



# **Astral Projection: Guided Meditation for Beginner's Spirit Travel: Hypnosis & Subliminal**

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# Astral Projection: Guided Meditation for Beginner's Spirit Travel: Hypnosis & Subliminal

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Would you like to visit other planes, travel through time and experience sensations that can only be accessed outside of your physical body? Hypnosis Help will show you how to do this and more!

By using our program, discover the freedom to travel with your spirit body on other levels of consciousness, experiencing new sights and sensations that are not in our physical world.

You are more than your physical body. Use Astral Projection to identify with your spirit body in a way you never could before, letting a new sense of peace into your life. It is suggested to listen to *Astral Projection: Guided Meditation for Beginner's Spirit Travel* for 21 days in a row to yield the best results.

Includes:

- Recording 1: Hypnosis Instructions
- Recording 2: Introduction to Astral Projection
- Recording 3: Astral Projection Hypnosis - Long
- Recording 4: Astral Projection Hypnosis - Short
- Recording 5: 5 Minute Silent Subliminal
- Recording 6: 8 Minute Silent Subliminal
- Recording 7: 15 Minute Silent Subliminal
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