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Astral Travel Through Hypnosis: An Easy Guide for Beginners to Astral Travel Out Of Their Body with This One Single Technique.

Berl Confait BA Psy PGD Psy MCP

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“Being a pilot with Air-Seychelles, flying is fun, however, after having read a lot about the astral world I had always fantasized what it would be like to be able to achieve this in reality. Then my good friend Beryl after returning home from Australia mentioned to me that one day whilst practicing a concentration techniques known as tatrak in the science of yoga, she managed to achieve this feat in an effortless manner. She sent me her notes about the technique and I was hooked, because after the first session I was out of my body and travelling away to different places. I crossed the land and ocean that I had traveled on countless flights only this time without a plane and body. Talk about total freedom. You have got to have this book if you truly want to experience astral travel or what is well known as OBE (out of body experience.) - Eddy Cesar

During my two years at the University of Adelaide and with a pregnancy in between, concentration was becoming a challenge for me with my studies. Thus it was at this time that my hubby suggested I tried an ancient yogic technique known as ‘Tatrak.’
Hypnosis was indeed part of my studies and when I looked at what he was suggesting I could see it was similar to something like self-hypnosis whereby they get you to stare at a dot on the wall at a 45 degree angle until your eyes becomes tired and you fall asleep – hopefully with some positive suggestion/commands inside your unconscious mind as and when it happens.

So, after sitting for what could have been around 10 minutes of gazing into the spiral, suddenly I saw movements – the spiral was started to move about (well not physically)but my vision blurred and my eyes began to dilate with what was happening with the spiral. Next thing I knew, was I was out of my body and into a whole new world of possibilities. I saw buildings, tress and cars on the roads, people walking on the side-walk and finally I was in the compound of the university.

There really is just one simple technique in my method for achieving astral travel. Still, relaxation is the #1 key to achieving a good results in this exercise (that is why I was not successful the second time round because I was very nervous and agitated. Second most important technique that is also a major part of the steps is breath control (or breathing exercises). Thus it is no surprise that you will be taught how to do both in this book in order to achieve your first OBE in days if not hours.
As conventional wisdom would say, with no further ado let’s dive straight into the actual methods and win you your first astral trip into the infinite world of knowledge and possibilities.

“Astral Travelling indeed has been a worthy practise for me. Lately I have been out of work for months and upon receiving this book I practised diligently for a week and on the 9th day, I was out and about in the astral plane. It was whilst I was on an astral trip, that I became aware of a place seeking for someone with my qualifications. I applied and here I am now in this 5 star hotel with unimaginable perks as a bonus. Thank you Beryl for the early copy - Ernest Bonnelame

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