

# Spirit For Children

## Content

### **Spirit For Children by Anthony Gardner.**

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Spirit for Children is a book that all children will love. short conglomeration of spiritual ideas, theories, and experiences from a first-person point of view, and a few additions. The contents within these pages were meant to enlighten, arm, and expand human consciousness through means of Astral Projection, Meditation, and more. Please be advised that all practices mention heretofore are new to some, and therefore are partially theoretical.

This book is dedicated to my family, and all the young gurus, swamis, imams, philosophers, and all around spiritual seekers that have come before and will come hereafter.

In this book we will touch on many subjects of a metaphysical nature. This will range from simple guided meditations to yoga and out of body experiences to shamanic journeying through application of plant teachers. We offer you this information in hopes that you will use it to spread joy, love, and tranquility throughout the world. The process of spiritual alchemy is not a short or easy process for most, and growth will continue throughout your entire life, maybe even beyond. Please share with us in making this reality one of abundance, love, peace, and prosperity for all.

This ideas, theories, and practices have been adopted from a few major religions and philosophies of the world (Buddhism, Hinduism, New Age Philosophy, Shamanism, and more.) Thusly, we hope beyond all hope that these practices are used in ways to uplift humanity, as each of these faiths has done for centuries.

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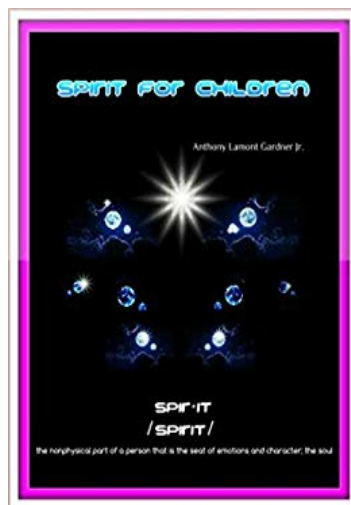
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