



A Course In Astral Travel

WEEK 3

WAKING UP IN DREAMS

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Waking up in dreams

In this topic we are going to look at a simple technique through which you can become conscious in the Astral by waking up in a dream, with it you can carry out exactly the same investigations in the Astral as you would do when you project from your bed.

In the normal course of sleep, dreams occur in the Astral plane, so it is possible to become conscious of being there while in a dream, it happens to many people and is commonly called 'lucid dreaming'.

However, there is a difference between a dream and being consciously in the Astral. When dreaming there is no recognition of being in a dream, it just happens and there is no self-awareness to enable us to realize where we are. When you are conscious in a dream however, you know that you are in a dream, then you are consciously in the Astral. This is why we use the term 'waking up in dreams' rather than 'lucid dreaming.'

There are exercises that can be done to become conscious in the Astral while dreaming, they basically involve questioning during the day to see whether you are in the Astral or in the physical world, in order to record that question in the subconscious and to repeat it while dreaming and thereby to realize that you are there.

The things that are done during the day naturally become recorded in the subconscious, the subconscious then projects what it has recorded onto the Astral, which combined with what's actually there, become the scenes that form the dreams. In most cases, they seem real to the dreamer, but they are mostly just the dreamer's own creation. Yet everything that exists here actually has its counterpart in the Astral, every physical form has its Astral form, because things are multidimensional, so if we

were awake in that dimension, we could see our house, town, friends etc, but in a dream it is mostly altered. Even when we do wake up in the Astral, you can often see what is there, but occasionally the dream images continue, due to the projections of the subconscious.

If during the day, therefore, you repeatedly ask yourself where you are and whether you are in the physical world or in the Astral, that questioning is eventually recorded in the subconscious and you will eventually ask that at night while in a dream. Then, in the dream, you can realize that you are in the fifth dimension.

That dimension has different laws than here; we can fly and move through objects. So if we question ourselves here using things that only occur in the fifth dimension, for example flying, then we know what dimension we are in if they happen.

There are two main things to use to check where you are, jumping and pulling your finger. The first involves jumping slightly in the air, with the serious intention of floating or flying. Obviously, we're not going to fly here, but if we do it in the Astral then we will fly. If you do that enough here, you will begin to do it in dreams, then when you jump and you actually float or fly, you can easily realize where you are and be consciously in the Astral.

When you practice this you don't need to jump very high, just slightly, but you do need to seriously question where you are and whether you are in the physical world or in the Astral. It is important to do this questioning sincerely, really asking yourself the question. If you do it and you think that you are really in the physical world, you will jump in the dream but you will think that you're in the physical and it won't work, you may just land straight back down or may fly convinced that you are in the physical. You also need to do it really with the feeling that you're going to fly. When you have flown a few times in the Astral you know how that feels.

The second check you can make is to question and to pull your finger at the same time. In the Astral, matter is different, so if we pull our finger there it stretches. This is useful when we want to check where we are but when it would be inappropriate to jump up in the air, however discreetly (you don't want to look like an idiot bounding around the office for example).

To make all this questioning work, it's important to do it very frequently, to be checking often during the day, eventually this will become recorded and you will start to do it in your dreams.

When you question, its best to do it with awareness, looking around carefully at the place you are in, the objects around you, etc.

You need to genuinely question where you are, actually doubting and wondering, if you don't, when you question in the dream, you can be convinced that you're in the physical world. Even to the extent of jumping up into the air, floating and wondering how you could float in the physical, or thinking that you can float in the physical. This has happened to me and to many students very often.

I used things to trigger off the remembrance of jumping by jumping whenever I saw certain things, knowing that whenever I saw those things in a dream I would be likely to question where I was and to jump. I used to help myself to remember to jump by jumping every time I saw the stars at night, then I would often be helped to wake up by being shown the night sky in a dream.

Strange things that you see sometimes can also be used to remind you to question where you are because strange things happen very often in dreams, you might be looking into the night sky and see UFOs flying around for example. Whenever you see something strange or unusual, then use it to question whether you're in the physical world or in the Astral world, then either pull your finger or jump to check.

Once in a dream I saw a spiritual Master called Rabolu in front of me, he jumped up in the air doing somersaults, I thought that it just couldn't happen and realized that I was in the Astral. In fact, I woke up in the Mental plane, which is a higher plane than the Astral, but still in the fifth dimension.

I have been in the astral on different occasions and have met students who were in a dream, I remember asking one to wake up and jump, I told him that he was in the Astral, but he could only partially recognize me because of the dream images that he had, I jumped and floated but it made no difference, he was too asleep on that occasion, but he may have remembered seeing me in a dream if he had done the exercise to remember dreams when he woke up in the morning.

When a person dreams they can look like people who we see here drunk or on drugs to someone who is awake in the Astral.

The Importance of Awareness

This technique works best when using the awareness throughout the day, because awareness makes the consciousness active. The clearer that the level of consciousness in daily life is, the clearer and more lucid the dreams you have.

Awareness makes it easier to see what is going on in dreams and thereby makes it easier to remember to question where you are. So you can make better use of the opportunities to wake up there.

The consciousness can not only be activated but also the amount of consciousness can be increased, which is very important. To increase the amount of consciousness you have you will need to learn the techniques in the Self-knowledge and esoteric courses. These techniques involve alchemy, which gives lucidity to the consciousness and techniques to see and eliminate subconscious states such as fear, anger, various mental images, etc, which we call egos and which make up the subconscious. These keep each person in a daydream throughout daily life, that daydream continues when sleep arrives and becomes dreams. In this esoteric work on another course, you learn to eliminate those subconscious elements and to increase the amount of consciousness. I will explain more about dreams and the subconscious in another topic on this course.

For now however work with awareness, doing so exercises and feeds the consciousness that you have, it's a matter of getting out of the daydream and 'waking up' to where you are in the present moment. If you catch yourself daydreaming go back to what you are doing immediately so that you cause the consciousness to wake up.

The more you can practice being aware of where you are and what you are doing the better. Combine this with questioning which dimension you are in and you have a very effective means of getting to the astral plane.

Exercises to do for this week

These weekly exercises are most important for getting into the Astral, if you do them all methodically each day this week you will have a much better chance of being able to succeed than if you just try a mix of things here and there.

1. To wake up in dreams

a). **Questioning where you are** - Ask whether you are in the physical world or in the Astral world by using the jump and pulling your finger and by seeing if there is anything strange around you, in the ways that I have described above, remember to genuinely question, looking around you with as much awareness as you can and try it as often as you can.

b). **Practicing Awareness** - Being aware during the day, helping this exercise to work by making sure you try when you do the three things I mentioned last week – remembering to be aware whenever you are washing yourself, putting your shoes on and eating.

c). **Practicing Awareness and Questioning** – Go for a walk for 10 – 15 minutes each day and intensively practice being aware and practicing questioning which dimension you are in by pulling the finger and jumping.

2. To Astral Project

a). **Continue your concentration on the heart** - Experiment this week with the different methods of visualising the heart to see which is most effective for you and to learn the different ways of visualising. You should make use of this time to learn to concentrate on the heart, because we will be using other techniques soon and you will lose the opportunity to learn this technique if you don't make use of it now.

b). **Visualising an object for ten minutes each day** – Vary the objects and continue with ten minutes each day.

3. To Remember Dreams

Lying still when you wake up, going back over the night's dreams, using the mantra Raom Gaom.



Questions And Answers

Q. I would like to know..."how do you know the difference when you astral project or wake up in a dream?"

A. In dreaming we are not self-aware so we can't say 'this is a dream', but when we are in the Astral we can, we know that we are in that plane, just as we know that we are in the physical plane now.

How do you know the difference when you astral project or wake up in a dream?

The difference is only in the way that you get into the Astral.

With projection you go straight from the body, when you wake up in a dream, you have missed the projection but still are consciously in the Astral. You can be in the same place from both methods; it's only the way that you get there that's different.

I'm not sure if it was astral projection. At first when I went to sleep at about midnight or so, I was dreaming already, then I realized I was lucid dreaming. Then when I kept on trying to get out of my body I started feeling pains...in my dream. Then I lost that then I started dreaming again, this time I was lying down in bed trying to project because I knew I was dreaming. Suddenly I popped out of my body and I was just floating in the air in some brightly lit skies somewhere. Then I tried to will myself to go into my sister's bedroom. But it felt like I was getting pulled there and the candles in her room allowed me to see her dresser and that was that. After that brief pull, I was pulled outside of my house and it was just me and the night sky. Then I suddenly found myself in my body again at 12:30am. Please tell me if this was astral projection. I'm so positive that it is because I've never experienced anything like this before. Partly I'm doubting my experience as being a projection because I didn't get to have what people call spherical vision. Maybe that comes with practice? I've been thinking about it all day so any feedback is appreciated.

Yes, you were in the Astral, when you get pulled to a place like that it is generally because you need to be shown or experience something there, when a Master is called in the Astral there is also that pull.

Forget about having spherical vision or trying to perceive in a certain way, because that can make you create things from your own imagination that are not really there

and make you lose the Astral, turning it into a dream or bringing you back to the body. It just becomes a distraction; it's best to be simple and clear in the Astral.

There are different faculties and senses that enable us to perceive what we cannot see with the eyes, but you really need to develop them here in the physical world.

Just try to be aware while you are there, then any faculties will be naturally activated.

In the astral whatever you want to happen happens. I think, but I'm not 100% sure about that :)

It's not the case that whatever you want to happen happens. You can however imagine things in the Astral and they will appear, they don't really exist there though, they are projections of the mind and with them you can soon fall into a dream and lose awareness of the Astral. It's better to be clear of those projections so that we can actually see what is there.

I read about the ability to become anything like a room or a flame, or a chair. Do these things happen in the astral or is that something else?

You can imagine things in the Astral and they become real, but it's not advisable because then you don't see things as they are and you can miss out on teachings.

O.K. just how much practicing did you do before you finally did it? I can't seem to get there with these exercises. I have projected before but it happened accidentally. I am starting to think I am doing something wrong. Is it because I am too tired when I do try? Have you all been falling asleep then waking up in the Astral? I need some help. Any hint at all would be appreciated. Thanks.

I had been developing awareness for six months before I tried astral projection, I didn't know about the Astral before then, but because of all that training in awareness I managed to project first time.

So far we have given just one basic exercise of projection, but there are more. It can take a lot of practice, time and patience to do the things necessary to achieve the Astral.

Try doing the 'jumping' exercise and pulling your finger during the day to get yourself to wake up in a dream. It is a very simple and effective exercise. If you are too tired, you can have difficulties projecting, the mind finds it difficult to focus then and sleep arrives so quickly, the remedy is to conserve your energies by being less in the ego during the day and to go to bed when you are not so tired.

In my experience I tend to "wake up from dreams" either before the "split" or after is it normal to have dreams before the split.

You can have dream images before the split; you are getting into the astral but are missing the process of projection.

Opening my eyes ended two my experiences in the astral - should I not do this in future?

Yes you can open your eyes without losing the Astral, but try not to be absorbed in what you see. You should watch your egos in the Astral because feeling nervous and the like can bring you back to your body.

I think I did it!! When I was dreaming I suddenly thought am I dreaming? And then realised that I was. Then I felt suddenly happy and free like I do when I am trying the awareness exercises in the daytime. However, as soon as I realised it my body started feeling fuzzy and vibrating and the place where I was dreaming disappeared and I felt as if I was waking up so I panicked because I thought I was seeing my room and my eyes were opening, so I told myself to keep in the dream, but then I must have fallen asleep again. Was this waking up in dreams and why did I then wake up properly and how can I stop this?

Yes you did wake up in a dream, it often only lasts for a short time as it did for you, then you wake back up in the physical world or lose self-awareness in the astral and merge back into a dream. This is usually due to a lack of awareness and consciousness although heightened emotional states such as panic can also bring you back to the body. It helps if you can hold on to astral matter while you are there and to stay as naturally aware as possible, eliminating any egos (emotional states for example) that arise.

Okay, I woke up in my dream, I thought, hey, this is a dream, wow, now I should be able to do whatever I want. So I tried- nothing happened. Is it possible that I didn't actually wake up but just dreamt that I did and so couldn't do what I wanted, or is there something you have to do before you can actually do what you want or Astrally project?

You did wake in your dreams, but the idea you have about astral projection threw it out.

What you really need to do and should have done is investigate that plane and seek knowledge there. If you improve internally and become more conscious, then, you can learn things that you can't even imagine at this moment because the mind is a basic tool in comparison with what you can know thorough consciousness. Otherwise you will be wasting your time there.

If you wake in your dreams again try finding out how that dimension works, for example what happens if you jump, are things really as solid as they are in the physical plane? Then try to push through something that is solid and then you will see for yourself what happens. Learn to investigate things, then, you won't go wrong.

I knew I wasn't in the astral- but I thought that lucid dreams were where you could make anything happen. When I did jump in the dream I started to fly and then I woke up.

Lucid dreaming is an unclear term, when you know you are in a dream then it is an experience that is taking place in the Astral plane. Don't waste the opportunity by

trying to make things happen, you will only see what is in your subconscious if you do, rather be aware of what is there, it will help you to stay out longer too.

A week ago I was driving when I saw something strange and for a split second thought I was dreaming. That night while dreaming I was driving I again saw something strange (a distortion of the windscreen). I thought if I could concentrate on the distortion I would see what was really there. At this point I realised I was in the astral but it was short lived. As I was driving in the dream when I woke I thought I may have been driving in reality and nodded off at the wheel so I panicked to find my body to make sure it was still okay... whoosh back in my body which of course was sleeping in bed. But still a start.

Yes that's a good start, don't forget to pull your finger and jump in the day, this will increase the chances of waking up in the Astral.

Lately I have tried to be more aware in my everyday life focusing on seeing things as the present time rather than thoughts or emotions... doing this I have realised I am remembering more of my dreams when I sleep and I am seeing more deja vous (cant spell) scenarios of dreams or places I felt I have been before.

My question I would like to ask is 1 night about a week and a half ago towards the early hours in the morning (still dark outside) I felt I woke up within my dream state this was quite unusual but what made it more unusual was that as I woke within my dream I could see a dark shape of something I cant really specify but it was about 20 cms in height and 5 cms in width and outside of this dark shape there was a number of different colours rainbow like outside of the darker shape. In this state of mind while I was sleeping I felt this was the stage for me to try to astral travel so I tried to leave my body and as soon as I tried this I snapped back into my body and was wide awake. I later learned I should have probably not willed my self out of my body but let things take place by themselves. I would like to know from someone experienced does this sound like the right process for astral travel or was in dreamland seeing things? If that was a complete and utter load of nonsense could someone explain to me what might have happened...?

By waking up within a dream state, you were already in the astral. There is no need to try to leave the body if you become self-aware in a dream. You should have tried jumping to make sure you were there.

If you see anything strange like that object again use the conjurations which will be given later in the course, then you will be able to get rid of any kind of negative influence or entity and will (along with your intuition) be able to tell if something is good or is negative.

If you have just gone into the Astral don't try to will yourself out of your body - actually get up slowly. As it was you were just pulled back into it.

On the first day of the exercise I asked myself a bunch of times if I was in the Astral or Physical world? Last night I woke up, and decided to try to project

again which I do every night. This time I did project, but instead of walking outside of my house, it was a house in the country. I thought, I must be in a dream, but conscious. So I started walking when I realized something like a magnetic force was pulling me towards something. A policewoman told me which way to go and pointed. It was not necessary for her to do this as I was already going in that direction. I came upon 3 or 4 people as I was floating by and ask where I was going. They said, "Toward and through the crosses." I said thanks and proceeded to go further but I woke up.

Question: Was this a test for me to try and accomplish or is this something I need to figure out on my own since it was in the Dream part of the Astral?

It was an experience in which you were being taught.

When you are being pulled with a magnetic force like that it usually indicates that you are being led to a certain place. The policemen usually represent agents of the divine law, who are associated with Karma, just as the physical ones here are to a country's law here.

If the crosses were like graves, they could mean death, but the cross has a meaning - the responsibility and sacrifice of the esoteric work, and also the alchemy.

You need to look at the particular experience and see what it means overall.

What role does the cosmic fire play in the astral jump? Do I have to use it or there's no need to use the cosmic fire? I'm really concerned about how dangerous it can be.

There are many kinds of cosmic fire, the one we mostly refer to is called the Kundalini. It has to be awakened first with the true Esoteric work, although many mistakenly think it's easy and give wrong techniques to try to awaken it. Once it has been awakened there is no danger from it.

You will do best to continue trying the Astral at this stage and not to worry about the cosmic fire. That will be explained on the Esoteric course.

I have had a couple of experiences where I was in a normal dream, and all of the sudden noticed something really out of the normal, and suddenly realized, hey, I'm dreaming. However after this, I quickly lost control of the scene, and rather than being able to look at the images, it all became swirled together, and then I woke up. Is this control something that happens with practice? Or should I be doing something else to keep from losing the images and waking up. I am discovering with the exercises on awareness during the day that I am remembering more of the dreams that I do have during the night and am continuing to do the finger pulling/jumping exercises.

It is a very common experience, what you need to watch is that you don't get too excited when you get into the astral, if you keep working upon your emotions during the day you will find in the future that the experiences will be clearer. Just keep

persisting with it, you are on the right track, keep learning and you will see that you are able to stay in the Astral for longer.

I was finally able to wake up in a dream after a day of relaxation exercise. I practiced the relaxation exercise and after a while I fell asleep. When I woke up, I found myself in a city (I don't where). I knew I was in a dream so I walked a few meters and I jumped with the will of flying and flew in the sky. A second after, I noticed a BLACK BIRD that I passed and then fear arose in my whole body (although I'm not afraid of a black bird in the physical plane). I hastily returned to my body by thinking and moving my body parts. I noticed that the time in my dream was the same in the physical but only advanced a little.

It's very important to overcome the fear, this is done by gaining experience in the Astral, by learning to use the conjurations and by doing the esoteric work here, which includes the elimination of ego states such as fear and Alchemy which transforms the energies, you get fear when the energies are weak but it goes away when they are strong. When you get the information on the conjurations later in this course and you see anything like that makes you afraid again, you can conjure it, then you will get the confidence that you can deal with things in the Astral plane.

Yes it's true that time is different there than it is here, because there we are in eternity when we are in the fifth dimension. But whenever you are shown the time in the astral you need to pay careful attention to it because the numbers of the time will give you an indication of how you are doing spiritually, there will also be more about this in another topic.

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