

# Introduction to Astral Projections

Astral projection, also known as an out-of-body experience, is a phenomenon where a person's consciousness separates from their physical body. This article will explore the history, techniques, experiences, and myths surrounding astral projections.

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## What is an Astral Projection?

An astral projection is an intentional or spontaneous experience where an individual's consciousness leaves their physical body and travels to different realms, dimensions, or planes of existence.

### Projected State

During an astral projection, individuals often report feeling a sense of weightlessness and freedom as they explore the astral plane.

### Multidimensional Exploration

Participants can encounter other beings, entities, or explore past, present, and future events during a projection.

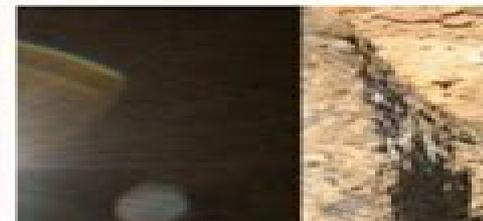
### Physical Body Connection

Though separated from the physical body, individuals usually retain the ability to be aware of their surroundings and interact with the astral environment.

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## The History and Cultural Significance of Astral Projections

Astral projections have been documented in various cultures and belief systems throughout history, often associated with spiritual and esoteric consciousness.



# Astral Projections

**ML Morrison**



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