

**ASTRAL PROJECTION: A NON-RELIGIOUS TRAVEL
GUIDE FOR THE BEGINNER**

Mai Steinhardt

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How to Perform Astral Projection: 10 Steps (with Pictures)

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Still haven't achieved it yet but hoping any day. But I experience it quite a lot.

Once you're comfortable, close your eyes and focus on your breathing. Start with your toes and work your way up your body, gradually making your way to your head. Interactions while in the Astral Plane are unlimited. IN Irene Nadal Aug 9.

Second, you absolutely can be harmed by othersthisway.J John May 9. There is no scientific proof of how consciousness can exist out of the mind.