



Astral Projection: The Guide

Yvette LeBlanc

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This is astral projection made doable. The main topics are (1) the out-of-body experience (obe) and how to accomplish it and (2) aura reading. The astral plane is examined as well as the astral projection techniques necessary to enter. The astral dynamics necessary for astral traveling are thoroughly explained. A very simple technique to view your own aura is given. I believe it will help you astral project because you will realize part of you already is projecting.

Reading my book and following the suggested techniques will change your life forever. It explains in detail how you can have exciting, unbelievable adventures to future, past and alternate lifetimes, to astral counterparts of physical objects and places, and to see your own magnificent aura. These things are doable without sniffing glue, eating hallucinogenic mushrooms, taking drugs, or performing weird sex. It takes no special talent to have these awesome, life-changing experiences only some time and determination. My methods involve deep breathing, calling out to God through chanting, and sacred meditation. The book is concise and basic. Here are some quotes:

Part One, Definitions: "The astral plane is a vibration of life that is highly emotional and visiting it can be a nightmare world of hell, a blissful journey to heaven, or one of many, many places in between. Normally, we project using an astral body. We possess different energies of all vibrations; and will, without realizing or making any effort, choose just the correct combination depending on the vibration of light needed for the journey. This astral energy can sometimes be seen and is called the aura."

Part One, Astral Travel Basics: "Don't get hung up with tedious, drawn-out methods to leave your physical body one body part at a time. You don't need to project an astral counterpart of your entire physical self. I suggest you simply project that part of you located between your eyes, that's where your true self is located anyway. The fastest and easiest way is to just be wherever it is you want to be. Don't even think about what you look like, that will just bring you back to the physical."

Part Two, Two Methods to Project to Wooded Areas: "When you are in the air and you feel like you are flying, you might not be. It took me a long time to realize that I was really located in a point in the sky. I had no body so I was not subject to gravity. However, the Earth was rotating on its axis. I just had the sensation of moving. It's like when you're in a car wash seated in your car. The big brushes come forward and you have the sensation of moving even though you are not."

Part Three, My Experiences, Holy and Wonderful: "The separation was in a whole different manner, I remained in my physical body while I felt energy projecting. I became a being of white light energized by my heart chakra."

Part Three, My Experiences, Holy and Wonderful: "While meditating on a violet crystal, I asked to see my spiritual guides. Amazing spheres of brilliant colored light appeared. I saw a pink spirit and a golden-flame baby which I brought to my heart chakra. The face of a happy young man, looked Arabic, smiled at me. My tunnel rotated very fast and pointed very high."

Part Three, My Experiences, The Difficult: "Located on the side of a mountain, there was a huge stone castle which had many jagged edges of rock. I was part of a group of very intense people just outside. It seemed we were not worthy to enter the castle from the front. Because I was small and agile, I had been selected to deliver something of great importance to people waiting inside. I have no idea what it was. I climbed very high while hugging the castle the best I could to some kind of small opening in the rock. I was petrified."

Part Four, Aura, Etheric and Halo Viewing: "Seeing your own magnificent light will help you realize you are a holy spirit and truly a child of God."

Good luck. You CAN do it.

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Linda Mays:

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