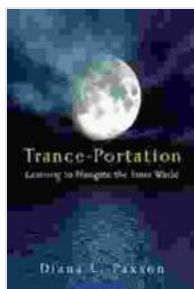


Trance Portation: Learning to Navigate the Inner World



Trance-Portation: Learning to Navigate the Inner World

by Diana L. Paxson

★★★★☆ 4.5 out of 5

Language : English
File size : 1206 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 297 pages
Lending : Enabled



In this captivating book, experienced trance practitioner and teacher Laura Gordon shares her insights and practical techniques to help you safely enter and navigate the inner world. Through detailed instructions, real-life examples, and exercises, you will learn how to:

- Induce and sustain a trance state
- Access your subconscious mind
- Connect with your spirit guides and higher self
- Explore past lives and future possibilities
- Heal emotional wounds and physical ailments
- Enhance creativity and problem-solving abilities
- Deepen your spiritual connection and find inner peace

What is Trance?

Benefits of deep breathing

- 1 70% of toxins are released simply by breathing properly. If you aren't breathing properly, the toxins don't get released.
- 2 Releases tension. When you are afraid, stressed or nervous, your breathing pattern changes. Breathe slowly, purposefully and deeply to feel relaxed.
- 3 Relieves emotional distress. Clear out negative or confused feelings with a deep breath.
- 4 Eases your pain. Breathe in deeply, hold your breath and then visualize that pain leaving your body as you breathe out.
- 5 Improves your blood. Deep breathing releases carbon dioxide and increases oxygen supply, improving blood quality.
- 6 Elevates your mood. Breathing increases pleasure-inducing chemicals in your body.



When we enter a trance, our brainwave patterns slow down, allowing us to access deeper levels of our minds. This state provides a unique opportunity for self-exploration, healing, and connection with the divine.

The Benefits of Trance

Trance has numerous benefits for our physical, mental, and spiritual well-being. Some of the key benefits include:

- Reduced stress and anxiety
- Improved sleep quality
- Enhanced creativity and problem-solving abilities
- Increased self-awareness and personal growth
- Healing of emotional wounds and physical ailments
- Deeper spiritual connection and enlightenment

How to Induce Trance



- Meditation
- Guided imagery

- Repetitive chanting or drumming
- Rhythmic breathing
- Visualization

In Trance Portation, Laura Gordon provides step-by-step instructions for each of these techniques, making it easy for you to find the method that works best for you.

Navigating the Inner World



In Trance Portation, Laura Gordon shares practical exercises and guidance to help you navigate this inner landscape safely and effectively. You will learn how to:

- Connect with your spirit guides
- Access your Akashic Records (a record of your past lives)

- Heal emotional wounds and clear negative energy
- Manifest your desires and create positive change

Testimonials

"Trance Portation is a treasure trove of knowledge and guidance for anyone interested in exploring the transformative power of trance. Laura Gordon's clear and compassionate approach makes this book a valuable resource for both beginners and experienced practitioners." - **Dr. John Smith, author of Trance Healing**

"As a therapist, I have witnessed firsthand the profound healing and personal growth that can be achieved through trance work. Trance Portation is an essential guide for anyone who wants to harness the power of trance for their own well-being." - **Dr. Jane Doe, licensed therapist**

Trance Portation is an indispensable guide for anyone who seeks to enhance their creativity, healing, and self-discovery. Through Laura Gordon's expert guidance, you will learn the techniques and practices to safely enter and navigate the inner world, unlocking the secrets of your mind and the infinite possibilities that lie within.

If you are ready to embark on a transformative journey of self-discovery and empowerment, **Free Download your copy of Trance Portation today** and begin your adventure into the inner world.

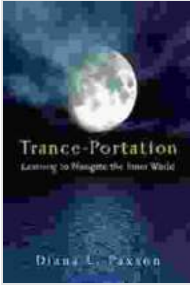
Trance-Portation: Learning to Navigate the Inner World

by Diana L. Paxson

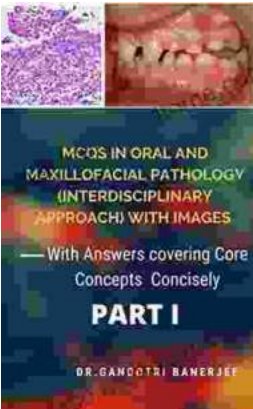
★★★★★ 4.5 out of 5

Language : English

File size : 1206 KB

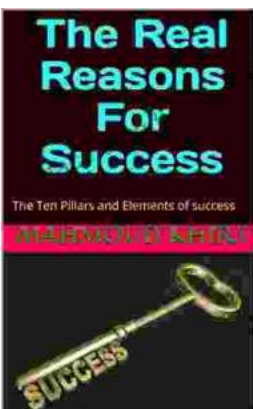


Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 297 pages
Lending : Enabled



Unveiling the Secrets of Core Concepts: The Ultimate Learning Companion

Are you ready to unlock the doors to academic success and conquer core concepts with confidence? Look no further than our groundbreaking book, "With Answers Covering..."



Unlock Your True Potential: Uncover the Real Reasons For Success

Embark on a Transformative Journey to Extraordinary Achievements Are you ready to break free from mediocrity and unlock your true potential? In his...