



The Techniques of Astral Projection

Dr. Douglas Baker

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The author's techniques for achieving astral projection are illustrated with 22 pen and ink line drawings by one of England's leading book illustrators. The techniques described are based on the many hundreds of lectures presented by him to audiences in England and the USA. Dr. Baker relates case histories demonstrating the reality of astral projection. He then describes in detail the techniques for bringing the physical body out of alignment with the astral as a precursor to increasing consciousness in the astral world. Using his own experiences of the astral world he offers a description of what we may expect there.

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