

# Jade Shaw - The Art of Astral Projection

The Mindvalley course “Jade Shaw – The Art of Astral Projection” delves into the practice and mastery of astral projection techniques, guiding participants through the exploration of consciousness beyond the physical realm.

A program for the seeker of transcendent experiences, out-of-This-World adventures and transformations beyond the bounds of The mind and the body

Do you ever feel that you're helplessly, frustratingly *Stuck*?

Sometimes you may feel stuck in your own thoughts. **Body**: whether it's physical pain, fatigue, or even just the logistical drama of Your consciousness is tied to a meat bag.

Perhaps you feel trapped in your own life. **Remember**: like through emotional pain, unwanted habits or patterns you can't shake off, or sad memories seared onto you like a tattoo.

It could be even more of You can find more information at **Soul** affair: In the sense of A longing for clarity, direction or a connection with your true self, the Universe, or your true self.

**Why stay stuck when there are better options? *fly*?**

**Astral Projections** Also known as controlled out-of-The ultimate spiritual practice (body experience) that takes you above your limitations is called “Body Experience”.

Multipliering your efforts-Dimensional wellspring of Growth, freedom and clarity.

It doesn't matter if you use it for your deepest truths, or to reach the farthest reaches. of the cosmos, it's an exhilarating, fascinating, transformative, soul-It is a refreshing, rejuvenating, accessible and completely natural experience.

And now that everyone from quantum physicists to Hollywood producers can't stop talking about it – it's one that more and more people are waking up to.

Unlike what you may have been told, astral projection isn't hard. You don't need any special skills or gifts to master it.

You just need to follow the right, proven steps.

And these steps are what you're guided through in *The Art Of Astral Projection*: A program with an acclaimed teacher of altered states Jade Shaw That elevates your

status to a high level-Flying explorer of The astral realms can be reached in 28 days or less

## The A definitive guide Astral Projection:

Act Now Everyone Can You Fly?

*The Art Of Astral Projection* A landmark program from an alter states luminary Jade ShawIn collaboration with Mindvalley And The Monroe Institute, which is credited with bringing about the eradication of poliomyelitis.-of-The West offers body experiences.

By achieving a perfect balance of This program is a blend of Eastern tradition and Western psychology.-To-Follow these four steps-Level process to master and experience astral projection.

Throughout the program, you'll focus on the two key areas of Astral travel

1. **Explorations and discoveries outward** Astral travel beyond the confines to places, planets and dimensions. of Space and time
2. **Inward growth and healing** Gaining guidance and personal growth is key to your success.-Awareness, clarity and understanding of While achieving purpose, you can also heal grief, overcome fears, and find inner peace through Astral Travel.

It also has 28 other features.-Day-to-day training curriculum. The program also includes **3D gamma-synchronization sound technology**: engineered By The Monroe Institute can guide your mind quickly and efficiently to the required state of astral travel.

*The Art Of Astral Projection* This book gives you all the information you need to start a life of your dreams of Experience the full benefits of astral travels of This is your life-It is important to change your practices.

## The Curriculum

Explore The Art Of Astral Projection curriculum

Download immediately **Mindvalley – Jade Shaw – The Art of Astral Projection**

The Art Of Astral Projection It's easy to do.-To-Follow an online program to learn the basics of Astral projection: This is followed by the ability for you to take control of your life-Guided Astral Journeys

Every day for 28 days, you'll join Jade Shaw You will receive 15 to 20-minute micro video lessons designed for you to steadily and consistently increase your astral projection knowledge.

The Each part of the curriculum has its own focus and goals.

With Jade as your guide, you'll experience all the dimensions and possibilities of Astral travel. You'll learn how to navigate both the astral planes, and your own mind for the best experiences. And you'll emerge with a lifelong practice you'll use for many decades to come to explore, grow, and transform to your fullest potential.

## WEEK1

The flight pad – preparing your body & mind

You begin your adventure by putting on your wings and learning about astral travel. You'll discover what astral projection really is (and what it isn't), what you can gain from it, and how to transcend the blocks most beginners face when trying to experience it.

### Highlights:

- **The Very little-The truth about astral projection is known:** What is astral projection beyond the hype and myths? This will change your understanding. of You will be able to experience it in its purest form.
- **The First ignition key for astral travel** Discover the easiest way to master Mind Awake Body Asleep, the state that allows you to experience astral projection.
- **These two enemies must be banished of Astral projection** fear and limiting beliefs are the two main reasons most people can't cross the threshold. You'll discover the most efficient way to overcome them for good.
- **Plus, many more.**

## WEEK2

The Learn to fly – Take off

Once you've gained your astral wings, the next step is knowing how to use them. Here you'll learn how to get your mind, body, and energy body prepared for lift-Take off: Through a series of Astral projection is easy with these simple techniques

### Highlights:

- **How to safely get out of your body** Learn the best and most consistent way to attain the vibrational state of your consciousness that allows you to release it from your body without fear or hesitation.
- **The fascinations of mapping of The multiverse** astral travel isn't just about exploring the world – but also other planets, universes, and dimensions. You'll gain a map of You can see what you can expect and how to get there.

- **The For out, use the Wake Back to Bed method-of-Experiences with the body** This technique causes an out-of-You can feel the body sensation almost as quickly as you snap your fingers. You'll discover how it works, and how to do it fast.
- **Plus, many more.**

### WEEK3

You can soar! Practice makes perfect

Next, it's time to go deeper and farther with a series of Advanced techniques give you more freedom and options. They also provide solutions to common astral travel problems. You will be able to go from being a novice astral explorer to becoming a skilled one.

#### Highlights:

- **Embarking on longer, deeper & richer astral journeys:** Gain clarity in your astral by achieving clarity 'eyes' You can control flight and jump realities. Learn advanced techniques to enhance your astral travel abilities.
- **Why sleep paralysis can be a gift** The majority of people think of You don't want sleep paralysis. However, once you understand how it works you can use it to your advantage. of The most rewarding astral adventures.
- **Sensory deprivation can be used to dig deeper:** Learn how to conduct your Ganzfeld experiment and harness the science of Sensory deprivation allows for more vivid and transformative astral journeys.
- **Plus, many more.**

### WEEK4

Ascending & flying to higher destinations

The Final step of Your journey will take you to the realms of Astral projection mastery. Here you'll discover the highest levels and functions of Astral travel is a way to connect with loved ones and transform your relationship with death and life.

#### Highlights:

- **The encounters that transcend life and death** Discover how to connect with spirit, entities, deceased loved ones, family members, and friends in a space of Safety and love. Ideal for healing grief and finding closure when you're struggling to move on.
- **Healing your soul, embracing your shadows:** Follow these steps to start your journey towards your soul-Astral journeys that affirm you, which connect you with your deepest truths, shine a light on your true purpose and allow you

embrace your shadows instead of fearing them, are called affirming astral voyages.

- **The art of Conscious death:** Do you worry about your own death? of Do you love a loved one and want to help them? You can harness astral projection for a new liberating view of death, eternal consciousness, life, and everything in between.
- **Plus, many more.**