



Astral Projection: Amazing Journeys Outside Your Body

Complete Guide To Out Of Body Experiences

By Abhishek Agarwal

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Author's Note

If you are one of the average people, you will probably brush off the concept of Astral Projection as mere fantasy. But since you have purchased this book, I know you are not average. You believe, somewhere deep down in your heart, that this might be true. I am glad that you took this small decision to start this journey...a journey towards realization...a journey towards self-discovery.

One of the most difficult things about Astral Projection is making others “believe” that this is true. But for those who have experienced this reality, they know how real it is. No one can make them believe otherwise. They know that they can exist outside their physical body.

It is my sincere request to you not to read this book for entertainment purpose. I also ask you not to believe blindly whatever I have written in this book. But I want you to have an open mind. Start reading this book with a clean slate. Judge it by experiment. Devote some time to this wonderful topic. Practice. And with practice you will have belief. With belief, you will have experience. And with experience you will have conviction. An unshaken conviction that you are much more than your physical self.

So this is all I ask the reader to do. Experience it!

It will be my endeavor to give you as much of information possible, theory and practical, and at the same time, avoid too much technicalities, so that you can *understand* Astral Projection and *experience* it.

I can promise the reading will be sheer delight! Hope you enjoy this blissful journey!

Abhishek Agarwal

20th February 2006

How This Book Is Organized and How Can You Benefit From It.

I have tried to present this book in a very simple language. I have assumed that the reader is a layman and has no idea about Astral Projection and Out-of-body experiences. With that in mind, I have covered most of the common concepts about Astral Projection, along with step-by-step instructions on how to experience this reality.

I have tried to make the eBook as colorful as possible, adding images wherever possible, so that your concepts become crystal clear.

Chapter 1 covers the basic theory of Astral Projection

Chapter 2 covers the Benefits of Astral Projection

Chapter 3 prepares you for Projection

Chapter 4 outlines several Projection Techniques

Chapter 5 explains the most common pre-Projection Phenomena

Chapter 6 covers explanations on the Astral Body and the Silver Cord

Chapter 7 talks about the Astral Plane and its inhabitants

Chapter 8 tells you about the wonderful things you can do while of being out-of-the-body

Chapter 9 teaches how you can remember your Astral experiences

In **Appendix A**, I have included various stories of people who have experienced this phenomenon, either consciously or unconsciously. These experiences are helpful because you might relate to some of them.

In **Appendix B**, I have also included several commonly asked questions, for you to read, understand and enjoy. These topics in the FAQs may not have been discussed in the main eBook.

In **Appendix C**, I have given you various links for websites on Astral Projection and related topics. I have also included links for Astral Projection related Forums and Community Boards, along with some sites that offer Online courses on this topic

I suggest you read the book completely from the first to the last page, including the experiences and FAQs, and get an overall idea of Astral Projection. Then go back to the exercises section and start practicing them. Refer to the book from time to time as and when required. All the Best!

Abhishek Agarwal

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Astral Projection Links
Astral Forums / Groups
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Online Astral Courses
Astral Related Software

INTRODUCTION

Imagine this scenario :

You are lying in your bed, eyes shut, completely relaxed and totally awake. After a few minutes you feel your body becoming heavy and numb. The next moment you experience a floating sensation and then you start rising up... floating a few feet above your bed. You look down and find that your Physical body is sleeping peacefully on the bed. You take a short glance at the glowing pulsating bluish white cord connecting you to your physical body.

You are calm, relaxed and awake. This is not a new experience for you because you have consciously done this hundreds of time before. You feel a blissful sensation of peace because you are now unchained to your physical shell. You are experiencing a truly wonderful, a truly joyous feeling of exhilaration and freedom from bounds.

You look around the room for a few moments. Everything seems to sparkle. Everything seems to have life! The walls and the ceilings and all other objects have a different hue to them.

You want to visit a close friend staying in another country. As you think about him you rise higher and higher You pass *through* your roof and into the darkness above. Roofs and walls and other seemingly solid objects are no longer a barrier now. You rise higher and can see your house getting smaller and smaller as unseen currents take you deeper up into space. You rise far higher than the astronauts have ever reached. The Earth is slowly turning below you. The vast oceans now look like placid village ponds.

As you think about your friend, you suddenly fall back towards the Earth. You pass through the clouds with the speed of thought. In this part of the world it is still daylight and you can see the roads and the vehicles. Even though the place is new to you, you instinctively “know” where your friend lives. You see his house and fall down through the roof, right in front of him!

He is wearing a pair of blue jeans and white T-shirt. He is eating some cookies while watching his favorite sport. He cannot see you, of course! You watch him for some time and then realize that its time to go back. You think about your body sleeping peacefully in your bedroom.

The next instant you are back in your room hovering a few feet above your slumbering physical body. You look down at it and shudder at the thought of losing the freedom that you just now experienced. But its time, and you have to return to your body. You find yourself sinking slowly into your Physical shell.

As the first streaks of the sun filters through the window, you open your eyes, feeling refreshed and wide awake, with complete memory of your adventures. As soon as you get up, you call your friend and tell him what you just saw in your “dream”. He gapes in amazement “That’s absolutely right !”

Welcome to the exciting world of Astral Projection, commonly known as Out-of-Body-Experience!

Chapter 1:

Basics Of Astral Projection





What is Astral Projection?

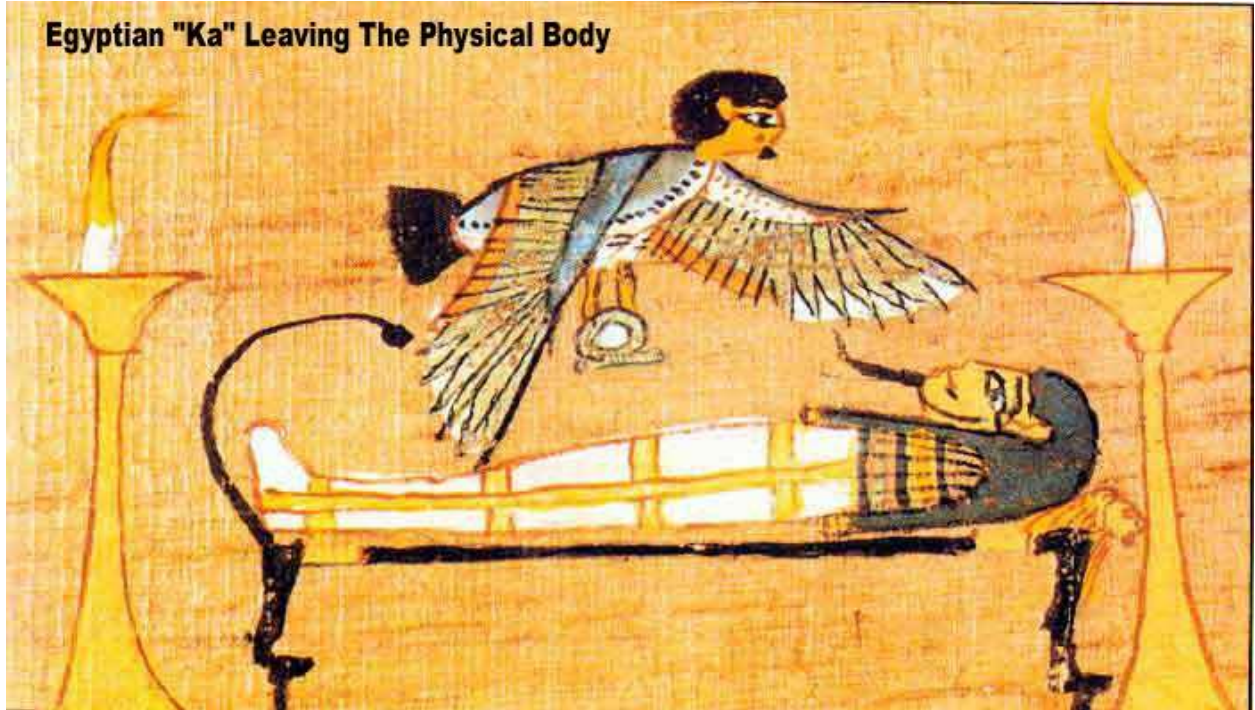
Astral projection is a phenomenon that has rapidly gained popularity over the last few decades. It is a process by which the human consciousness temporarily leaves the physical body and functions independently, while the physical body remains still and passive throughout.

This results in observing the world from a point of view other than that of the physical body and by means other than those of the physical senses.

Sometimes, however, we have complete waking consciousness during the experience, and remember the event in every detail upon returning to the physical body. Mostly this happens without any forethought by complete surprise, and more often than you might think. There is a good chance that even if you yourself have never had a conscious OBE, someone you know has. It is a very common occurrence but one which is not widely spoken of.

This may sound crazy, but it isn't. In fact, we all experience Astral Projection every night when we sleep. Most of these projections are unconscious because we are not trained to remember them.

Astral Projection is often aptly termed as an **Out-of-Body-Experience** (OOBE or OBE) because it is an experience where your consciousness is *out* of your Physical body. Moreover it sounds less technical and easier to understand! Some authors might offer subtle differences between Astral Projection and OOBE, but here, for the purpose of this book, we will use both these terms interchangeably. So whenever I mention Astral Projection, Out-of-Body-Experience or OOBE, I am referring to the same phenomenon.



Astral Projection From A Historical Perspective

Astral Projection is as natural as being human, and probably as old as our existence on this planet. References to OOBEE are evidenced throughout human history. Across cultures, socio-economic strata, languages, genders, religions, nationalities and civilizations. From the most ancient tribal societies to the modern civilized societies of the 21st century, human beings have recorded the departure and subsequent return of a subtle body from the physical body. All such recordings have a remarkably high degree of consistency in describing the many different aspects of the phenomenon, thus giving us an idea of the universal character of this capacity of leaving the body.

Early evidence of the OOBEE appeared in ancient Egypt between 3,000 and 5,000 years ago. The Egyptian priests were aware of the existence of the astral body and they called it the **Ka**. They left inscriptions and drawings on the rock walls of many temples and buildings, depicting the human soul abandoning the physical body.

The Tibetans believed in the **Bardo** body, which could leave the physical body while still alive and could also pass through physical matter because it is made of psychic material. According to them, this Bardo body could be directed by will.

Ancient Greeks believed in a **Double body**, which housed the soul. References to the OOBEE later appeared in Greece through the writings of a number of philosophers including Plato, Herodotus and Hermotimus of Clazomene.

Cases of conscious projections are also well documented even in the Bible, for example in Ezekiel III:14; the Apocalypse of John 1:10–11 and 4:2; and in the Epistles of Paul of Tarsus, e.g., II Corinthians 12:2.

During the Middle Ages, OOBES was studied and practiced secretly. Information gathered was not made available to the general population. This need for secrecy contributed to the fabrication of various myths and untruths about the dangers of Astral travel that persist even today.

The phenomenon of the out-of-body experience therefore is ancient and universal. We can see that different persons throughout history had experienced this, independent of culture, education, financial situation, religion, credo, sex, or age.

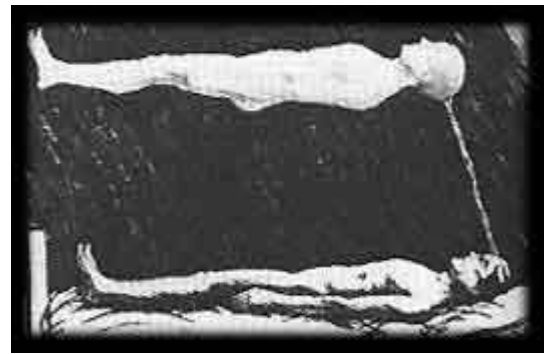
From this historical perspective, and from studies and personal experience of thousands of people, the most solid conclusion that can be drawn is that human beings are more than just their physical bodies. When one experiences a conscious OOBES, one has irrefutable evidence that the physical body is merely a temporary "house" through which one's consciousness or awareness manifests in the physical dimension.

How Common Are OOBES?

OOBES are very common. Reports confirm that at least one out of every ten is likely to have had a conscious OOBES, either **spontaneous** or **controlled**.



Spontaneous OOBES



Controlled OOBES

Spontaneous OOBES can occur to anyone anytime – while relaxing, while sleeping, during sickness, under medication, during accident, during meditation etc.

In this book you would learn **Controlled OOBES** - how to experience this with full consciousness, and repeat the process whenever required. You will maintain awareness through all stages of the experience; in other words, during the period of your normal waking state, during relaxation, through the separation of the nonphysical body, during the period spent outside the body, during the return of the extra-physical body to the physical body and finally, the return to normal waking state

Near-Death Experiences (NDEs)

Near-death experiences (NDE) are among the most powerful experiences that a person can have

When people survive a close brush with death, either because of an accident or maybe because of a heart failure, the experience is known as Near-death experiences (NDEs). One most extraordinary aspect of NDEs is that the underlying pattern seems unaltered by a person's culture or belief system, religion, race, education, or any other known variable.



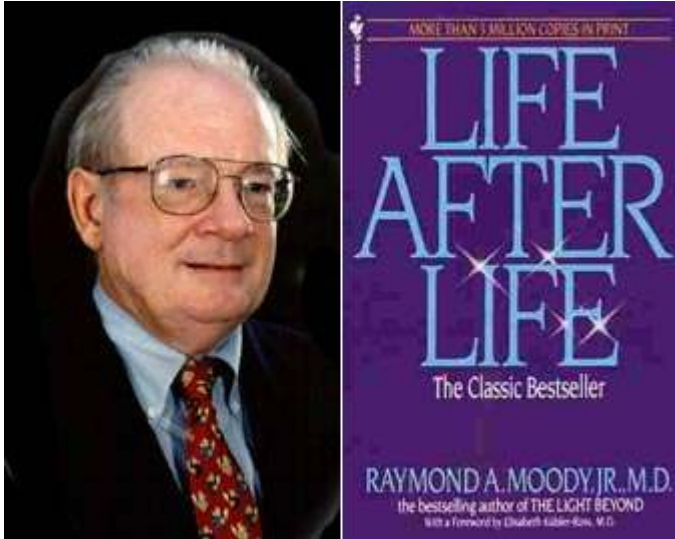
Artist's Impressions of NDE Tunnels



A person who has had an NDE normally reports being out of the Physical body, hearing buzzing or ringing sounds, moving through a dark tunnel, encountering deceased loved ones, seeing beautiful scenes and colors, hearing angelic music, feeling peaceful and at Home, learning lessons, and an indescribable radiant light full of love and affection. After this brief experience, they are told that it's not yet time to stay on the Other Side, and they rapidly journey back into the constraints of the now resuscitated physical body.

For most people the experience is joyful beyond words. The subject sometimes 'hears' the doctor pronouncing him *dead* when he feels intensely *alive* and free from physical pain. They often recount events that occurred during the period of unconsciousness with complete accuracy.

Tens of thousands of NDE cases are now on record by doctors and scientists. All these cases demonstrate a continuation of awareness beyond "death".



Raymond Moody, the pioneer in NDE research, and the author of Best selling NDE book “Life After Life”, interviewed many people who had been resuscitated after having had accidents and he then put together an idealized version of a typical near-death experience. He emphasized that no one person described the whole of this experience, but each feature was found in many of the stories.

Here is his typical description of an NDE:

A man is dying and, as he reaches the point of greatest physical distress, he hears himself pronounced dead by his doctor. He begins to hear an uncomfortable noise, a loud ringing or buzzing, and at the same time feels himself moving very rapidly through a long dark tunnel. After this, he suddenly finds himself outside of his own physical body, but still in the immediate physical environment, and he sees his own body from a distance, as though he is a spectator. He watches the resuscitation attempt from this unusual vantage point and is in a state of emotional upheaval.

After a while, he collects himself and becomes more accustomed to his odd condition. He notices that he still has a 'body,' but one of a very different nature and with very different powers from the physical body he has left behind. Soon other things begin to happen. Others come to meet and to help him. He glimpses the spirits of relatives and friends who have already died, and a loving, warm spirit of a kind he has never encountered before -- a being of light -- appears before him. This being asks him a question, non-verbally, to make him evaluate his life and helps him along by showing him a panoramic, instantaneous playback of the major events of his life. At some point he finds himself approaching some sort of barrier or border, apparently representing the limit between earthly life and the next life. Yet, he finds that he must go back to the earth that the time for his death has not yet come. At this point he resists, for by now he is taken up with his experiences in the afterlife and does not want to return. He is overwhelmed by intense feelings of joy, love, and peace. Despite his attitude, though, he somehow reunites with his physical body and lives. Later he tries to tell others, but he has trouble doing so. In the first place, he can find no human words adequate to describe these unearthly episodes. He also finds that others scoff, so he stops telling other people. Still, the experience affects his life profoundly especially his views about death and its relationship to life.

The parallels between these NDEs and Astral Projections are strikingly similar. The massive amount of research on **Near Death Experiences** (NDEs) constitutes the most scientific proof that consciousness survives bodily death. A Gallup survey estimates that more than 8 million Americans have had NDEs. Taken together with other evidence, NDEs help many realize that their real selves do not die.

How Long Does It Take To Learn Conscious Astral Projection?

It is very natural to ask, “How long does it take to learn conscious Astral Projection?”

Voluntary OOBES take time and practice and since everybody has different levels of natural ability and skill, there is no fixed duration for everybody. It will take as long as it takes.

Some people achieve it in a just one day, some in a few weeks, some in a few months and some even in a few years. But if you persist and follow the techniques outlined in this book, in a few days you will at least start having some of the commonly reported pre-projection symptoms. If you continue your practice diligently, you should experience this reality soon.

7 Planes Of Existence

Before we continue further, it would help if we understood the concept of Planes.

The spirit realms consist of “Levels” or Planes distinguishable by the different densities and vibrations (or frequencies) of the substances they contain. Higher the frequency of vibrations, higher the plane. These planes are said to interpenetrate, existing in the same space.

It is most commonly believed by metaphysicists and occultists that there are 7 Planes of our existence. Let us just briefly see what these seven Planes are:

First Plane (Physical)	This is the plane that we all are familiar with. It has all physical matter, ranging from gases and minerals to all plant and animal bodies, therefore including the human body.
Second Plane (Astral)	This is also known as the emotional plane. Within this plane all dreams, hopes, desires can become reality. There are a variety of mythological creatures that dwell within this realm. The aspects of time and space are greatly distorted on this plane. That means, an hour that is passed in this realm could only be a few minutes on the physical plane.
Third Plane (Mental)	In this realm, all thoughts and ideas are manifested into actual objects; however, this does not only mean that you can travel through

	your own thoughts, but also that of someone else. Time is greatly distorted, even more so than in the Astral Plane.
Fourth Plane (Buddhic)	This plane is full of love and peace. Due to this enhanced feeling of love and peace any human who is able to reach this plane would most likely not wish to return.
Fifth Plane (Spiritual)	Individuality of a person is non-existent on this plane. This plane is highly spiritual and not much has been documented, as it is highly unlikely that most people would be able to reach it.
Sixth Plane (Monadical)	On this plane everything is a part of everything. It is said that here great paradoxes are tied together.
Seventh Plane (Adi)	This realm is beyond explanation; it is the highest realm possible to reach. It is the realm of everything and the aspect of complete Oneness.

So that was a very brief touch-up on the seven planes. For each of these planes, there is a corresponding body - Physical Body, Astral Body, Mental Body etc.

When we talk about Astral Projection, we are actually talking about projecting our Astral Body into the Astral Plane.

Chapter 2: Benefits of Astral Projection



Why Would Anyone Want To Learn Astral Projection?

People often wonder as to what possible benefits one can get through Out-of-body-experiences. OOBEx is very rich in terms of possibilities and advantages. Let us look at some them:



First Hand Experience

Out-of-body exploration offers us the unique opportunity to experience and explore beyond the limits of our physical senses. It gives us the ability to obtain firsthand knowledge of our existence.

Recalling Past lives

We learn more about ourselves by understanding our past lives. As we begin to have more and more Projections, we begin to have spontaneous, healthy recollections of our past lives. Past-life influences are an important element of our current psychological makeup. These subconscious memories can be effectively accessed and explored through personal out-of-body experiences.





Identify Reason For existence

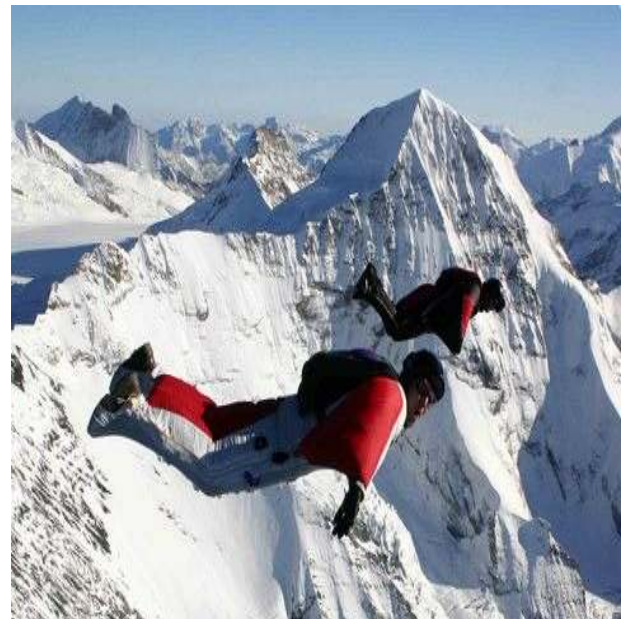
We may even recall the plan of action (purpose) for this life that was established prior to being born and this can help us to reprioritize our life. This information can help us know ourselves better, overcome certain traumas, self-cure certain illnesses, and expand our sense of fraternity and universalism. The feeling of being one with the universe is ecstatic.

This helps us to progress spiritually. With the knowledge of life gained through the study of Astral dimensions, we expand self-awareness, increase our level of maturity, and also accelerate our spiritual evolution.

Flight

In the Astral even the sky is NOT the limit. We can fly way beyond the blue sky. We can glide through the air or float like a balloon. We can have a bird's eye view of our city. We can jump off mountains and somersault in mid-air! We can propel out into the infinite space and explore the planets, heavenly bodies and other distant galaxies.

Imagine being able to glide over the ocean like a seagull, or dive inside and swim like a fish! We can visit any city on this planet and other planets as well. We can go and check out friends in another corner of the world!





Meeting Guides

We can meet our non-physical helper. They are known by many names: Guides, Mentors, Guardian Angels, Protectors, or simply Helpers.

They are enlightened beings that live in the Astral dimension, but accompany us with the goal of helping us.

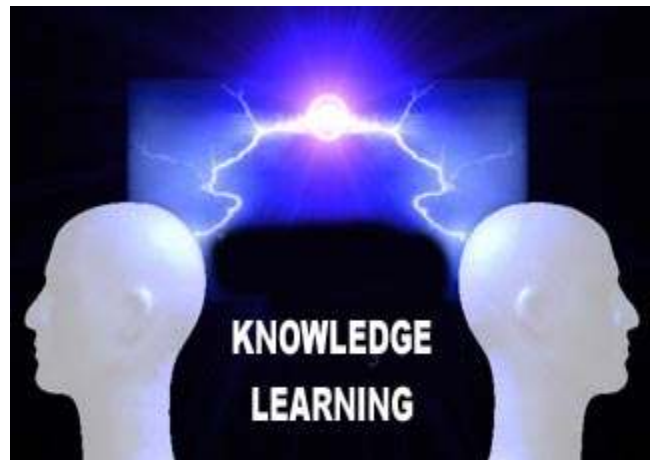
In general, the great majority of people today are not able to perceive the presence of these beings, but during Astral Projection, you can see them and even hold a discussion with them.

Learning

There are all sorts of hidden knowledge we can acquire through Astral Projection, knowledge that cannot be acquired in every day life, from other people or books.

This is one reason why many want to master Astral Projection - to gain knowledge about ourselves, about our Earth, the Universe, or about anything else. We can meet advanced enlightened beings, even from distant ancient traditions, and they can help guide us along the Spiritual path.

If we want we can even attend true esoteric schools and temples to learn much about the mysteries of life and death...





Increase Psychic Abilities

Regular Out of body experiences enhance the individual's paranormal and psychic abilities.

The control and experience that comes from projections naturally helps us increase abilities such as clairvoyance, ESP, precognition, telepathy, premonitions, prophecy, the ability to see auras and many other psychic abilities.

This is a natural result because we become more in tune with our internal energy systems and also become sensitive to universal energies.

Accelerated Personal Development

The recognition that we are more than just physical beings, gives us firm belief that we are capable of much more than previously imagined.

Once we consciously control our non-physical self, we can unlock the unlimited knowledge of our subconscious and harness our ability to explore the universe. The entire subject of human potential is dramatically expanded beyond all current concepts and comprehension





Overall Well-being

We become better in all respects: Overall well-being, increase in self-confidence, control of stress, emotional balance, heightening of intellectual capacities, and expansion of self-knowledge. We can learn to manage and control our own energies by applying different techniques and experiences.

Out-of-body experiences help us to break free from old mental ruts and habits. We get a more enlightened perspective of our current existence and this expansive vision is instrumental in awakening new levels of personal growth and understanding.

A Reduction In Hostility

Those who have experienced an OOB, realize that they are more than just their Physical body and that they continue after death. They now realize that along with their consciousness, their personal responsibility also continues. Hence many feel that harboring hostility towards other fellow souls can be very self-destructive.



An Inner Calmness

Many report feeling at peace with themselves and others. They develop an inner tranquility that is hard to describe.

An Increased Quest For Answers

Once we realize that all answers are available to us, many people begin a personal spiritual quest to solve the mysteries they have held since childhood. Each of us has questions relating to our existence - What are we? What is our purpose? Do we continue? What is the meaning of life?

These questions and many more can be answered only through personal experience. Out-of-body exploration provides a powerful method for all of us to obtain the answers we seek. Why settle for beliefs when the answers are available?



An Increased Respect For Life

A pronounced aversion to violence and killing seems to appear. For example, the idea of hunting and killing an animal becomes repugnant. This is due to the personal knowledge obtained concerning our spiritual interconnection



Confirmed Belief In Life After Death

Through having Astral Projection, individuals are provided with irrefutable personal evidence that we are immortal. It reassures us that there is life after death. People who have had at least one OOBEE are generally transformed, having much greater faith in our existence beyond the physical

If it is possible for our consciousness to exist outside our body, then it is also possible that our consciousness survives physical death. When we find ourselves lucid outside the body, we realize by ourselves, without any mystic belief that death does not exist. This belief removes fear of death completely. It provides first-hand evidence of the reality of the Astral planes and the continuity of life beyond the confines of the temporal physical shell of body.

Fear of death is fear of the unknown. Once you separate from your body, you absolutely know that you continue. Dying may not be scary experience but rather a wondrous, spiritual adventure. Death would be something to be embraced with excitement and anticipation when the time arrives.

Meet A Deceased Loved One

We can meet our loved ones who have left the physical plane. These meetings are very helpful because we can request for their guidance and healing





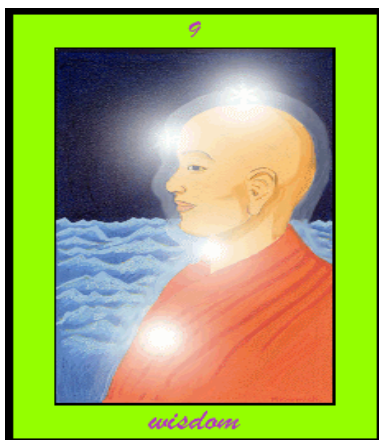
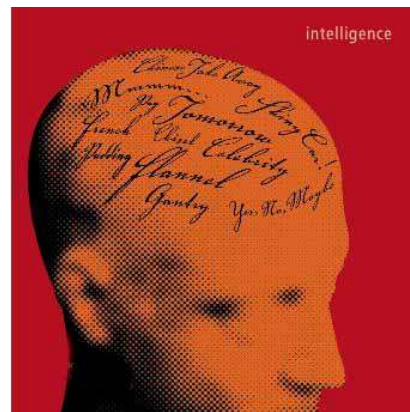
An Increased Zest For Life

There is a certain excitement inherent in out-of-body exploration. This exhilaration reaches deep into the very core of our being because we know that we are much greater than our current physical personality or ego. By exploring the non-physical realms, we become the ultimate explorers.

Life itself becomes an adventure, an exciting journey of discovery. Every day and night is an opportunity to experience a new adventure. This inner excitement also stems from the fact that we are blazing a path far ahead of our time.

Increased Intelligence And Memory Recall

Many people report that their out-of-body experiences have somehow enhanced their awareness and intelligence. Some believe that out-of-body experiences stimulates areas of the brain previously untapped during normal physical life.



Increased Knowledge And Wisdom

Only experience creates wisdom. Out-of-body experiences have the unique ability to provide knowledge and wisdom far beyond the limits of our physical perceptions.

This personal experience gives you personal knowledge. Your knowledge is first hand and is not imposed by other teachings and beliefs.

Witnessing Other Realities

The out-of-body experience permits us reach other realities, or dimensions, beyond the physical plane. For example, we can go to a place where we used to live before entering into this present lifetime, and we can also see the place where we will go after the physical death.



Increased Self-responsibility

Many realize, that they are the creators of their physical existence. They often experience the vast potential and power of their inner, non-physical self and tap into their creative essence.

They feel they are completely responsible for all their actions, thoughts and deeds.

Increased Spirituality

Many report profound insights into their spiritual nature. Instead of viewing themselves as Physical beings possessing a soul, many start to recognize themselves as soul temporarily possessing a Physical body.

There is a feeling of connection to something far greater than them. Whether we call it spirit or the universal consciousness, or God, there are consistent reports of a powerful inner connection.





Healing

With the knowledge and control acquired through out-of-body experiences, we learn to utilize our own energies in favor of other beings. We can heal ourselves mentally and physically.

There are numerous reports of individuals healing themselves and others when out-of-body. Often this healing is initiated by a focused thought directed to a specific area of the body.

The Joys Of OOB

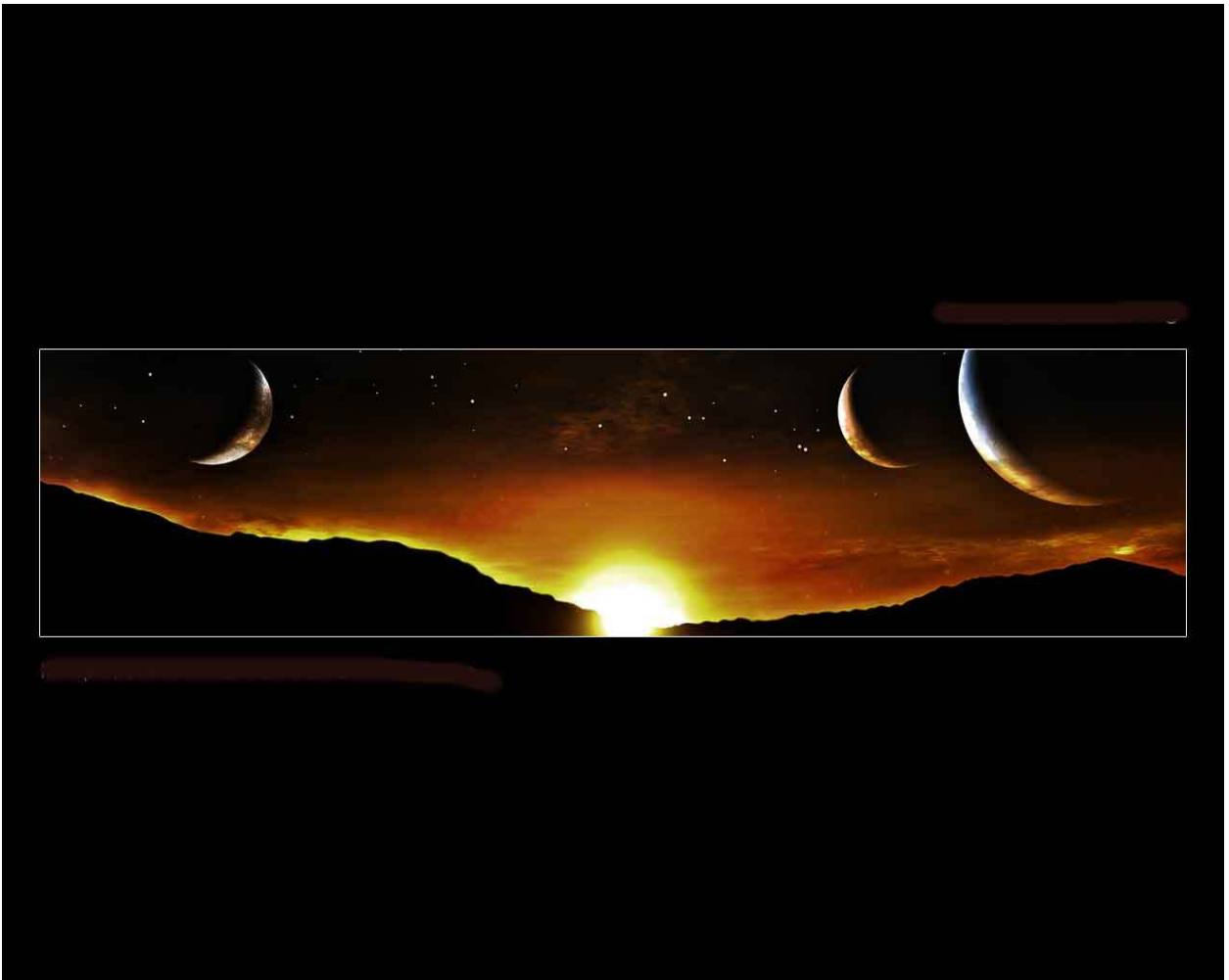
You get a thrill of an exciting new adventure.
There is sheer joy in exploring an undiscovered terrain.
There is exhilaration when exploring beyond the ordinary.
You get an overwhelming feeling of personal accomplishment.
You get a personal satisfaction and firsthand experience of the meaning of your life
You get an inner joy of unraveling ancient mysteries
There is an inexplicable excitement of being a pioneer in a new field of exploration.
There is absolute joy in experiencing your personal immortality.
You have overwhelming feelings of accelerated personal development
You experience a delight in discovering the truth of your existence beyond all beliefs

These benefits and much more await you; however, it's up to you to explore and experience the reality of this for yourself. Out-of-body exploration gives you the rare opportunity to know and see, instead of hope and believe.

This opportunity is yours today.

Chapter 3 :

Preparing Yourself For Take-Off





Overcoming Fear

One of the main impediments for people learning to Project is fear. If you are afraid of the Astral world, rest assured, you're not alone! Fear of the unknown is a quite natural emotion that has to be understood and overcome. When you cross this hurdle, your whole life will be enriched.

Fear of Projection can present itself in many forms:

Just the thought of separation from the physical body sometimes frightens people. Many feel there is something evil waiting for them in the Astral world, or a heinous spirit trying to stop them projecting. Some feel they might not be able to return to their bodies, while many are afraid they might die, or be harmed in some way as a result of Projection. Others feel their bodies might be possessed.

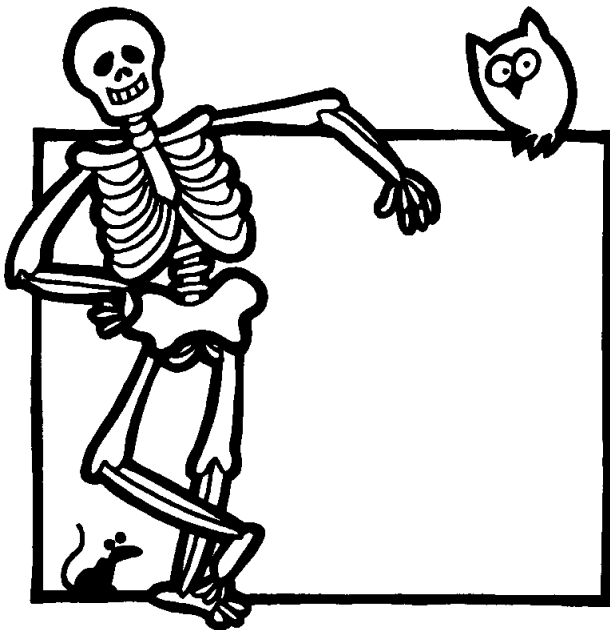
NOTHING IS FARTHER FROM THE TRUTH ! Be assured that the above FEARS are all False Evidence Appearing Real! All these fears are just in our minds and they can be very well be conquered.

People who fear most are those who do not fully understand the nature of OOB. Their fears only be replaced by knowledge and understanding. We should read everything we can regarding OOB, and become familiar with all aspects of OOB. We should know what to expect during and after the exit out of body.

But if we just theoretically read all about dealing with fear and controlling our emotions, it will not help much. There is no substitute for personal experience. We ultimately need to face our fears head-on! Unreasonable fears can be defused by facing up to the source and going through the frightening activity, so that we can prove to ourselves that no harm comes to us. In doing so, we can eliminate our fears that tend to cloud and frustrate the process of discovering our non-physical reality.

Your first OOB is likely to be a quick one -- out and back in again -- but the next might be a little longer, and the next longer yet, for each time you make it back safely a chunk of FEAR is taken away. Be patient, practice often, and soon OOBs -- like swimming -- will be second nature to you.

Let us discuss some facts that might help to dispel some of the common fears.



The Astral Plane is a manifestation of our own inner fears. So If we have no fear, we won't meet fear. Its as simple as that.

Fear Of Harm

Remember there is nothing that can harm us while we are out of our body. On the Astral Plane, we are the creators. We can create whatever we want. We can create good and we can create bad.

If we are convinced that a devil is out there and if we have already pictured in our minds what this devil looks like, we should not be surprised to meet our creation! The devils we create become real and solid in the next dimension because we created them.

If we ever bump into an unwanted "devil", it must be faced with courage! It's just like an exam that must be passed before we can Project freely. Once we face our fears, we will find that those fears are only hollow threats that will crumple into nothing.

Fear Of Not Being Able To Return To The Body

If there is a fear of not returning to the body, think about this. We ALWAYS leave our body every night when we sleep. All these years, were we ever "not" able to return? So why should we not return *this time*? We will get back to the body every time!

Believe it or not, the problem with Projection is always staying out, never getting in! You can do everything in our power to NOT come back! But to no avail! No matter what you do, you WILL always come back



You will always be able to return to your body. Even if you don't want to!

Fear Of Being Possessed

You can never be possessed during an OOBE.

The Astral body and the Physical body are connected by a Silver Cord. (We will talk more about this cord later). It is not possible for any entity to sever this cord and get inside the body. So we are quite safe during an OBE.



A person's physical body and mind cannot be infiltrated or possessed during Astral Projection.

The physical body / mind during OBE is in a very sensitive state. An energy field is produced during OBE and extends in all directions around the body. This is very sensitive and will cause an OBE to abort if someone or something not well known and friendly penetrates this field.

Fear Of The Unknown.

To a certain degree this fear will always be with us, because even after hundreds of Projection, there will be something unknown out there.

But it is well to remember that whenever we explore unknown territories, nothing can harm us. As discussed before, we are invulnerable in our Astral form and our body has excellent defense mechanism to protect us during a projection.

If we ever encounter something "dangerous" or with malicious intent, we can think about our physical body and immediately we are back inside!



Affirmations

One very effective way to overcome any kind of fear is to immediately begin repeating a safety affirmation such as "I am protected and safe. No harm can come to me".

I AM PROTECTED AND SAFE. NOTHING CAN HARM ME!

Any brief, positive statement will be effective. As we repeat our affirmations, our fears will diminish and eventually disappear.

I AM THE CREATOR OF MY OWN FEARS.

IF I DON'T CREATE FEAR, THERE IS NOTHING TO FEAR

Project During The Day

A big part of Projection related fear stems from trying to OOBEE at night. At night, the world is dark and eerie. Fear of the dark is a natural fear of the unknown that stems from childhood. Astral realms may be bright and clear, but Projectors have to get past the perceptions they have about darkness.



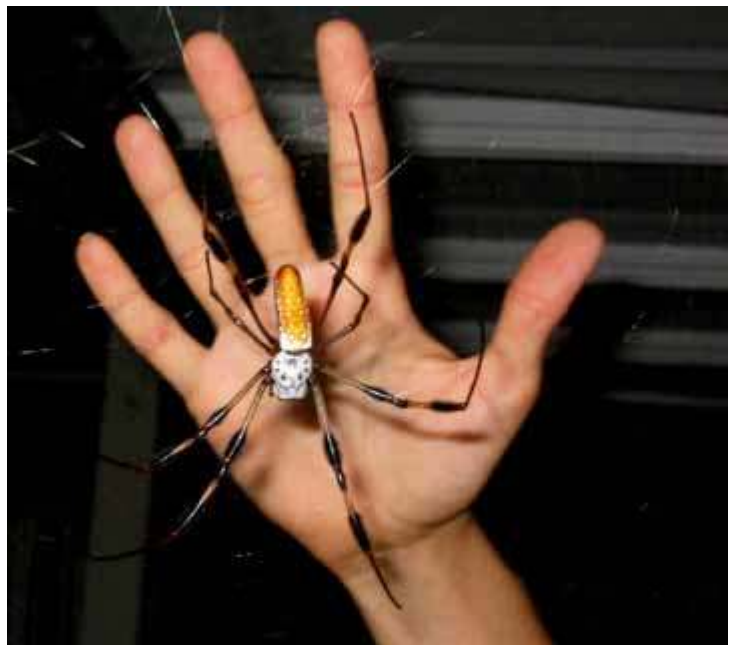
One of the best ways to overcome this is to practice the OBE exit during daylight hours.

Practicing during daytime will give you more confidence and make you achieve results faster. If you have to practice at night, you might consider switching on some dim lights before Projecting.

Fear is something that we *have* to overcome in order to advance in Astral Projection.

These fears will take on some form or the other and reoccur until it has been overcome completely.

We *must* release ourselves from the death-grip of fear and set ourselves free. This will make our Astral journeys very enjoyable.



Face your fears head-on

Preparing Yourself For An OOB

Astral Projection does not depend on age, caste or your social or religious background. Anyone can practice this art and master it. But just like any skill, it requires discipline, desire and work. How much you will succeed and how fast you can experience this reality depends on what is your level of commitment and how much are you willing to practice.

Here are some general considerations for the kind of conditions that are best for Projection

1. Before you practice, make sure you go to the bathroom and empty your bladder. You do not want to get distracted by such unwanted distractions during your Projection!
2. You will need a quiet room where you will be undisturbed. The room should ideally be free from any distracting background noise. Unplugging the phone and switching off your mobile phone would be a good idea. If there are other people in the house, ask them not to disturb you for some time.
3. Try to wear loose clothing so that you can breathe freely. If you have any watch or jewellery on, they may make you feel uncomfortable. Removing them would help you concentrate more.
4. Avoid fried food, meat, or any kind of alcohol for at least 3 hours before the practice. If you can stay without such food the entire day, great! These things tend to hyper-activate your digestive system, and restrict you from proper concentration. Avoid practicing with a full stomach, as your chances of having an OBE will be greatly diminished.
5. Make sure the temperature is comfortable. You will lose body heat during projection, so you may want to cover yourself with a blanket.
6. Try not to project in complete darkness, because you may have an unconscious fear of the dark and the unknown. This may hamper your progress. So its better if the light is soft and dim. Once you are experienced, and more familiar with the Astral world you may very well Project even in the dark.
7. You can practice in any position that you like. You may sit in a comfortable chair, or you may lie down. Whichever position you choose should be comfortable for you. Most people prefer lying down in bed because it's very natural and makes them feel relaxed. In our exercises, we will assume you have chosen to lie down. Rest assured that most exercises could be done in both sitting as well as lying positions.
8. Finally, deal with all of the worries that occupy you at that moment. If you cannot solve them, then put them aside in an imaginary box. If they worry you too much and you cannot stop thinking about them, then you might as well stop here because you will not relax. You can try on some other day.

All the above conditions are not strictly necessary for Projection, but they are the optimum conditions that are conducive to proper separation of the Astral body from the Physical body.



Steps For Projection

Induced projection is not as difficult to achieve as most people think. It is simply a matter of preparing the mind and the Physical body for the exit.

In order to achieve this, you need to have your mind awake, and your body asleep! This may sound impossible, but it's not. After practice, it is quite easy to achieve this in just 5-10 minutes. In order to reach this state, you need to relax your body completely and clear your mind of unwanted thoughts. Once you mind is awake, and your body is asleep, you need to then employ an exit technique that will project you out of your body.

That brings us to the three basic steps for achieving a conscious OOB.

Physical Relaxation
Silencing the mind
Projection technique

Let us now look at these steps in details:

Projection Stage 1

Physical Relaxation

Physical relaxation is the foundation on which your success is based. Without properly relaxing your body, it is almost impossible to make a conscious exit. Your goal should be to get to a stage where you are not even aware that you have a physical body.

There are many different types of relaxation techniques. Selecting a relaxation technique is similar to choosing a type of exercise to do. Select a technique that you enjoy and that you will stick with and do consistently over time.

The most commonly used relaxation techniques are Progressive Relaxation and Deep Breathing. You can employ any or both of these techniques, or any other technique that you want.



Relaxation Exercise 1: Progressive Relaxation

Starting from the feet, we have to focus on each muscle for a few moments. Then we mentally relax that part and move upwards. This is repeated for all the muscle groups. Alternatively, one can begin at the head and work down.

Steps for Progressive relaxation :

- Lie on your back, shut your eyes.
- Feel your feet. Sense their weight. Consciously relax them and sink them into the bed. Start with your toes and progress to your ankles.
- Feel your knees. Sense their weight. Consciously relax them and feel them sink into the bed.

- Feel your upper legs and thighs. Feel their weight. Consciously relax them and feel them sink into the bed.
- Feel your abdomen and chest. Sense your breathing. Consciously will them to relax. Deepen your breathing slightly and feel your abdomen and chest sink into the bed.
- Feel your buttocks. Sense their weight. Consciously relax them and feel them sink into the bed.
- Feel your hands. Sense their weight. Consciously relax them and feel them sink into the bed.
- Feel your upper arms. Sense their weight. Consciously relax them and feel them sink into the bed.
- Feel your shoulders. Sense their weight. Consciously relax them and feel them sink into the bed.
- Feel your neck. Sense its weight. Consciously relax it and feel it sink into the bed.
- Feel your head and skull. Sense its weight. Consciously relax it and feel it sink into the bed.
- Feel your mouth and jaw. Consciously relax them. Pay particular attention to your jaw muscles and unclench them if you need to. Feel your mouth and jaw relax and sink.
- Feel your eyes. Sense if there is any tension in your eyes. Sense if you are forcibly closing your eyelids. Consciously relax your eyelids and feel the tension slide off the eyes.
- Feel your face and cheeks. Consciously relax them and feel the tension slide off into the bed.
- Mentally scan your body. If you find any place that is still tense, then consciously relax that place and let it sink into the bed.
- Repeat the process if required.

By the time you do one cycle of relaxation, you will feel a remarkable difference. You will feel that your entire body is completely relaxed. If you want to deepen this relaxation, repeat the process.

Initially, the entire process can take up to 10 minutes. But with practice, you can achieve the same level of relaxation in just 1 minute or maybe less! When you do this exercise for the first time, you may have to focus on each part of the body for a minute before it is relaxed. But with practice, just a few seconds of focus will relax that part. Regular practice is the key!



Relaxation Exercise 2: Deep Breathing

This is another popular method for complete body relaxation. Deep breathing is a great way to relax the body and get everything into synchrony.

Relaxation breathing is an important part of yoga and martial arts for this reason.

Steps for Deep breathing exercises:

1. Lie on your back.
2. Remove all worries from your head.
3. Begin to inhale slowly through your nose if possible. Fill the lower part of your chest first, then the middle and top part of your chest and lungs. Be sure to do this slowly, over 8–10 seconds.
4. Hold your breath for a second or two.
5. Then quietly and easily relax and let the air out.
6. Wait a few seconds and repeat this cycle.
7. If you find yourself getting dizzy, then you are overdoing it. Slow down.
8. You can also imagine yourself in a peaceful situation such as on a warm, gentle ocean. Imagine that you rise on the gentle swells of the water as you inhale and sink down into the waves as you exhale.
9. You can continue this breathing technique for as long as you like.

As mentioned, relaxing your body is non-negotiable. Without this it will be very difficult to project. So we need to get good at it. Practice this stage till you feel that you are completely relaxed.

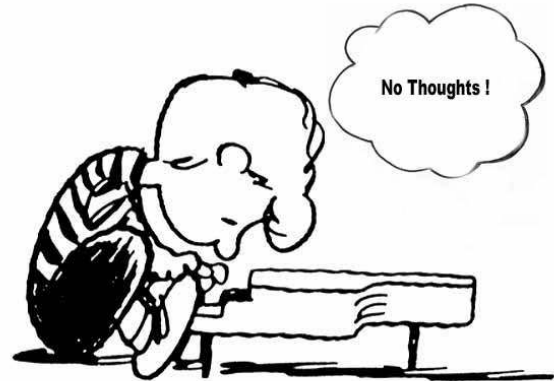
Projection Stage 2

Silencing the mind

Hundreds of thoughts run through our heads every minute. This internal dialogue is like a constantly chattering monkey. We generally do not notice these thoughts in our day-to-day lives. But when we take up the task of silencing our mind, we become aware of how difficult it is to free ourselves of these thoughts.



The Chattering Mind



The Silenced Mind

When you want to relax and quiet his mind, say for an Astral Projection attempt, these thoughts and images become annoyances and will hinder the mind taming process.

Your goal is to be an observer of the internal world. Any thoughts or feelings that arise are simply observed, rather than being analyzed and described. No worries exist, as experiences come and go. Sensations occur, but they are merely registered as occurring, rather than paying any attention to them.

A way to do this is by simply focusing on the blackness of closed eyes. Another way is to focus on the breath. Alternatively, some people choose to use mantras, or simply count from 1 to 10 repeatedly. Regular practice with various techniques will help you achieve a sound state of mind for concentration during a projection attempt.

Chapter 4: Projection Techniques



Projection Stage 3

Projection Techniques

Once the body is relaxed and the mind is silenced, we need an exit technique that will trigger Astral Projection.

There are hundreds of techniques available that induce Projection. The ideal method, or a single, safe, simple, and entirely effective formula to leave the body still does not exist. This is due to the existence of multitude of personalities, physical constitutions and human characters.

OBE techniques are based on one or several attributes of yourself, such as imagination, visualization and concentration. So sometimes it is better to combine several different methods to leave the body, adapting them to your character, circumstances, mental concentration, etc.

You, a candidate to conscious projection, must check, with self-criticism, which is your best attribute or the most versatile, in order to use it as a basic tool.

Since there is no universal method that would work for everyone to attain conscious projection, we will present many different kinds of techniques. It is convenient for you to know them all in order to ensure a greater chance of finding the one which will be more efficient and adequate for you or which will, at least, inspire you to search for your own method.

Whichever technique you choose, you are unlikely to get a result on the very first night, or even on the first few nights - some of these techniques can take considerable practice so take your time with them and try not to get frustrated when nothing happens at first. It would be a good idea to pick out the techniques that appeal to you the most and try each of these for a week or two.

In this section we will discuss some most popular and widely used techniques of experiencing an OOBE.

Exit Technique 1

Rope Technique

By Robert Bruce

From: http://www.astraldynamics.com/guides/oobe/oobe_5.htm



The Rope Technique

A key ingredient to this projection technique is an invisible, imaginary ROPE hanging from your ceiling. This ROPE will be used to exert dynamic pressure at a single point on your astral body to force its separation from the physical.

The action of pulling yourself hand over hand up a rope is a strong, one pointed, natural action that is easy to imagine yourself doing. The ROPE technique concentrates ALL your mental resources into one strong, DYNAMIC action, which exerts a high level of pressure directly on a single point of the astral body.

Pin a length of ribbon, string or rope to the ceiling above you. Have it hanging within arms' reach so you can easily reach up and touch it. Physically, reach out and touch it frequently, until your mind gets used to its position. This ribbon is only a tactile aide. By being able to reach out and touch the ribbon, you get used to the spatial coordinates of where the invisible, imaginary ROPE is. This grows both in your mind and hence as a thought form, making it easier to imagine yourself reaching out and climbing the ROPE with your imaginary HANDS.

Note: You do NOT have to actually visualize, or see, the ROPE at any time, just know where it is supposed to be. This method uses NO visualization at all. Reaching out and pulling on this invisible, imaginary ROPE with your imaginary HANDS shifts the bodily awareness induced point of consciousness, out of the body, with a strong natural action that puts direct pressure on one point of the astral body.

This is a complete projection method in itself, if you have good powers of concentration. I suggest beginners to concentrate solely on this method until they have more experience. This projection method will give you a normal Astral projection.

Do the relaxation exercise thoroughly, until you are completely settled. This should only take a few minutes, don't overdo it.

Reach out with your imaginary HANDS and pull yourself, hand over hand, up the strong, invisible, imaginary ROPE hanging above you. Try and imagine the feel of a strong, thick, coarse rope in your HANDS.

Don't try and visualize this ROPE! I want you to imagine you are reaching out and climbing this ROPE in the pitch dark, so you can't see it at all, you just know where it is and can imagine the feel of it. Visualization wastes valuable mental energy that can be better put to use exerting direct pressure on your astral body.

You will feel a slight dizzy sensation inside you as you do this, specifically in your upper torso. This is caused by exerting dynamic pressure on the astral body. The dizzy sensation comes from the astral body loosening. This feeling of vertigo will intensify the more you pull on the rope.

Very Important Note: This dizzy feeling and any feelings of pressure or vertigo, etc, caused by your mental action of pulling on the ROPE MUST be carefully noted by you. Learn the EXACT mental action you are doing to cause this vertigo. You will have to train your mental climbing action to cause this feeling. So, the first few times you try this ROPE method, concentrate on finding the right mental action to do this. Once you learn what it is you are doing to cause this, and can recreate it at will, you are really starting to get somewhere.

IGNORE *ALL* SENSATION YOU FEEL DURING PROJECTION or it will distract you, break your concentration, and ruin your chances for projection. Concentrate on the single act of climbing your ROPE to the TOTAL exclusion of everything else. Put everything you have into this one action, but don't tense up, it must all be mental.

Keep climbing, hand over hand, ever upwards, and you will feel the heavy sensation come over you. The pressure you are exerting on your astral body will force you into the trance state. Ignore this when it happens and concentrate on what you are doing.

Keep climbing and you will feel your chakras open in response to the pressure, don't stop.

Next you will feel the vibrations start, your whole body will seem to be vibrating and you will feel paralyzed. Concentrate single minded, on climbing your rope. Don't stop.

Next you will feel yourself coming free of your body. You will buzz slightly as you pull yourself out of your body. You will exit your body in the direction of your imaginary ROPE and will be hovering above your body. You're free at last!

Note:

Do *NOT* allow yourself to break concentration when the vibrations start. They are a natural EFFECT caused by energy coursing through all the hundreds of major and minor chakras in your body. If you do find yourself being distracted by this, spend more time and effort doing the concentration exercises until you overcome this problem.

Exit Technique 2

Watch Yourself Going To Sleep



Watch Yourself While Going To Sleep

Lie down comfortably on your back, facing the ceiling. Dim down the lights and relax by using any relaxation technique described above. Clear your mind of unwanted thoughts and let yourself go limp. Let yourself relax completely. Relax even more.

Tell yourself that you are going to watch yourself in the act of going to sleep. You must be very clear about your intent. You're going to let your body sleep while your mind will remain alert throughout the entire process. Tell yourself you will retain consciousness even while your body is going to be in complete "trance".

As you relax completely, you must learn to recognize the rather strange, distinctive sensations you feel as your body moves into the sleep state. You **MUST** stay aware as this unfolds. At a certain point, you'll realize that you're in a hypnogogic state. (state between waking and sleeping)

After sometime, you will feel that your body is feeling heavy and numb. You are on the right track! Pay close attention to all your bodily sensations. You may feel yourself swaying or floating. You might even find certain parts of your body tingling. There might be vibrations running from your head to toe. You might even hear a strong buzzing sensation in your ears. Whatever the sensations, do not panic as these are very good signals that you are on the verge of experiencing an OOBIE.

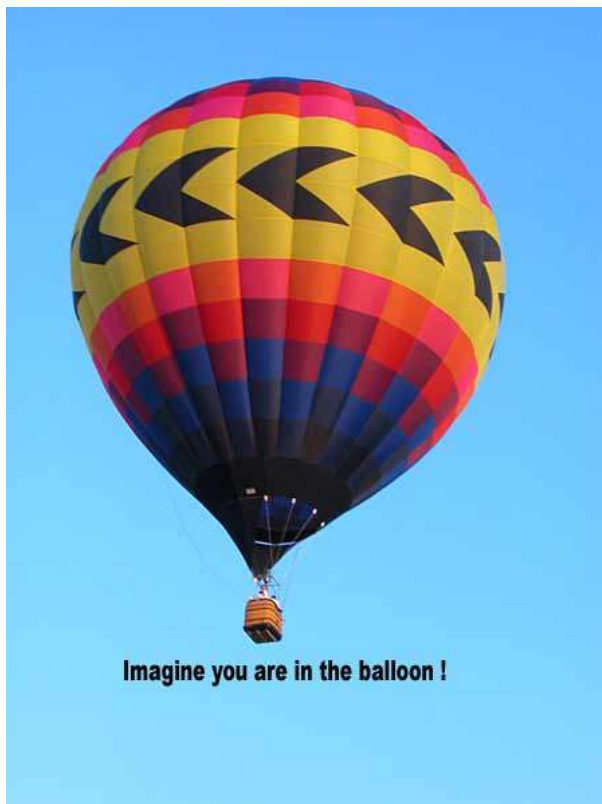
You have to then visualize that you are rising up from your bed and floating towards the ceiling. How would it feel if you could actually float? Try to make the experience as real as possible. Hold this image for as long as you can. If everything goes on well, you might suddenly find yourself outside the body, floating near the ceiling!

If you have trouble visualizing yourself rising up, the following suggestions might help:

- Imagine flying in an airplane or balloon that is taking you higher and higher
- Imagine a boat swaying lazily in a calm river. You are lying in that boat, relaxing!
- Imagine yourself being carried away by a cloud
- Imagine you are in an elevator that is rising up slowly...
- Imagine you are a leaf that is being carried away by the wind
- Imagine sliding up or down an escalator.

The above suggestions will make it easier give you the floating sensation that is so crucial to your success.

Some Visualations to help you rise up...



Exit Technique 3

MONROE TECHNIQUES FOR ASTRAL PROJECTION

By Robert Monroe



MONROE TECHNIQUE

Step one: Relax the body

According to Monroe, "the ability to relax is the first prerequisite, perhaps even the first step itself" to having an OBE. This includes both physical and mental relaxation. Monroe does not suggest a method of attaining this relaxation, although Progressive Muscle relaxation, coupled with deep breathing exercises are known to work well.

Step two: Enter the state bordering sleep.

This is known as the hypnagogic state. Once again, Monroe doesn't recommend any method of doing this. One way is to hold your forearm up, while keeping your upper arm on the bed, or ground. As you start to fall asleep, your arm will fall, and you will awaken again.

With practice, you can learn to control the hypnagogic state without using your arm. Another method is to concentrate on an object. When other images start to enter your thoughts, you have entered the hypnagogic state. Passively watch these images. This will also help you maintain this state of near-sleep. Monroe calls this **Condition A**.

Step three: Deepen Condition A.

Begin to clear your mind. Observe your field of vision through your closed eyes. Do nothing more for a while. Simply look through your closed eyelids at the blackness in front of you. After a while, you may notice light patterns. These are simply neural discharges. They have no specific effect. Ignore them.

When the light patterns cease, you have entered what Monroe calls **Condition B**. From here, you must enter an even deeper state of relaxation, which Monroe calls **Condition C**- a state of such relaxation that you lose all awareness of the body and sensory stimulation. You are almost in a void in which your only source of stimulation will be your own thoughts.

The ideal state for leaving your body is Condition D. This is Condition C when it is voluntarily induced from a rested and refreshed condition and is not the effect of normal fatigue. To achieve Condition D, Monroe suggests that you practice entering it in the morning or after a short nap.

Step Four: Enter a state of Vibration.

This is the most important part of the technique, and also the most vague. Many projectors have noted these vibrations at the onset of projection. They can be experienced as a mild tingling, or as is electricity is being shot through the body. Their cause is a mystery. It may actually be the astral body trying to leave the physical one. For entering into the vibrational state, he offers the following directions:

1. Remove all jewelry or other items that might be touching your skin.
2. Darken the room so that no light is seen through your eyelids, but do not shut out all light.
3. Lie down with your body along a north-south axis, with your head pointed toward magnetic North.
4. Loosen all clothing, but keep covered so that you are slightly warmer than might normally be comfortable.
5. Be sure you are in a location where, and at a time when, there will be absolutely no noise to disturb you.
6. Enter a state of relaxation
7. Give yourself the mental suggestion that you will remember all that occurs during the upcoming session that will be beneficial to your well-being. Repeat this five times.
8. Proceed to breathe through your half-open mouth.
9. As you breathe, concentrate on the void in front of you.
10. Select a point a foot away from your forehead, then change your point of mental reference to six feet.
11. Turn the point 90 degrees upward by drawing an imaginary line parallel to your body axis up and above your head. Focus there and reach out for the vibrations at that point and bring them back into your body. Even if you don't know what these vibrations are, you will know when you have achieved contact with them.

Step five: Learn to control the vibrational state.

Practice controlling them by mentally pushing them into your head, down to your toes, making them surge throughout your entire body, and producing vibrational waves from head to foot.

Practice this until you can induce these waves on command. Once you have control of the vibrational state, you are ready to leave the body.

Step six: Begin with a partial separation.

The key here is thought control. Keep your mind firmly focused on the idea of leaving the body. Do not let it wander. Stray thought might cause you to lose control of the state.

Now, having entered the vibrational state, begin exploring the OBE by releasing a hand or a foot of the "second body". Monroe suggests that you extend a limb until it comes in contact with a familiar object, such as a wall near your bed. Then push it through the object. Return the limb by placing it back into coincidence with the physical one, decrease the vibrational rate, and then terminate the experiment. Lie quietly until you have fully returned to normal. This exercise will prepare you for full separation.

Step seven: Disassociate yourself from the body.

Monroe suggests two methods for this. One method is to lift out of the body. To do this, think about getting lighter and lighter after entering this vibrational state. Think about how nice it would be to float upward. Keep this thought in mind at all costs and let no extraneous thoughts interrupt it. An OBE will occur naturally at this point.

Another method is the "Rotation method" or "roll-out" technique. When you have achieved the vibrational state, try to roll over as if you were turning over in bed. Do not attempt to roll over physically. Try to twist your body from the top and virtually roll over into your second body right out of your physical self. At this point, you will be out of the body but next to it. Think of floating upward, and you should find yourself floating above the body. Monroe suggests you begin with the lift-out method, but argues that both are equally efficacious.

Exit Technique 4

OOBE from Lucid Dreams



Projection from Lucid Dreams



Lucid dreams are dreams in which the dreamer is aware that he is dreaming. In a Lucid Dream a person is already “out” of his body.

In order to achieve Astral Projection from Lucid Dreams, you have to first become obsessed with OBEs and the idea that YOU can experience them. This is very important. You can't just want to leave your body. You must really DESIRE it. You must read everything you can about it -- then read it again.

You must think about it every free moment that you have. Pound it into your head! Read what it feels like to go out of body, to rush at super-human speeds, to float serenely above treetops and spin dizzily with the stars -- then imagine yourself doing these things!

Once your mind is besotted with the thought of OOBEs we will need triggers and affirmations so that you have a Lucid Dream. During the day keep thinking: ‘Tonight I’m going to have a Lucid Dream’. Remind yourself of this all day long. And – and this is the important part – keep asking yourself during the day “Am I dreaming now?”

You have to remind yourself several times a day. It’s easier if you develop a reminder technique. You can write the word ‘LUCID’ on your hand with a felt-tip pen. Every time you see your hand, repeat your affirmation “Tonight I’m going to have a Lucid Dream”

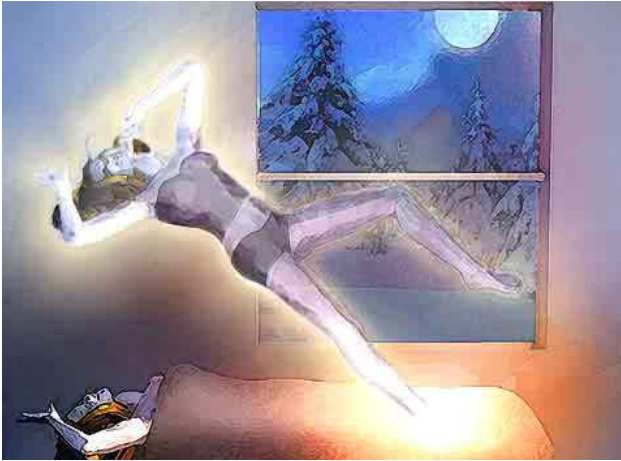
When you get into bed at night, look at your hand and remind yourself once again that you will become Lucid in your dreams. As you fall asleep, hopefully, you’ll have programmed your subconscious to induce a Lucid Dream.

Once you are in a Lucid Dream, and know that you are dreaming, you would also know that you are not in your body. You can then will yourself to see your bedroom. In most cases, when you do this, your dreamland will suddenly disappear and you will find yourself in your bedroom, floating above your body.

Once you master this method, you can start by simply giving yourself the suggestion that when you become lucid in a dream, you can just focus on your desire to enter the Astral realm, and you will be there.

Exit Technique 5

The Hypnopompic State Method



The Hypnopompic State Method

The hypnopompic state is a stage of half-sleeping, half-waking that we pass through as we awaken. It is ideal for projecting your consciousness from the body.

Let's start at the beginning. As you feel yourself coming out of sleep do not move your physical body and keep the eyes shut. In this state of half-sleep do nothing but relax. If you feel yourself coming out of this trance condition, deepen it by imagining yourself walking down a flight of stairs while, simultaneously, to maintain consciousness, you stare at a fixed point in front of your eyes. Don't deepen it too much that you fall asleep -- the goal is to maintain a condition of pure relaxation but keeping your consciousness steady.

Once you deepen this state, you may or may not have the ability to see through your eyelids. You may hear voices or your physical body snoring, or you may be aware only that you are in a state of drowsiness – in any case, you are in the correct mode for an OBE,

When you have determined that you are in the hypnopompic state and have managed to hold that position steadily, simply give the command to leave your body, in the manner you feel most comfortable.

A good method is to roll off the bed to the right or left. However, it is a good idea not to have objects in your path as you do this, such as a desk or night table. It is true that under most conditions the astral body can easily pass through such objects, but, despite knowing this, if you still harbor fears of rolling into, or knocking your head against, an object, then complete

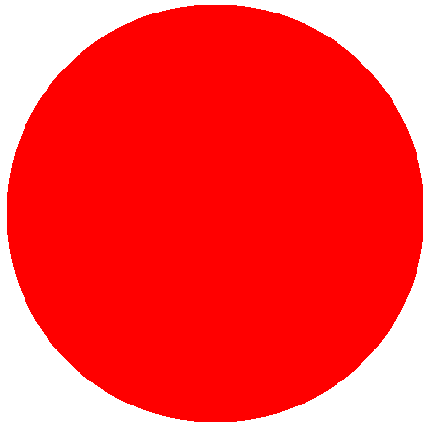
separation cannot be accomplished. Or, if you like, imagine yourself floating upwards. You can use whichever way you feel comfortable with.

The best method is the one that can get you out of the body quickly. Once out, keep it in mind that a close proximity to the physical body might yank you back into it before you are ready. If you want to, you can look back at your physical body, but the initial shock of seeing yourself with such a deathlike countenance will probably bring about re-entry into your physical body.

When attempting to project from the hypnopompic state it is important that you do not try too hard. If you try too hard or become anxious, you will destroy any chance you may have had. Take the position or attitude that you don't care a hoot whether or not you project. Be nonchalant about it. Behaving in this manner will keep the nerves and fears at bay.

Exit Technique 6

The Red Spot Method



The Red Spot Method

This technique is very simple but it works great. This method should be done after several hours of sleep. As you begin to awaken, keep your eyes closed. Keep the body still and don't move your limbs. The idea is to fall asleep again, but this time with a particular goal firmly planted in your mind as you drift off into a slumber.

As you fall asleep imagine that there is a big Red Spot on the floor near your bed and that you are sitting on that big Red Spot. Just imagine that a pinpoint of consciousness that is YOU, is on the floor next to your bed. Keep this idea firmly rooted as you fall asleep. If everything goes on well, the next thing you'll be aware of is that your Astral Body has fallen to the floor. This actually brightens or awakens your consciousness and you find yourself outside your body!

Exit Technique 7

The Object Technique



The Object Technique

The Object Technique is an excellent exercise to focus and maintain your awareness away from your physical body. By doing this, you can actually have an OOBE.

Select an object in your home. It should be a physical item that you can visualize with relative ease. Ideally, the object should be in a different area of your home than the room you normally use for your out-of-body techniques.

For example, you could select your favorite chair, a gift or artwork, your favorite painting, sculpture, or anything else that holds some special meaning to you.

After selecting your target, physically walk to it and examine every detail. Study the object from different perspectives; notice any imperfections or irregularities. Take your time with your object, memorizing the sights and feelings associated with it. Become aware of all of your senses during your walk, especially your sense of sight and touch. Pay close attention to everything, including colors, textures, densities, reflections of light, coolness, and heat. Also feel and memorize the sensations associated with your walk. Enjoy all the sensory input that you receive.

Repeat your walk several times until you can easily recall the smallest details of your object.

The key to this technique is to focus and maintain your attention away from your physical body as you drift off to sleep. If you are persistent, the results will be dramatic. By this technique you will generally not go to the target but awaken in the vibrational state. And then you can will yourself outside your body.

This technique is a great way to increase your concentration and visualization skill and it only takes about ten minutes to perform.

Exit Technique 8

Displaced-awareness Projection



Displaced Awareness

Close your eyes and get into your usual trance-state Try to sense the entire room, at once. Feel yourself just above your shoulders and seeing all around. Be very passive about what is going on.

Then imagine that your Astral Body is slowly rotating by 180 degrees. Once you finish your mental rotation, your Astral head should be where your physical feet are, and your Astral feet would be where your physical head is! With this firmly in your mind, try visualizing the room from this new direction.

The idea is to forget about where you really are, and displace your sense of direction. When you do this correctly, you will find yourself getting dizzy. This is normal.

When you are comfortable with this, the next step is to imagine floating towards the roof. Try to make it as real as possible. You may suddenly find yourself "popped" out of your physical body!

Exit Technique 9

The Jump Technique



The Jump Technique

The Jump Technique, When done well, can wake up anyone in their dreams and make them Lucid. However, it does need to be done well.

This is how the technique works: We repeatedly need to ask ourselves during the day whether we are in a dream or not. It is important that we do this not just for the sake of asking ourselves the question, but because we *really* want to know where we are. We should really doubt that we are in the Physical. So in order to prove where we are, we jump as if we were going to fly. If we are in the Physical, we will land back on the ground. But during a dream, when we jump, we will defy gravity and float.

When this is done for a few days, you will soon find yourself in a dream in which you are jumping to check whether you are in a dream or not. As soon as you jump, you will find yourself floating, thus triggering a Lucid Dream and an OOB.

Exit Technique 10

Affirmations

<p>Tonight I will travel out-of-body & I will recall everything upon waking</p>	<p>Affirmations</p>
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The idea behind affirmations is to repeatedly chant something to implant a suggestion into your subconscious. Before you fall asleep, if you chant one of the following affirmations or one of your own, you can increase the chance of having a Lucid Dream / OOBIE .

"I am going to have an out-of-body experience. I am going to let myself drop off to sleep, but I am going to take my waking consciousness with me wherever I go. I am going to leave my body with full awareness."

"I will travel the Astral Plane tonight, going as far from my physical body as I so choose, and returning whenever I want, with complete recollection of the experience."

"Tonight I will travel out-of-body. I am going to allow myself to fall asleep, but I will bring my waking consciousness with me wherever I go. I will leave with full awareness, and recall all that occurs, upon awakening."

Once your sub-conscious is saturated with your affirmations, your chances of success will be greatly enhanced. You will have more Lucid Dreams and hence more OOBIEs.

Exit Technique 11

Muldoon's Thirst Technique

By Sylvan Muldoon



Muldoon's Thirst Technique

This is not one of the most pleasant or effective methods!

In order to use this technique, you must refrain from drinking for some hours before going to bed. Throughout the day increase your thirst by every means you can. Keep a glass of water in front of you and stare into it, imagining drinking, but not allowing yourself to do so!

Then before you sleep, eat a pinch or two of salt. Place the glass of water at some convenient place away from your bed and rehearse in your mind all the actions necessary to getting it: getting up, crossing the room, reaching out for the glass, and so on. You must then go to bed, still thinking about your thirst and the means of quenching it. At night, you might awaken in your dream and you will find yourself walking towards the glass of water. With any luck the suggestions you have made to yourself will bring about the desired OBE.

Exit Technique 12

The Stretch-out Technique



Stretch-out Technique

Lie down, shut your eyes and relax your body. Imagine your feet stretching out and becoming longer by just an inch or so. Once you have this picture in your mind, let your feet go back to normal. Do the same with his head, stretching it out an inch beyond its normal position. Then, get it back to normal. Then alternate all between head and feet, gradually increasing the distance until you can stretch out both your feet and head to about two feet or more. At this stage imagine stretching out both at once. This would make you very long indeed!

Then imagine yourself gradually swelling up, filling the entire room like a huge balloon. After some practice, you will experience floating sensations and you can then tell yourself to rise up towards the ceiling. All this will, of course, be easier for some people than others. Some people complete this part in five minutes; some people take more than fifteen minutes. It should be taken at whatever pace is needed until each stage is successfully accomplished.

This is a very effective method for Projection.

Exit Technique 13

The Hammock Technique



The Hammock Technique

Begin with your favorite breathing exercise, and relaxation technique. When ready, close your eyes if you have not already done so. Affirm in your mind “I wish to achieve the vibration state of Astral Projection”. Then continue again with your favorite breathing technique, until you enter a slow steady rhythm.

Now visualize yourself lying in a bright white hammock, stationed between two palm trees on a secluded beach. Imagine in your mind the feeling of swaying in the wind, and recreate that feeling now as you visualize yourself swaying from side to side in the hammock. Repeat this visualization for as long as it takes to bring forth the vibrations, and when you feel the vibrations, use any roll-out technique discussed above.

This method is very powerful, and can nearly throw you out of body if it is directed correctly.

Exit Technique 14

The Trampoline Technique



The Trampoline Technique

This is similar to the Hammock Technique described above, the only difference being in the direction in which you are moving.

Here, the trick is to imagine that you are jumping up and down repeatedly and with every bounce you jump a little bit higher. After a while your consciousness gets farther and farther away from your body and you begin to feel more separated. Once you can easily imagine the feel of that motion, let yourself drift off to sleep, and think of nothing but how that motion feels.

Trampoline is a good example of movement that if concentrated on long enough while going to sleep, will trigger vibrations and get you in a state of OOBE.

Exit Technique 15 (Not Recommended)

Using Drugs To Get Out Of The Body



Drugs Should Not Be Used For Projection

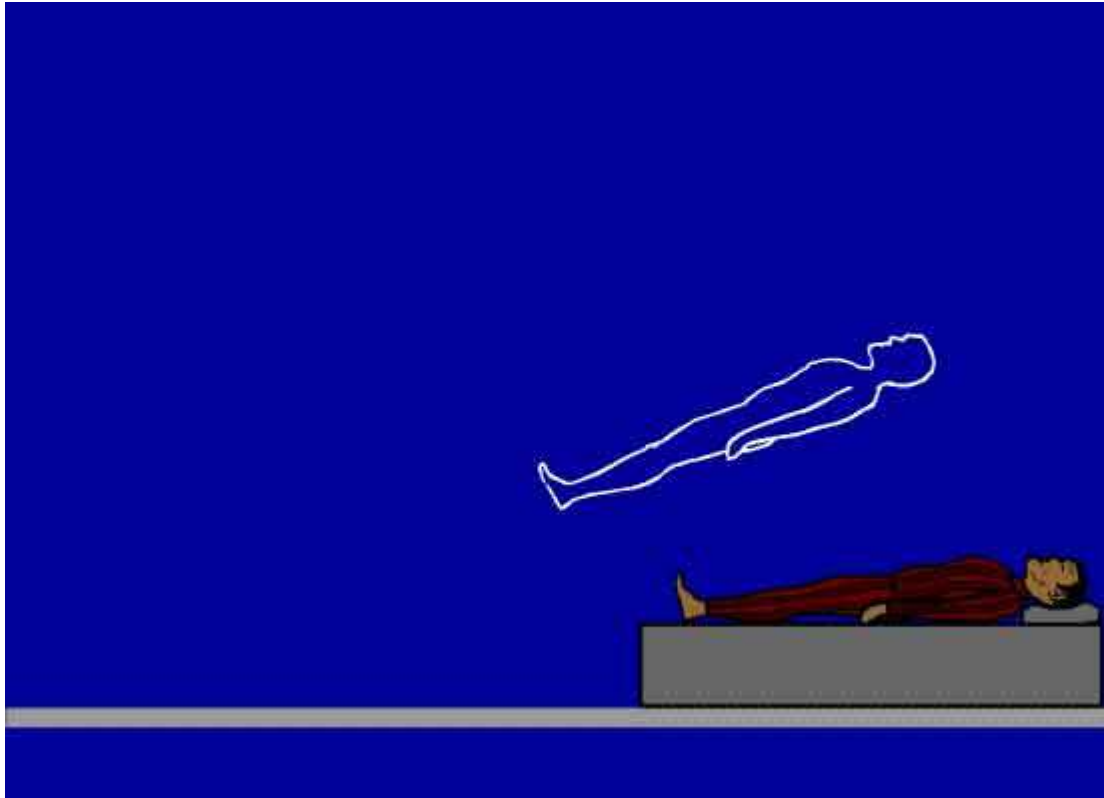
Drugs are not recommended to induce Astral Projection.

The key to a productive out-of-body experience is complete control and control is the first thing lost when you use any kind of mind-altering substance. .

Drugs harm your Astral vehicle and curtail your spiritual growth. They take you to the lower Astral Plane full of confusion and disorientation. It is dull, gloomy, and full of negative energy. The lower Astral is very unlike the vibrant, progressive, positive Astral we are seeking to achieve.

Why contaminate the biological vehicle when effective results can be achieved naturally? Don't put your body at risk. If there is real desire to experience Astral Projection then that desire, along with consistent practice will get you there.

Chapter 5: Pre-Projection Phenomena



Pre-Projection Phenomena

A number of sensations and events are common to people who attempt Astral projection or Out-of-body experiences. Although there are similarities between people's experiences, they are by no means definite. It is just rare to find an individual who experiences all of these sensations, as it is to find someone who experiences none of them.

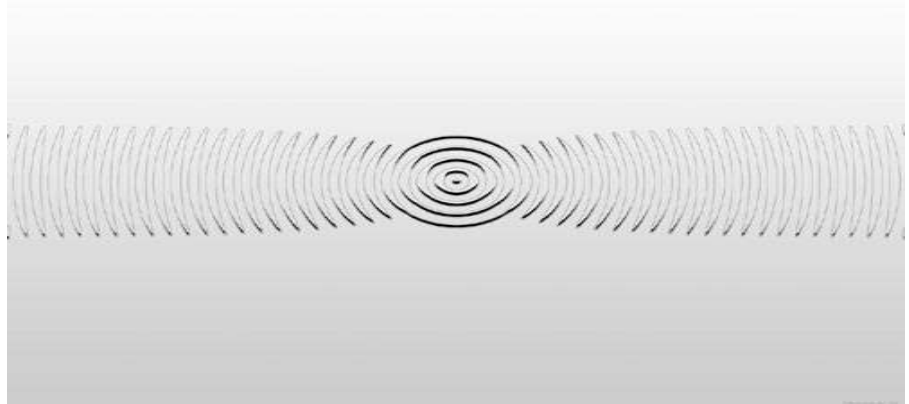
Individual variations also occur, where the intensity of some sensations can vary from person to person, or people may simply not notice some sensations occurring. Each projection attempt may yield different phenomena, with different intensity, in a different sequence.

Whenever you get any pre-projection sensations they will give you confirmations that the right track is being followed. The more knowledgeable and prepared you are about the initial sensations and sounds associated with out-of-body exploration, the more success you are likely to achieve.

Some common Pre-Projection sensations

Vibrations

While practicing Astral Projection there is one experience that can occur spontaneously for which you should be fully prepared. Having achieved the mind-awake, body-asleep state, you might suddenly feel as if some or all of your body begins to "vibrate" very rapidly. Such vibrations are arguably the most well known pre-projection phenomena, however it is also probably the least understood. Vibrations are a common experience, but some claim to have never experienced the vibrations. That said, for those who do experience the vibrations, they can be used as a tool in achieving projection.



Some say that vibrations are caused because of somatosensory hallucinations, some accounts say it is because of the flow of energy through Chakras, and some feel that it is because the Astral body is attempting come out of the physical body. Whatever the cause, it's generally held as one of the last experiences before Projection. Because of this, a number of techniques suggest on focusing on the vibrations and attempting to intensify them.

These vibrations can steadily increase in intensity to the point where they can seem very dramatic indeed. They are not physical vibrations because nothing visibly moves. If you induce vibrations in your hands and touch someone else's hands they won't feel the vibrations.

When you get these vibrations, the first thing to remember is to remain totally calm and relaxed; you are not in any danger. The vibrations will often increase to the point where you will feel that your body is under electrocution. This is not at all painful. In fact it is very normal and if you can keep your cool, your consciousness will leave your physical body. At this point you will be completely free to travel in the Astral plane beyond the confines of your physical body

As you go deeper into your trance, and are nearing separation, your vibrations will spread out over your entire body sending waves all over. As stated, they don't hurt, but they can be intense. These vibrations are commonly reported to begin at the head, neck and stomach area and spread throughout the entire body. But this is not always the case. Vibrations are often accompanied by feelings of extreme shaking, numbness, electrocution surges, rushes of energy, paralysis and noises such as a intense buzzing, humming or roaring sound.

Some people are so startled by these sensations and sounds that they panic and break their trance, eliminating any chance of projection that day.

Internal vibrations and sounds are often the early indications of an approaching out-of-body experience. After complete separation is obtained, the vibrations will immediately diminish. At this point, it's important to focus and maintain your complete attention away from your physical body.

Your positive reaction to your personal vibrational signals will assist you to take advantage of every opportunity to separate from your physical body and experience the ultimate adventure.

Sleep Paralysis / Catalepsy

Sleep Paralysis or Catalepsy is another very common symptom that you might face during your practice. It occurs to practically everybody every night, mainly just before sleep, or just upon waking.



While lying on your back, you may suddenly find yourself unable to move or speak.

Your physical body will seemingly become completely "paralyzed" to the extent you simply cannot seem to budge any part of your body at all.

You may feel like there's a weight on your chest. This paralysis or catalepsy spares only a few muscles such as those in the eyes.

The feeling of Astral catalepsy is unmistakable once you are in it. Do not be alarmed if this occurs. You are in absolutely no danger and the condition is perfectly safe. If you don't know what's going on it can be pretty scary and you may want to struggle against it, trying to move your limbs like crazy. Don't do that, because Astral Paralysis is a state when you are very close to the actual exit.

So once in paralysis, you can be out of body in seconds without having to do much. If you are 100% stone cold paralyzed you are in absolutely the ideal state to exit. Relax and begin taking deep breaths. With each breath, imagine yourself rising up. This is sufficient to get you out of your body. However, if you are just partially paralyzed, silence your mind and relax. As you relax, your paralysis will become stronger and then you can will yourself out.

Buzzing And Other Sounds

Prior to leaving the body, or during the actual separation, there is quite an assortment of noises you may encounter. The nature of these sounds may be linked to your own personality, experiences and associations. These may frighten you at first, until you get used to them - Buzzing; whooshing, rushing, roaring, explosions or bird squawking, a chime being struck, knocking, as if on wood; thumping, voices of people conversing with each other, gunshot loud bell.



Out of all these, buzzing seems to be a very common pre-projection symptom and can intensify so much that you feel there are hundred helicopters in your ears! All these symptoms are temporary and subside once the separation process is complete.

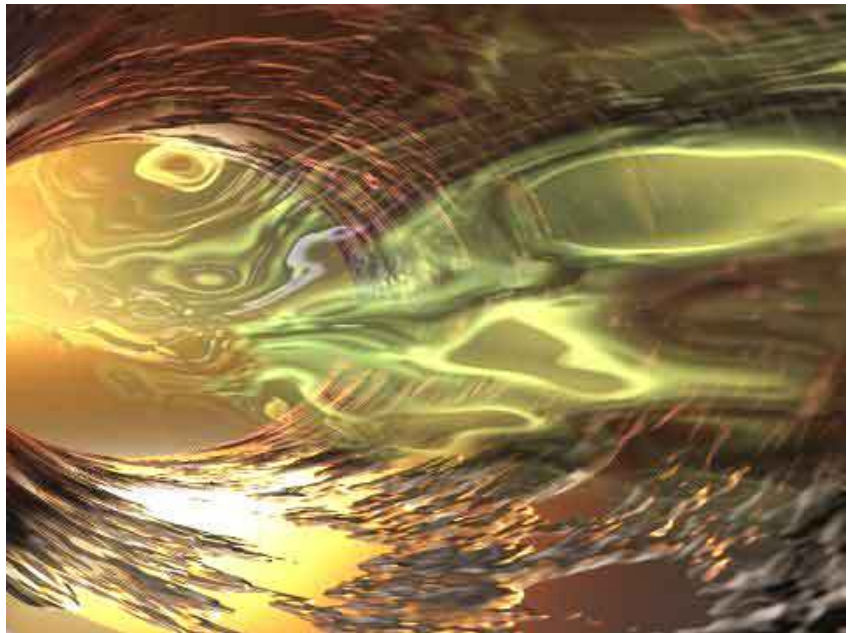
It's helpful to pay close attention to any unusual auditory signals even if they are subtle. Many people routinely hear sounds, but disregard them as dream-related or as unexplained physical phenomena. Recognition of such sounds is an important step because they prove to you that you are right on track.

Hypnagogic Hallucinations

Hallucinations are defined as perceptions without an appropriate physical stimulus. That is, they are totally internally generated and can be seen as the start of dreaming. They usually occur with sleep paralysis, and so can occur before or after sleep. Those before sleep are termed hypnagogic, and hallucinations after waking up are called hypnopompic.

The hallucinations can range across all five senses, but are usually restricted to auditory and visual domains. In terms of auditory hallucinations, they can be anything that you can hear in real life, and sometimes more. Some of them include: mild sounds like humming and buzzing to loud, dramatic noises like screeching, whistling or roaring; specific sounds from technological devices, like sirens, radios or typewriter, or natural sounds like the wind blowing, leaves rustling, footsteps and animal noises; voices can be heard, either saying specific things, or just babbling. Songs and music are also common.

Visual hallucinations can also fill the entire range of experience, from seeing geometric patterns to pulsating colors and lights, to specific scenes of anything imaginable – visions of paradise to visions of hell.



The key thing to remember is that through all of these experiences, they are most likely caused by the overlap of dreaming and wakefulness. For the most part, they bear no deeper significance, and the greatest danger is of being surprised by the sounds or visions and breaking the deeply relaxed state.

That said, some theories do attach objective importance to the sounds and visions. There are reports where people claim to hear actual radio station broadcasts, see things that are actually occurring, or receive information from spirit guides or deceased friends and relatives. The validity of such cases of precognition remote perception or after-life influence is for the individual to decide.

Sensing A Presence

Most people have at some point in their lives felt a presence of someone else, when there was obviously nobody else around. It is a common phenomenon that isn't unique to pre-projection phenomena. However, sensing a presence usually occurs in association with sleep paralysis, so the two phenomena are somehow related.



The actual experience of sensing a presence ranges quite dramatically. Often the motives of the presence are intuitively known, and can be felt as good, neutral or evil.

Also, the actions of the presence are similarly known intuitively. The presence is most often described as either just being there, or “watching” the person.

Less common, but still worth mentioning, are descriptions of the presence moving around or interacting with the person.

The cause of the presence is largely a matter of faith. The biological interpretation suggests that the brain is essentially starting to dream, and creating feelings and thoughts that are overlaid with physical reality. Essentially, it views sensing a presence as a specific type of hypnagogic hallucination. More metaphysical theories point to the existence of spirit guides or ancestors in the case of benevolent entities, general spirits in the case of neutral entities, and attributions of demons in cases of apparent violent presences.

Weight Changes

Changes in feeling of weight can occur, and often quite suddenly. There are roughly two stages that this occurs in. The first is when one first enters deep relaxation, and the second is when sleep paralysis occurs. In both cases, the body can feel extremely heavy or extremely light. Usually though muscle relaxation is associated with heaviness, and sleep paralysis give lightness.



Feeling of Weightlessness

The heaviness from relaxation occurs because the actual weight of the body is suddenly felt. Because a lot of the muscles that usually hold the body up relax, pressure and tension is felt as gravity pulls at the body. This continues on, either with awareness or without, until sleep paralysis occurs. Since the body effectively stops sending signals to the brain, all feelings of weight are gone, and the mind often assumes that the body is suspended, almost weightless.

Feeling pressure on the chest, if lying on the back, is related to this phenomenon. It's not a new sensation per-se, but simply an awareness of a weight that is pushing at the body.

Proportion Changes

Similar to weight changes, as signals from the body stop reaching the brain, the sense of where your body ends and begins also changes, and may be removed completely. Changes to the perceptions of you can range from feeling like you're shrinking into an infinitesimal point of consciousness, or growing and expanding until reach the edges of the Universe.

The growing or shrinking feeling usually happens after sleep paralysis has set in, thus leading to the conclusion that the sensation is probably caused by a mind/body detachment.

Temperature Changes



Sleep in general causes the body temperature to drop a fraction, and this sometimes can be felt. However, since the body is slowly becoming detached from the mind, body heat can also start to be felt as if from a separate source, leading to feelings of heating up.

Movement Sensations

This is another phenomenon with different manifestations and degrees of intensity: from slight dizziness, to vertigo, to feelings of falling or flying up at great speeds. This is because its the start of the projection sequence, and as the Astral body starts to separate from the physical, the awareness of that movement of separation is translated into feelings of falling or flying.



Sensations of rocking or swaying can also occur, and are often used as methods for Projection in an attempt to disorient the mind away from the body.

Rapid Heart Rate

A racing heart, to the point where it feels like it's about to leap from the chest, has two possible explanations.



Rapid Heart Beat is a very common Pre-Projection symptom

Firstly, it may simply be the awareness of the heart beat shifting, so something that was once ignored suddenly becomes consciously experienced. Secondly, it may seem to be a side effect of fear or excitement. Especially when many of the sensations occur the first few times, they are new and completely beyond all previous experience.

Another popular way of seeing the racing-heart phenomenon is as the heart Chakra opening up and providing the Astral body with enough energy to separate from the Physical one.

Either case, remaining passive and calm and waiting for the heart rate to subside should allow you to continue with your Projection attempt. Also gaining familiarity with the different states of consciousness may help with the fear response.

Breathing Changes

Apparent shortness of breath, or feelings of not breathing altogether, can lead to panic and outright terror. Again, it's a simple symptom of the mind/body separation, or the transference of consciousness onto the Astral plane where breathing isn't felt. Breathing isn't stopping, but the awareness of it is.

Eye Movements

Eye-wiggles, usually to the left and right, are an indication that the brain has started generating dreams. It is the characteristic from which REM sleep receives its name – Rapid Eye Movement.

Blackout

Once the vibrations reach a seemingly unbearable peak, some people find themselves suddenly loosing consciousness for a few seconds. When it returns, the person is in what's commonly described as a "void". From here, any scene may be created.

These were some of the most common sensations you might experience when you are practicing. There are many more, and soon you will realize which sensations are most common for you.

Summary Of Some Pre-projection Sensations

Vibrations, mild or severe	Paralysis, mild or severe
Buzzing, mild or sever	Roaring
Wind blowing noise	Engine noise
Music	Bells ringing at a distance
Humming	Tingling
Energy sensations	Temperature changes
Voices of people communicating	Laughter
Your name being called out.	Heaviness feeling
Sinking feeling.	Weightlessness or spreading lightness.
Floating feeling	Electrical-like sense of energy.
Footsteps	Other sounds of a person's presence.
Rapid heart beat	Fast breathing
Eye movements	Blackout
Internal rocking	Spinning
Proportion changes	Movement of any kind.
Arms or legs lifting while you are asleep.	Hypnagogic Hallucinations
Sudden jerk of your limbs (myoclonus)	Feeling of an ant walking on your body
Feeling of falling	jerking awake
Clairvoyance	Sense of serenity
Spinning	Swelling

Chapter 6: You Are Out! Post Projection Basics



Your mind during OOB

Astral Projection / OOB is a state in which you carry your waking consciousness into the dream world. But you never carry your waking self 100%, but take only a portion of it into the dream world. So your state of consciousness is a mixture of your waking consciousness and your dream consciousness. Therefore your consciousness is not 100% same as it is when you are awake. This creates very subtle changes in your reactions, thoughts and emotional responses to what you experience in the OOB realm and how you behave there.

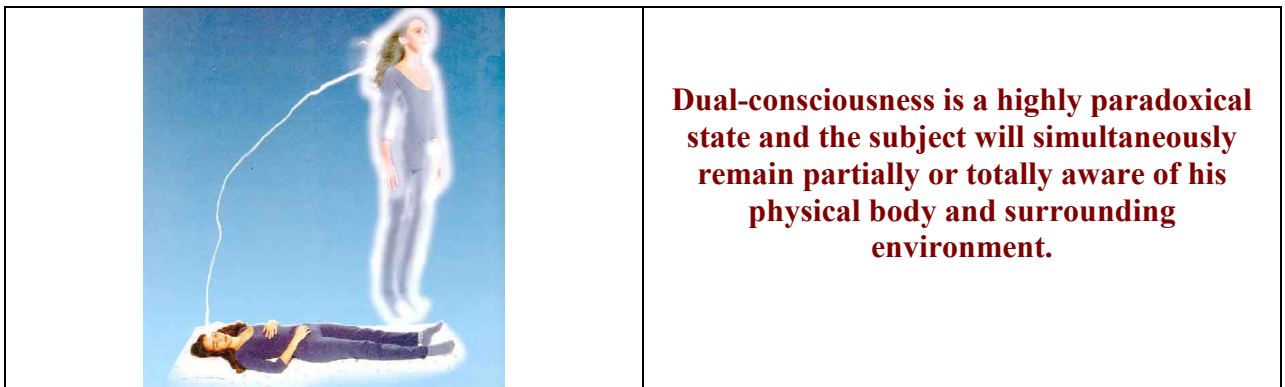
During your projections you will need to train your consciousness to be very focused and directed. If you don't, your attention will easily be diverted to small distractions during the experience, and you will not do what you had planned. This single-mindedness also helps you to remember details of your experiences.

The clarity of your consciousness will not always be the same. Sometimes it will be very strong and clear, and you will feel more awake and aware than in normal life. But sometimes the consciousness will feel very weak, and you will lapse back into sleep.

With experience, you will understand your state of mind during the experience and learn to control it for maximum benefits.

Duality

When you are out of your body, the most commonly felt symptom is the sensation of duality - of being aware of the Physical body while also being aware of existing in the Astral body at a different location.



This concept of duality has been testified by the enormous number of case histories available on out of body and near death experiences. This effect appears to indicate the existence of telepathic links between the physical body and the Astral body, possibly via the Silver Cord.



The Astral Body

Most Projectors are able to see their Astral body just as they would see their Physical body. The Astral body is a replica of the physical body. Its is made up of a substance that can interact with the Astral Plane just as the Physical body interacts with the Physical Plane. This substance, which is lighter than the ether, is sometimes referred to simply as 'Astral substance'.

The frequency of the Astral body is higher than that of the Physical body and is in vibratory sync with the Astral Plane. The appearance of the Astral body can be changed by will, however most of the time it appears to be the same as the Physical body.

In the astral state you will discover that it is unnecessary to eat or to drink to nourish the Astral form. Nourishment occurs through spiritual osmosis. The astral form automatically absorbs the life-giving energy-fluid flowing through the astral ethers.

It is interesting to note how perception through Astral senses differ from the Physical. Unlike the five senses of the Physical body, the Astral senses are reported to be diffused throughout the Astral form.

An interesting question - During an OBE, are we naked or are we clothed? The answer is, sometimes we are naked, but most of the time we do wear Astral clothes. People who report being naked during an OBE usually "feel naked" because they are not in their Physical body.

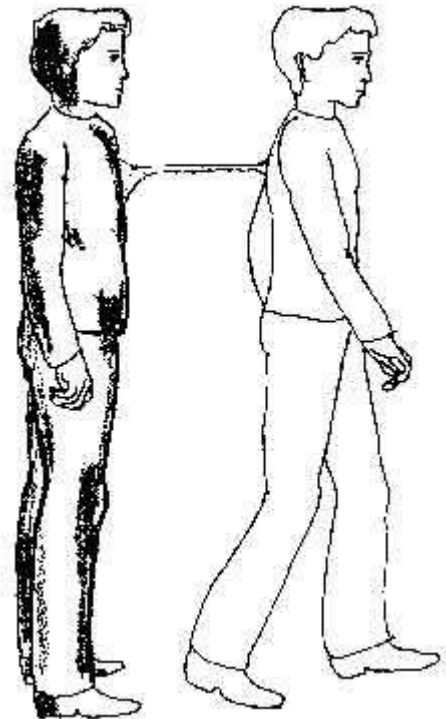
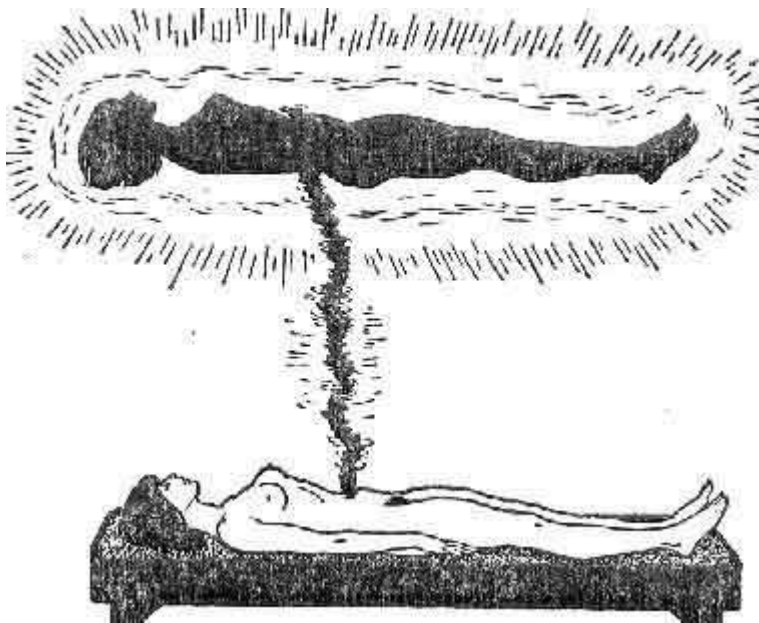
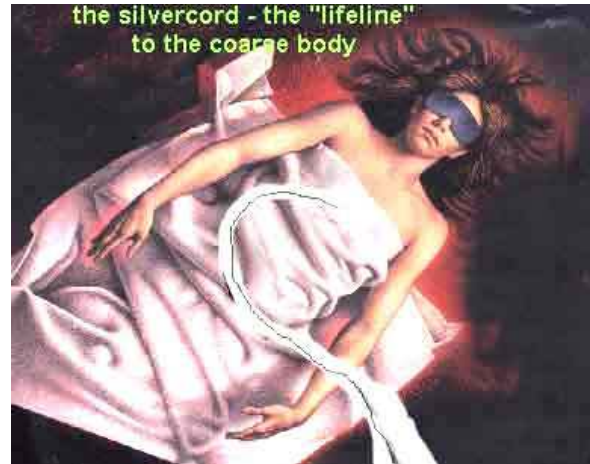
Most find themselves attired in Astral clothes, identical to the clothes they were wearing at the time of the OBE. This is because in many cases they don't realize at first that they are out of their bodies. So of course, they believe they are wearing the same clothes.

On the other hand, many report that they were wearing clothes different from any clothes they own in physical life.

More common, however, is the case where the subject doesn't remember whether he was wearing clothes at all. They just don't seem to notice. They don't even think about the clothes they are wearing, and since they are not thinking about it, no clothes are created.

The Silver Cord

The Astral body is connected to its Physical body by an elastic but strong cord, of a flowing and delicate silver color. It is made up of millions of tiny finitely stretchable strands wound together. When the Astral roams about in the higher dimensions, this cord serves as a connecting link between the material body and the Astral form.



This constant exchange of energy is responsible for maintaining the necessary functioning of the body and for keeping it alive, both when the individual is in the waking state and when he is outside the body. This retractable energy cord acts like a set of reins on the Astral body, preventing it from getting lost in Astral realms or failing to return to the Physical body.

The Silver cord is connected to you when you enter the Physical body for the first time, and it is not severed again until you leave for the last time. The cord can never be severed while out-of-body and only loses its connection to the Physical when death occurs. In other words, as long as this cord exists intact, the soul is bound to the Physical body. As one approaches death, the Astral gradually loosens itself, lifts up above the physical, and then the cord breaks to allow the higher bodies to leave.



You may or may not see the Silver cord during a projection. Whether or not you do is completely normal, however know that it is always there! If you happen to see it, you might find that it is silver or whitish in color. It is almost translucent and also pulsates with life-energy

The Silver Cord can be connected to your Astral and Physical bodies either at the back of your head, chest or abdomen, depending on the most active Chakra in your body. Wherever the cord is connected, at both ends it is widened like the connection of the root of a tree.

Concerning the length of the Silver cord very different observations are reported. However, most people report that the cord is short and thick when the Astral is very close to the Physical (within a few feet of the body). But as the distance between the bodies increases, the cord becomes longer and thinner until it is like a spider's web. At this thickness, the cord is capable to stretch till infinity.

The Silver cord can be compared to the umbilical cord, the mother being associated to the physical body, the embryo to the Astral Body. Birth was linked to death: In birth the umbilical cord is cut and the newborn enters daylight as individual; in physical death the silver cord breaks and the soul is set free.

Chapter 7: The Astral Plane



The Astral Plane

The Astral Plane is very real, seeming much more solid and vibrant than the Physical world. It's a world without any need for money, work or any of the other trappings of a physical existence.

Those who have visited the Astral planes find themselves in an environment where all senses seem greatly magnified. These senses are not our normal physical senses, but inner astral senses.

Thoughts can actually be seen to take shape instantly and anything desired can be instantly manifested by means of the powers of the imagination in the very process of creation. This is also why the Astral worlds are known as the "desire worlds" and the Astral body known as the "desire body". This fact that Man creates with his thoughts and feelings in the Astral world shows the truth in the occult statement that Man is a "god in the making". It shows that we can be supremely creative.

Once you are out in the Astral plane, you will find that it vibrates at a much higher frequency than the Physical plane. There is no gravity on the Astral plane. Time and space are distorted as compared to the Physical. As a result, time can pass differently than in the physical.

Here, thought plays an integral part, and simply imagining something in the Astral can cause it to form. Since this is where all of our hopes, desires, and dreams can essentially become reality, the Astral plane is also known as the emotional plane.

In the Astral plane there is no need for food, clothing, shelter and sleep. We have true freedom. It is our will that sustains and heals us, and our will that creates the realm in our image. The Astral planes are made of focused mental energy. In the spirit world thoughts create reality, and we frequently create what we are familiar with.

Divisions Of The Astral Plane

The Astral Plane is divided into Lower, Middle, and Higher. Each division contains multiple divisions of varying vibratory rates.

The Lower Astral Planes



The Lower Astral Planes are described as darker more primal realms. Some have described them as the place of Dante's inferno while others think of them as purgatory. They are where the souls of the lost reside. Residing here are many beings including people who are out-of-body, both consciously and sub-consciously, people who are dreaming, the deceased, and even beings that never existed on the Physical Plane at all. Communication with all of the above is possible while Projected.

The Middle Astral Planes



The Middle Astral Planes are the realms of divine inspiration free of earthly desires and conflict. The beings in these dimensions cause many of the artistic and technical breakthroughs on Earth by sending silent messages to its inhabitants. This is the place where many of us journey for guidance and healing. These realms are frequently a reflection of the world we live in now. They contain the same vegetation, animals, and even our own created structures.

The Middle Astral is a plane full of rainbows of vivid colors and exquisite beauty. It would be an impossible task to try and rationalize this place. This plane is full of thoughts, dreams, and ideas, which are manifested as real objects.

Everything including inanimate objects has auras of energy emanating from them in vivid and bright colors. Time here is very distorted and it is possible to see future or past events.

People who have successfully consciously projected to Middle Astral Planes have described unseen colors and sounds, breathtaking landscapes and scenery, and even some things beyond our comprehension. This place is purer in its formation. The needs and the strife associated with the Physical world have been left behind. It is a place of peace and utter bliss - one might go as far as to compare it to the Garden of Eden.

The Higher Astral Planes



The Higher Astral Planes are the realms called Heaven by Christians, the Summerland by spiritualists. This place is beyond the comprehension of most people, as they are said to be the home of the Christian God, the Buddha, and other great beings.

The higher astral planes are where we begin to reach toward self-godhood, becoming fully aware and acknowledging that all life is symbiotic and connected for the “good” of all. We realize that each individual is an essential link in the chain of life and existence in the physical world affects all of the other realities we do not perceive. This awareness often leads people into pantheism, the belief that all life is sacred and should be protected from the lowliest worm to the greatest killer. In other instances the traveler will not turn toward pantheism but in either case will become truly aware of this fact on a constant conscious level.

The Middle and the Higher Planes are where the true path to spiritual and physical healing lies. This is where our perceptions of life grow and expand by leaps and bounds freeing us from many of the stigmas of society and its imposed morality.

When we begin traveling through the Astral realms, we generally first enter the Lower planes where the Physical world is still visible, though distorted by our emerging perception. But as we move into the Middle planes we will notice that the Physical world becomes less and less noticeable until finally we move completely away from it into the Higher planes.

Astral Inhabitants

The Astral world is the abode of all sorts of life forms, with varying levels of intelligence.

You can meet all these inhabitants and even interact with some of them. Some of these entities may be completely indifferent to your presence; some may be friendly and others hostile. It is important to remember that these entities can cause you NO HARM whatsoever.

Let us arrange this immense variety of beings into Human, Non-Human and Artificial Entities

A. Human

1. Sleepers
2. Conscious Astral Travelers
3. Dead people (Those who have moved from the Physical Plane)

B. Non-Human

1. Fairies and Nature Spirits
2. Astral bodies of animals
3. Angels and other celestial beings (At higher levels)
4. Demons (At lower levels)

C. Artificial Entities, elementals Or Thought Forms

A. Human

Meeting humans in the Astral Plane is a fascinating experience!

Sleepers

They are people who are untrained in the art of Astral Projection. They are dreaming more or less unconsciously and are not aware that they are in the Astral plane. If you happen to meet them, you will mostly find them in a daze, wandering aimlessly. They float dreamily about tossed by the various astral currents, occasionally recognizing other people in a similar condition. They may not respond to your gestures. If you meet someone you know, and try to talk to him, he may or may not recognize you. In the morning, he might just remember having a dream about you.

These dreamers meet with experiences of all sorts, pleasant and unpleasant. They wake up the next day with either a wonderful dream, or a grotesque nightmare!

Conscious Astral Traveller

They are people who know that they are out of their bodies. They may be new to the Astral plane, or they may be quite advanced. If you meet any of the advanced beings, they will help you in your Spiritual path.

There is also a class of conscious Projectors who use their powers for purely selfish purposes instead of for the benefit of humanity. Black magicians, their pupils and some clandestine tribes fall under this category.

Dead

The word "Dead" is a misnomer. These people are not dead and are very much alive just like us. The only difference between them and us is that they don't have a physical body to return to. Many of us have had dreams of deceased relatives. In such dreams, the dreamer and the deceased are both in the Astral plane and attracted to each other by strong emotional ties.

During your Projections you may come across people who have completed their time on the Physical plane. They may have just "arrived" or they may be quite seasoned and are there help others.

If you meet any Human in the Astral Plane, you may want to determine if he is unconscious, conscious or dead, the best way is to approach him with some questions. You may ask him his name, phone number or address, or even the date. If his answers are all garbled, you have probably met a dreamer.

If the answers are quite logical, you have probably met a conscious Astral Projector. If you can remember the answers yourself, you may try contacting the person here on the Physical plane, and verify if this person actually exists.

To be sure you met a deceased person, get his name, the era in which he lived, his address and if possible, other details of his life. Then, again, presuming you can remember all this information upon waking, if you can verify this information, then you can be sure that you met a deceased person.

Non-Human

In the Astral, there exist entities, which never were human, and never will be, for they belong to an entirely different order of nature.

Fairies and Nature Spirits

Some of the Nature Spirits inhabit streams, rocks, mountains, forests, etc. Folklore of all nations believes in them. Their occasional appearance to persons of psychic temperament, has given rise to the numerous tales and legends. This class of Astral entities avoids the presence of man and prefer the solitudes of nature.

There are some Nature spirits who like to help people, while there are others who find delight in playing elfish, childish pranks. These spirits are not hostile and are generally peace loving.

They are called by different names like fairies, pixies, elves, brownies, peris, djinns, trolls, satyrs, fauns, kobolds, imps, goblins, little folk, tiny people, gnomes, sylphs, undines, salamanders etc.

Astral bodies of animals

This is an extremely large class and you may bump into them during your projections. They do not occupy a particularly important position on the astral plane because they usually stay there for a short time.

Angels

It is very rare to find Angels on Lower and Middle Astral realms. You find them mainly on Higher realms. They are there to guide you and protect you. They help you in your progress.

Demons and the likes

They are entities of the lowest order and are found only in the lowest regions of the Lower Astral. In most cases, if you ever happen to be in the Lower astral, you will not be able to stay there for long because your rate of vibration would be much higher and you will be propelled to the Middle or Higher realms.

But if you do encounter any such unwanted entities, just remember that they do not have any power to hurt you. Just command them to go away and they will vanish. They get attracted to

feeble souls and try to frighten them. If you are strong and know that no harm can come to you, you can continue with your projection without problems.

Artificial Entities or Elementals

Artificial entities or elementals are Astral matter which can be formed into almost any form by the power of thought or emotion. These artificial entities are not born naturally, but they are the creations of the minds of men.

The majority of these elementals, or thought-forms, are created unconsciously by people who manifest strong desire, accompanied by definite mental pictures of that which they desire. But many have learned the art of consciously creating them, either for good or bad. Strong wishes for good, as well as strong curses for evil, manifest into the Astral. But such thought forms are under the law of thought-attraction, and go only where they are attracted. So be careful of what your thoughts are during your projections!

If you meet any such elementals, you will find that they do not have volition of their own and may not respond to you. They may take ghastly form and try to scare you, but cannot harm you in any way. With a strong will, you can make them disappear.

The very thought of meeting other people on the Astral Plane might be creepy. We are always scared in the face of the unknown, but one thing is certain - as you get more proficient at Projecting, and accustom yourself to the OOB realm, you will become less and less afraid of what you encounter there.

All experienced Projectors will vouch that no harm can come to you during your Projections. So you should keep an explorer's attitude during your Out of Body travels and there would be no limits to what you can learn and where you can go.

To get more information on the inhabitants of the Astral world, I would highly recommend the following book :

"Astral Plane - It's Scenery, Inhabitants and Phenomena BY C. W. Leadbeater"

Watch your thoughts

The Astral plane is highly responsive to thoughts, because thoughts are alive. Any thought will instantly manifest. So it is important to retain full control over your thoughts and emotions at all times. If you do not achieve this level of control you can scare yourself back into your physical body. If you are frightened of the possibility of meeting an evil being and create such a particular thought within your mind then it will immediately manifest and the evil being will appear in the same form as you imagined. This being will not be real of course, but rather a product of your own imagination. So if you don't fear, you will not have any problems.

Communication On the Astral Plane

When we are out of the body, communication is accomplished by thought-transference (Telepathy). Since our waking habits have taught us to use our vocal chords and our lips, we may sometimes find ourselves communicating verbally. But it is not necessary at all. The utilization of telepathy means that every soul understands every other soul without any language barrier. All communication is done by thoughts, and words are done away with.

This kind of non-verbal communication can occur between you and any other living entity, human or non-human, irrespective of the language of the entities.

Such telepathic communication is very effective because we receive a lot of information in a fraction of a second. Moreover since no words are being used, the message received is very accurate and chances of misinterpretation is highly reduced

During your projections, such thought-transference can be very mind-expanding. The very fact that you are consciously communicating telepathically is a thrilling and magical experience to say the least!

Locomotion On The Astral Plane

Once out of the body, the possibilities in this spirit-like form are endless. There are no restrictions in the means of locomotion as are present in the physical body. However, because of our years of conditioning, we might find ourselves "walking" like we normally do in the Physical. In the Astral, this is a clumsy way of locomotion indeed and "walking" is not required. There are much better ways at our disposal! As the Astral Plane defies gravity, you may choose to glide or fly.

Gliding is good if you want to travel short distances, but for traveling great distances it is often better to travel to your destination instantly simply by forming the intent to do so, and imagining yourself to already be there. With practice, you will realize your movements in the Astral is done just by "thinking". You think about a location and you are there in an instant! Your intention will control all your movements. Since you are not used to this kind of locomotion, it will take some practice to master and control. With experience, you gain better mobility.

You will find that sometimes your motion is not controlled by you. There are mysterious Astral currents that will often take you somewhere even without your volition. But if you exercise a strong will, you can go wherever you want to.

Vision On The Astral Plane

In the Physical body we have around 220 degrees of vision, i.e. we can only see in front of us and sideways. We are unable to see what's behind us, above us or below us at the same time.

But in the Astral, all our senses are enhanced, including our vision. The Astral body has a 360 degrees spherical vision which is like one huge multi faceted eye that can see in all directions, up, down, left, right, front, back, and all at once! Rather than being restricted to the normal narrow field of vision of the physical eyes you can now look all around you at the same time.

The brain, because of its lifelong habit of frontal vision, cannot assimilate spherical vision. Therefore, using this innate Astral ability might take some time to get used to. Again, practice is the key.

Astral Blindness

Sometimes, especially if you are new, you will find that your Astral vision is very blurred or even non-existent. This usually happens if you are too close to your body (within about 10 feet). When you move away, your astral vision comes into focus. So, to get rid of this Astral blindness, the best thing to do is to move further away from your physical body by imagining you have already done so, and then mentally state the command with as much authority and energy as possible "Vision Now!"

Chapter 8:

The World Is Yours!

What You Can Do

In The Astral



What you can do in the Astral

We all possess untapped magical abilities that modern science is only beginning to comprehend. Conscious Astral Projection opens the door to a new era of unlimited exploration and human development.

But are you open-minded enough to explore this wonderful reality? Or are you happy to remain prisoners of your physical limits? The choice is yours!

If you are adventurous enough, you will find that the potential of Out of body exploration is absolutely unlimited. Exciting new vistas of human potential and exploration will open up!

The Pleasure of Flying

Since there is no gravity to contend with, flying in the Astral is usually one of the most rewarding and exhilarating experiences for most Projectors.



You can fly in a variety of ways... vertically, horizontally or jump like Hulk (remember the movie?) You can fly low and stay near the ground. Or you can fly high and obtain an awesome view of the terrain below. You can go skydiving or soar gracefully over the treetops like a bird. Maybe if you so desire, you can blast off into outer space!

Flying is an ecstatic experience, but it is something that you have to learn to control by actually doing it. There are various proven techniques that can help you take off:

Flying Techniques

Flying like Superman

Have you watched any of Superman's movies? If you have, you will realize that this method is very similar to how Superman flies. You run, you jump, and you soar through the sky with the greatest of ease, flying horizontal with your arms reaching in the direction of your flight. This is a very effective method because it is easy, full of fun, and it is a rather comfortable and natural flying position.



Swimming Style



This is a common method because it's natural and easy. You can fly through the air doing the breaststroke or whatever style of swimming you prefer. This is a relaxed method of flying because it gives you slow flight and provides good view of the landscape below.

Flapping Technique

This is a slightly clumsy way to fly. Whenever you want to take off, flap your hands like a bird and try to take off. Whenever you find yourself immobile in the Astral, this is a good technique to airborne yourself.



Rocket Propulsion Technique



In this technique you take off immediately just like a rocket. Stand erect, arms to your sides, and will yourself to ascend like a rocket at super human speed. You will find the effect to be really surprising.

The earth will fall from your feet and you would take off at amazing speed. Your house will look smaller than a matchbox and the streets would be just like thin silvery lines. If you find yourself traveling in a slanting direction, rectify this and move upwards.

This is a good way to cover vast distances or to visit outer space. But it is recommended only if you have got some experience with other methods of flying.

Rubber Ball Technique

In this technique you simply jump up and down and increase the amount of time that you spend in the air. After a few leaps you will find that you are in a full-blown flight. This one is good for the beginner and very easy to accomplish.



Those were just some of the common methods that you can try out and add to your arsenal of flight skills. Try them all and find out which ones are most suited to your flying needs. They all have certain charms and specialties so it is a good idea to try and master as many as you can. Apart from the techniques mentioned above, there are several other methods available. Once you are in the Astral, you can find out and devise unique methods that suit you.

If you are new, flying may not always be very easy in the beginning. Despite flapping your arms or kicking your feet, you may find that you are still not taking off. Or maybe you take off, but then find yourself drifting back down again. This is basically because of your conditioning that you cannot fly.

There is actually no gravity whatsoever in the Astral plane. You will need to firmly lodge this reality in your mind. Once you start believing that the Astral is gravity-less, you will take wings and remain airborne at will. After plenty of practice, flying during an OBE will become second nature.

Belief...and practice is what is needed.

Controlling Your Flying Speed

Once you start flying around, you will realize that you can travel at any desired speed, from a casual walking speed to a speed beyond that of light. Such speeds help you cover unimaginable distances in a fraction of a second.

The difficult part however, is to learn to control your speed, acceleration and momentum. If you reach super-normal speeds and do not slow down, you will find yourself venturing deep into outer space!

Full control of your speed takes practice. It cannot be taught by writing. Whatever your speed, always stay calm. Try to focus on your speed, and control it with your intention. With practice you will very soon be in control.

PS : If you ever find yourself in outer space or any unfamiliar location, don't panic. You can ALWAYS return to your physical body by thinking about it strongly.

Venturing Into Space

While Projecting, you can even go in for a Star-Trek type odyssey!

You can blast off into space like a rocket and within an instant you are in space. Or if you want to enjoy this flight, you can slow down and see the city beneath you. Enjoy the sensation of being gravity-less! Pass through clouds and move higher and higher. You will find that from this distance the Earth looks like a small ball and the oceans look like village ponds. You can go as high as you wish to.

There are absolutely no limitations to distance, destination or speed. In the Astral plane space and time simply do not exist. You might want to visit the moon, Mars or any of the planets. Speed of Light is like that of a snail when compared to the speed of thought! So if you want, you can even travel to the most distant galaxy. But before you venture into space it is suggested that you have already learnt how to control your speed.



Communication With The Deceased

In the Astral, there is a possibility to communicate with a loved one who has passed away. If the ties between you and the deceased have been strong and healthy, they may appear before you and help you. They may guide you and help you with problems that are plaguing you.

Visiting People On The Physical Plane

When out-of-body, it is very much possible to visit other people on the Physical Plane.

If you know whom to visit, and if you can visualize the person clearly, then you can instantly be transported to that place. It doesn't matter which continent or which country he/she is in. Your intention, emotional attachment, and strong desire are what will take you there.

Once you reach your destination, the person whom you have visited will not usually be aware of your presence, because being on the Physical plane, they will not be able to see someone on the Astral plane. Therefore they will not be able to respond and communicate with you. But if the person you are visiting is a medium, or possesses psychic abilities, then there are chances that they can feel your presence, see you, or even communicate with you.

To prove to yourself that you can actually visit a friend, you can try the following experiment:

Ask a close friend to draw a shape on an 8" x 8" Paper, to color it, and to place it at a location you can't physically see, for example on top of the cupboard. Ask him to have the drawing face up.

Your job is to project to your friend's house and attempt to observe the target as accurately as possible. You need to find out what shape has been drawn on the paper and what color has it been filled with. If you are able to do it correctly, there will not be any doubt whatsoever in your mind that you can actually visit people on the Physical Plane.

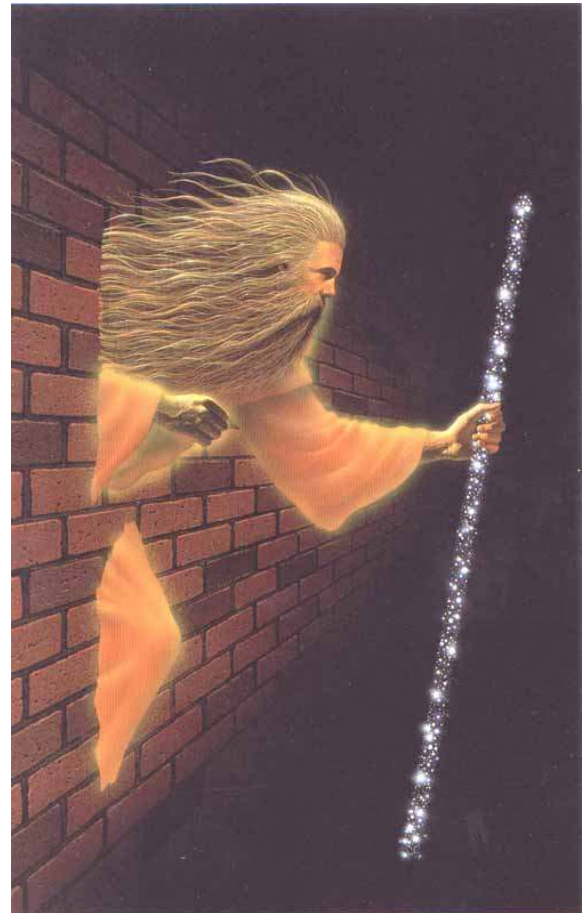
Moving Through Walls

Moving through walls and other solid objects is literally an out of this world experience! If you want to move from one room to the other you do not need to use doors. Just walk through the walls. If you want to go to the terrace, just fly through the ceiling!

Just like flying, passing through solid objects may be difficult initially. This is because through years of conditioning we believe that walls and other material objects are solid. In the physical world they are indeed solid, but in the Astral, all physical objects are no longer "Solid". The only way to overcome this obstacle is experience!

After you pass through a solid object for the first time, you will be left with no doubts about this reality and you will travel through any seemingly solid objects with complete confidence and ease!

In your Astral body, you are identical to what people commonly refer to as a "ghost". The only tangible difference between a ghost and a person in the OBE state is that the latter can return to their physical body at will whereas the former, the ghost of course cannot.



Visiting Places On The Physical Plane

Similarly, you can travel to any part of the world in the blink of an eye. You can see great monuments, museums and libraries. You can go sightseeing and visit wonderful creations of nature, visit the Pyramids and other wonders of the world. If you like tranquility, you can perch yourself on top of Mount Everest or even go to the golden beaches of the world. You may also go skiing or skydiving! You may even dive into the great oceans and catch a glimpse of the thriving sea-life.

You can do all this and much more. Go wherever you want to go, and do whatever you wish to do. The only limit is your imagination.

Astral Sex

Once you start Projecting frequently, you will no doubt start to encounter other projectors of the opposite sex. It is quite possible therefore, for two people in the Astral to meet and interact on an energy level, and enjoy much greater pleasure than is possible with physical sex. They can completely merge into one another and can make fantasies become real shared experiences.

Such sexual encounters are unintentional and/or accidental affairs; although there most definitely are exceptions. Sex just happens when sexual thoughts, fantasy imagery and sexual energies get out of control. Either male or female can initiate the out-of-body sex process with the same end result.



It is highly recommended that this union not take place without the consent of both people involved. If the union is between two lovers, Astral sex can strengthen the bond between them.

In real life, sexual thoughts are quite harmless. But the Astral world is very sensitive and such sexual thoughts affect sensitive environment and other projectors, often without their consent.

The sex instinct is a powerful emotion and if unchecked, can cause serious energetic problems, preventing the Projectors to last very long in the OBE environment.

Learning

The Astral is a very good training ground. Lots of physical and artistic abilities can be honed and practiced. The experience gained from the Astral is transferred to the Physical. A musician can learn how to play his instrument better, a gymnast can practice somersaults, a person can improve his public speaking skills, a poet can write beautiful poems, an artist can get inspiration to create wonderful paintings, an author can create world-famous classics, a scientist can get break-through ideas, the Truth-seeker can pursue spiritual development. You see, the learning and experience on the Astral is unlimited. It's a fertile ground on which any talent can be developed.

Exercising Psychic Powers

You will become a master psychic during your Astral trips! You can exercise many psychic powers in the Astral realms.



You can converse telepathically with other beings; you can become clairvoyant and occasionally see visions of the past and future. You can practice psycho-kinesis and move Astral objects by using your mind. You can levitate and also teleport yourself from one location to another!

When you start using these powers, you will realize how dramatic the experience is. In fact you will realize that even on the Physical Plane, your psychic powers are enhanced.

Tuning Into The Akashic Records

The word "Akashic" is derived from the Sanskrit word "Akasha, meaning "sky" or "ether".

The Akashic records is like the Universe's super computer system, and acts as the central storehouse of all information for every soul since the dawn of Creation. It is a complete and thorough record of everything that has ever occurred, including thoughts, feelings, every deed, word, and intent of every individual, all through time.



Some claim that the Akashic Records look like a large Library

These records connect all consciousness, and every human supposedly contributes and has access to these Records.

These records exist in the Astral realm. And if you are experienced enough in the field of Astral Projection, you can tune into the frequencies of the Akashic Records and view the past and the probabilities of the future.

One of the greatest advantages of such a repository is to help you learn about yourself. By finding patterns of behavior that have plagued you through your past lives, you can make the effort to change them, thereby improving your future and your present.

Whether you want to use Astral Projection for spiritual development, for creative excursions, or purely for entertainment purposes, is entirely up to you.

The point of this section was to touch upon the unlimited possibilities that await you in the Astral realm. The above possibilities are by no means the only ones. It would be impossible to put in words all that can be done, all that can be felt, and all that can be. There are countless things that you can do while out of the body.

You now have wings, and on this Plane, even sky is not the limit!

Getting back !

The final stage of your Out of body experience is your return. This is the easiest step because even if you don't want, you will return to your body!

There are two ways to return to your body.

1. Abrupt Return

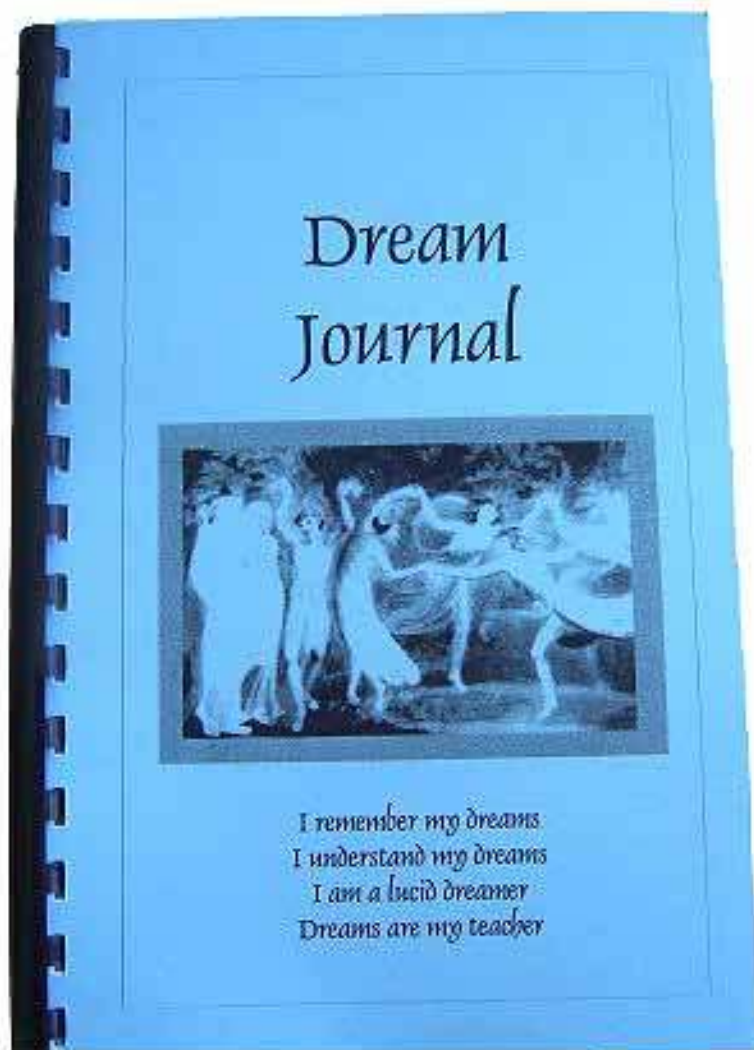
2. Controlled return

On many occasions because of external factors, or sometimes without any apparent reason, you will snap back into your Physical body and find yourself wide-awake. This kind of an entry is usually not very pleasant and will probably give you a mild headache. If you find you have a slight headache, the best solution is to sleep once again for 5-10 minutes and let your Astral re-align with the Physical.

But many times you are in full control of your return. No matter where you are in the Astral realm, just think about your Physical body and imagine yourself already there. There will be a blur of speed or there may even be an instantaneous shift from wherever you were, to a spot three or four feet above your reclining body. You will find you are there, drifting, undulating slightly. Just allow yourself to sink down very, very slowly. Your thought of sinking will lower your Astral body into your body until you are completely in alignment with your Physical shell.

Once you have entered your body, keep your eyes shut for a few moments. And recollect all the experiences that the Astral body has just gone through. Then slowly open your eyes and wake up. Welcome back! You have just achieved a fully conscious Astral Projection

Chapter 9: Remembering Your Experiences



Recalling your Astral Experience

You may have had wonderful experiences during your Astral travels, but if you are not able to get those memories back into the Physical world, you have lost some valuable information! Unless OBE recall is sharpened to the point where you remember the experience, it will seem like it never happened even if it did. This is the biggest and most prevalent cause of apparent OBE failure.

OBE experiences can be breathtakingly vivid, but memories of them, like dream memories, have the annoying habit of disappearing unless precautions are taken. An essential ingredient of successful Astral projection, therefore, is improving your ability to remember it afterward.

Tips to increase your dream recall:

Before Projection

Before you start your projection, always affirm firmly that your consciousness will be crystal clear during your travels and you will bring back vivid memories of everything that happens on the Astral plane. If you repeat this couple of times with desire and intent, you will have a very good chance of having a high recall.

During Projection

When you are out in the Astral, remind yourself several times that whatever you are experiencing will stay with you once you are back. Never loose this thought. Hammer this into your subconscious that you will remember, you will remember. And you WILL remember!

After Projection

As soon as you are back in your body, DO NOT MOVE from the position in which you awaken, and do not think of the day's concerns. Keep your eyes closed and try to recollect your experience. A major cause of dream forgetting is interference from other thoughts competing for your attention. Therefore, let your first thought upon awakening be, "What was I just dreaming?" Allow them to naturally come to your mind. You may remember them in fragments. Don't worry. Try to remember whatever you can.

Cling to any clues of what you might have been experiencing--moods, feelings, fragment of images, and try to rebuild a story from them. When you recall a scene, try to recall what happened before that, and before that, reliving the dream in reverse.

If you feel nothing more can be recalled, try changing your sleeping position. By doing this you will often remember more.

Recording Your Astral Experience

The single most important thing that you can do to increase your recall is to keep a journal. You may call this diary your Astral Journal if you want, and this will record details of all your Astral travels. An Astral journal can be as simple or as elaborate as you want.

While recalling your experiences, the emphasis is on capturing key words and phrases. Keep noting down whatever comes to your mind. Include a date and a meaningful title to each experience. This will help you in analyzing what kind of experiences you went through during a particular phase in your life. It is also suggested that you write everything in the present tense instead of the past tense. This gives you a greater chance of recall.

It is also an excellent idea to have a scribbling notepad and pen handy, especially by your bed. You may also have a bedside lamp or flashlight for recording key words and phrases when you awaken during the night. You will sometimes wake up in pitch dark with vivid recollections of your travel. Write them down immediately. Do not wait till you get up in the morning. By morning, you may forget it altogether! So heed this warning! No matter how fragmented your recall is, record it immediately. When you get up in the morning, you can go through your scribbles and write them properly in your Astral journal.

Just like any art, you can train your mind to recall more of your travels. Learning to remember your experiences may seem difficult at first, but if you persist, you will almost certainly succeed. Within a few weeks of disciplined practice you will realize that you can remember more, with greater clarity and finer details.

Keeping a journal is a crucial part of the process and please do not ignore this.

Here are some tips that can help you during your Projection adventures:

General Tips

- Always remember that you are protected and immortal. There is no need for fear. Feelings of fear are self-generated and exist because of lack of information when encountering a new situation or environment. Always remember that you are a powerful, nonphysical being.
- Release your preconceptions, limits, beliefs, and convictions.
- Attempt to maintain an open, nonjudgmental state of mind.
- Have an urge to explore beyond the Astral realms
- Remember to remain calm and centered always
- You are the writer, director, and actor in every experience, situation, and encounter.
- Throughout your being, absolutely know that you are a high-energy, nonphysical being.

- Don't be impatient. Conscious Astral Projection can take days, weeks or even months to accomplish. Give it time. It will happen if you persist.
- If you feel like you've been trying to project for a long time and seem to be getting nowhere, you may need to review your techniques and adjust accordingly.

Pre-projection Tips

- If you are new, avoid practice when you are very tired. Most probably you will fall asleep.
- Normally there is an inherent fear of the unknown in all of us. So it is better to avoid darkness and practice in dimmed lights
- Remain calm
- Stop your inner dialogue. Keep all thoughts at bay.
- The vibrations, sounds, numbness, and catalepsy are a normal experience.
- Allow and encourage the vibrations to spread through your entire body.
- Remember not to move or think about your physical body; any physical movement will shut down the vibrational process.
- As you allow the vibrations to expand, visualize yourself moving away from your physical body
- Trust yourself and your abilities, you are a spiritual being possessing creative abilities.
- As you practice your favorite out-of-body technique, repeat the following affirmation: "I am more than a physical body. Because I am more than matter, I now separate from my physical body with full awareness".
- Request for assistance if somehow you are not being able to get out.
- Be prepared for a sense of motion after making requesting for assistance.

During projection Tips

- The key to prolonging your out-of-body experience is to maintain the focus of your attention away from your Physical body.
- In case of little or no vision, demand complete clarity of your awareness, "Vision now!" as often as necessary.
- Focus upon a specific desired objective: a person, place, or state of consciousness that you would like to experience.
- Get involved and interested in the nonphysical environment you are exploring
- Any thought of your physical body will instantly snap you back into it.
- Recognize your ability to control your movement and your experience. Remember, you can walk, float, fly, or drift

After Projection Tip

- Maintain an Astral Journal to record your experiences

Privacy, Ethics & Projection:

There is a widespread belief stemming from early this century that has not only remained unchanged but has been continually propagated ever since. This belief is that if a Projector deliberately invades the privacy of another person for immoral purposes or unethical gain, or engages in any disreputable or sexual behavior during OBE, they will be banned or stopped from further projecting -- grounded by a higher authority. It is even believed by some that there is a kind of Astral police force watching out for ethical, moral and Astral rights transgressors. This belief is a total myth.

There are many natural barriers associated with OBE, but there are no ethical or moral limitations. No higher authority is interested in the activities of Projectors. No Astral police force will appear and punish bad or naughty projectors.

The ethical and moral correctness of any out-of-body action depends entirely upon the judgment and conscience of the projector concerned. With out-of-body sex especially, strong natural barriers are encountered and there are natural repercussions for repeated disreputable behavior. If projectors cannot control their behavior they will not last very long nor travel very far while out of body. Their experiences will tend to be quickly curtailed whenever they meet any potential sex partners, real or unreal. This cuts their OBEs very short indeed and keeps them off the astral streets, so to speak.

As to invading the privacy of people in the real world, or other Projectors in the out-of-body environment, even for deliberate unethical gain or immoral purposes, there are no restrictions.

The intentions involved with privacy issues are important. Continual deliberate breaches of privacy will cause a serious alteration in a projector's energy values. This will attract other like-minded projectors and negative-type beings into their OBE's as well as into their real life; which is consequence enough!



Conclusion

Every society, every culture is overflowing with their version of the truth - a manmade collection of unconfirmed convictions. These beliefs change with time, evolving and decaying, while the truth of our existence remains the same, hidden under the ever-growing mountain of doctrines, dogmas, assumptions, and conclusions.

This journey of consciousness from the physical to the nonphysical is a reality we cannot escape. The transformative qualities of out-of-body experiences are a reality that each of us can experience. All we need is an open mind and the proper guidance to access our unlimited personal potential. The ability to explore unseen areas of the universe is now available, but it is up to us to take the step from being a curious observer to becoming an active explorer.

Like all of the good things in life, Astral projection can be difficult to attain but the wait and effort makes it all the more worthwhile. Even more important than patience is to keep an open mind, try what you feel comfortable with and accept the things that ring true to you. This will take you farther than any book or incantation; no spell will give you the peace of mind created by knowing your own beliefs and being willing to expand them

As with most abilities, regular and dedicated practice makes perfect. It is not good enough to simply practice for just a few minutes or a few nights and give up if there is no success; like most things, success will come to those who persevere. Therefore before embarking on these important objectives, take time to make a full intellectual and emotional commitment, together

with the resolve to succeed. The profound benefits for those who do so will more than justify such commitment and resolve, and the experiences will become increasingly more frequent and profound as time progresses.

I sincerely hope that I have been able to ignite some interest in you, so that you take the challenge of exploring this wonderful territory.

Although this brings us to the end of this book, I believe this end is nothing but a new beginning. Beginning of another book. But this time YOU are the author. This would be a book about YOU and about YOUR out-of-body travels. Start writing it today!

Appendix A : Experiences



The following are some real-life stories of people who have experienced Astral Projection. All stories are in their own words.

Jonas Ridgeway

Source : <http://www.jonasridgeway.com/>

When I was a teenager, my mother told me about her out-of-body experiences. Floating above her bed! Walking through walls! Flying at the speed of light! Of course, this bit of news completely blew me away. If my mother had experienced this phenomena, then there was no denying its reality. Who could I trust more than my mother? Because I could take this knowledge for granted, I believe it is one of the reasons why the OBE (out-of-body experience) presented itself so easily to me.

Before I had heard of OBEs, I had never -- consciously -- experienced it. After hearing my mother's stories, I was hooked; and it wasn't much longer after that that I was sharing stories of my own.

But before my first conscious OBE I was for months completely obsessed with the topic. I read everything on OBEs I could get my hands on, starting with Robert Monroe's Journeys Out of the Body. (In the early seventies, before OBEs were widely known, it was the book my mother first read on the subject. To her, it had been a godsend. Before reading it, she had been quite disturbed by her experiences and had wondered if she were going crazy -- she had actually seen a doctor about her "condition".) After reading Monroe I moved on to Muldoon, Fox, and carefully studied everything Jane Roberts' Seth had to say about it. By now my subconscious was so inundated with the idea of conscious OBEs that it was only a matter of time, I believed, before I would awaken outside my physical body, or during the process of leaving it.

However, several strange happenings occurred before my first OBE. I began to experience what I soon learned to identify as "remote viewing". I'd come awake, acutely conscious, and find myself with the ability to see through my closed eyelids. As a rule, it seemed several hours of sleep was a prerequisite for such an occurrence. At first, the vision was almost exclusively of an unpaved road, either of dirt or gravel, which moved beneath me as if I were flying above it a few feet from the ground. I knew this wasn't an OBE; I knew I was in my body, on my bed, in my room. I was remote viewing: it was like being somewhere without actually being there. It was mesmerizing. The road would continue, flanked by trees and brush; sometimes mountains were in the distance -- the details were all there. And I found that I could "move" faster with a mere thought to do so, or slow down.

Once, seeing through my eyelids, I had a vision that at first did not involve any motion. The image was of a stand of trees. When I wondered what was to the left the vision instantly shifted to the left and continued on, like a camera panning the area: more trees, then a man came into view. He was middle-aged, wearing overalls, and had a long gray ponytail. Using my will, I kept

the "camera" on him as he walked. Soon he was standing in front of a brown horse; a woman stood on the opposite side of the animal. Then the vision faded for some reason and I came out of the trancelike state.

Sometimes I have visions of my past -- of our old house, of my brother and sister as young kids. These are not still frames but moving pictures, complete in detail and in full color. These animated images would stay steady and clear as long as my concentration didn't fluctuate. Also, sometimes I would glance into what appeared to be from the future. Things that hadn't happened yet but which seemed quite possible to occur. (For example, I once remote viewed a full-color map of the world. I could "move" the map with a mere thought, to any part of the world I wished. I located the United States and found that it had changed, that many of the coastal states had shifted or broke apart from the mainland, transformed into separate islands.)

Sometimes I would see through the eyes of some unknown person, seeing everything he or she was seeing. I once watched a woman drawing for several minutes, not as if I were looking over her shoulder but as if seeing directly from her eyes.

My first fully conscious OBE was prelude by one of these seeing-through-the-eyelids visions. I came out of a deep sleep after eight hours and was seeing through my lids, through the far wall, and into the kitchen. It was as if I were peering through a hole, darkness all around but a crystal clear image within. I was staring at the kitchen faucet. It was as clear as if I were standing there. I could see the way it sparkled where the sunlight hit it. I could see my mother, her back to me at the stove. She was cooking something. I saw a pan and what looked like a cake in it. I saw a spoon with a thick substance on it -- frosting? I saw a white box of something on the counter. (Later, I found out that she had been in the kitchen cooking at the same time that I had had the vision. Also, there was a "white box" on the counter in the same place with nothing near it as I had seen it; it was a box of donuts. And finally, although it was meatloaf she'd made for my father (I'm a vegan, by the way) the resemblance was that of a cake.

Because of Oliver Fox's book *Astral Projection*, I owe it to him for my first conscious out-of-body experience. In it, he had described the very thing I had experienced several times, of seeing through one's eyelids. But what struck me was the part where he said OBEs could be achieved quite easily from this state if one thought to do so. After seeing the vision of my mother in the kitchen, I did think to leave my body. I thought simply that I would like to roll off the bed to the right onto the floor -- and no sooner I had done just that, leaving my physical body behind! It was amazing; it worked so fast and effortlessly. Like a book opening, my second body simply flipped over and down onto the carpet.

My first reaction was how quiet it was outside the body, how even the act of projecting had been absolutely devoid of any noise. My next reaction was how calm I was. I had no fear. My body was on the bed and I on the floor, but I wasn't afraid of dying. I knew what was happening.

I was on my hands and knees, staring at the carpet. I reached up with my right hand and touched the bed. I was thinking, "Cool. Cool. I'm doing it. Cool." I was trying to remain calm, I didn't want to mess things up. My vision was foggy, but I could see well enough to move around the bed (I didn't think to look at my body). Walking, it felt as it normally does; I could even feel the "muscles" in my ankles and the bottom of my feet. I thought of my mother and how she'd said

you can go through walls. I decided to try it, but just as I was starting through a wall everything went black, frightening me, and a second later I was back in my physical.

In the out-of-body state everything is governed by thought, conscious and subconscious thought. This applies to physical life as well, but on the astral plane thought manifests itself immediately and so maintaining mental control can seem an impossibility. The trick is to keep your mind blank until you are ready to give a command. For example, in the beginning of the above experience stray thoughts were absent because my mind was preoccupied with the word "cool", which I was repeating. At the end of the experience, as I was going through the wall, the fear of the sudden darkness put my survival instincts at play, catapulting me back to my physical. If I had kept calm, the experience would not have been terminated. Control of thoughts and emotions, then, is the key to maintaining the out-of-body

Synergie

Source: <http://www.astralsociety.com>

"My body felt distant. I was being lifted higher and higher out of my bed. It felt like I was both falling and moving upward at the same time. I lost all sense of physical awareness, and was overcome with an inner calm and peace that I never thought possible. I was more relaxed than I had ever felt and I became lost in this magnificent feeling of warmth.

I also began to feel strange vibrations. Like waves of energy, they coursed through my body moving from my head to my feet and then back again gaining in intensity. The feeling was like floating upon the ocean on a calm day wrapped in the warmth of the gentle sunlight above. I found I could almost control them and move them throughout my body simply by thinking about them.

I also heard strange noises in my ears that sounded like loud, intermittent and rushing static. They seemed to be somehow connected to the vibrations and I can only describe them as being emitted in the very low frequency (VLF) range. The sounds seemed to come from within. They were actually very curious and unlike any sounds I have ever heard. It was like listening to pure energy, if you can imagine that.

I then recalled standing beside the bed. The room at first looked distorted or blurry as if looking through water. If I moved my head to look around the images took a second longer to catch up with my eyes. I could almost see a motion trail and it seemed as if time were somehow slowed. Though my surroundings were at first distorted, they eventually cleared.

I thought to myself that I might be dreaming. I tried to change the physical appearance of my surroundings to test this theory but they did not change. It was definitely my room and I was not dreaming. I felt more awake than I can describe in words.

I also tried to walk about my room but found that I was glued to my position. I did push a few steps but the effort felt like trying to walk through a pool of molasses and it was exhausting. I tried until I became completely frozen in position mid step. The only part of my body that I could move was my head.

I came to look back toward my bed, staring at a still shape laying there. The motionless figure was me, but how could it be? I was standing here beside the bed, not in it. In that instant, I felt feelings that I can not comprehend even to this day. It was completely overwhelming and confusing at the same time. It was like a curious child being shown all of the secrets of the universe at once.

The confusion caused panic and the panic flooded through me, causing everything to become disorienting. My vision became blurry once again. I felt an immediate spinning and felt like I was being pulled by some unseen force. I tried to fight it so that I could learn more, become more. It was without success.

My next memory would be the feeling of being slammed back into the reality of my bed. I was laying in the same position that I had just witnessed from some other perspective. I laid there awake the rest of the night trying to make some sense of what had just happened.

The whole event took maybe a matter of minutes but seemed like much longer. It all seemed so vivid, too real to be a dream. It was like I had just lived through some science-fiction story, but I know it was real. I can't describe how I know. I just do.

With the sinking feeling of utter 'awe' in the pit of my stomach, the realization hits me. "Could I have just had an out-of-body experience?" -

An Astral Journey to the Pyramids of Egypt

Author : Pati

Source: <http://www.mysticweb.org>



This is one of my Astral experiences after being given a very specific homework for the week. A practice was set for all the online students around the world and for all the students who attend the physical centres in Australia. The homework was to practice the Astral intensively all week and to go to the pyramids of Egypt to meet with other students as well as to see what they look like in the Astral Plane. We were to use Egyptian mantras like "Egypto", "Faraon" and "Larras" or a visualisation exercise on the pyramids.

I practiced hard all week with strong determination at the centre in Melbourne, Australia, with other students, and at home. I knew that the homework had a lot of strength behind it because everyone was giving it a good try so I didn't want to miss the "wave" of strength. I used to do a bit of surfing and I compare this type of activity to an ocean wave - I can't let them pass, I have to catch it and ride it, otherwise I would have to wait a long time for the next one to come.

At the end of the week all students of the Sydney and Melbourne centres decided to do a night practice. We all agreed to come to our centres at 3am and try the practice until 5am. And that is when I had my little success with the homework given. We all chanted the mantra "Larras" out loud 7 times and then internally, feeling the vibrations of the mantra throughout the body and, at the same time, keeping a still image of the pyramids. I started the mantra but fell into a light sleep, then I woke up and continued the mantra and as sleep started to arrive again, I made an extra effort to concentrate on the mantra. Soon after, I started to feel my body temperature rising and the whole body vibrating and intuition told me that it was time to get up. However, I hesitated to do so as it felt so much like the physical that I thought that if I moved I would wake up the others, but intuition was telling me "get up, you are in the astral!" so I did. I rolled over to the side and got up from the floor as I would do in the physical. I found very hard to move and I couldn't open my eyes so I sang the mantra "Bellilin" and the darkness went away. I looked around the practice room and saw the astral body of one of the students. Her astral body was unconscious, sitting down playing with her hands. I went outside the room by going through the door. I walked around the centre and saw how it looks in the astral.

I went down the stairs trying to stay in the moment so that nothing such as an emotion or a thought could throw me back to my body. I went through the door of the room downstairs where more students were practicing and saw the room full of people, more than the ones who were

practicing. I saw the astral bodies of many people - sitting cross legged, walking around looking at the room, talking to each other... These could have been the astral bodies of people that come to the study centre or of people that will come to the centre in the near future.

But I didn't want to get distracted by talking to them; I had to go to the pyramids! I went outside the centre and took a few minutes to ask my inner Being with all my heart and strength to take me to the pyramids of Egypt so that I experience and learn. Then I did a small vertical jump thinking that she would guide on my flight there but to my surprise I was taken towards the ground and I made my journey from Australia to Egypt going through the Planet. I couldn't see anything or felt that I was going through a hard surface. She simply took me the quickest and easiest way so I wouldn't get distracted on the way. I landed in a room surrounded by big glass windows. From there I could see the three pyramids from far away and just with the thought of wanting to get closer, I did. There were a lot of people around the place doing various things, some conscious and some unconscious. I gather that many spiritual groups focus on the pyramids and that many others dream about the pyramids so their astral body goes there even if unconscious. I could also have seen personalities of people that have passed away.

I saw the pyramids in two ways but I can't give too much detail because of the esoteric or internal nature of the information. I walked amongst the multitude and called out loud: "Are there any students of Gnosis around?" I caught the attention of several people and two of them came closer to shake my hand but my intuition told me to be precocious with them. I ignored them and kept walking and observing. Then I decided to invoke a spiritual Master/Angel and as I was calling I went back to my physical body due to a big emotion.

From this experience I learnt of aspects about my internal work and also that determination and faith makes a big difference when trying to do a practice.

Wishing you lots of inner strength with your practices!

First Success

Author : Dave

Source : <http://www.mysticweb.org>



My first experience of Astral Travel was spontaneous and not something I did willfully. I was sleeping in a tent on holiday in Byron Bay when it happened. I don't remember at what point I woke up from my dreams. But I suddenly, and strangely, found myself standing outside the Sydney home in which I grew up, almost 1000 kms from where I was lying. It was still dark. The suburban street was empty. And I was just looking at the house in amazement. I was wide awake, and it took me a little while to come to terms with the fact that I was asleep in Byron Bay. I already knew it to be so, but it wasn't as logical as my mind liked things to be. I quickly noticed that I felt no support beneath me, and looked down to see my feet hovering not far from the ground.

The most amazing thing was that I knew, in full consciousness, that I was asleep in Byron Bay and at the same time was now right outside my parents Sydney home. I was no less awake than during daylight hours - it was extraordinary. It was exactly like being awake, except I could fly and felt somehow lighter. I decided to take off into the sky, enjoying the novelty of flight. I turned and propelled myself quite naturally into the air. It felt uncannily natural, as common a habit as walking or running, I knew exactly how to do it somehow. As I shot up into the air, I suddenly jolted in my body, still lying in the tent. It was a rushing, falling sensation. The jolt woke me up. I sat up and looked around in surprise, with crystal clear memory of everything that had happened. I could barely contain my excitement over the brief journey and wanted to know what had happened.

This experience later drew me to the Gnostic Movement which taught Astral Projection (the term which was used, I learned, to describe the vivid experience I recently had). With the simple technique of concentration on the heart, which they taught, I was persistent in practicing at night in bed. It took a lot of mental discipline and training, but I was keen and carried on over many days, weeks and months. Even though I managed to wake up in the Astral plane thanks to other practices taught, I still wanted to experience the process of projecting into the Astral from wakefulness in the physical world. I continued with the heart concentration, which was specifically recommended. Eventually I succeeded!

As I lay in bed, I made every effort to be completely relaxed. I then focused my attention on my heart. I felt its beating and tried to visualize it. My visualization was good, but the sensation of the beating was predominant. Gradually, as I firmly but naturally maintained my focus, the

beating of my heart became louder and louder. I almost lost focus because of the intensity of the feeling, but due to past attempts failing for the same reason, I quickly resolved to not allow my focus to wander into fears or hesitations. In association with this sensation I felt both very heavy and very light at the same time. Then a type of mild pins-and-needles sensation covered my body. A short moment later I realized my hands were upside down, that is, they were not in the position I had laid down in. I decided to get up, as I had been warned that waiting to project out of the body could sometimes be fruitless. I carefully stood up, finding myself standing in the room, and feeling very skeptical. I had reached this point before sometimes to no avail. There was no difference in how I felt before I went to bed. However, I dismissed my doubts and took a shot at jumping into the air with the aim of floating - I didn't come back down. I quickly overcame my bewilderment and off I went

Dave

My First Astral Experience

Author : Kurt

Source : <http://www.mysticweb.org>



After three weeks of practicing a visualization technique, I had decided that this was the night to go for the real thing - conscious astral split. I was a little afraid that it would all fail, that some demon would come and attack me, but I put all negative thoughts aside as best as I could.

After using conjurations to clear the room of any negativity I relaxed my body and began my visualization. I imagined myself coming out of my body and floating up to the roof - you visualize yourself doing it, not only your body doing it, but be there with it, like when you walk down the street for example, you are walking.

I began the visualization by becoming aware of my body and how light it was. Trying to make it as real as possible. Immediately I felt vibrations and sparks surging from my head to feet. A humming noise grew very loud and my heart started to race. Then I visualized myself floating to the roof slowly (This act was performed by visualizing myself floating up, at this point I was not actually out of my body).

After a quick sense of movement and pressure, I felt a jolt and a metallic click sound. Immediately I opened my eyes and saw that I was fully awake and up near the roof. The room felt charged and clear - this helped me believe the reality of the conjuration and its effectiveness. I flew up to the surface of the roof and examined the details and structure of the ceiling, the clarity was great, the whole reality of this astral world was more real than the physical world. I liked it so much I didn't want to go back.

Unfortunately this enjoyment of flight and learning was cut short, I had a silly idea that something large was coming near my door, it was a simple and silly thought that allowed fear to enter me, and that was when I realised just how sensitive this body was (I must emphasise that there was no reality to this thought, but a simple trick of the mind).

I snapped back to my body with a jerk - which can only be described as the same jerk people feel when they wake up all of a sudden as if they fell from a height. I felt the body tingle a little with the energy left and then this stopped and I stood up and knew I was back.

Although the experience was short, I had finally verified the reality of this other dimension with a technique that worked the first time I tried. I had rehearsed (practiced) the visualization for about 2 - 3 weeks with the intention of getting the details right.

This was the first night I actually wanted to get out fully and the first time I had ever tried to astral travel, I had doubts to whether it could be achieved, in fact I thought that it was all some sort of mind deception that was made up by the person experiencing it.

Since then I have tried mantras and concentration on a place and achieved good results with them as well.

The only advice I can give is that you try experimenting with one of the given techniques long enough, helping to develop concentration on the practice. And consistently building the whole experiment until the result naturally happens with the strength of the effort applied. Don't try to force the practice, or get too excited, when you are successful try to look at the body to see what its like, feel the way it is - is it heavy? light? Do your thoughts affect your ability to stay out long enough? And have a go at trying some other experiments in the astral that are suggested in this site.

It is not unusual for someone to experience it first go...in fact I had considered myself to be the only person that couldn't do the practice after reading about all these other people flying around everywhere. That was quickly dispelled.

Good Luck!
Kurt

My First Astral Experience

Author : Kurt

Source : <http://www.mysticweb.org>



One of the most interesting things that I experienced as a teenager growing up, was the events that used to take place when I was just falling asleep. At the time I wasn't fully aware of what I was doing, experimenting in the astral that is. Since it was so natural, it never occurred to me that I was in the astral world, a completely different dimension.

At the age of 12 I was sent to a boarding school. The school life was very strict and regimental and had little time for any kind of fun. I was always yearning for some sort of freedom from the terrible monotony of this school. The little time we had to muck around as young men do, often ended in some sort of trouble and eventually punishment. So I was seeking to have at least some sort of entertainment. In the night-time I had that chance, once the dorm master went to sleep, we would sneak out of the dorm and run across some paddocks up to the top of the hill that looked over the school and city below it, to contemplate the stars with some very nervous but funny friends. We would contemplate life and why were here, look to the stars expectantly guessing what may live there. Telling stories of the supernatural and many many lies as young men do. One of the best times of the very routine life was when I could jump into bed at night.

In those moments when sleep was starting to arrive I would entertain myself with shapes and objects that I would project in the darkness of the ceiling, faces and figures or animals and watch them move around and act very realistically. Sometimes scaring myself, other times nearly laughing. One the games I played with myself was to move a ball of light around in the dorm and see if I could wake a friend up, but I can't remember if this was very successful, still entertaining never the less.

Other times I would wait for the lassitude of sleep arriving and move my hand ever so slowly up into the air and feel around with it and wave it in front of my face. If I hadn't got it right, if my hand was the physical one, I would quickly find out as the dorm master would be at my side tugging my side burns then telling me to sleep in the stairway! So I learnt to get the practice right! With success my hand felt very light and electrical. Then with my eyes closed I would try to see through my eyelids. Eventually the image of my hand in front would come and appear and

I wasn't too sure if my eyes were open or closed. Sometimes, suddenly I would feel my body lift out without wanting it too but I didn't know if I was to come back and would hesitate, as a result of this fear I would jump seemingly from a great height and let out a big yelp! Which of course meant another night out on the stairs once the dorm master got to me!

I thought that in those moments I was dying, leaving the body for good, but there was no information for me at the time to prove this to be wrong. So I remained incorrectly informed and fearful. What really surprised me was when I felt on many occasions delicate hands touch mine. I would reach up and feel someone pull on my hand! This both amazed me and scared me.

But once the fear was there the hand would go, as much as I tried to repeat the practice that night, the fear remained and the helping was gone. I concluded that whatever this was, it was at least friendly, and the person never felt evil, but more like an old friend. This relationship would continue, many times I was tickled on my feet and toes pulled as my astral body swayed over the top of my body, still too scared to go further. The astral was a fun time to look forward to, and my experience at boarding school started to look interesting. I was never openly interested in the occult at the time.

It was more surfing and skate boarding and getting up to no good. But these small experiences spurred me into the library, which for a reckless teenager with an attitude was a big thing. Looking through the library a friend of mine came across a book that described the many types of spiritual bodies. The astral body was pointed out by my curious friend, but we could not find any sort of techniques to practice or things to do once we got there. Another interesting moment in the astral occurred to me when I was relocated into another dorm with bunks.

I was sleeping one night and was suddenly awoken to see my friend standing in front of me, I asked him what he was doing, he just looked at me blankly like he was in his own world, he looked happy, but not really all together there. I asked him some more questions, but no response. The next thing he does is hovers over to the music room, which was located next to my bed. (My friend was also a very keen guitarist, and practiced in that room often while I watched)

I looked at his feet as he moved, half amazed, half disturbed! They didn't touch the ground! About an inch over the ground! His feet didn't move or stride, he just hovered to the door while looking at me in a somnolent sort of way. He then proceeded to pass through the door. The door didn't open, he just went through it. I remember this moment very well. I was not sure what to feel, my heart raced violently, what made matters more interesting is that I thought I should go back to sleep and forget all this, I pulled the cover over and tried to make myself sleep, I didn't feel tired at all, but energised. My body seemed to be buzzing! I looked about the room and saw it in a different light, it was so clear, It was as if I could feel the whole energy of the room the night, it was another world, the whole dorm seemed to be huge, yet still the same size (The astral often appears this way)?

Try as I could I couldn't get to sleep and started to panic after all I had seen - then - bam! - I was whipped as if from a great height into my body!

I thought I was in the physical world, only it was the astral. I could feel the astral body being absorbed by the feeling of the physical body, the tingling and paralysis scared me more (These symptoms are very normal - and since starting the course I have learnt how this works and am no longer afraid). Looking about with my heart still racing I saw my friend in his bed sleeping, I got out of bed and woke my friend up who was snoring away, he told me to shove off and leave him alone, I tried to tell him what happened and he just told me to go back to sleep in his own words. After falling back to sleep I woke up the next day still disturbed from the nights events and retold the story to my friend who laughed about it all, but said he did see me in his dreams, but couldn't remember much.

Thanks to the many exercises that I have learnt from the course, which is offered also on this website, I have had the fantastic opportunity to re-learn astral travel and renew the experiences that I so much enjoyed from my youth. The method of astral travel is the perfect technique for spiritual investigation. The astral world is an amazing place, the experience itself has to be experienced to be believed!

Good Luck!
Kurt

First Astral Experience

by Matt

Source : <http://www.mysticweb.org>

"I could never admit to having any great spiritual yearnings before I started Gnosis. I was having a good time at uni, had good friends and family and generally speaking was pretty content in my own little world.

Around this time, two of my friends had started going along to a course at Gnosis. The topics they were covering seemed pretty interesting and my friends seemed to be enjoying the course so I decided to go and have a look for myself.

I tried to go with an open mind, although to be honest I think I was probably a little sceptical when they talked about Astral Projection and going to other dimensions. The instructors didn't try to 'sell' it though - which I liked. They just told us about their experiences and gave us techniques to try for ourselves.

I had been trying some of the mantras and concentration practices for a little while when one night I actually woke up in a dream. I had never experienced anything like it before. I found myself in a garden behind a large house. I stood there for a bit just trying to get my bearings but the amazing thing was that I knew I was in the Astral. I took a gentle little jump and flew up over the roof of the house and down the street. After exploring a little bit, I could feel myself being pulled back to my physical body. I was finally pulled back to a room where I saw my body lying

on the bed. I floated above the bed for a little bit before gently blending back in with my physical body. As I did this I could feel the vibrations as the two bodies joined again.

The whole experience was really peaceful, I wasn't scared or excited like I thought I might be. Afterwards I was really happy because I knew for myself that these other dimensions really existed and that anyone could get there."

Various Astral Experiences

by Shane

Source: <http://www.mysticweb.org>



My first conscious astral experience occurred about two years before I came in contact with the Gnostic Movement in Australia. It happened in the afternoon, whilst I was taking a nap on a hard bed I had established on top of a study desk, for the purpose of Relaxation and Astral Projection exercises. At this time I lived in a pleasant village in Southeast England. It was an autumn day and I was particularly tired and so decided to rest on the established bed and take the opportunity to try some of the Astral Projection exercises I had read about.

My concentration was not good, but I enjoyed it nevertheless. As I lay there in a nice relaxed state, aware of the traffic passing by on the main road outside, I quickly fell asleep. Soon after I came back fully awake in my body, however, some things were not 'right'. I could hear the traffic outside and could also see the room, even though my eyes were shut. The strangest thing of all was that my body felt like normal, meaning I felt like I was lying on the hard bed in the Physical dimension, but my left arm had dropped at a fortyfive degree angle through the bed and into the desk below. My arm was dangling in an impossible position. I was very baffled by this for some moments and then struggled to think about what I should do next? My left arm was clearly hanging through the bed. I, therefore, assumed that my Astral Body had split from my Physical Body and I needed to get up or roll over. When I thought about rolling over, I got caught up with the fear that I might fall off the bed and hurt myself, as the bed was about one meter off the floor. I then thought about moving my left arm, that was hanging through the bed, but decided this was too risky as it might cause me to 'wake up fully' and ruin the whole experience. So I then determined that the next best thing to do was to move my right arm in the air and see if I was still in the Physical or the Astral. So I moved my right arm and lost the sensation of my left arm through the bed, as my Astral Body locked itself fully back into the Physical.

Looking back on this experience it was clear that my intellectual rationalising of the whole thing was really what locked me back in my body. If I had gently gone along with getting up without making comparisons and working out the pros and cons of everything I would have been able to get up and remain in the Astral Plane.

Although this experience was small it was sufficient for me to realise that nearly every book I had ever read about the Astral was almost inconsequential to experiencing the real thing. I had never imagined the experience to be so real: feeling almost exactly like the Physical Body. This experience baffled me for many days.

Shortly after this I met some people that were extremely psychic but also very negative. It became apparent to me that obtaining psychic abilities along with Astral Projection did not, in itself, make people more Spiritual or Divine; even though some people who had these abilities talked a great deal about love and virtues, that they presumed they had. Whilst their abilities were very impressive I knew there had to be more to the big picture and years later I discovered this 'more' was primarily related to the use of sexual energies and our psychological composition.

My second conscious Astral experience took place a few years later, shortly after I started attending the Gnostic Movement teachings in Sydney. I had been taught some techniques for Astral Projection and I tirelessly strove to practice them so I could experience the Astral Plane that I had already read so much about by different authors.

The practice eluded me for many months. I kept trying but nothing ever seemed to happen. Almost as soon as I started I would fall asleep or if this didn't happen I would lie awake nearly all night trying. However, I wasn't perturbed by this as I had learnt other techniques from the Gnostic Movement that I found more valuable than anything else I had ever learnt and done in my life, but even still, I was determined to get this Astral experience.

One night my frustration reached its limit and I resolved myself to persist with the practice until something happened. Every night for many weeks, just as I felt I was getting somewhere in the practice, which I always did lying on my back, I would uncontrollably turn over onto my left side and instantly black out. On this night I was determined that no matter what, I was not going to turn over on my left side, even if this meant I was wide awake all night long. I had experimented with sleeping positions and the one that I found most effective was lying on my back on a thin foam mat on the hard floor. I found this position sufficiently uncomfortable to stop me from slipping into deep uncontrollable sleep. It also meant that if the discomfort became unbearable I would get up and go to the bathroom and then return to start the practice again. On the night in question, this happened a few times. Just as I felt I was going to move I either stopped myself from moving or I got up and had a break.

At around four o'clock in the morning, I returned after a break to the bathroom, feeling very tired and drowsy, but I woke myself up a bit to start the practice again. I lay down and started the practice of a Mantra. After a short while I had an uncontrollable urge to roll onto my left side. I resisted this as much as possible, but eventually my body started to turn over. I couldn't believe it. My body was moving even though I was trying with all my strength and will power to stay still, lying on my back. I was amazed that my body was out of my control and doing something against my will. I had never experienced anything like it. I was fully awake and my body was turning over onto the left side. I thought 'Oh no, after all the effort I had made all the way through the night, I was now turning over without any control and going to black out what a waste!' As my body was turning I suddenly felt a forceful blow at the top of my back, like

someone whacking me with the palm of their hand, in a similar way to which you hit someone to help them throw up something that they have swallowed down the wrong way. At the same time, or a fraction of a second later, I heard or rather experienced in the back of my head and neck, a very loud cracking sound, like a firecracker exploding or someone cracking a whip. I thought, for a worrying moment, that I must have twisted and broken my neck by trying not to move. Instantly, I found myself standing vertically in my bedroom, next to my bed staring at my suits that were hanging on the wall. Whilst I stood there feeling very strange, I realised that I had split from my Physical Body which remained lying on its back on the floor. I also realised that it was my Astral Body that had been turning, not my Physical Body! Whilst standing in the room I could see behind me even though I seemed to be dumbstruck looking at the wall and my suits. The whole thing was such a novelty that again I became confused about what I should do? I then blacked out and started dreaming in the Astral. A short time later, I woke up in my Physical Body and remembered everything in great detail, just as if it had happened the day before in my normal 'awake' state.

This was my first major Astral Split/Projection. After this event I experienced a number of sporadic occurrences. In one practice I was lying on my back, as usual, and suddenly found myself hovering horizontally above my body at an inclined angle of fortyfive degrees. I was dumbstruck and couldn't move. I was also very confused as I only had half of my body with me - the upper torso? Other experiences were not so peculiar. I usually had a full body and found myself either standing next to my body as if I had just got up or hovering vertically above my head. This was also a novelty the first time it happened, particularly when I became alarmed at the possibility that I was going to drop or tread on my own head - which fortunately didn't/couldn't happen.

After a variety of short Astral Projections, along with waking up whilst in dreams, I again became disheartened and summoned up the will power and desperation to actually split and do something sustained and productive whilst in the Astral Plane. I decided to do a practice, it was around midday and I wore a sleeping mask, like those you are given to wear in some aeroplane flights, along with earplugs to keep out noise pollution, which at this time there was a great deal of where I was living. I started the practice and shortly after found myself standing in the Astral Plane next to my body, looking at the wardrobe in my bedroom. I was puzzled by the fact that I knew I had split and knew where I was standing but couldn't quite see anything. I then realised I still had my sleeping mask on - in the Astral? I took it off and lightly walked/floated out of the flat and took the lift downstairs. At this time I lived in a tower block on the 42nd floor. On arriving at ground level I walked out of the building and noticed some of the vacant shops had been filled. This was strange because at this time these shops were vacant and had been for a while. One of the shops was a very nice cake shop. My gluttony got hooked on it and I stared at some cakes in great detail, fascinated by some of the elaborate designs of cakes on display. Shortly after, there was a strange knocking sound from somewhere, I tried to follow it and quickly came back to my Physical Body. I was catatonic in my Physical Body, the Astral Body had not quite locked into the Physical Body, and I lay there unable to move and became aware that the knocking was actually coming from my front door of the flat. Eventually my bodies locked into each other and I very gently got up out of the bed to answer the door, but before I got there my wife had already let herself in. A month or so later a similar cake shop appeared in the physical.

Many of my astral experiences and dreams have contained premonitions of future events. It is not always certain, however, what will occur. I recall another instance similar to the cake shop. Once whilst living in a different block of flats, I looked out of my bedroom window and noticed a vacant unit in the block opposite. During a dream in the Astral, I was in my flat looking out of the bedroom window at the other block of units and saw some Chinese girls that looked like twin sisters, moving into the vacant flat. They had a blue bed with an elaborate black cast iron headrest. A few weeks later, in the physical, I found myself doing the exact same thing, looking out of my bedroom window at the units opposite and observing the exact same girls, bed and headrest that I had dreamt about. The more that I have trained myself to remember my dreams and astral experiences the more frequent these types of premonitions have become. They are also related to those moments of feeling 'deja vu' like the exact event had somehow been lived before.

I mentioned waking up in dreams and again this is something that has occurred since being involved in the Gnostic Movement and learning the techniques for it to happen. My initial problem with this, was that every time I became aware that I was dreaming and in the Astral Plane, I would immediately come back to my Physical Body and wake up. This problem has gradually diminished with practice and familiarity.

There are many things that we can experience in the Astral Plane, whether dreaming or fully conscious there. Some experiences are very profound and symbolic. It is very useful to know about the dream symbols given on the MysticWeb Astral Course. Some symbols are very overpowering and affect the consciousness directly. There are no words to describe them, on occasion I have been filled with awe for many months, even more so when not 100% sure what they meant. Some objects/symbols have an impossible element, meaning it would be impossible to create them or anything like it in the Physical World.

Another sensation we can experience in the Astral is being called by other conscious Beings hopefully positive ones. When this first occurred to me it felt like the ground beneath me had been pulled away and I was suddenly falling or dropping through a tunnel at extremely high speed. As someone else once mentioned it feels like you are falling to the centre of the Earth, until you arrive in the presence of those who have called you.

Concentration (focusing the mind in a sustained way on one thing) is the real key to Astral Projection and also helps if we want to move in it. During an episode of waking up within a dream, I found myself in a pleasant park. I jumped and floated down in a very strange way and knew for sure that I was in the Astral Plane. I then started to concentrate on different places in the park. As I intensely looked at the different places, I was instantly there. Again this was such a novelty. To feel that I could move, what felt like my Physical Body, as quick as a thought, the speed was amazing and incomprehensible to my mind. It is a pity that, once again, I didn't take advantage of this opportunity to do something more useful. However, it was an exhilarating experience, to realise I could transport myself anywhere in a second.

Fear of Astral Projection was something that I had for a long time. It is a very common thing, many people fear the unknown. Once, during a time of almost giving up with Astral Projection, I had a Lucid Dream, or rather I fully woke up in the Astral from a dream. I thought I had

overcome my fear, but really I hadn't. I was in the Astral in a beautiful park (different one to the example above) and I fully woke up. I jumped, floated and stayed suspended about one meter above the grass. I just hovered there. I didn't have a single thought, desire, emotion or impulse, nothing but a blissful feeling of peace. It was the most beautiful experience I had ever had in my life. There was absolutely nothing to be afraid of. I awoke shortly after, feeling such a fool for allowing fear to have ruined so many of my Astral Projection attempts. The peaceful experience stayed with me fully for many days.

Many strange things can occur in the Astral Plane and these peculiar events can be very useful for us, if we take advantage of them to question our surroundings and awaken our consciousness. For example: I was walking along the road talking to a friend from work. Whilst talking to her, we heard an aeroplane flying in the sky. We looked up and saw the aeroplane pulling something behind it; normally these aeroplanes dangle huge advertising flags behind them, for the public to read. However, on this occasion it was pulling a gigantic LCD computer monitor. I said to the girl 'Look at that it is impossible, we must be dreaming and in the Astral Plane. Let's jump and see!' So I jumped and floated about ten meters off the ground. When I landed I encouraged my friend to do the same, but she didn't know what I was talking about and hadn't reacted in the slightest to me jumping so high. She appeared to be dead with a vacant expression over her face. This surprised me a lot, as we seemed to be talking quite normally only a few moments before.

This type of experience has regularly occurred in other contexts, but it has not always been fruitful. Many times in dreams I have encountered persons, places and objects that clearly were not physical and yet I didn't use them as a cue to awaken. My consciousness continued on in its drugged 'asleep' state, dealing with everything in an indifferent way. As a simple example, I am dreaming in the Astral Plane talking to someone who is exceptionally tall, about nine or ten foot. I marvel at how tall they are and instead of thinking to myself 'this is unusual I must be in the Astral' my mind comes in and suddenly makes the logical assumption that the person must be a professional basketball player. My mind making that assumption stopped me from questioning further and awakening. In the context of what was really happening and being discussed it was an absurd assumption.

The more conscious and awake I have been in the Astral Plane the more vivid and bright have been the colours and shapes. The clarity of perception in the Astral Plane can be exhilarating, far beyond any DVD colours or sharpness. I recall watching a Sunrise in a beautiful valley. I was amazed at how I could stare directly at the Sun and see its brilliance, looking straight at it without even blinking or squinting, as it would make us do in the Physical world. The valley was brilliant and sparkling exuding a magnificent vibrancy, filled with life.

It is common for conscious Beings in the Astral Plane to help us awaken by doing unusual things. On one occasion I remember someone making huge efforts to help me awaken. They stood in front of me dressed like an acrobatic Jester from the Middle Ages, performing physically impossible manoeuvres and balancing acts. I watched them for a long time amazed and stunned, questioning what they were doing and trying to rationalise the impossible. Regrettably, I did not awaken on this occasion, but I learnt about the process of awakening from clearly recalling the experience.

One of the most useful tools I have used in my attempts of Awakening has been a Dream Diary. This is recording in as much detail the astral experiences or dreams. I will never forget some of the astral experiences related to symbols and have not written most of these down. Keeping a Dream Diary has been of great importance when reading back on dreams from years ago and recalling the psychological traits within them. These may be traits that I still have now and need to deal with. Details of the psychological side of the Esoteric Work can be obtained from the Online Self Knowledge and Esoteric Courses. The Dream Diary is also very useful for spotting recurring dreams in which the same people, places or objects occur and then using these as cues to awaken. For example, if I keep dreaming about family members that I rarely see in the physical or who may already be dead, then I condition myself to question my environment then next time I see them. By doing this there is a good possibility that the next time I meet them I will be in the Astral and will realise this and hence awaken there.

Most of our lives have a dreary, monotonous undertone. We work in anticipation of our next break, holiday or long weekend to alleviate the feeling that we are wasting our lives. Perhaps we have found something that gives us great pleasure, but is it really a permanent state of blissful happiness, independent of the circumstances we are in and the people we meet? Awakening in the Astral Plane opens up a new dimension and understanding of Life and Death. The experiences we gain are worth a great deal more than anything we can afford in the Physical World.

Before I started the Gnostic Movement courses my life was severely disorientated. I didn't really care about my life, because nothing on this afflicted planet made any sense apart from making as much money as possible, at whatever cost, to enable me to experience as many pleasures as possible, before I died. My life, like this, was not worth living. I was alive because I had a Physical Body and had to live. The pleasure seeking and the desires were insatiable. Their fulfilment did not alleviate the vacuous hole and Spiritual void within me, if anything they made it worse.

To strive for the Awakening is difficult but the rewards are permanent and profoundly edifying.

Shane

Author : Ms. E

Source : <http://www.astraldynamics.com/>

I had another spontaneous, unwanted, OBE a few days ago. I was sitting in for a Maths lecture to take a nap (I don't take Mathematics) and was feeling very cold, rather hungry and miserable as I tried to fall asleep. Since I felt guarded trying to nap, I was thus fully conscious while trying to

sleep. Then it happened again! That inexorable "falling" or "drifting apart" sensation and before I knew it, I was racing forward at this crazy speed. Goodness know to where.

I 'instinctively' knew I was floating a few feet in the air, and I could 'actually feel' my astral body being whizzed away from my physical!!!! At that moment I thought unhappily to myself - "oh, no, its happening again!!" Then I tried to get out of it, pulling and dragging myself back mentally, but my physical body was absolutely paralyzed (once again).

I could "see" what was happening all through this! It was rather bright (like the lecture theatre at the time), but greyish with "stars" and bright dots everywhere, and I was in a tunnel of some kind. I was still very aware of being inside my body which was slumped over the desk, while about 70% of my consciousness resided in my projected body. I could also see myself whizzing away from where I actually was, seen from inside my physical body, into this awesome tunnel. At first I only whizzed headfirst into the tunnel, and I knew I was only looking ahead. After a second or two, when I desperately tried to look back at where my desk was, I turned my head around, but then as I looked back, I realized to my absolute astonishment that I could see 'all' around me at once, all at the same time!! My attention was focused on looking behind me, but I could also see all around myself at the same time. The best analogy I could use was that I was some sort of ball (of light????!) and could see all around myself. I felt smaller than usual, definitely weightless, and much less clumsy.

Author: Mr. TS

Source : <http://www.astraldynamics.com/>

Just before all the strange sensations, I was focusing on my body, trying to bring each part into a deeper level of relaxation, for a planned projection attempt. I then felt a numb pressure, a strong but gentle force pressing into the centre of my forehead. This was quite relaxing and soon my whole forehead began tingling. I tried to expand that feeling through my body, moving it down into my chest. As I did I felt a strong wave of vertigo - like I had lost my sense of up and down. I also felt rather nauseous and began to feel very hot. I felt very uncomfortable at this point and tried to remove the covers and get my bearings, but I found I was paralyzed and couldn't move a muscle. It was as though my body weighed a ton. After a few minutes and a lot of effort I suddenly regained motion, and as soon as I did all the strange sensations vanished. Other than the heat (and to a degree the nausea), it was not an uncomfortable episode, in fact the sensations were rather exciting.

Author : Ms. P

Source : <http://www.astraldynamics.com/>

Paralysis episodes have been happening to me since I was a small child (I'm 40'ish now) and they seem to happen in "clusters". In other words, I might not have anything for months, and then many will happen in a short period of time. They usually come during my sleep at night, waking me up, but have also happened while trying to nap during the day.

I actually projected once during the day, which was a wonderful experience and quite different from the paralysis I normally get.

Here's what usually happens: during sleep, my normal dream state seems to take on a bizarre or sinister twist and I'm overcome with fear - because I know what comes next! The dream (of whatever) ceases, and the vibrations start. As they increase in intensity, I find myself completely heavy and totally paralyzed in my physical body...and at the same time very frightened. Sometimes it feels as though an evil entity is trying to overtake my body. At this point I feel a primal scream coming from the very depths of my soul, as if to save myself. Apparently, I do actually yell out and cry at times, as my husband reports that he frequently has to wake me because I'm having a bad dream. The moment he touches me, or I am able to move even a little finger, it's all over. But I am left with a sense of dread and uneasiness, although I am then wide awake. And the funny thing is, if I go right back to sleep, it will happen again...as if the first episode wasn't complete.

I've tried everything over the years, including fighting it, accepting and relaxing into it, surrounding myself with white light, praying before sleep, commanding it to stop, and actually wanting and trying to consciously project -- nothing works. Those times in which I really try and relax into it and just let it happen seem to be the most frustrating, because it feels like such an effort and struggle, and then nothing happens - I just end up getting paralyzed again.

The most dramatic time, the time that I did get out, was quite pleasant, although it was extremely brief and during the daytime. This particular time, I was napping in my bed during the day, and suddenly the vibrations started. This time was different, though, I seemed to roll over right through the frame of my waterbed, and it felt as if I was hovering right by the side of my bed. But I didn't feel completely out, it seemed as if the lower part of my body was still attached. I remember looking at my night stand, the floor, and other things in the immediate area. They seemed to "glow" with a blue colour. Then I was able to lift my hand and look at it, and as I did, I realized that this was the "real" thing, and I felt very happy and excited...then it was over. For the rest of the day, I walked around on cloud nine, almost as if this were concrete proof to me that there is an afterlife. I was very elated.

Author : Ms. S

Source : <http://www.astraldynamics.com/>

I got up early one morning to go to the bathroom. When I returned to bed my body felt tingly and fuzzy all over. I lay down and after about ten seconds I felt a strong sinking feeling. When the sinking feeling stopped I felt as if I was moving inside of myself. I then had the most distinct feeling of leaving my body and then of hovering in the air above my bed. I felt disorientated and my vision was distorted (I think I was seeing in all directions at the same time). I had no body. I was a point of consciousness. I wasn't sure how to move. After a few seconds, I was suddenly pulled back inside my body, but I never felt myself re-enter. I raised my head, laid it back on the

pillow and began the process again. I left my body four times that morning. I was really excited because everything felt so real.

For the last few nights I've been trying to get out using the Rope Method. I lay on my bed and feel myself climbing the rope. Its hard for me to stay still for long because I start to get an extremely ticklish sensation (especially my face) and sometimes it feels as if parts of my face are twitching. Eventually, it gets unbearable and I have to scratch, which breaks my trance. Also, if I do feel that something is really happening, I get a surge of fear and excitement in my chest. I think this also hurts my chances of getting out, but I'm not sure what to do about it. At times I get the subtle feeling that the sinking energy feeling is about to start, however, as soon as I have this realization the feeling subsides. Its as if realizing that the sinking feeling is about to occur prevents it from happening.

Author: Mr. C

Source : <http://www.astraldynamics.com/>

I lay on my back in bed and went through my relaxation techniques and my body went completely numb and felt very heavy. At the point where I start to actually project I realized I was having a projection and my heart jumps in excitement and shocked me back to my physical body. My heart felt like it was going 150 plus. Next time, I was just relaxing and not intending to have a projection. All at once my astral body rose out of my physical body at what felt like a 90 degree angle. Like a SNAP. Then I knew again where I was about to go. All of a sudden thunderous lightning sounds tingled and crackled loudly all around me. I struggled to maintain this place, but faltered and slipped back again, in excitement, into my physical body.

Author: Mr. T

Source : <http://www.astraldynamics.com/>

I have tried to project many times, and tried energy work with my chakras, but have never quite managed to get out of my body. I did have some very interesting experiences though: I could definitely feel energy coming up through my legs, and could feel my base chakra pulsating and throbbing. When I get into the trance state, my arms and legs feel strange and enlarged, as if they are floating, and I can't tell if they are touching anything, or upside down or which way they are. I think I have started to separate from my body a few times, but each time this happened I think "Wow, something might happen this time" and my excitement ruins it. A few other times I have

just been lying in bed trying to get to sleep and it has just started happening. I feel this incredible rush of energy go right through my body, very strong in my chest area, then once again I get excited and think "Wow, something is really happening and I'm not even trying", and this ruins it again.

Author: Mr. F

Source : <http://www.astraldynamics.com/>

Recently, I was sleeping in a tent and had a strange experience. I became totally relaxed, and then started to feel this energy, a really light energy, all through my body. I felt this very strongly in my hands. I lay very still, thinking about nothing for several minutes. Then, I felt these really strong vibrations and thought "I can go out of my body now!" My vision changed from pitch black to blurry white. It was really freaky. At the same time, I felt the definite sensation of my upper body slowly moving out of my regular body. The weird part was that I was in control and could feel the essence of being in two bodies at the same time. My heart then started pounding really fast and I got scared. This ended the experience.

Author: Ms S

Source : <http://www.astraldynamics.com/>

After trying your new rope technique, I suddenly became aware of myself floating 5 feet above my body. I was paralyzed and scared and couldn't move. Strong vibrations were travelling throughout my body. A black hole appeared near me and I started really zipping through it. I suddenly realized I was in the stages of a full astral projection and panicked. Fear of what was happening stopped the process.

I woke up half an hour later, then finally went back to sleep and began what I thought was lucid dreaming. In the lucid dream I decided to practice my flying. I went outside, ran and jumped into the air and was soon flying very high and fast. Suddenly I felt my real body back in bed and the flying/falling sensation became much stronger. At first I was scared, but then decided to go with it. Suddenly, I was back in my physical body, briefly, and was then catapulted out of my body again and was left standing (wobbly sea legs and all) in my bedroom facing my dresser. I was so excited! I knew I was out of my body in what you have called the real time zone! I decided not to go too far or to stay out too long (taking your advice to keep it ultra short) so I returned to my physical body. I lay on top of my physical body, expecting to be reunited with it immediately. My projected double seemed not to connect with my physical body right away, so I decided to go back out again. The moment I had the thought I popped right out again. I turned around to look at my body on the bed but could not see it, but I did see my husband clearly in bed beside me. My attention was then drawn to a bright light coming from my side of the bed. As I looked closer, I discovered a long rectangular TV screen playing Mickey Mouse cartoons. I was amused. I couldn't wait to tell my husband, so I laid down to re-enter my body again. It took a few minutes to get settled back into my body. I patiently waited, not scared at all. Several times I lifted my astral arms out to see if I was back, and could see them clearly each time. I started

counting and feeling for and wiggling my toes and then, suddenly, I was back in my body. I woke my husband to tell him "I DID IT!!!"

Author: Mr. S

Source : <http://www.astraldynamics.com/>

I was meditating in a chair when, quite suddenly, I began to see through my closed eyelids, and could see the room around me clearly. Then got up, out of my body, and was walking down the hall to see the rest of the house when the phone rang. It sounded as if I was hearing this 'twice', one ring slightly before and out of phase with the second, almost like an echo. I assumed it was because of some kind of a lag in my physical body's nerve impulses, etc, from when the ear comes in contact with the sound to when the brain recognises it as a sound. This was not a very pleasant experience, and it was something unlike anything else I had experienced previously, so I immediately sped back to my body.

Tunnel Vision

Author: Michael Ross

Source : <http://www.astraldynamics.com/>

Having been fortunate enough to experience many "average" out of the body phenomenon for many years I found it absolutely exhilarating in recent months to experience three overwhelming incidences of "tunnel effect" projections which usually occur during "Near Death" visions.

The first occurred one evening after I had indulged in my usual practice of trying to encourage an out of the body experience by using an affirmation "I will remain conscious" prior to going to sleep.

After falling asleep I woke up to find myself rising in the air (I had fallen asleep on my stomach) with an enormous roaring sound echoing all around. It sounded like being in the midst of a thunderstorm.

I was fully conscious and naturally thrilled to be experiencing yet another astral projection. I decided to see how I looked in the bedroom dressing table mirror.

I saw myself dressed in pyjamas and a dressing gown and considerably shorter than in real life. I was conscious that this was yet another example of "astral plane distortion" which frequently occurs during projections.

Then I found myself staring down a tunnel whose walls consisted of vivid black and white squares. At the opening of the tunnel there seemed to be a swastika shape.

Then I found myself moving backwards through this tunnel at an enormous speed with all the attributes of roller coaster sensations being present. This was an extremely enjoyable feeling and I wished that it could have continued for hours.

Then I decided I would like to visit a scene of a former home approximately thirty miles distant.

I immediately found myself floating above the street where this was and after a few seconds found myself moving at great speed along the road leading back to where I actually live. I then had a Lucid Dream (and was aware of it as such) with various members of my family acting out surreal situations. My arms were crackling and sparkling with blue sparks and I had the sensation that they had some sort of power.

I then found myself back in my physical body. As usual I noted the time and proceeded to write up the report of my astral journey in a diary I keep for that purpose.

A few weeks after this episode I woke up one evening with a strange "tingling feeling" in my head.

Then I was aware of looking down a tunnel with strangely coloured walls. It was decidedly zig-zagged, disjointed and not so clearly patterned as the previous example.

At the opening of the tunnel there was a window where a lot of what can only be described as massive "television snowy interference" was occurring. There was a shape of some being , something like a Catholic Priest or Pope behind the window.

Accompanying this was an indistinct fuzzy sound.

I found myself unable to move and then remembered to use a "spinning technique" and found myself spinning round towards the floor and then I rose to look at my slightly distorted bedside clock face. I noted the time and then found myself in the midst of yet another lucid dream which entailed members of the family acting out incidents which had correlations with things they were at that time and earlier on during the day busily involved in.

Then I was "awake" in my astral body again and I told myself to lift my astral hands and arms so that I could see them. I was excited to note that they were transparent and I brought them together to clap and experienced a slow , as though moving through treacle, example of this action.

I then tried to speak to my wife who was fast asleep beside me and whom I could see perfectly normally.

The sound came out as though speaking through a container of water - all bubbly, slow and indistinct.

I then tried the spinning technique so that I could move - succeeded, noticed the time and found myself looking at the world from my physical body.

The third example of a tunnel effect astral experience happened recently when I found myself waking up with all sorts of spinning sensations predominating. Instead of a clearly defined tunnel there was a strange pattern of wavy and bending white lights at the corner of my bedroom wall. I decided to raise up my legs (which were facing that direction) and noticed with some excitement again that they were transparent and rather slow in motion like the previous example. I then raised my astral arms and hands and found that they were identical in texture and appearance as before.

I then noted the time on my bedside clock which, again, had a slightly distorted shape, "woke up" in my physical body and checked that the time was the same as from my astral viewpoint - which it was- and proceed to note this down in my "astral diary".

I have pondered for some considerable time to try to understand why these tunnel visions have occurred.

The possible causes were my usual attempts, prior to sleep, at attaining an astral projection and thereby trying to programme myself to wake up and find myself in my "astral mode".

I had used , spasmodically various meditation/concentration techniques as outlined in Robert Monroe's book "Journeys Out of the Body" whereby one concentrates prior to sleep on an imaginary point between the eyebrows. I had also used examples of techniques given in V Van Dam's "The Psychic Explorer" such as imagining a spinning triangle . Israel Regardie's meditation technique as outlined in "The Middle Pillar" was also used.

However I feel that these practices were not very well done or consistently applied. As meditators will readily admit, it is extremely hard to keep up these periods of concentration. The mind persistently wanders and I feel that I am a particularly good case of a bad meditator!

We are, however, increasingly aware of such "tunnel effect" visions occurring and being reported by many people in all sorts of contexts.

As we approach the a millennium, the period when many seers predict there will be a host of experiences whereby people are aware of leaving their bodies and the etheric/ astral perception capabilities come into play is it likely that these experiences are somehow controlled from out-with ourselves?

Many projectors, such as Twitchell, Bullman etc. have mentioned in their works that no astral projection occurs without a "guide" being there to assist - mostly in the background and unperceived by the projector.

I can only mention that I have only had a very vague feeling that there was "someone" or for that matter "something" in the background during my most recent "tunnel" projections. But this was all too vague an intuition to corroborate even to myself.

There does, however, seem to be in the population generally a statistically significant increase in reports of out of the body and near death experiences. Whether this is due to the expected "millennium" push whereby etheric/astral bodies are loosening their attachment to the physical body as a result of an etheric evolutionary programme engineered by "guides" and providing spiritual experiences of all kinds remains to be seen.

This aspect of how such experiences are being promoted is perhaps one of the most interesting esoteric questions we can ask ourselves. By achieving some sort of consensus we may be able to participate more efficiently and knowledgeably in promoting such fascinating and exhilarating in the population at large.

Near Death Experience

Author: Unknown

Source: <http://www.psychics.co.uk>

In 1967 I had a severe asthma attack and was rushed to the old Royal Hospital in Portsmouth. I vaguely recall waking in an oxygen tent and a lot of fuss going on around me. I don't know at what point I drifted out of my body but I do know now that my heart stopped and I was rushed to the Resuscitation Ward. I could see myself attached to a ventilator with lots of wires connected to me. I could see a doctor, two nurses and the bizarre sight of a man dressed in a bow-tie and full evening suit!

Then went into cardiac arrest and I saw them all trying to restart my heart. I was in no pain and felt no difficulty with my breathing. I was an onlooker, so to speak, watching myself in the hospital bed.

We had no telephone at home and I saw the police bring my husband to the hospital. 'Is there any hope?' I heard him say. 'Very little' replied the man in the evening suit. That was the only moment I felt unhappy.

Felt myself falling down a tunnel and saw my life flash before me like a rapid series of camera pictures. Suddenly I was standing and feeling wonderful with a sense of lightness, happiness and knew that I was surrounded by a great love. Added to this was a feeling of tranquillity. I felt so well it was wonderful!

I then found myself stood to one side of a small arched bridge. There were people singing, not hymns but a lovely song of joy. There were colours such as I have never seen. I wanted to join them but thoughts of my husband stopped me. There were also things that I still wanted to do in life such as have a baby- but it was so very, very tempting to cross.

Stood on the bridge was a Jewish man holding a cross. He 'spoke' to me telepathically and asked 'Are you ready to cross?' I recall saying 'No. No No!' then immediately returned to my body. I could now 'hear' conversations going on around me in the hospital. 'She's slipping away' they said. But I knew that I would live and started fighting the ventilator to prove that I could breathe by myself. 'Why can't these people see I'm not going to die?'

After four days I was detached from the ventilator and gradually got well. The man who previously wore the evening suit when I was in a coma was now in a doctor's white coat as he walked into the ward. I asked the nurse about him. 'He's the surgeon who performed a tracheotomy operation on you to try to save your life' said the nurse. 'I know' I replied 'But why was he wearing a bow-tie and evening suit?' The nurse was dumb struck and then explained that they had to call him from a very important dinner engagement

I did have a child- a son who is now 27. The pervious year I lost a baby but I know he lives on and one day I will see him. I know I am lucky to have had such a wonderful experience.

I saw myself from above - Mrs Finlayson

Author: Mrs Finlayson

Source: <http://www.psychics.co.uk>

A few years ago I had an extremely painful operation without anaesthetic. I left the hospital twenty minutes after the surgery in a state of shock, anger and mixed emotions. My centre of vision suddenly changed. I was stood about three stories high above myself looking down at the scene below. I could see the pedestrians walking by, the cars and buses, the flat rooftops of the buildings. I even saw myself stop at the curb look both ways and cross the street.

I have a bald spot on the top of my head and noticed that there was a small scar on it that I did not know was there!

Phantoms of the Living - Mrs Edith G W

Author : Mrs Edith G W

Source: <http://www.psychics.co.uk>

When I was 15 years old my family and I emigrated to Ontario, Canada where my father worked in the Steel plant. Dad was very ill and sick in bed when I went with my friends to the youth club. On the way home I said "Here comes Dad to meet us" There was no mistaking him, a miner, short, bandy legged with his flat cap on his head. I rushed towards him, wondering how he had recovered so quickly, but as I approached he was gone.

When I got home I he was in a coma and died a few hours later. To this day I believe that it was his departing spirit that came to me to say Good-bye. I loved him so much and will never forget this experience that happened so long ago now.

SCARED BY HUSBAND'S SPIRIT

Author : Mrs Elaine M

Source: <http://www.psychics.co.uk>

When I was staying in South Africa I woke up in the night and saw my husband's spirit leaving his body. At first I thought that I was dreaming but after closing my eyes and opening them again I knew that it was real.

He was sleeping on his stomach and his spirit was still connected to his legs and feet. I was terrified, thinking that my husband had died. I dug into him with my elbow and he awoke asking me what on earth was wrong. I felt silly and awkward and couldn't tell him until three days later.

My vicar said that what I saw was very unusual. Next time it happens I should watch which way the spirit goes. My husband says that he sometimes sees my spirit stood at the bottom of his bed.

That Floaty Feeling

Author : Anne Mc C

Source: <http://www.psychics.co.uk>

Last week a strange thing happened to me. I was laying on my bed, wide awake, when my whole body lifted into the air and started to float around the room. I felt myself turn over in the air and I tried to reach out for the light switch. To my horror I couldn't turn it on and I floated again into the middle of the room. I tried to call to my husband, who I could see sleeping in the bed, "Robert I'm flying!!" but he couldn't hear me. Then I floated back down onto the bed and sat up. Robert insisted it was just a dream but I just know that I wasn't sleeping.

I Can Fly

Author: Michael G-

Source: <http://www.psychics.co.uk>

I keep having the same dream. In it I am walking then break into a jog. My feet seem to lift high of the ground until I find myself gliding through the air. When I first had the dream I could travel about 30 ft or so. It then got easier and now in the latest dreams I seem to have mastered the art. I can glide through the air at will or drop to the ground and walk. Sometimes in real life when I'm walking through town I feel that I could do exactly the same but of course I couldn't.

As a non-believer a very peculiar thing happened to me which unlike a dream is still very vivid in my mind. One Saturday afternoon there was a fire in my scullery and I was rushed off in an ambulance suffering badly from smoke inhalation. I am 69 years old and was very close to death. In the ambulance I found myself looking down on the scene of myself and the two paramedics. One said to the other as they tried to resuscitate me "Is it worth while" to which the other replied "We'll have to keep trying". I woke up in hospital but this 'dream' is still very very clear.

I Floated on the Ceiling - Elaine M

Author: Elaine M

Source: <http://www.psychics.co.uk>

One night I went to bed and couldn't get to sleep. I had the feeling that my Gran was beside me. I started to get frightened and said inside my head 'Go away'. The next thing I knew I was up on the ceiling of my bedroom , bobbing up and down and trying to stop myself hitting the top of it.

I am sure that I wasn't dreaming. The thing that worries me is that I told my Gran, who I loved very much, to go away.

Travelled Out of my Body

Author : Ada P

Source: <http://www.psychics.co.uk>

Just before our street party for the V.E. Day celebrations I fell over and broke my wrist very badly. I was in great pain and worried sick because I had organised the party and didn't want to let everyone down. My sister and her husband took me to hospital.

As I was being X-rayed I felt myself lift up from the couch. Suddenly I was looking down at myself from the ceiling. I also visited the waiting room where I saw my sister and, from the ceiling, I also noticed that my doctor had a bald patch on the crown of his head. I heard him say "She's away"

I then met my mother and father-in-law. But they weren't visiting me at the hospital; they had both died years ago!

Phone call saved my life

When father died, mother and I were devastated. I tried to contact dad through the Spiritualists- but was unsuccessful. Soon, my mother was also taken ill.

One morning ,as I was preparing to go to work, I saw for a split second my father sat on the settee. He looked young again and seemed very happy. That afternoon Mum died.

I began to have regular nightmares and would wake up exhausted. A week after mother's death I lay resting on the settee when I saw a white female figure step through the wall. I was terrified. She was young and wore a long white dress with a sash across the middle.

I tried to move- but couldn't. Then I felt myself float out of my body towards her. I was petrified- I knew that if I passed with her through the wall I wouldn't return. Then the phone rang and I was

back on the settee shaking with fright and feeling hysterical inside. I took a cold shower and left the house for a few days unable to face the prospect of the same thing recurring.

Please, please can you explain why, throughout my life, I have the frightening feeling that I'm flying whilst asleep. In my dreams, I float high into the sky and, like an astronaut, I see the whole Earth laid out below me.

Sometimes it's as if I'm asleep on the ceiling. I've honestly felt myself hovering on our bedroom ceiling, then, with one almighty thump I've landed back into my sleeping body. I awake suddenly and, just for a second, feel my heart-beat race.

I promise you, I am not on any medication; in normal health; and don't drink alcohol. Is there something wrong with me or do other people experience the same?

Author: Alfred Ballabene

Source: Unknown

"By and by, I became aware that the swaying motions I registered originated from the beginning of body separation. I became more and more conscious. I began to hear a high rushing like the sound of wind. I was wrapped in darkness. After a short while in this state I felt myself sink down and I registered that breathing was irregular. Without any black out in consciousness I slid back into the body." (N)

" Lying on the floor I relaxed, when I heard a rumbling, which developed to thunder every time when relaxation became deeper. At these moments I was alarmed to waking state, thus shifting periodically between being deep relaxation and wakefulness. The sounds oscillated in this way for about 5 minutes. Subsequently, I succeeded in stopping this oscillation and was left with a continuous rumbling, which was superimposed by a higher-frequency buzzing. Unfortunately this state did not seem to be deep enough for trance because, after some time, the rumbling vanished and I became fully awake. The intended body separation was not accomplished."
(BAL)

"In the evening, lying on my back, I actively relaxed. Suddenly I heard explosion-like sounds and was alarmed. Reflecting upon this situation, I remembered what different sounds could accompany floating out of the body, and I relaxed again. The explosion-like sounds started again in chaotic sequence. After some time the sound developed to a drumming, like that of rain. Now

I felt ready for OBE-ing and toward that purpose I tried to sit upright with my subtle body. Then I stood up and walked across the room. Unable to see anything I became aware that the eyes of my subtle body were closed and, therefore, I tried to open them. But tiredness made my eyelids heavy (note: the state of physical body was transmitted to the subtle body by repercussion) and soon I felt so tired that I accepted being pulled back into my physical body. Back in the physical body I heard the drumming again and felt an intense circulation of energy, producing a euphoric state of mind. Shortly afterwards I fell asleep." (S)

"One morning, feeling comfortable in my warm bed, I decided to sleep longer and turned aside. Shortly afterwards, however, I heard a roaring, which seemed to be outside of me. Next I felt myself loosening and then separating from the physical body. I realized that I had no control of my subtle body because my double turned head down in a looping motion and slid head first into the floor. This experience frightened me and instantly I was pulled back." (SH)

"Commonly, this relaxed state of awareness comes over me suddenly, and it feels as if all the muscles in my body relax at the same time. It actually seems like things get quieter at that moment. The change is so profound that I instantly take notice. It's a wonderful feeling. In fact, it feels exactly as if vibrations have slowed down inside of me. I become more aware of what is happening inside and out. My senses seem heightened and sometimes I can feel pulses of energy move up and down my body like waves of water. I feel like I am floating inside my physical body, as if I were on water. Often the pulses are weak to moderate. Sometimes they are strong. At other times they are barely noticeable. During this stage my physical sensation of the body disappears but I am always aware that I am resting within it and that conditions favor an OBE. However, I often hold this state for some time to observe what is happening in more detail. But there are other times when this stage passes very quickly." (Lepak)

"There is a set of sensations that I have been aware of since fourteen years of age. It is commonly reported by others in OBE literature as a rushing or wind-like sound. My version is rather typical. The vibrations become quite intense and, usually in an abrupt fashion, build up in a crescendo-like manner to the point where it is almost painful. It seems that my entire body and mind are engorged with the noise and vibrations. At this point paralysis has set in. It is from this state that the OBE starts. But, I am often able to maintain this state of rapid vibration and still think clearly. Sometimes I can even control the resonance, making it move up and down or spread evenly throughout the body. This is reminiscent of awakening kundalini in the body. Notably, I have found that I can help control or even break this state by moving my eyes or jaw back and forth. These sensations are fairly well known in OBE literature. In my case they occur at the end of the relaxed state." (Lepak)

"A few times, upon returning, I have had some interesting experiences. Once, I felt an extreme jolt in the back of the neck. I was quite aware of this happening as well as the painful muscles I had for the next few days. Another time, I heard a soft, explosive sound when returning."
(Lepak)

"I lay on the floor and relaxed. After some time I heard a sound like a water fall. Somewhat later the sound ceased and I began to see colorful landscapes passing in a movie-like fashion. Some time later it became dark and I felt elevated upwards by a kind of wind, by which I was swayed to and fro. Subsequently, I had the feeling of being carried away by the wind, still in my original prone position. All of a sudden I felt as if I were set down and I was able to see. I slid along the street of an unknown village where I started a sightseeing tour. Though in my everyday life I might have felt lonesome there, I instead felt rather euphoric." (BAL)

"Lying on the floor I tried to fall into trance, using a step by step method:

- 1) relaxing
- 2) inducing heaviness of the body and limbs
- 3) listening to my blood pulsating in the blood vessels
- 4) feeling warmth
- 5) distracting my awareness from the body towards inner space.

I began to hear a rushing. Thereafter the rushing vanished and I saw very colorful mosaics attracting my attention. After a while the mosaics disappeared and it became dark and silent and very peaceful. Then I heard the laughing and screaming of many children. Initially the sounds were faint as if far away; then they seemed to be approaching. When they seemed to be very close, I had the impression of dissociating from my physical body. In the lying position I drifted through a short tunnel, which I could not see, but of which I had a spatial feeling. When I had passed the tunnel, all of a sudden, I stood in a meadow. In full sunny daylight I saw a swimming pool just in front of me. Meadow and swimming pool were crowded. I went to the swimming pool to have a better look and there I saw a lot of people splashing and diving through the clear water." (BAL)

" The paralysis was gone and I became aware of two bodies, physical and astral. I felt light but did not rise upward. Then I began to move my legs with ease as if I were peddling a bicycle. After many seconds I stopped and put them down again. Then I lifted my head and shoulders, leaning on my elbows. Looking around I saw that everything had a mild glow. Suddenly I realized that I had been moving my astral body rather than the physical. Then I lay back down and realigned the two bodies." (BL)

"While relaxed and concentrating I decided to move my etheric arm. Slowly, I managed to lift my left hand and arm up over my chest. Then I put it back at my side." (BL)

Bal.: "Several years ago I once experienced the silver cord when "stepping-out-in-trance". Out of the body, at a distance of about 1m or 1,5m I turned around, face to the physical body. As usual in near-body distance I was without visual perception and in absolute darkness. Feeling a touch on my breast I reached out for it and felt something with smooth surface formed like a cone, diameter at the basis (breast) ca. 15 - 20cm, getting smaller to a diameter of about 5cm at a body-distance of about 30cm. At this diameter (5cm) it transformed to a cord, leading in direction of the physical body. In all other OBE's of the type of "stepping-out-in-trance" I paid no attention to the silver cord, but at a certain distance (ca. 50m) I felt a pull. Then I was stopped as if tied and fixed at my backside. Instantly I was retracted to the physical body. This happened very often and reduced my expeditions to a short duration, frustrating me."(bal)

Author : S.Muldoon, H.Carrington,

Source: "The Phenomena of Astral Projection", p. 71:

"THE HOUT CASE NO. 2, in which the doctor tells of seeing the exteriorized etheric bodies of three different persons, while the latter were undergoing surgical operations.." „In each case I was able to see, at least part of the time, the astral cord that united these spirit bodies with their physical counterparts. This was represented to me as a silvery shaft of light which wound around through the room in much the same way as a curl of smoke will drift indifferently in still atmosphere. When the magnetic force would draw the spirit close to the physical body, this cord was more apparent, as though more concentrated. At other times this force was indistinguishable to me. ."

Astral Holiday

Author: Ian R

Source: Unknown

I had an out of body experience: I felt myself leave my body and float upwards and into a long dark tunnel. There was a bright light at the end with four people knelt in prayer. They had their backs to me. Other people then appeared wearing long brown hooded robes. One of them spoke to me about my past life 1,000 years ago.

Brilliant light filled the scene and I was transported with the man to a beautiful place. There were golden mountains, green lush valleys and a feeling of deep and perfect peace that I cannot describe. Many times this has happened and the same hooded man comes for me.

I was blown by the winds of heaven

Author: Alison L

Source : Unknown

I woke up at 2 am in the morning but couldn't get back to sleep so I decided to go and make myself a cup of tea. When I tried to get up someone or something was holding me down on the bed. I couldn't move.

The next thing I heard and felt was what I can only describe as a wind that lifted me out of the bed. I tried to hold on but couldn't. It felt as if the wind had taken my body and lifted me ,ever so gently, towards the ceiling. I felt safe, calm and peaceful. I remember thinking "I am dying, but it's so soon God, the children aren't settled yet"

I could see my daughter's face and thought of how my son would react on hearing the news that I had died. I then felt myself being lowered back onto the bed-the noise and feeling of the wind went just as quickly as it had come. At first I thought it was a dream but the experience is still as real and vivid in my mind as when it happened.

Appendix B:

Frequently Asked Questions

1. What is Astral Projection?

Astral Projection is a conscious attempt to separate the astral body (soul, consciousness) from the physical body, while being both alive and preferably awake at that time.

This may sound weird. But it isn't. In fact everybody experiences unconscious Astral Projection each time they fall asleep. However, most people don't remember it.

While Astral Projection is a conscious effort, Out Of Body Experience (OOBE) is generally an unconscious separation.

For all practical purposes, Astral Projection can also be called Out Of Body Experience (OOBE)

During Astral Projection or OOB, the consciousness (oneself) can act independently of the physical body in a non-physical dimension. This experience is not a dream of any kind. The projector is fully aware and awake and can decide, analyze, and interact freely in this non-physical dimension.

OOBE or Astral Projection is not linked in any way to ritualistic magic and does not rely on any particular religious or belief system. There are hundreds of techniques available for achieving a successful OOB. However attempting to leave one's physical body under the influence of medication or hallucinogenic drugs is seriously not recommended!

2. What happens when people experience Astral Projection or Out of Body Experience (OOBE)?

During conscious or unconscious Astral Projection, the projector finds himself outside his physical body and he is released from any physical constraints. During conscious projection, he can travel anywhere he wishes to, meet other projectors, learn from advanced astral beings and enhance his spiritual growth.

3. Which culture first discovered Astral Projection?

Egyptians

The ancient Egyptians were one of the first cultures to record belief in life after death. They believed that everyone had a soul that could exist beyond the physical body. Hieroglyphics that have been discovered in tombs record hundreds of prayers. According to historians and Egyptologists, these prayers were to be said over the body of the deceased to guide the spirit on its way.

Egyptians believed that the soul was encased in a spirit body called the Ka, which is an exact replica of the physical body. They believed that the Ka could leave the body during life. They also drew pictures of people sleeping with their Kas (or souls) floating above them. This is strikingly similar to the modern day descriptions of NDE's (Near Death Experiences). During NDEs, the soul leaves the body at the point of death only to return again if the person is resuscitated.

Tibetans

The Tibetans believe in the Bardo body, which can leave the physical body while still alive. They believe that the Bardo body can be directed wherever by will.

Greeks

Ancient Greeks believed in a 'Double Body', which housed the soul. Plato was of the belief that the soul was freed on death but could also leave the body during life.

Additional Notes

In 1978, Dean Sheils, in a research published in the Journal of the Society for Psychical Research 'A Cross-cultural Study of Beliefs in Out of Body Experiences', compared the believe systems of over 60 different cultures and found that 54 of them had some concept of Astral Projection and that half of them also believed that it is possible for this to happen consciously and while alive. Almost half claimed that certain members of their cultures could do this at will.

Source: (A Beginners Guide to Astral Projection by Richard Craze - Hodder & Stoughton 1999 - ISBN: `0340 737557

4. Does Science believe in Astral Projection?

About half a century ago, science didn't take heed to the phenomenon of Astral Projection. But over the last 45 years there has been a more scientific approach taken.

The first major study was done in 1951, by Muldoon and Carrington. They collected and collated over 100 cases of OOBES. They found that their research did indicate a 'double' that could live consciously outside the physical body and that could also survive the death of the individual.

Raymond A. Moody, often thought as the father of NDEs, has written a very popular book 'Life after Life' on the subject. His scientific researches have made a significant contribution in strengthening scientific beliefs in Astral Projection.

5. How common is Astral Projection

Astral Projection is experienced, possibly by 5% to 10% of the world's population, which suggests around 6 million in the U.K or as much as 30 million in the United States.

6. Does Out-of-body experience change a person's religious beliefs?

Published in 1992, there was an in-depth study of 350 participants done by Dr.Melvin Morse. According to that study, Out-of-body experiences did not seem to alter one's religious beliefs. In fact, most people reported that their religious beliefs have been confirmed and strengthened by their out-of-body experiences.

7. Does astral projection prove life after death?

People, who have experienced proper conscious OOB even once, strongly believe that there is life after death. Finding themselves outside their physical bodies and still functioning, still able to see, hear, touch, even smell and taste, still able to do everything and more, how can anyone deny that life goes on? In most of these people's minds there is no doubt.

8. Can Astral Projection be proven to be real?

Out-of-body experience is something that has to be felt. It is very difficult to prove to someone that this is true. It is totally up to the individual to decide whether or not Astral Projection is indeed as real as any other 'normal' experience. If you have had an OOB, you would know that the experience is as real as anything you have ever done. You KNOW that the Astral Plane exists just as much as your house does. Those who haven't Astral Projected, though, must decide for themselves if it is 'real' or not. If you want to prove to yourself about its reality, just keep an open mind and try. You would soon believe.

9. Can anyone learn to Astral Project ? Or is it something you inherit 'genetically'?

Yes, anyone can Astral Project. But it requires some practice, consistency and open-mindedness. Just like you learn to walk, ride a bicycle or swim, Astral Projection is a skill you need to learn.

10. Is age a factor for Astral Projection?

Not at all. Age is never a factor for Astral Projection. It's a fact that children astral project more than adults. The reason is that children are innocent and they believe everything is possible. So they achieve Astral Projection more easily. But we adults do not believe everything easily. The sooner we can be open-minded and start believing, the easier it would be to Project. But age, in itself, is never a roadblock for Projection. The only hindrance is your level of belief.

11. How long does it take to have an out-of-body experience?

Since every individual is different, no one can guarantee how long it can take. Some achieve it in the first try and others do not achieve it even in two years! But if tried consistently, about 30 days is a fair enough time to experience at least one projection.

12. What are the benefits of Astral Projection?

You can progress spiritually. You can use this technique to learn more about your role on this planet. The feeling of being one with the universe is ecstatic.

You can reassure yourself that there is life after death. If it is possible for your consciousness to exist outside of your body, then it is also possible that your consciousness may be able to survive physical death.

You can increase your clairvoyance, ESP and other psychic abilities.

You can give it a try just to find out how it feels to exist outside the body.

You can float, fly like a bird and go where ever you want to go.

You can meet your loved ones who have left the physical plane.

You can explore dimensions other than the physical

You can meet your Spiritual Guide

You can visit distant galaxies and other planets

You can learn more about yourself by knowing your past life.

You can heal yourself mentally and physically.

What you can do in the astral is limited only by your imagination!

13. Can people learn to Astral Project at will?

Yes, you can learn to Astral Project at will. There are countless techniques that teach you how to have an OOB. Since every individual is different, no particular technique is best for everybody. You have to find out which method is best for you. Just like anything in life, you have to practice and get good at it.

14. How can I be sure that I had an out-of-body experience?

When it happens you will know. No one will be able to convince you otherwise. If you were fully conscious during your OBE, you will have no doubts.

15. Is there ever any possibility of not being able to get back into the physical body after Projection?

You see, every night when we sleep, our Astral body is out of our physical body. We are not conscious about it. The only difference is that during Astral Projection we are aware of the fact that we're in another dimension. Since after every night's sleep we can get easily get back into the body, we can do the same after astral projection

The surprising fact is that it is difficult to stay out of the body. Getting back into your body is instant and automatic. Your Astral Body is connected to your physical body by a Silver Cord (more about it later), which ensures that you can always get back in

16. Is Astral Projection safe for everyone?

Astral Projection is a natural experience reported in every culture and society of the world. It is safe for most people. But anyone who has acute psychological problems should avoid it.

17. Can I Get Possessed During OBE?

This is a very common question in most people's minds. No. There is no danger of you being possessed by other entities. Your Astral Body is attached to your physical body by a Silver Cord and no one else can get it.

18. How long can I stay out of my body?

You can stay out of your body for as long as your physical body allows. When the physical body wants you back, you will feel a slight tug and will know instinctively that you are needed back in your body. When you are called back, you should not resist and allow yourself to be reeled back into your body.

19. What does the astral body look like?

The astral body is luminous and starry. It is usually a replica of the physical body. It looks younger and brighter than the physical. It is generally without clothes, but you can clothe it in anyway you like.

20. How conscious is a person during Astral Projection? Is the experience as life-like as being in the physical body?

When you have a proper and controlled Astral Projection, you are as conscious as being in the physical body. When you do not have complete control, the experience can sometimes be a bit dreamlike.

21. Are there other Planes apart from the Astral Plane?

Yes, there are several Planes apart from the Astral Plane. Each higher plane operates at a frequency higher than the Plane below it. Once you leave the Astral Plane, you enter the Mental Plane. The higher Planes are not visual in nature, just pure knowledge.

22. How far can one go out of body?

There is no limit defined as to how far you can go away from the physical body. But it is important to note that there are certain areas that you do not readily have access to unless you have spiritually graduated to those areas. As mentioned earlier, there are several planes apart from the Astral Plane. You cannot visit a higher vibratory plane in a lower vibratory body.

23. What is the difference between Astral Projection and awaking in a dream?

The difference is only in the way in which you enter the Astral. With Astral Projection you get into the Astral world straight from the body. But when you wake up in a dream, you have missed the projection but still are consciously in the Astral. You can be in the Astral using both methods. It's only the way that you get there that's different.

24. What is the astral plane?

The astral plane is a place where all thoughts, fantasies, memories, and dreams of everyone in

the world exist. It is a fantastic place to travel in. There are many different travellers and entities that inhabit it. The Astral Plane operates at a much higher frequency than our physical plane. This Plane is far more mutable than the Physical Plane and can be changed and altered just by the power of thought.

25. What does the astral plane look like?

Just like the Astral Body, the astral plane is starry, bright and luminous. This is because in the Astral Plane everything vibrates at a higher frequency. The Astral Plane is much more vivid than earth. The colours seem to be brighter and everything sparkles with extra clarity.

26. By the term "Astral Projection", do we mean that the Astral Body is projected to the Astral Plane?

Just as the physical body is on the physical plane, the Astral Body is already on the Astral Plane. We do not "project" to planes but we just focus or tune in to specific vibrations. We become aware and gain a different perspective. It is just like tuning a radio into different frequencies.

27. What are the signs of projection?

There are different signs for different people. However some signs are most common: Vibrations throughout the body, total paralysis as if a heavy boulder is kept on the body, floating feeling, numbness, clarity of thought, buzzing in the ears etc.

28. What is Sleep Paralysis

During Sleep Paralysis your mind is completely awake and your body is completely asleep. The body is so relaxed that it is almost impossible to move it. When this happens for the first time, the person might panic because it is something never experienced before. But this situation is totally natural and a very good sign. Sleep Paralysis doesn't last long and your body becomes normal very soon. When your body is in the paralysis state, it is an apt time to attempt projection, because the body is totally incapacitated and all you have to do is visualize yourself leaving it by whatever method works best for you.

29. What does it feel like when we leave the body?

When you are consciously leaving your body, there is an unmistakable feel to the entire process. You will find yourself rising-up and floating over your body. Everything is very clear and you know for sure that you are not dreaming. Just the thought of lifting your limbs will make them rise! Just the thought of floating higher will make you reach the ceiling!

You may find yourself seeing “through” your eyelids. It’s a weird feeling to see with your eyes closed! Or maybe you cannot see at all. This is a temporary situation called Astral blindness. After a couple of projections, you will learn how to see.

You may also feel intense buzzing, humming, or roaring sound - sometimes so loud, as if someone has installed a motor in your head! These sounds and sensations normally dissipate after separation is complete.

You will find yourself vibrating at a much higher frequency. For the first few times, you might even have difficulty in staying out, and you will thump back right into your body! In the Astral, you travel by your thoughts. So you have to be careful of what you think. You will soon learn to control your thoughts and your Astral Body.

30. What is Astral Blindness?

During a conscious OOB when the Projector is unable to see, he is experiencing Astral Blindness. This is because he has not yet learned how to use his astral sight. This is a temporary condition and with time and practice, it gets cured.

31. During practice, when it's the right time to get up and travel?

During practice, if there is a projection you will realize that parts of your Astral body is moving about – you will have a floating sensation, face, legs, hands or fingers start to rise. When this happens, this is the right time to try and get up gently. You may feel that you have awakened in your physical. So give your self a little test: Try to jump. You will see to your amazement that you can fly!

32. When a person wakes up after Projection, does he feel fresh and rejuvenated, or does he feel tired?

During Astral Projection, the body sleeps normally, so when you wake up, you feel refreshed.

33. How does it feel to see our physical body during an OBE?

Seeing oneself during Projection is quite an unnerving experience initially! The facial muscles are completely relaxed and the skin is more loose or drawn downward. Seeing yourself face to face is an indescribable feeling.

34. What is the Silver Cord?

The Silver Cord is an energy cord that links your Physical Body and the Astral Body. Through this cord, transference of energy and impulses take place. It is the cord that gives life to the physical. This cord cannot be severed until death. As long as the person is alive, this cord is intact. It can be likened to the umbilical cord attaching a child to the mother.

The Silver Cord is thickest when you are closest to your Physical. As your Astral moves away from the Physical, the Cord thins in diameter and gradually becomes as thin as a thread. At this diameter, the cord is capable of extending to infinity without severing.

Not everyone is able to see the Silver Cord. But regardless of whether you see it or not, it exists. Even the Bible talks about it.

35. Can other Astral entities sever the Silver Cord?

No. The Silver Cord cannot be severed by anyone. This only happens when the hour of death has arrived to a person and that comes by law.

36. For Projection to occur is there any particular position that is better?

No particular position is better than the other. Whatever works best for the Projector is the best position. The pre-requisite to Projection is complete relaxation. As long as you are able to achieve totally relaxation, it really doesn't make a difference whether you lie on your back, your side, your stomach or even sit upright.

37. Can we touch objects in the Astral?

Yes, you can touch and feel objects on the Astral, just as you can touch physical ones in the Physical Plane.

38. Is it necessary to be good at visualization?

Visualization is not a necessary ingredient for Projection. But if the Projector can increase his ability to visualize it will help him progress faster.

39. Should drugs be used to help induce OBEs?

Drugs are not recommended to induce Astral Projection.

The key to a productive out-of-body experience is complete control and control is the first thing lost when you use any kind of mind-altering substance. .

Drugs harm your astral vehicle and curtail your spiritual growth. They take you to the lower Astral Plane full of confusion and disorientation. It is dull, gloomy, and full of negative energy. The lower Astral is very unlike the vibrant, progressive, positive Astral we are seeking to achieve.

Why contaminate the biological vehicle when effective results can be achieved naturally? Don't put your body at risk. If there is real desire to experience Astral Projection then that desire, along with consistent practice will get you there.

40. What is Lucid Dreaming?

Lucid Dreaming is a term coined by Frederik van Eeden. A dream in which you are aware you are dreaming, is called a Lucid Dream.

Lucidity is often triggered when the dreamer notices some incongruity in the dream, such as flying like a bird, or meeting the deceased. And Sometimes people become lucid without any particular reason. They just suddenly realize they are dreaming.

41. Are there levels to Lucidity?

The level of Lucidity can vary greatly. When your lucidity is very high, you are cognizant that everything you are experiencing is occurring in your mind. You know there is no real danger about anything and that you are asleep in bed.

But when your lucidity is low, you may be aware only partially. You may fly or alter what you are doing, but you may not realize that the people in the dream are not real, or that you can suffer no physical harm, or that you are actually in bed.

42. What is Near Death Experience (NDE)?

Near Death Experience (NDE) is an OOBIE that is brought about when a person is at the point of death. This generally happens during accidents and acute illness. During NDEs people pass over to the other side and often report seeing their life flash before them. Most people also experience traveling inside a dark tunnel towards the light. After an NDE, most people develop a strong belief in life after death.

43. After the first conscious Astral Projection, is it easy to have them regularly?

In most cases, if you experience conscious OOBIE once, you will experience it again. If you still have the desire to do so, it would be easier the second time. But, if your first experience was an unpleasant or a frightening one, you may never consciously want to project again. Desire and practice are the keys to regular projections.

44. In the Astral world, is it possible to attract people in the physical world?

Since the Astral Plane is vibrating at a different frequency than the Physical Plane, it is very unlikely that you can attract people in the physical world.

There are people who can project near the physical vibration rate and can be seen by others, and communicate as well, but this is rare and usually unintentional.

45. Is it possible to meet deceased relatives on the Astral Plane?

Yes, it is possible. If you had a strong attachment with the deceased, it might be possible to meet them, though not always.

46. Is it possible to meet with other human beings while Projection?

Yes, it is possible. But if you want to talk them meaningfully, they should be conscious. If we find them and they are dreaming they will look drunk! They may not recognize us but later when they awake, they may remember seeing us in a dream.

47. Is it possible to take astral trips with others?

Definitely. Astral Projection experts often project from different locations on this planet and travel together to any place of their choosing. They can also attend group meetings. In fact, there are various groups on the Internet that take astral trips together.

48. Are there negative entities in the Astral? Are they dangerous ?

Yes, there are negative entities in the Astral Plane but you may not come across them very often. They can do no harm to you in any way. If they scare you, you may slump back in your physical and have a headache!

Many of these negative entities are self-created. They are nothing but manifestations of your own fears that appear as thought-forms in the Astral.

Other entities are denizens of the lower Astral that sometimes get attracted to you for some reason. Even they can do you no harm.

Remember, in the Astral, your thoughts have power. If you don't like something, you can always change them into something you want. By not being afraid, you can make these entities vanish or turn them into something more pleasant. You can tell them who is the Boss and demand them to vanish. And they will soon disappear.

In order to avoid bumping into any of these entities, you should attempt Projection in a good mood. The rule in the Astral Plane is: Like attracts like. If you are in a negative or bad mood,

you will attract negative thought-forms. But if you Project with positive and loving thoughts, you will most likely attract positive and loving entities.

49. How can we control the fear-factor?

Fear of the unknown is a common barrier to OOB. As someone rightly said, FEAR stands for False Evidence Appearing Real. There is nothing to be afraid of in the Astral world. Nothing can harm you. But it is a new environment and the Projector has to get used to it.

There are several ways to reduce and eliminate fear during Projection. One very effective way is to immediately start repeating safety affirmation. Tell yourself repeatedly that you are safe and calm. Any such statements will help you immediately calm down and relax.

Knowledge and understanding about OOB always helps. Read everything regarding Astral Projection and become completely familiar with all its aspects. You should know what to expect during Projection. So whenever you experience something, it may not be totally unexpected. Your knowledge on the topic would strengthen your belief and diminish your fears.

Most people who experience fears are trying to Project at night. At night, everything around us is dark and creepy. Fear of the dark is a natural fear. The best way to overcome this is to practice during daylight. This is by far the easiest solution to the fear of darkness.

Nothing can substitute experience. The more you get into the Astral, the more familiar the astral environment will become. Each subsequent travel will be less fearful. Soon you will be able to approach it with more stability, and it will become better and more magical if you persist. After a couple of successful experiences, your fear will diminish and eventually disappear.

50. Why is this taking so long?

There are several reasons why for you it is taking long. Firstly, you need to find out if you are really taking out time to practice. If you try only at night, you will fall asleep most of the time. So you should practice at times when you will not fall asleep.

Or maybe you are trying too hard. If this is the case you may actually be stopping yourself from Projection. You have to follow a middle path. Give yourself some time. Practice every day, preferably at a fixed time. Relax and don't get tensed if you are not getting results.

Succeeding in Astral Projection is just like building a muscle. If you have not used your muscles for years, you need to give some time to train it. You will succeed when you are ready, not when you demand it. So relax and be consistent.

51. I can't remember my dreams. How do I improve my dream-recall ability?

In order to improve your dream-recall ability, keep a pen and a diary next to you. Whenever you get up after a dream, write it down. This is very important. Don't take it casually because if you don't write it down, you will forget them by morning. When you regularly record your dreams, your recall-ability will improve dramatically.

Another good habit is to remind yourself just before you go to sleep that you will remember your dreams.

52. Every time I try to Astral Project I lie there for a long time and I feel things but I never seem to make it.

If you are experiencing Astral sensations, maybe you have already split, but your astral is still on bed. Try to get out of bed, carefully and take a little jump. You may end up floating above your body!

53. Why Can't I Have Another OOBEE?

Normally if your first OOBEE experience was a pleasant one, you should not have difficulty in your subsequent Astral Projections. However, if it was not a pleasant one you may have developed a sub-conscious block towards Projection

Affirmations are the best ways to remove mental blocks. You can repeat your affirmations several times a day and several times just before going to bed. This would dissolve any impediments rooted in your subconscious.

54. Sometimes during my OOBEE experiences I cannot move. At other times I have difficulty in my vision and other senses. How should I solve this problem?

Often new Projectors face such problems. In order to improve clarity of vision, hearing and mobility, simply repeat mentally that you want your complete awareness to be present. You should affirm with full conviction. Repeat your request as often as required. The stronger the demand is, the better would be the results.

55. Can other people who are in the Astral help me in achieving a successful Projection?

Only the Divine Beings, who are spiritually advanced, can help us in achieving a successful projection. There are several documented cases when Projectors felt warm loving hands guiding them out of their bodies.

56. Can I fly during Astral Projection?

Flying is a very pleasant part of conscious Astral Projection. When you are out of your body and want to fly, there are various ways that can help you achieve this.

You can flap your arms as if they were a bird's wings and take off. Or simply, you can think of floating and you will start flying! Another way is to just 'feel' that you are lighter than air. As you think, you will gradually rise up and start flying. You may also tell your self to shoot up like a rocket. The next instant you would be propelled into space. You might also think that you are in an elevator and it is taking you up to the 20th floor. Or maybe you can fancy yourself swimming and floating. All these actions would result in your flying or floating

As you practice, you will know which method works best for you.

57. While practicing, often I get a tingling sensation but cannot go beyond that. How do I take charge?

Tingling sensation is a very good sign. It means that you have become more aware of the energy flowing through you. Try not to be distracted by this. When you stay calm more sensations would be felt and eventually you may project.

If you ever feel, at any point, that you have come out of your body, just get up out of the bed carefully, and take a small jump. If you are really Projected, you will start floating and that would be a wonderful feeling.

58. Sometimes while trying to Project, I hear whistling and buzzing noises. My heart starts beating faster than usual and then I wake up. How do I get around this?

Buzzing and whistling sounds are normal preludes to Projection. Don't get too carried away with these symptoms. The key is to take them naturally and keep calm. You need to let them happen and not pay attention to them. Soon these symptoms will stop bothering you.

59. Whenever I try to practice, I get distracted and my mind starts hopping from one thought to another. How can I concentrate?

Training the mind to focus on one thing takes some time. Whenever some wayward thought distracts your mind, mentally tell that piece of thought “I know you are important. But I will attend to you after some time.” You will notice that by repeating such lines, your unwanted thoughts disappear and you are able to concentrate.

Additionally, you can spend around 5 minutes every day and practice concentration / visualization exercises

60. What kind of knowledge can we gain from the Astral?

The Astral Plane is a storehouse of unlimited knowledge. It contains information about the past, present and future. It can teach you about ancient cultures, nature, life, divinity, the process of life and death. You can also find out if there is life on other planets. And much, much more. The learning is endless.

61. When are you best able to leave your body?

This depends on person to person. But for majority, morning or daytime is easier. If you practice at night, you are usually too tired and will fall asleep. So it is more productive to practice during morning hours.

62. When we are Astral Projecting, by just taking the name of the person, can we visit him/her? Is it possible that by mistake we visit some other person by the same name?

In the Astral, your thoughts are the key to where you want to go. Your higher self knows whom you want to visit and take you to the correct person. Here, the name of the person doesn't matter at all. Since you are thinking of that person, you will reach there.

63. Can light meals help out-of-body experiences?

Some people find Projection easier when they have a light meal.

It is not recommended to practice after a very heavy meal because it can take us into lower Astral. Even fasting is not required. You can eat sensibly and avoid fried and other items that make you lethargic.

64. Do the dead make their presence felt?

Yes. There are countless cases when the deceased visit their relatives to help them in times of need or if they want to pass on some message.

65. Why don't successful Projectors prove to the non-believers that Astral Projection is real?

You see, we are not here on earth to convert non-believers into believers. If we were, we would have spent several lifetimes forcing our will on others, and that is not right. We have been sent here to experience things for ourselves. When the non-believers are ready, they will turn into believers.

Appendix C:

Helpful Astral Projection Links

Astral Projection Related Sites

<http://www.crystalinks.com/astral.html>
<http://www.jonasridgeway.com/>
<http://www.out-of-body.com/>
<http://www.astralinfo.org/>
<http://lilacsky.proboards39.com/index.cgi>
<http://www.astraltraveler.com/>
<http://www.astralsociety.com/>
<http://www.acadiacom.net/studynet/index.html>
<http://users.aol.com/MuseforU/ap.html>
<http://www.monroeinstitute.org/>
<http://www.astralvoyage.com/>
<http://www.iacworld.org/English/Resources/>
<http://www.astralprojection.ws/>
<http://www.outofbody.co.uk/>
<http://www.soultravel.nu/>
<http://www.hemi-sync.biz/>
<http://www.lucidity.com/>
<http://www.astralweb.com/>
<http://www.terraseetch.com/book.htm>
<http://www.astraldynamics.com/>
<http://members.aol.com/caseyflyer/flying/dreams.html>
<http://www.astralresearch.org/>
<http://www.spiritual.com.au/astral.html>
<http://www.nexusbooks.net/obe/>
http://www.paradigm-sys.com/display/ctt_articles2.cfm?ID=50
<http://www.oberf.org/>
<http://www.personal-freedom.org/empower/obe/index.aspx/>
<http://www.robertpeterson.org/obebook.html>
<http://www.lucidcrossroads.co.uk/astral.htm>
<http://www.saltcube.com/obe-guide/>
<http://members.aol.com/vandekeere/life1/index.html>
<http://www.consciousdreaming.com/>
http://www.dreamgate.com/dgvc_01.htm
<http://www.dreamgate.com/dream/resources/online97.htm>
<http://members.aol.com/psiflyer/dream/explorer.html>
<http://ld4all.com>
<http://www.monroe-inst.com/>
<http://www.psychics.co.uk/astraltravel/outofbodyexperiences.html>
<http://www.circle-of-light.com/Metaphysical/astralprojection.html>
<http://www.hermetic.com/stavish/essays/lucid.html>
<http://www.angelfire.com/realm2/amethystbt/astralatwill.html>
<http://www.nexusmagazine.com/articles/oobe.html>
<http://www.timekillers.co.uk/astral/index2.html>

Astral Forums / Groups

<http://www.astralpulse.com/forums/index.php>
<http://www.newagereseller.com/jonas/cgi-bin/yabb/YaBB.cgi>
<http://www.astralsociety.com/as/Forum/>
http://groups.yahoo.com/group/OBE_Newsletter/
<http://www.outofbody.co.uk/cgi-bin/obeforum/YaBB.pl>
<http://novadreamer.com/discus/>
<http://www.astralweb.com/astralforums/>
<http://www.gnosticweb.com/forums/>
<http://www.nexusbooks.net/forum/>
<http://groups.yahoo.com/group/thedreaminitiative/>
<http://forums.astraldynamics.com/>
<http://dreamtalk.hypermart.net/bb2005/viewforum.php?f=4>
<http://astralresearch.com/posts/>

Other Astral Related Links

<http://www.avalonia.co.uk/>
<http://www.spiritonline.com/>
<http://www.iacworld.org/>
<http://iands.org/index.php>
<http://www.adcrf.org/>
<http://mikepettigrew.com/afterlife/>
<http://www.relax-uk.com/>
<http://channeling.net/directory/>
<http://www.hemi-sync.biz/>
<http://www.brainwave-entrainment.com/>
<http://www.primasounds.com/PrimaSounds/index.html>
<http://www.mysticweb.org/>
<http://www.bwgen.com/>
<http://www.castaneda.com/>
<http://www.journeybetweenlives.com/>
<http://www.parallelperception.com/>
<http://www.web-us.com/thescience.htm>
<http://www.gatesofmysticism.net/>
<http://www.kurtleland.com/>
<http://www.beyondtheveil.net/>
<http://www.patriciagarfield.com/>
<http://www.lucid-dictionary.150m.com/>
<http://www.dreamgate.com/dream/ed-articles/>
<http://wondersmith.com/dreams/>
<http://www.webb.com/Starfire/paralink.html>
<http://www.mossdreams.com/>
<http://www.dreamland.mustbehere.com/>

<http://www.asdreams.org/>
<http://www.worlddreamspacebridge.org/dreamin/index.htm>
<http://www.asdreams.org/2006/index.htm>
<http://www.dreambay.org/>
<http://www.asdreams.org/psi2005/index.htm>
<http://www.dreamtree.com/>
<http://www.dreamemporium.com/>
<http://www.are-cayce.com/>
<http://www.innervisionpc.org/>
<http://www.psychic-chat.org/join.html>

Online Astral Courses

<http://www.gnosticweb.com/index.php?PageID=157>
<http://www.geocities.com/lucidmetro/coursetable.htm>

Astral Related Software

<http://www.dreammap.com/>
<http://www.liquid-dream.com/>
<http://lucidquest.com/>
<http://www.astral-projection.org/>
<http://www.worldofalternatives.com/astral-projection.htm>
http://www.thesharm.com/kw_obelid.html?ref=adwords