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Astral Voyages: Mastering the Art of Soul Travel

Bruce Goldberg

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Free yourself from the limitations of the earth plane and the laws of space and time. *Astral Voyages* presents more than 65 exercises that train you to safely leave your physical body and return unharmed from explorations of the upper astral plane and the causal, mental, or etheric realms. You might even venture to the soul plane and observe the process of selecting your next lifetime!

Dr. Goldberg unveils his paradigm of the 13 dimensions, developed from 25 years of experience with hypnotic regression, progression, and out-of-body experiences. Specific scripts train you for guided imagery astral voyage, lucid dreams, accessing the Akashic records, cabalistic projection, and advanced techniques such as the Witch''s Cradle and the 37-Degree Technique used by the ancient Egyptians. Other topics in this metaphysical book include astral entities, astral sex, astral healing, and scientific studies on astral voyaging.

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