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A common technique of astral project is the rope technique, developed by Robert Bruce. This technique involves imagining a rope hanging above you. As you start to sleep, let your body go into a relaxed state but keep your mind conscious. When you are relaxed reach out with your imaginary hands and pull yourself up by the rope, hand over hand.

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Astral projection meditation is to intentionally exit your body with your energy or your 'spirit' and travel to places known and unknown to our Universe. This experience can happen entirely on accident - which is the easiest way but unfortunately, there is no way to accidentally do something on purpose.

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