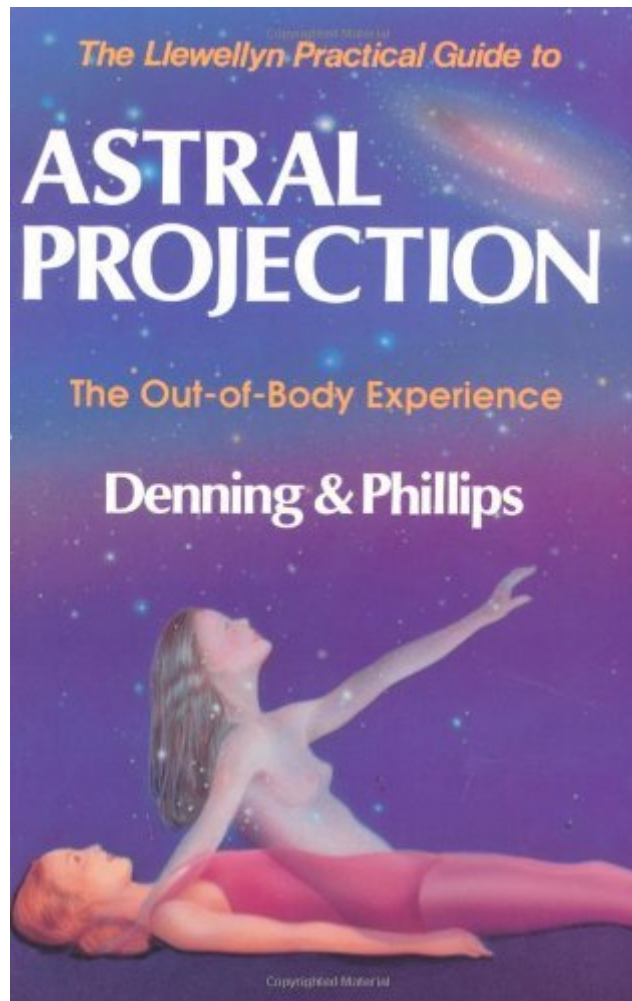


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# The Llewellyn Practical Guide To Astral Projection: The Out-of -Body Experience



## Synopsis

The Llewellyn Practical Guide to Astral Projection by Denning and Phillips is simply the best step-by-step set of lessons for learning this skill ever published. Over a quarter-million people are using this book to help them learn this valuable skill. If you want to learn how to project your consciousness onto the astral plane, you should use it, too. First, as the book shows, this skill is natural. You do it all the time (in dreams, for example.) In a sense, it is more natural than walking. It is a skill you can develop with practice. Further, it allows you to have spiritual experiences on the astral plane. Plus, what you create on the astral plane creates changes on the physical plane. This is true magick! Heal someone on the astral and they will be healed on the physical. Create opportunities on the astral and you will have them on the physical. You can even experience sex on the astral plane for one of the most dynamic experiences you will ever have. And you can learn how to do all of this in The Llewellyn Practical Guide to Astral Projection. But it is not only the information in this book that makes it easy to understand and use. The very design of each chapter as well as the illustrations, photos, charts, etc. make it easy for you to learn the techniques to consciously control your astral projection experiences. The book begins by showing you what astral projection is and what it is not, what can happen and what is fantasy. As a result, you will discover that astral projection can be safe, comforting, exhilarating, and fun. Then you will learn methods of being 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.

## Book Information

File Size: 2444 KB

Print Length: 216 pages

Publisher: Llewellyn Publications; Rev ed. edition (June 1, 2001)

Publication Date: June 1, 2001

Sold by: Digital Services LLC

Language: English

ISBN-10: 0875421814

ISBN-13: 978-0875421810

ASIN: B004AM5BM6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #606,155 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #210

inÂ Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body

Experiences #568 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Occult > Astral

Projection #1293 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > New Age >

Meditation

## Customer Reviews

I've been reading these negative reviews and find that they are based primarily on a fundamental lack of knowledge and in a couple cases easy solutions to the complexity of this kind of work. One reviewer claims that this book is too "occultish". That's laughable, because not many things are more "occult" than trying to force your spirit from your body with the intentions of traveling to other dimensions of reality. Having said this, the book is challenging because it actually asks something of the reader.....dedication and commitment to the process. These authors are practicing metaphysicians/magicians for many years and are the head of a magickal order based in England called Aurum Solis (Denning recently passed away). There is a lot of experience between these pages and it can work for you if you work with the techniques within. Namaste

Fantastic. Practical "High Magic(k)" instructions on Astral Projection. Quite in depth, covering the basics and some of the advanced techniques of the art as well as what to expect, how to boost your energy and a little protective measures as well. It is a must read for any serious student of the occult, high magick, and astral projection. It is also great for the curious reader. Thank you Melita Denning and Osborn Phillips.

This book did it! I tried Astral Projections using more than a half dozen books and never had any success. But using this book and the techniques in it finally did it for me. It doesn't have as much info as Buhlman's book, but to get things done, this is the book to get. If you want all the info on astral projections, get another book, but if you have never done it and want to get it done, this is the book to get.

I, too, am perplexed by all the negative reviews. I have purchased several books on astral projection, but this had the easiest and most effective techniques. In fact, I have bought this book at

least 10 times over the years because I keep giving it to people. The ones who apply it can do it. It is not quick for everyone, you can't take a "pill" and fly - if you want it that easy, you may as well give up now. The visualizations of the first exercise are not difficult, don't make them that way. I usually do the exercises while lying in bed before I go to sleep and then I am able to "get out" that night when I'm dreaming. It doesn't happen every time, but I'm very happy with the results.

There are a number of mistakes that people make picking up this book which leads to all manner of disappointments. On the whole, however, this is a very useful book which is rarely appreciated for what it is. The authors come from the Ogdoadic branch of the Hermetic tradition. This is distinct from the Rosicrucian/Golden Dawn side, but is quite full in its own way. Their high magick works are some of the best published today --- they are clear, thoughtful, precise, and accessible. The authors also wrote a series of more popular books including this one. However these books are best seen as introductions for more serious occult work and should be read in that context. The instructions in this book are not easy, take practice, etc. In my own tradition (Runic), I remember the initial difficulties I had with rhythmic breathing. These things are difficult, but they are the corner stones of progress. Similarly, this book provides a number of other techniques which are necessary exercises in various forms of Hermetic magic. This book provides a manual for spiritual growth through learning how to engage in astral projection. If you want an easy approach, look elsewhere, but you WILL get out of this book what you put into it. Highly recommended.

This is a very good book. I put off reading it for years because it looked simple and cheesy. But it has a lot of wisdom of the ages. Yes it is a simple book. But it is full of truth. It is a gradual incline into full astral work. It is an amazing book. I loved it. I have been involved in this form of art for 30 years and I find this is a gem.

I didn't care for this book when I first read it, mainly because I found it confusing and it was the first one on the subject I read. However, when I read some more basic books, I reread this one. I got a lot more out of it. This isn't a book you skim, do a little breathing, and expect huge change. You use this with other knowledge, and you can have a powerful experience.

I was interested for some months in Astral Projection (since I heard about it), so I decided to give it a try by buying this "practical" book. I tried, and I tried, and I tried, but nothing happened, besides some positive effects on my life, which were results of the chakra technique. The bad thing about

this book is that it is NOT practical. Noone can do the painstaking and time-consuming techniques it describes without getting either frustrated or bored. There are so many unnecessary and goal-distracting little things it tells you, that it could get you to even hate Astral Projection (AP), which is the contrary to the writer's intentions! My advice to the potential Astral Traveller (anyone can do AP, don't be afraid to try) is the following: Don't read this book. Or read it but don't take it too seriously. I acknowledge the effort of the writer but unfortunately this book is goal-distracting and it provokes unnecessary fears, prejudices and drawbacks. You wanna do AP? Search the web with many different search engines for "astral projection" or "out of body experience" and read. Read A LOT. Read EVERYTHING. In the end, you'll understand what AP is, and figure out what's the best technique for you. I give it 3 stars for some good info contained, and for the chakra technique. Nothing more in this book is useful.

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