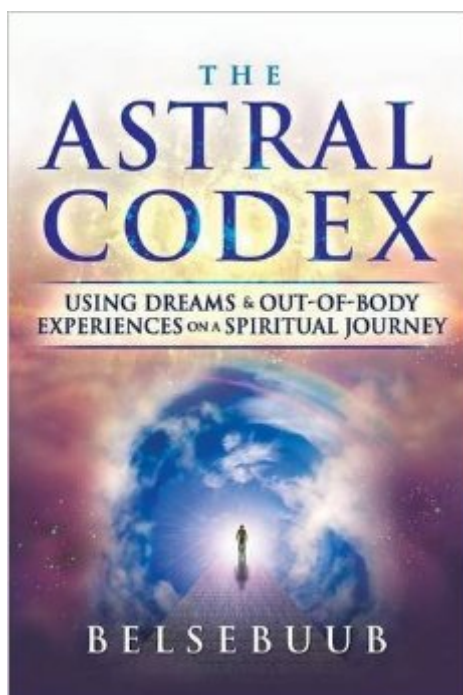


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# The Astral Codex: Using Dreams And Out-Of-Body Experiences On A Spiritual Journey



## Synopsis

A Guide to Using Out-of-Body Experiences for Spiritual Development The Astral Codex is an effective, practical, and comprehensive guide to what out-of-body experiences are, what to see and do in the astral plane, how it fits into the structure of life, and how to use it for spiritual development. Throughout history, seekers of spiritual wisdom have traveled beyond the body into other dimensions to explore a wider reality. Their experiences formed the basis of otherworldly accounts found in many of the world's sacred teachings. Drawing on decades of out-of-body experiences, Belsebuub explains how someone can use astral travel to seek out spiritual knowledge today. The Astral Codex is based on the popular "A Course in Astral Travel and Dreams" by Belsebuub-a course created in 2001 that was studied online and in-person, and taken by tens of thousands of people worldwide. 67% of people surveyed who took the course reported having an out-of-body experience as a result of it. The Astral Codex includes sections with detailed Q&As from the course. Find out what lucid dreaming and astral projection is. Learn about the multi-dimensional nature of reality. Learn about what the astral plane is and how to travel there. Discover what dreams mean and how to remember them. Learn how to explore destinations in the astral plane. Discover how to become successful at astral projection. Overcome common obstacles to conscious astral travel. Find out how the mind and emotions affects our ability to perceive other dimensions. Learn about how we leave our body every night with sleep. Discover how dreams and the astral plane are connected. Learn about the different ways someone can have an out-of-body experience (OBE). Discover the stages and sensations of having an OBE. Learn exercises to help train the mind to stay focused on astral techniques. Find out why we have bad dreams and nightmares and where they come from. Discover the reasons why science is limited in its studies on OBEs. Learn how to use astral travel for gaining spiritual knowledge. Learn about the symbolic language of higher dimensions and how to interpret it. And much, much more... Mark Pritchard (writing with the name Belsebuub) is the author of a number of books on out-of-body experiences, dreams, self-discovery, and esoteric wisdom including A Course in Astral Travel and Dreams which became a bestseller in its genre, and Gazing into the Eternal which was a finalist in the Best Book Awards 2009 in spirituality. He has appeared on over 70 radio and television programs internationally, and writes from decades of spiritual and mystical experience. Visit <http://www.belsebuub.com> for more information.

## Book Information

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## Customer Reviews

A practical, down-to-earth, and enlightening treatise on everything to do with out-of-body experiences for spiritual development. The book gives tons of tips on how to experience astral travel consciously, consistently. It's written in a very relatable manner, and it's clear that the author writes from a deep personal wealth of experience and knowledge on the subject. Highly recommended for anyone interested in out-of-body experiences, astral travel, dreams, NDEs, and spirituality in general.

This is the most helpful book on astral projection I've come across. There are many books out there that write on the subject but barely do so with such insight and detail. It's often evident that they toss around the same ideas and theories. I found that, in this book, the author was providing me with tips to succeed in astral projecting that came from his past trials and errors and that he was passing on knowledge rather than mere theories. I can safely attribute the successful and life-changing experiences I've had with astral travel to this type of guidance. Besides the OBE aspects of the book, I was happy to find the many gems that touched upon spiritual growth and how to strive for it. A worthy read!

I used to teach astral projection and although I had not mastered the art of mental concentration myself, I was becoming better at it by teaching it. So if you really want to master anything, teach it! This book will give you the formula, which is: Concentrated Mind + Sleep = Projection. My parting thoughts: A spiritual life without astral projection is too risky in my opinion, there are just too many

dangers. It is so easy to make mistakes when you don't have the foresight that the astral plane provides. I suggest you regroup with friends to practice astral projection each week, twice a week. And I suggest you teach the little that you know as soon as you get the chance, to master the art yourself. Though it does carry a karmic weight, as only husbands should be teaching astral projection, so unless you meet the sexual requirement, ponder whether teaching is for you. Belsebuub is perhaps the most important contemporary spiritual teacher in the West. He officially began teaching in 1998, which coincides with the prediction of Edgar Cayce, who said, "the entrance of the Messiah in this period - 1998." • Coincidence? You decide.

The Astral Codex is a compelling read for me, as it is written by someone who clearly has obtained his information from personal experience. This is not always easy to find. A standout quality of this book is that it focuses on astral projection not as a goal in itself, but as a tool for obtaining self-knowledge and spiritual development. Belsebuub writes in such a clear and simple style, he shares this potentially esoteric information in a language that I expect would be understandable/accessible to everyone. I recommend this to any seeker wanting to learn more about astral travel in general. But I recommend it especially to those who want to delve more deeply into the mysteries of the astral plane, the awakening of consciousness, and the discovery of the treasures that are concealed within our sleeping lives.

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