



**Astral Projection: Proven Techniques and  
Methods for Learning to Travel Astral Plain  
(Astral Travel, Astral Dynamics, Astral Project,  
Astral Body, Astral ... Tide, Astral World, Astral  
Travelling)**

*Nathan Owens*

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- Initial Steps in Performing Astral Projection
- Astral Projection – The Next Step after Deep Relaxation is Achieved
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- Much, much more!

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