



Astral Projection for Beginners: Six Techniques for Traveling to Other Realms

By Edain McCoy

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Visit a realm in which time and space have no meaning?the astral realm. Written for beginners, this friendly guide presents step-by-step instructions for six easy and effective astral projection techniques.

Travel to different times and eras, visit with departed loved ones, and explore different astral worlds, such as the faerie realm. On the astral plane, it's also possible to heal yourself and achieve improved health, send healing energy to others, receive direction from your spirit guides, and view your Akashic records, the astral record of each soul's past and future events.

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Editorial Review

From the Publisher

Astral projection can be a wonderful thing. If you study and learn from *Astral Projection for Beginners* by Edain McCoy, you'll be on your way to projecting your consciousness out of your body.

Several years ago, a person I'd just met asked to do some magick with me. I said, "Sure. To what end?" This stumped the person. He didn't know what to say. He had no goal.

Lots of people are enamored of the idea of astral projection for no reason other than wanting to astrally project. To them, getting out of body is enough. This book will be an ideal resource for them.

But if you're like me, you may want to have a reason or purpose for projecting. Having such a goal takes astral projection to an entirely new level. In this book you can learn such things as how to gain information about yourself and others, both in current and past lives, by viewing the akashic records. How do you do it? It's in the book.

Perhaps you want to learn how to heal others. In the astral state you can easily move energy to correct imbalances and help overcome problems. How do you do it? It's in the book.

Or perhaps you would like to use your ability with the goal of making changes here on the physical plane; what is commonly called "magick." How do you do it? You use the technique known as astral creative visualization. And that's fully described in the book, too.

No matter what your level, this is an incredible addition to your knowledge. You shouldn't be without it.

About the Author

Edain became a self-initiated Witch in 1981 and has been an active part of the Pagan community since her formal initiation into a large San Antonio coven in 1983. Edain has researched alternative spiritualities since her teens, when she was first introduced to Kaballah, or Jewish mysticism. Since that time, she has studied a variety of magickal paths including Celtic, Appalachian folk magick, and Curanderismo, a Mexican-American folk tradition. Today, Edain is part of the Wiccan Irish Pagan tradition, where she is a priestess of Brighid and an elder.

An alumna of the University of Texas with a BA in history, she is affiliated with several professional writer's organizations and occasionally presents workshops on magickal topics or works individually with students who wish to study Witchcraft.

This former woodwind player for the Lynchburg (VA) Symphony claims both the infamous feuding McCoy family of Kentucky and Sir Roger Williams, the seventeenth-century religious dissenter, as branches on her ethnically diverse family tree. In her "real life," Edain works as a licensed stockbroker.

Edain is the author of fifteen books, including *Bewitchments*; *Enchantments*; and her most recent release, *Ostara: Customs, Spells & Rituals for the Rites of Spring*.

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