



# Astral Projection for Beginners: Six Techniques for Traveling to Other Realms

*Edain McCoy*

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**Astral Projection for Beginners: Six Techniques for Traveling to Other Realms** Edain McCoy

Visit a realm in which time and space have no meaning?the astral realm. Written for beginners, this friendly guide presents step-by-step instructions for six easy and effective astral projection techniques.

Travel to different times and eras, visit with departed loved ones, and explore different astral worlds, such as the faerie realm. On the astral plane, it's also possible to heal yourself and achieve improved health, send healing energy to others, receive direction from your spirit guides, and view your Akashic records, the astral record of each soul's past and future events.

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