

**ASTRAL
PROJECTION
A COMPLETE GUIDE
BY
UNKNOWN**

**ASTRAL
PROJECTION
A COMPLETE GUIDE
BY
UNKNOWN**

**Astral Projection, A Complete Guide By Unknown.
This edition created and published by Global Grey 2014.**

GLOBAL GREY

NOTHING BUT E-BOOKS

TABLE OF CONTENTS

PART 1 WHAT IS THE ASTRAL REALM

PART 2 STARTING OUT

PART 3 PROJECTION TRAINING

PART 4 BASIC ENERGY WORK

PART 5 ASTRAL ROPE TECHNIQUE

PART 6 MORE ON THE ROPE TECHNIQUE

PART 7 OOB AND DUALITY

PART 8 WAKING PARALYSIS

these OBE's, and started to wonder....'hmmm, maybe emotion itself had something to do with carrying the OBE memories back into my physical body with me?'

I made a successful 'emotional' re-entry that night, and remembered my OBE reasoning. I have applied this reasoning ever since then, and have thus had countless successful OBE's. Now, I always 'shout' my success 'savagely' in some way as I make the re-entry. I hold the OBE memory very strongly in mind and use a trigger phrase to enforce an effective memory download, i.e., "I did it!" or "My hands melted!" or etc. This works! I always come to (wake up) with my trigger phrase on my lips, and with full memory of my OBE. This really does make a world of difference.

