

wild method of lucid dreaming

wild method of lucid dreaming is a powerful technique used by dreamers seeking to achieve conscious awareness while dreaming. This method, known as Wake-Initiated Lucid Dreaming (WILD), involves transitioning directly from a waking state into a lucid dream without losing consciousness. The wild method of lucid dreaming is favored for its potential to produce vivid, controlled dream experiences, making it an essential skill for those interested in dream control, psychological exploration, or creative inspiration. Understanding the process, benefits, and challenges associated with this method is crucial for successful practice. This article explores the fundamentals of the wild method of lucid dreaming, techniques for induction, common obstacles, and tips for maximizing effectiveness. The following sections will provide a detailed overview to guide both beginners and experienced lucid dreamers.

- Understanding the Wild Method of Lucid Dreaming
- Techniques for Inducing the Wild Method
- Common Challenges and How to Overcome Them
- Benefits of Practicing the Wild Method
- Tips for Enhancing Wild Method Success

Understanding the Wild Method of Lucid Dreaming

The wild method of lucid dreaming, also referred to as Wake-Initiated Lucid Dreaming (WILD), is a technique that allows an individual to enter a dream consciously and deliberately from a fully awake state. Unlike other lucid dreaming methods that require the dreamer to recognize that they are dreaming after falling asleep, the wild method involves maintaining awareness during the transition from wakefulness to the dream state. This process typically requires deep relaxation, mental focus, and a heightened state of awareness.

Definition and Core Principles

Wake-Initiated Lucid Dreaming is characterized by the dreamer's ability to bypass the typical loss of consciousness that occurs when falling asleep. Instead of drifting into unconscious sleep, the dreamer consciously enters the dream world, often experiencing vivid sensory perceptions and clarity. This method relies heavily on controlling the hypnagogic state—the transitional phase between wakefulness and sleep—where dream imagery begins to form.

How the Wild Method Differs from Other Lucid Dreaming

Techniques

Unlike techniques such as Reality Checks or Mnemonic Induction of Lucid Dreams (MILD), which focus on recognizing the dream state after sleep onset, the wild method emphasizes direct entry into a lucid dream. This distinct approach can lead to more immediate and immersive dream control, but it also demands greater mental discipline and practice.

Techniques for Inducing the Wild Method

Several techniques can facilitate the induction of the wild method of lucid dreaming. These techniques focus on maintaining consciousness while the body falls asleep, managing relaxation, and using mental imagery to stabilize the dream environment.

Relaxation and Hypnagogic Awareness

Achieving a deep state of relaxation is crucial for the wild method. Dreamers often use progressive muscle relaxation, controlled breathing, and meditation to calm the body. Maintaining awareness during the hypnagogic state, where fleeting images and sensations appear, allows for a smooth transition into a lucid dream.

Visualization and Imagery

Visualization exercises are commonly employed to help stabilize the onset of the dream. Dreamers might focus on a specific mental image, such as a familiar scene or a simple geometric shape, to anchor their consciousness as the dream forms. This practice aids in preventing the mind from drifting into unconsciousness.

The Wake-Back-to-Bed Technique (WBTB)

The Wake-Back-to-Bed technique is often combined with the wild method to enhance success rates. This involves waking up after several hours of sleep, staying awake briefly, and then returning to sleep with the intention of entering a lucid dream directly. The period of wakefulness increases alertness and makes it easier to maintain awareness during sleep onset.

Common Challenges and How to Overcome Them

Practicing the wild method of lucid dreaming can present several challenges, including difficulty maintaining consciousness, sleep paralysis, and distractions from physical discomfort. Understanding these obstacles and implementing strategies to overcome them is essential for consistent success.

Maintaining Consciousness During Sleep Onset

One of the primary difficulties in the wild method is staying mentally alert while the body falls asleep. The natural tendency is to lose awareness quickly. To counter this, practitioners are advised to focus on subtle sensory inputs or use repetitive mental tasks, such as counting or silently repeating affirmations, to sustain consciousness.

Dealing with Sleep Paralysis

Sleep paralysis, a common occurrence during the wild method, happens when the body is immobile but the mind is awake. While it can be frightening, sleep paralysis is a natural part of REM sleep. Dreamers can minimize discomfort by remaining calm, focusing on transitioning into the dream rather than resisting the paralysis.

Managing Physical Discomfort and Environmental Factors

Physical discomfort or external noise can disrupt the delicate balance needed for the wild method. Creating a comfortable sleep environment, wearing loose clothing, and minimizing distractions enhance the likelihood of entering a lucid dream using this technique.

Benefits of Practicing the Wild Method

The wild method of lucid dreaming offers several distinct advantages compared to other lucid dreaming techniques. These benefits make it a popular choice for individuals seeking deeper dream engagement and greater control.

Immediate Entry into Lucid Dreams

Because the wild method involves direct entry into the dream state, it allows for immediate lucid awareness. This immediacy can lead to stronger dream clarity and enhanced control over dream content and actions.

Enhanced Dream Vividness and Control

Lucid dreams initiated through the wild method tend to be highly vivid and immersive. Dreamers often report more intense sensory experiences and greater ability to manipulate the dream environment, enabling creative exploration and problem-solving.

Potential for Spiritual and Psychological Exploration

The heightened awareness achieved in wild method lucid dreams can facilitate deeper introspection, spiritual experiences, and psychological self-discovery. This method supports exploration of subconscious thoughts and emotions in a controlled setting.

Tips for Enhancing Wild Method Success

Improving proficiency in the wild method of lucid dreaming requires patience, consistent practice, and strategic adjustments. The following tips can help dreamers maximize their chances of success.

1. **Maintain a Consistent Sleep Schedule:** Regular sleep patterns support the brain's natural rhythms, making it easier to enter lucid dreams.
2. **Practice Relaxation Techniques:** Incorporate meditation, deep breathing, and progressive muscle relaxation into daily routines.
3. **Use Wake-Back-to-Bed Strategically:** Experiment with different lengths of wakefulness to find what works best for maintaining alertness.
4. **Keep a Dream Journal:** Recording dreams enhances dream recall and increases overall awareness of dream patterns.
5. **Stay Patient and Persistent:** Mastery of the wild method can take time; maintaining motivation is key to progress.

Frequently Asked Questions

What is the WILD method of lucid dreaming?

The WILD (Wake Initiated Lucid Dreaming) method is a technique where a person transitions directly from a waking state into a lucid dream without losing consciousness, allowing for immediate awareness within the dream.

How does the WILD method differ from other lucid dreaming techniques?

Unlike other techniques that require falling asleep first and then recognizing the dream state, WILD involves maintaining consciousness while the body falls asleep, enabling a seamless entry into a lucid dream.

What are the main steps to practice the WILD method?

The main steps include relaxing the body completely, maintaining mental awareness as the body falls asleep, observing hypnagogic imagery or sensations, and entering the dream consciously aware that you are dreaming.

What are common challenges faced when trying the WILD

method?

Common challenges include difficulty maintaining mental focus without falling asleep fully, experiencing sleep paralysis, or becoming anxious during the transition, which can prevent successful entry into a lucid dream.

Can the WILD method induce sleep paralysis?

Yes, the WILD technique can sometimes induce sleep paralysis because the body is asleep while the mind remains awake, but this is a natural part of the transition and can be managed with practice.

What are some tips to improve success with the WILD method?

Tips include practicing relaxation techniques, keeping a consistent sleep schedule, using meditation to improve focus, avoiding stimulants before sleep, and remaining calm during the transition phase.

Is the WILD method safe for everyone to practice?

Generally, the WILD method is safe for most people, but individuals with anxiety disorders or sleep-related issues should approach it cautiously and consult a healthcare professional if concerned.

How long does it typically take to master the WILD method?

Mastery of the WILD method varies by individual but often takes several weeks to months of regular practice, as it requires developing both relaxation and mental focus skills during the sleep onset period.

Additional Resources

1. *Exploring the Wild Method: Lucid Dreaming Unleashed*

This book delves deep into the Wild Method of lucid dreaming, offering a comprehensive guide for both beginners and experienced dreamers. It explains the science behind the technique and provides practical exercises to enhance dream recall and awareness. Readers will learn how to harness the power of the Wild Method to achieve vivid and controlled lucid dreams.

2. *Mastering Lucidity: The Wild Method Approach*

Focusing exclusively on the Wild Method, this book breaks down the steps necessary to induce lucid dreams through natural sleep cycles. It includes tips on maintaining focus during the hypnagogic state and managing common challenges. The author also shares personal experiences and success stories to inspire readers.

3. *Lucid Dreaming Techniques: The Wild Method Explained*

A beginner-friendly introduction to the Wild Method, this book covers the fundamentals of lucid dreaming and how this particular method stands out. Detailed instructions and troubleshooting advice help readers overcome obstacles in their journey. The book also explores the psychological benefits of lucid dreaming.

4. *The Science of Lucid Dreams: Wild Method Insights*

This book takes a scientific perspective on the Wild Method, reviewing research studies and neurological findings related to lucid dreaming. It explains how the brain transitions between wakefulness and sleep during the Wild Method practice. Readers interested in the mechanics behind lucid dreaming will find this book enlightening.

5. *Unlocking Dream Awareness: Wild Method Strategies*

Designed to enhance dream awareness, this book offers practical strategies centered around the Wild Method. It emphasizes mindfulness, relaxation techniques, and sleep hygiene to optimize lucid dream induction. The author provides exercises aimed at strengthening the mind's ability to recognize dream states.

6. *The Lucid Dreamer's Handbook: Wild Method Edition*

A comprehensive manual for lucid dreamers, this handbook details the Wild Method with step-by-step guidance and illustrative examples. It also includes chapters on dream journaling, reality checks, and dream control techniques. The book is ideal for those seeking a structured approach to mastering lucid dreams.

7. *Beyond Reality: Lucid Dreaming with the Wild Method*

This book explores the transformative potential of lucid dreaming through the Wild Method, highlighting how it can be used for creativity, problem-solving, and personal growth. It includes practical advice on maintaining lucidity and extending dream duration. Readers are encouraged to explore the limitless possibilities within their dreams.

8. *Dream Control and the Wild Method*

Focusing on the aspect of controlling dream environments, this book teaches readers how to navigate and manipulate their dreams using the Wild Method. It provides techniques for overcoming fear, enhancing dream clarity, and experimenting with dream scenarios. The author shares insights into maintaining stability during lucid dreams.

9. *The Wild Method Journey: From Novice to Lucid Dreamer*

This narrative-style book follows the author's personal journey learning the Wild Method, blending instructional content with storytelling. It highlights challenges, breakthroughs, and lessons learned along the way. Readers will find motivation and relatable experiences that make the process of lucid dreaming more accessible.

Wild Method Of Lucid Dreaming

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wild method of lucid dreaming: Lucid Dreaming: You Need to Know About Controlling Your Dreams (Understanding What Dreams Mean And An Introduction To Lucid Dreaming And Psychoanalysis) Thomas Murphy, 101-01-01 Inside this book, you'll find a guide and step-by-step instructions on exactly what to do to go from not remembering your dreams at all, to being able to

shape them, control them, become fully aware inside them so that they become an extension of your waking life, and then remember them with vivid clarity. When we take the time to learn to wake up inside our dreams, and to learn to recall them afterwards, the only limit on what we can do is our imagination. Whether you want to spend some time meditating in a peaceful monastery, traveling to and then exploring strange new worlds, or practicing aiming that shot just right for the sport of your choice, once you learn to shape your dreams and become conscious inside them, you can do it all. Inside, you will learn: • How lucid dreaming works • The history and cultural significance of lucid dreaming • The symbolism and meaning of dreams • The secrets to achieving lucid dreaming • The techniques for inducing lucid dreams and how to control them • How to navigate the dream realm • And much more! This book will provide powerful techniques at improving your skill of lucid dreaming and how to better understand the self and achieve greater happiness in life. During my tenure as a therapist, i frequently practiced hypnotherapy and dream interpretation to clients. Having been a lucid dreamer throughout my life, i delved more deeply into the subject to conquer a lifelong fear. Through learning the right induction techniques, i had so much success overcoming my fear of flying that i decided to introduce the practice to a few of my clients.

wild method of lucid dreaming: The Art of Dream Control Leon Prado , 2025-03-16 The Art of Dream Control - A Beginner's Guide to Lucid Dreaming Every night, an entire universe unfolds within your mind—fluid, boundless, and shaped by your deepest thoughts. But what if you could step beyond the role of a passive observer and become the conscious architect of your dreams? The Art of Dream Control unveils the secrets of lucid dreaming, a scientifically validated phenomenon that allows you to awaken within your dreams, manipulate their landscapes, and explore the vast potential of your subconscious. Drawing from psychology, neuroscience, and time-tested techniques, this guide walks you through the fundamentals of dream recall, reality checks, and advanced induction methods such as MILD, WBTB, and WILD. Learn how to harness your sleep cycles, decode dream symbols, and use lucid dreams as a tool for creativity, self-discovery, and even emotional healing. Whether you seek adventure, inner wisdom, or mastery over your fears, this book provides the essential keys to unlocking the limitless power of your dreams. The path to conscious dreaming is within reach—are you ready to take control?

wild method of lucid dreaming: Lucid Dreaming Ryan Hurd, Kelly Bulkeley Ph.D., 2014-07-29 In this fascinating new collection, an all-star team of researchers explores lucid dreaming not only as consciousness during sleep but also as a powerful ability cultivated by artists, scientists, and shamans alike to achieve a variety of purposes and outcomes in the dream. The first set of its kind, *Lucid Dreaming: New Perspectives on Consciousness in Sleep* provides a comprehensive showcase of the theories, research, and direct experience that serve to illuminate how certain people can maintain conscious awareness while dreaming. The text is organized into two sections, covering science, psychology, and education; and religious traditions, creativity, and culture. Contributors to this two-volume work include top dream experts across the globe—scholars sharing knowledge gained from deep personal explorations and cutting-edge scientific investigations. Topics covered include the neuroscience of lucid dreaming, clinical uses of lucid dreaming in treating trauma, the secret history of lucid dreaming in English philosophy, and spiritual practices of lucid dreaming in Islam, Buddhism, and shamanic traditions. The work also addresses lucid dreaming in movies including *The Matrix* and literature such as the fiction of J.R.R. Tolkien and explains how modern video gaming enhances lucidity. This set serves as an ideal text and reference work for school libraries and academic courses in anthropology, psychology, religious studies, and cognitive science as well as for graduate-level study in holistic education—an increasingly popular specialization.

wild method of lucid dreaming: Lucid Dreaming, Plain and Simple Robert Waggoner, Caroline McCready, 2015-01-01 Make the most of your creativity and inner abilities with this guide to achieving lucid awareness and reaping its healing and mindfulness benefits. Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the reader how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach readers are how to: Consciously decide what actions to perform Explore dream space (or the contents of your

subconscious) Interact with dream figures Conduct personal and scientific experiments Be free of waking state limitations (e.g., flying, walking through walls, and discovering creative solutions to waking issues) This book approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight and transformation. Whether a reader is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing, "This is a dream!" readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

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wild method of lucid dreaming: A Little Bit of Lucid Dreaming Cyrena Lee, 2021-09-07 introduction to the practice of lucid dreaming—including instructions on how to do it yourself. Lucid dreaming is, simply put, the realization that you are dreaming. It is to wake up inside a dream, and to know that everything you see before you is a product of your imagination and consciousness. It can be disorienting, but once you know that, you can actually take control of your dream. Cyrena Lee, a longtime expert on the topic, takes you through the history of lucid dreaming from ancient times to the present. She describes the therapeutic benefits of the practice, from its use in eliminating sleep issues and increasing your quality of sleep to its role in rewriting past traumas and promoting creativity. She coaches you through exercises to remember dreams, keep a dream journal, fall asleep while fully conscious, and practice dream meditation and dreaming yoga. She even includes some advanced techniques, such as moving objects in dreams and talking to dream characters who can help you achieve clarity in your waking life. This exciting and accessible look at a growing practice presents uncharted opportunities for personal and spiritual growth.

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their life and by learning to effectively lucid dream: we can take advantage of all this time and dreams and get the right insights, boost our creativity, heal ourselves emotionally, and do whatever we can think of. Just imagine, no limits!! And as a result, to use the special techniques in this lucid dreaming book you will live a more fulfilling life both in your dream world and your conscious life. If you want to begin lucid dreaming for the first time or you are already in a more advanced level of lucid dreams, this book has valuable information that can help you get there faster in a much more effective way Experience lucid dreaming on another level. If you have tried some techniques but haven't been able to produce any results with your dreams or only average results, it's because you are lacking an effective strategy and techniques that produce outstanding results. This lucid dreaming e-book goes into a step-by-step strategy that will help you take control of your dreams, experience strong lucid dreams, and therefore have high levels of pleasure, happiness, a sense of achievement, and a much better quality of your dream world and in real life. Here Is A Preview Of What You'll Learn in this awesome lucid dreaming book... Dream Big What Lucid Dreaming Feels Like Master Lucid Dreaming Skills Use Reality Checks Dream Interpretation Solve Problems Master Lucid Dreaming Techniques How to Take Lucid Dreams To The Next Level Extra Effective Lucid Dreaming Techniques And Much, much more! Download your copy of Lucid Dreaming today!

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wild method of lucid dreaming: Lucid Dreaming: Get Out of the Matrix and Get Everything You Want (How to Become Conscious While Sleeping and Control the Storyline of Your Dreams) Jose Butts, 101-01-01 Learn to recognize and control your dreams, and the possibilities are endless. While there are a lot of lucid dreaming books that include the theory and science behind lucid dreaming, this book summarizes and highlights all the popular and best techniques to actually start lucid dreaming. No need to spend hours surfing the web or reading books and articles... all the techniques are here! Experiment with the many techniques in this book, and you are bound to begin experiencing one of the most rewarding and life-changing experiences available. In Lucid dreaming, you will discover: • How to explore your inner beliefs, creativity, aspirations, goals, and everything else associated with your persona. • How to prevent nightmares, understand the power behind your choices, explore your creativity, become more aware of yourself, and be in complete control of your own life • How to improve sleep • How to ask your unconscious mind for guidance, perform healing magic, seek creative solutions to problems, and explore the dream realm more profoundly than ever before. I will explain what the technique is and the best way to prepare and implement it. Grab a copy of this book for a simple and easy guide on how to lucid dream for beginners. I take you through the one of the easiest techniques that I personally use to lucid dream. I will see you there!

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dreaming and wished you could take control? Lucid dreaming allows you to wake up within your dreams, opening a world where you can fly, explore limitless landscapes, interact with dream characters, and even enhance creativity and problem-solving—all while asleep. But beyond the adventure, lucid dreaming has real-world benefits, from improving memory to overcoming fears and strengthening self-awareness. □ Inside this book, you'll discover: □ The science behind lucid dreaming - What happens in the brain and why self-awareness is possible while asleep. □ Beginner-friendly techniques - Learn reality checks, MILD, WILD, and dream journaling to increase your chances of lucidity. □ How sleep cycles influence lucid dreaming - Timing your REM sleep for the best results. □ What you can do in lucid dreams - Flying, shapeshifting, visiting dream worlds, and using dreams for creativity and self-growth. □ Advanced techniques - How to extend dream time, interact with dream characters, and create continuous dream stories. □ The truth about lucid dreaming - Separating fact from fiction, plus common misconceptions and risks to avoid. □ Real-life examples and research - Stories from famous lucid dreamers, the latest scientific studies, and thriving lucid dreaming communities. Whether you're just starting or looking to refine your lucid dreaming skills, this book provides everything you need to turn your nights into an incredible journey of self-discovery, adventure, and limitless creativity. □ Your dreams are waiting—are you ready to wake up inside them? Table of Contents Chapter 1: What Is Lucid Dreaming? 1.1 Definition and History of Lucid Dreaming 1.2 The Science of Lucid Dreaming: The Brain and Dreams 1.3 The Benefits and Potential of Lucid Dreaming Chapter 2: Preparing for Lucid Dreaming 2.1 How to Improve Sleep Quality 2.2 The Importance of Dream Journals and How to Start One 2.3 Understanding Sleep Cycles and Their Role in Lucid Dreaming Chapter 3: Techniques for Inducing Lucid Dreams 3.1 Reality Checks: How to Test If You Are Dreaming 3.2 Introduction to MILD (Mnemonic Induction of Lucid Dreams) 3.3 Mastering WILD (Wake-Initiated Lucid Dreaming) Chapter 4: What Can You Do in Lucid Dreams? 4.1 Flying, Shapeshifting, and Dream Adventures 4.2 Using Lucid Dreaming for Creative Problem-Solving 4.3 Self-Development and Psychological Healing Chapter 5: Advanced Lucid Dreaming Techniques 5.1 Extending Time in Dreams 5.2 Communicating with Dream Characters 5.3 Creating Continuous Dream Stories Chapter 6: Misconceptions and Risks of Lucid Dreaming 6.1 Common Myths and Misunderstandings 6.2 Potential Risks and Sleep Disruptions 6.3 Establishing Healthy Lucid Dreaming Habits Chapter 7: The World of Lucid Dreaming Practitioners 7.1 Real-Life Examples of Lucid Dreamers 7.2 Current Research and Future of Lucid Dreaming 7.3 Lucid Dreaming Communities and Resources

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wild method of lucid dreaming: A Visionary Guide to Lucid Dreaming Lee Adams, 2021-05-04 • Provides an extensive inventory of beginning, intermediate, and advanced tools and practices for meaningful lucid dreamwork and shows how dreams can shape our conscious reality if we incorporate them into waking life • Offers guidance to help you overcome mental or physical obstacles, including ways to stop sleep paralysis • Examines supplements to aid lucid dreaming practice and increase the vividness and recall of dreams Dreams offer a gateway into our psyche. Through lucid dreaming--when you have conscious awareness during sleep--you can access and interact with the subconscious mind for greater self-awareness, personal development, and transformation. In this step-by-step guide to dreamwork, Lee Adams provides tools and techniques

for encouraging, remembering, and using lucid dreams for personal growth as well as how to have big dreams that leave a lasting impact. Beginning with an overview of the history of lucid dreaming, he shares tried-and-true foundational practices to get you started--practices for before sleep, during sleep, and after dreaming. Drawing upon Jungian depth psychology, recent research in neuroscience, and years of personal dream practice, Adams then offers an extensive inventory of intermediate and advanced methods to support meaningful dreamwork, such as the Wake Induced Lucid Dreams technique (WILD), where you fall asleep while conscious and transport your active awareness into a dream state. He also explores dream companions, symbols of the unconscious mind, dream interpretation, and working with the shadow side of the self. He examines how dreams can shape our conscious reality if we incorporate them or their symbols into waking life. He offers guidance to help you overcome any mental or physical obstacles you may encounter, including ways to stop sleep paralysis. He also examines supplements to aid lucid dreaming practice, improve dream recall, and increase the vividness of dreams, such as Alpha-GPC, 5-HTP, Silene undulata, Mugwort, the mushroom Lion's Mane, and Galantamine. With this practical guide, you can ignite your mind's capacity to wake up to your own dreams and restructure your world to be more attuned to your deeper self.

wild method of lucid dreaming: *Astral Projection Guide* Astral HQ, 2022-02-17 *From The Creator/Founder Of 'AstralHQ.com' & The YouTube Channel 'AstralHQ' With 5K+ Subscribers* Revised version: I've updated this ebook in 2025 to share the most effective and useful astral projection out there. This is a great starting point for learning the basics, and learning to astral project as effectively as possible. Learn how to astral project TONIGHT! Even if it's your first time. OVER 15 TECHNIQUES: Learn over 15 methods and techniques, most of which you can't find anywhere else on the internet. These are unique and very effective methods. CRIPPLING BEGINNER MISTAKES: Most beginners always make the same mistakes when trying to Astral project. In this section of the ebook we explain how to avoid making these critical mistakes, and how to just practice what works! TIPS AND TRICKS: Many powerful astral travel tips and tricks are included in this guide, most of which you've not heard before! HOW ASTRAL PROJECTION WORKS: A Detailed breakdown of how astral projection works and what parts of your brain are active during certain stages of the OBE. Get this beginners guide to astral projection to learn how to have OBEs within 20 days or less. I'm not sure how much longer I'll keep this available at this low price, as this is very effective and concise information. Scroll up (or down) to order now and start reading!

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