



Dreams and Astral Travel (Mysteries, Legends, and Unexplained Phenomena)

Rosemary Ellen Guiley

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Outside one's body and experience things impossible in the physical world. "Dreams and Astral Travel" explores the mysteries surrounding dreams and looks at experiences that suggest that dreams are far more than the result of mere imagination and subconscious thoughts of individuals. Included in this fascinating volume are practical tips on how young readers can better understand their own dreams and put dreams to work for them. The chapters include: The Fall and Rebirth of Dreams; Science Ventures into Dreamland; Night Flying; The Astral World; The Psychic Side of Dreams; and, Dreams That Heal.

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