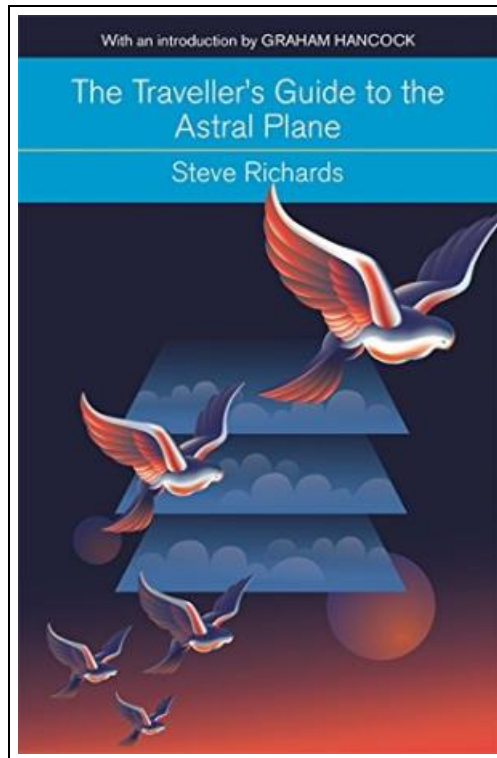


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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Traveller's Guide to the Astral Plane: The Secret Realms Beyond the Body and How to Reach Them with an Introduction by Graham Hancock, Steve Richards, 'This is a ghost train of a book, sometimes frightening, sometimes lurid but what it reveals is always entertaining.' - Graham Hancock Drawing on a fascinating array of material, both eastern and western, Steve Richards presents a unique panoramic view of the hidden or 'astral reality' -- the essential features of the astral landscape, the many facets of astral experience and how to embark on a never-to-be-forgotten journey of exploration beyond the body. Subjects covered include: - Suspended animation - Near death experiences - Astral sex - Heaven and hell - Astral meditation This is a delightful introductory text to an area of perennial interest. It is filled with amazing stories of out-of-body experiences from both past and present. It is also a primer to astral travel, providing the basics to readers interested in leaving the body for journeys beyond it.

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