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 Lucy ... Astral Projection: Your Guide To Enlightenment Astral projection is the out-of-body experience  
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There are different beliefs and concepts accepted in the Spiritual Biz regarding astral travel. When it is called astral projection, it is considered an out-of-body experience where a person's soul or consciousness, the "astral body," separates from the physical body and travels around the universe or in the astral plane.

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Astral projection or out of body experiences allow our souls to travel to different planes or even different times and realities. This fact is truly liberating. It means we are not just humans but souls and spirits that are truly free. There are many ways to do astral projection.

Astral Projection Psychic Soul Travel

Astral travel is possible after you have achieved the ability to astral project, which is an intentional out-of-body experience by which you separate from the physical body to move around outside it to enhance your psychic and spiritual awareness. To achieve astral projection, you recognize that you have an etheric double which is anchored to your physical being.

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### **Astral Projection | Psychic Reading | Ask Astrology**

During astral projection your soul or higher consciousness leaves your physical body and is free to journey anywhere on the astral plane to the past, present or even the future. It's like an Out Of Body Experience, but these tend to take people by surprise.

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Dangers of Astral Travel: Like anything in life, there are real concerns related to astral projection, and there are also myths. Some myths include that you can get 'stuck' in the astral plane and be unable to return. As aforementioned, you remain linked to your physical body at all times.

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