

## Press Release

### Contact Information

David A. Warner & Adrian Cooper

email: [info@astralacademy.com](mailto:info@astralacademy.com)

web: [www.astralacademy.com](http://www.astralacademy.com)

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### Description

Adrian Cooper and David Warner are here to help you to discover answers to some of life's most vexing, crucial and frequently asked questions, including "is there a life after death", "afterlife", and "do we possess the ability to visit the afterlife, the Astral, through Astral Projection, also known as Astral Traveling and Out of Body Experience, and experience consciousness beyond the confines of the physical body at will.

Moving beyond the dogmas of ancient belief systems, mysticism and occult practices, Astral Academy explains and teaches in a clear, modern terms, the mechanics of reaching the trance state - a fundamental precursor to success. The border line between awake and sleep, also known as "Mind Awake, Body Asleep" is a crucial component in the OBE process, and we will show you how to achieve it as quickly and simply as possible.

### Authors

#### David Warner

In 1987, everything around him was fading. I lost awareness, finding myself seconds later waking into darkness. With heart racing, covered in sweat and experiencing memory loss, I ran for my life out of my brother's dark basement room. Running upstairs and down the hallway towards my bedroom, a flicker of memory ignited the event—striking like lightning. I immediately froze with chilling vibrations moving up and down my body. This was to become what I later recognised as my first Out of Body Experience, and the catalyst and motivation for years of experience and investigations later.

Presently, I am still actively projecting, instructing and sharing with others my experience's out-of-body, and bringing awareness to the community what is possible through the OBE consciousness. Located in Grand Rapids, Michigan. David regularly donates time as a hospice volunteer companion to the dying, and is also an accomplished musician and IT professional.

#### Adrian Cooper

Author, *Our Ultimate Reality, Life, the Universe and the Destiny of Mankind* and owner/operator of the largest Astral Projection forum on the Internet "The Astral Pulse", and the site *Our Ultimate Reality and Forums*, dedicated to a wide range of Spiritual, Metaphysical, Quantum Physical and general Life matters.

In addition to the book, I publish an email Newsletter every Sunday since 2005, read by hundreds of thousands of people around the world. As well as OBE/Astral Projection, I experienced a profound Near Death Experience in 2003, which, apart from absolutely confirming beyond doubt the Truth of the continuity of Life after the expiration of the physical body, also resulting in the dedication of my life to showing others the Truth of these realities.

Together, Adrian and David combine probably unparalleled experience, knowledge and expertise in showing you how you can experience and confirm for yourself these higher Spiritual realities and truths, regularly and convincingly, that your life may too change for the better, forever.

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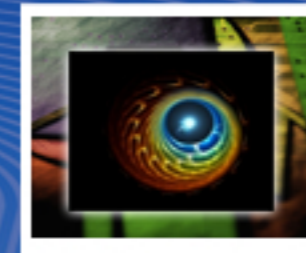
the **Astral Pulse**  
Featuring **ASTRAL ACADEMY**



..... Learn Astral Projection



..... Pursue Your Dreams



..... Live On-Line Forums



..... Access Remote Viewing



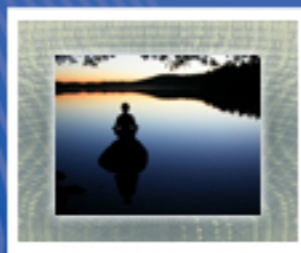
..... Travel The Astral Planes



..... On-Line Live Classes



..... Energy Building



..... Access OBE Audio & Videos



..... Statistics & Journals



www.astralpulse.com

# astral projection made easy!

Instructors Adrian Cooper & David Warner

## Features And Benefits

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