



# **Dreamism: The travel journal of an astral explorer...and a guide to the Out of Body Experience**

*Jane Collings*

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# Dreamism: The travel journal of an astral explorer...and a guide to the Out of Body Experience

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## **Dreamism: The travel journal of an astral explorer...and a guide to the Out of Body Experience** Jane Collings

Ever wished you could visit other worlds? I didn't think it was possible until I experienced it first hand. Dreamism welcomes you to the world of Astral projection and Lucid Dreaming. Through the practices taught in this book - methods of vision questing that Shamans, Egyptians and Buddhist Monks have been using for millennia - you can learn to open communication between your conscious and unconscious minds, get the guidance you seek, psychologically grow, visit other dimensions and explore the very nature of your own consciousness. Combining spiritual philosophies and psychological theories, Dreamism explains how my own understanding of Out of Body phenomenon developed at each stage of my journey. It's not only an exciting, true tale that stretches your imagination towards the surreal, enabling you to attain lucid states of awareness, but a source of practical instruction and deep insight into how to connect with your higher self through the use of symbols. In the final chapter scientist Sam Gandy describes an extensive collection of scientific experiments and theories surrounding the multidimensional nature of the universe and of consciousness itself. So as well as being given all the necessary tools to experience being fully conscious outside of your body, you are offered down to earth explanations into how that might be possible. About the author: At age 29, Jane discovered her ability to leave her physical body at will, which changed her outlook on life profoundly. This prompted her to research the subject of Astral projection and develop her technique and understanding to the point of being confident to teach it and write about her experiences. Jane runs workshops and classes around the UK in which she teaches people the basic theory and techniques to practice in order to experience the Out of Body and Lucid Dreaming states. Her motivation for writing Dreamism is led by a strong desire to help others experience the true extent of their own freedom in this way.

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