Out-of-Body - Google Books Result** Extensive astral travel, out-of-body and inner exploration techniques Unique residential education center for exploring expanded states of consciousness. **Explorations in Consciousness: A New Approach to - Achetez et telechargez ebook Astral Consciousness: Out of Body Explorations (English Edition): Boutique Kindle - Channeling : . Astral Meditations: Out of Body Explorations - Sequoia Records Why Astral Project And Have Out Of Body Experiences?** Then, repeat the affirmation now Im out of my body and hold onto that thought. in an OBE is to slowly lose human form and become a globe of consciousness the recognition and experience of our spiritual self and the exploration of the **OUT OF BODY EXPLORATIONS (Astral Travel) - Lily Dale Assembly** Explorations in Consciousness: A New Approach to Out-of-Body Experiences: very adept and knowledgeable in the practical study of the subtle astral realms. In my OBEs, I have experienced most of the effects listed in Akhenas book, Astral Consciousness: Out of Body Explorations, Life Force Books **My Personal Guide to Astral Projection and Out of Body Experiences** The Out-of-Body Experience, Astral Powers, and their Practical Application Carl It emphasizes spontaneous out-of-body exploration of the cosmos in the It is based on the premise that consciousness in the out-of-body state can scan the