

Chant for Astral Projections

Find a quite place to relax. Remove any tight clothing that you may have on. You can be lying down or sitting up. The choice is yours.

Just make sure that you are very comfortable. And that there are no outside sounds disturbing you.

Take the grand Voodoo Seal in your right hand and begin to look at the dot in the centre of the paper. (Pause)

As you begin to look at the centre of the paper, begin to slowly breathe in one deep breath. (Pause)

Breathe in deeply again (Pause)

Breathe in deeply once again and when you do, let your mind just become naturally relaxed.

Still looking at the mystical Voodoo dot, repeat to yourself in a low voice each suggestion to your self while looking at the Voodoo dot.

With each breath that I now begin to breathe end from this moment on will cause me to become more and more relaxed.

The muscles in my head are now becoming more relaxed. (Pause)

My eyes now are becoming more relaxed (Pause)

My face is now becoming more relaxed (Pause)

My neck muscles are now becoming more and more relax (Pause)

My shoulders are now becoming more and more relax (Pause)

My arms are now relax (Pause)

The relaxing feelings are now moving slowly down my arms and relaxing them. (Pause)

My hands, head, neck and shoulders are now becoming more and more relaxed (Pause)

With each breath that I now take in... Is now relaxing my chest muscles (Pause)

My stomach muscles are now relaxing (Pause)

My back muscles are now becoming more relax (Pause)

Now my entire top body is now more relaxed (Pause)

Now this feeling of relaxation is now moving down my body to my thighs (Pause)

Now down my legs causing my legs to become more and more relax (Pause)

This wonderful feeling of relaxation is now moving down to my feet (Pause)

Now my complete body is more and more relaxed (Pause)

I am going to count backwards slowly from 10 to 1 and as I do, my complete body will become more and more relaxed (Pause)

10... this feeling of relaxation is now moving from my head slowly down my face relaxing all the muscles in my face (Pause)

9... this feeling of relaxation is now moving from my face down to my neck relaxing all the muscles in my neck (Pause)

8... this feeling of relaxation is now moving down from my neck to my shoulders...relaxing all the muscles in my shoulders (Pause)

7... this feeling of relaxation is now moving from my shoulders down to my arms...relaxing all the muscles in my arms...causing my arms to become heavy and heavy with more relaxation. (Pause)

6... this feeling of relaxation is now moving from my arms into my hands becoming more and more relaxed (Pause)

5... this feeling of relaxation is now moving from my hands down to my back muscles...causing them to become more and more relaxed (Pause)

4... this feeling of relaxation is now moving from my back to my chest muscles causing my chest muscles to become more and more relaxed (Pause)

3... this feeling of relaxation is now moving from my chest muscles to my stomach muscles relaxing all those muscles in my stomach (Pause)

2... this feeling of relaxation is now moving to my thighs, my legs and to my feet. causing all those muscles to become more and more relaxed now (Pause)

1... this feeling of relaxation is now moving through my entire body causing my body to become more and more relaxed now. (Pause)

I am thought and mind. And since I am now thought and mind.. where my mind go.. so I am there. (Pause)

My mind is now looking at me here now in this room (Pause)

I can now see my face now (Pause)

I can now see my chest now (Pause)

I can now see my arms now (Pause)

I can now see my legs now (Pause)

I can now see my entire body now (Pause)

I am now standing back looking at my body now (Pause)

I see my body as another person in this room with me but this is my body now (Pause)

I see this person there in this room looking relaxed and at peace now (Pause)

I now walk around this person and see the back of this person neck now (Pause)

I now walk around this room and begin to notice things that I have overlook now (Pause)

I now begin to walk into the next room now (Pause)

I now begin to walk into the streets now (Pause)

I know that if I want to go some place all I have to do is to think I am there and I will be there in a blink of the eye (Pause)

I am now done travelling in my astral body and I will come back to my relaxing body now (Pause)

As I slowly enter back into my psychical body I am now relaxed and felling good about my astral travels knowing that I can travel anywhere anytime and at any place (Pause)

I will now count up from 5 to 1 and will awaken from my astral trance state fully refresh and wide awake (Pause)

5... coming back to body (Pause)

4... feeling my feet and legs beginning to awaken (Pause)

3... feeling my thighs beginning to awaken (Pause)

2...feeling my top half of my body to becoming more awake (Pause)

1.. I am now fully awake and fully refresh now!

Chant to repeat each day to help you become more powerful in Astral Projection

I am mind and I am in control of my mind
I think therefore I am

