



# **Dream Bodies: A Self Help Philosophical Guide to Lucid Dreams and Astral Projection (The Subtle Worlds Book 1)**

*Christopher Strayhorn*

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This book will guide you to have clear recall of your nightly adventures. You will also learn about the structure of the subtle planes of existence, how to maneuver in them and what to avoid while on your journey's. Easy to practice techniques for changing habits and removing fears are also shared herein. The ability to separate your subtle bodies, one from another, and what each can be used for, how to fly, shape-change, see the future, meet with loved ones who have passed away, develop psychic synchronicity, meet and befriend your spirit guide and have the experience of a longer life, by awakening while sleeping, .

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