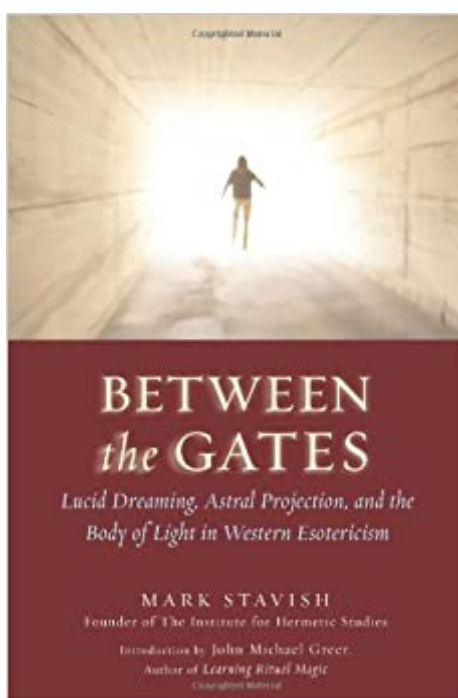


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# Between The Gates: Lucid Dreaming, Astral Projection, And The Body Of Light In Western Esotericism



## Synopsis

An A to Z guide to evolved states of consciousness. *Between the Gates* is a manual of self-initiation and liberation that takes the student through the basic methods of experiencing dream states and conscious astral projection, to the ultimate culmination of consciousness-- creation of the Body of Light. *Between the Gates* is for anyone who has ever desired to experience the "afterlife" while still alive, or who has desired to rid themselves of the fear of death. While drawing upon traditional Qabalistic and alchemical sources, the methods presented are applicable to a variety of traditions and schools of thought. *Between the Gates* functions as an "A to Z" guide to psychic initiation toward higher consciousness, and ultimately, to preparation for the great transition beyond this life and this physical body. \* Stavish is featured in Guy Ritchie's hotly anticipated documentary on the Qabala. \* Features black and white illustrations to further guide the reader to a higher state of awareness.

## Book Information

Paperback: 243 pages

Publisher: Weiser Books (February 1, 2008)

Language: English

ISBN-10: 1578633966

ISBN-13: 978-1578633968

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 13 customer reviews

Best Sellers Rank: #411,368 in Books (See Top 100 in Books) #93 in Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body Experiences #267 in Books > Health, Fitness & Dieting > Mental Health > Dreams #12420 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

Mark Stavish has over 25 years of experience in traditional spirituality and is an internationally respected authority on the study and practical application of alchemy, Qabala, and astrology. Stavish is the author of *The Path of Alchemy*. In 1998 he established the Institute for Hermetic Studies. Stavish resides in Wyoming, Pennsylvania. John Michael Greer has been a student of the occult traditions and nature spirituality for more than twenty-five years. He is the author of numerous articles and more than ten books including *Natural Magic*, *The New Encyclopedia of the Occult*, *The*

Druidry Handbook, and The Druid Magic Handbook. He is also the co-author of Learning Ritual Magic and Pagan Prayer Beads. He lives in Ashland, Oregon with his wife Sara.

The best thing about the works of Mark Stavish is that they don't labor under the false idea that psychic and spiritual development is capped by the natural affinity a student shows early on. Unlike many works I've read and occultists I've known personally who said that one either could or could not do these things based on some obscure, incredibly vague component in their being, this book guides the serious-minded and dedicated student through the steps to grow in the practices of lucid dreaming, astral projection and the development of the Body of Light. Each of these skills, alone, is worth a lifetime of dedication and work and this author is unique in the approach he takes in instruction. Even the mastery of lucid dreaming can change the life of anyone who does it for the better. Entire worlds of wonder are open to the student who achieves even that, a fraction of this book's information, let alone the rest of it. He tells the truth when he says that persistence and dedication are the primary factors in personal development here. If one practices the methods detailed herein, every day, they are assured success in time. The methods work and are not very difficult. The key, said at the risk of sounding repetitious, is regular, daily practice. Mark Stavish is a treasure-house of occult truths that, should one put one's nose to the grindstone, can transform one's occult practice into something even greater. I imagine anyone who gave this book a low rating did not do the exercises within or, if they did, did not do them regularly or for very long.

Good book, complete guide to astral travel. I have not finished the book yet, but it was recommended by a friend who had great success with it's techniques.

Assisted me greatly.

Mr. Stavish, the best virtual teacher in my opinion . This book resumes his view and practices. An admirer of his works!

On an initial read-through, I found this book fascinating. I am not that familiar with the Hermetic literature, but I have not seen anything quite like Stavish's approach to it anywhere else. He links astral travel, lucid dreaming, and other psychic phenomena to the Qabala and path working in a unique way. The exercises are not onerous, all the early exercises and many of the advanced are not time consuming, needing only 10-15 minutes a day. Like any other system, they require

consistency and perseverance but do have the promise of yielding positive feedback fairly soon instead of years from now. Also Stavish puts his system in a context of other spiritual disciplines so the work he describes can be melded with many different paths. I would recommend this book to anyone interested in lucid dreaming or astral travel no matter what their spiritual path.

Between the Gates is the kind of book I wish I'd had in my hands over a decade ago, at the start of my spiritual journey. This is an outstanding mixture of Hermetic theory, discussion and, most importantly, staged exercises that can serve as a strong foundation for those interested in spiritual exercises and "occult" practices. This book covers an amazing amount of material while still being quite accessible. I highly recommend it to anyone who wants to build a solid foundation for their work in Out of Body Experiences and the many other paths that lead from it.

I heard this guy on Coast to Coast AM and he was really interesting. I got this book and really liked his approach.

This is an Outstanding book with the power to open your eyes to new depths and dimensions of "All That Is"! I promise, you will not think the same again!

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