

Projecting out-of-body requires a delicate balance of mind, body, and spirit. Mastering Astral Projection offers everyone the opportunity to explore nonphysical dimensions and learn more about their spirituality. This practical guide to achieving conscious out-of-body experiences is based upon Robert Bruce's extensive knowledge of astral projection, Brian Mercer's methods for personal success, and valuable feedback from volunteers who have tested this program. Presented in an easy-to-follow workbook format, the thirteen-week program introduces astral projection methods and provides daily exercises that progressively prepare and train readers for this incredible, life-changing experience. 2005 Coalition of Visionary Resources (COVR) 2nd Runner Up of Interactive Sideline category

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**DAY GUIDE TO OUT-OF-BODY EXPERIENCE ROBERT BRUCE & BRIAN MERCER**  
Mastering Astral Projection is a hands-on, thirteen-week training program that works.  
EVENING 1 remember my nightly out-of-body experiences.

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Mastering Astral Projection: day Guide to Out-of-Body Experience. Everyone projects out of body during sleep, but the experiences are rarely remembered. Mastering Astral Projection is a hands-on, step-by-step manual for learning how to have an out-of-body experience (OBE). It provides a systematic approach for. The astral projection workbook: how to achieve out-of-body 'Astral Mastering astral projection: day guide to out-of-body experience / Robert Bruce. Read Mastering Astral Projection day Guide to Out-of-Body Experience by Robert Bruce with Rakuten Kobo. Projecting out-of-body requires a delicate. Booktopia has Mastering Astral Projection Inc. Cd-Rom, Day Guide to Out-of- Body Experience by Robert Bruce. Buy a discounted.

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