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# AUTHOR'S PREFACE

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.

## **Learn From My Experience!**

I have consolidated all the knowledge, information and experiences I have had on this topic and compiled them into this easy to understand, highly-informative ebook.

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 tried to cover most of the common concepts about Astral Projection, along with step-by-step instructions on how to experience this reality

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

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**

# MY INTRODUCTION

## **A brief (and hopefully not so boring!) introduction about me!**

My name is Abhishek Agarwal and I am from India.

At the very outset, let me tell you that I am a very normal person, just like most of you...I neither have a mystical background nor do I have any qualifications as a meditation master or a Hypnosis guru! Since the last 15 years, I have always been interested in reading stuff related to the mysteries of the human mind and its unlimited potential. Maybe this underlying interest and quest to learn more, attracted me towards one of the most amazing powers lying dormant within us - **Astral Projection**

## **How It All Began**

When I was very young, I used to go to my maternal uncle's house for my summer vacations. My uncle had a collection of some very good books... and I loved reading them! One of those books was called **The Third Eye**, by **T.Lobsang Rampa**. Lobsang Rampa was a Tibetan Lama, and an expert Astral Projector. It was through this book that I first learnt about Astral Projection and Out Of Body Experiences (OOBE)

(I loved Rampa's books so much that over the years, I managed to collect 19 more of his books. They are still there with me as my prized collection!)

The very concept of leaving the body intrigued me and put me in awe! I was so fascinated by Astral Projection, that I read everything I could find on this subject. I even visited various local libraries to get hold of any book on this topic. I got besotted about the topic and used to think about it day and night!

## **And then it happened!**

One night while I was sleeping, I suddenly woke up, and found my body totally paralyzed! I was unable to move even my fingers and toes. It seemed as if someone had cemented me to my

bed. I knew this was one the symptoms when you are about to leave your body. I tried to stay calm and composed, although I must admit that my excitement was difficult to control!

My body felt as if it was vibrating from head to toe. Had I not read about vibrations in many of the books, I would have thought that someone had electrocuted me! But fortunately I knew what was happening. This vibration was because of my vibrating Astral Body, about to slide out of my Physical body.

After a few seconds I felt myself floating high up in my room... I was like a feather floating on soft breeze! This feeling of freedom was amazing! I could see clearly, and saw myself lying down peacefully on my bed...fast asleep!

I had read in so many books that you can see yourself while out of the body, but experiencing it for the first time was a shock! Imagine looking at yourself sleeping...I can promise you, when you experience this yourself, it will change your perception about life completely. You will have first-hand experience that you can survive out of your body!

My first OOB (Out of body experience) lasted just for a few minutes, because I got too excited, and bumped back into my physical body. But this incident opened the doors to innumerable OOBs, and my life has changed for the better!

# CHAPTER 1: BASICS OF ASTRAL PROJECTION



## 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!**

## **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 asleep throughout.

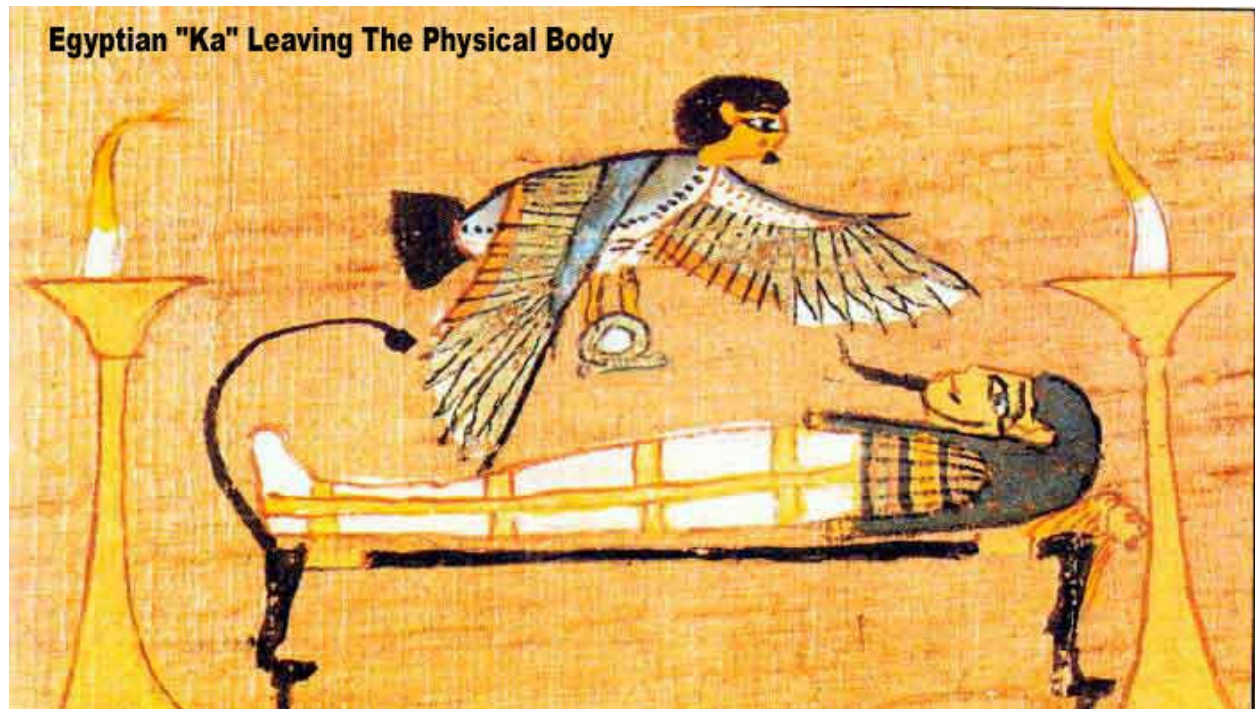
This results in observing the world from a point of view other than that of the physical body and by means other than those of the physical senses.



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 OOBEx 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 OOBEx 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 OOBEx 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, OOBEx 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 OOB, 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 OOBs?

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

**Spontaneous OOBs** 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 OOB** - 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.

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 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 \(Monadic\)](#)

On this place 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.

**Then entire concept of the 7 Planes is very complex to understand. An entire book can be written on it. To keep things simple and avoid boredom, I have just covered the very elementary basics. My goal here was not to make you an expert regarding the 7 planes, but just to introduce them to you.**

# CHAPTER 2 :

# BENEFITS OF ASTRAL PROJECTION

## Why Should You Learn Astral Projection?

People often wonder “Why should I astral project?” or “What are the benefits one can get through Out-of-body-experiences”? I believe there are many good reasons to induce out-of-body experiences.. It is very rich in terms of possibilities and advantages. Let us look at some them:

### First-Hand Experience

Out-of-body exploration have profound impact on people. It 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!

## [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 OOBEx, 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? Why rely on religions and dogmas when we can get untarnished answers ourselves?

### [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 OOBIE 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.

### [See first-hand, what lies on the \\*Other Side\\*](#)

Apart from knowing that we survive physical death, OOBIE also shows us what is the “other side” like. We see, firsthand, where we go after we die. It tells us what the Great Beyond is like, and helps us prepare for it.

### [Contact departed loved ones](#)

Yes, it is often possible to contact loved ones who have moved on to the other side. If the bonding is strong enough, and if other circumstances are favorable, you might request your loved ones to help you with guidance.

### [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 Intel l igence And Memory Recal l](#)

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 Knowl edge 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 Real ities](#)

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.



## [Benefits to the scientific community](#)

If science can re-create OOBs at will, it will help unravel all the mysteries of our universe. It will allow man to go where no one has ever been...

1. Astral project into the center of the earth and find out what mysteries lie therein
2. Astral project into the deepest oceans to unravel the wildlife there
3. Go into active volcanoes and find out things that we never knew about
4. Plunge into the infinite space and discover unknown worlds and planets, and other forms of life.
5. Help our law-makers to better control crime.
6. And many many more that I have not mentioned. The possibilities are simply endless!

## [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](#)

Without a doubt, Astral Projection helps us become more spiritual. This, I believe, is the most powerful aspect of having an OOB.

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.

[It is FUN!](#)

Other than all the reasons mentioned above, it is true that OOBEE can be real fun!

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 :**

# **21 ASTRAL PROJECTION MYTHS**

Astral projection, although a very interesting subject, is also one that is shrouded by a lot of myths and untruths. I believe this is because of two main reasons.

Firstly, everything that we have read about Astral Projection is through other people's personal experiences. And these experiences are often subject to their own interpretations, based on their religious beliefs and upbringing. Also, inexperienced projectors are not well trained to remember their experiences upon waking up. So they inadvertently mix some of their real conscious experiences with dreams. And the result is often something that is not the truth.

Secondly, there are a group of people who deliberately want people to get wrong information. This is because they want less and less people to learn this wonderful art. These people make it seem as if Astral Projection is only for a chosen few. Or they make others feel that this is something dangerous and should not be dabbled with. This situation has been aggravated with the Internet, where dissemination information has been easier than ever before. So you should be very careful from where you get your information.

There are a lot of misconceptions about Astral Projection floating around online and offline. Let us go through 21 of the common myths, and throw some light on them.

### **Astral Projection Myths**

Myth 1:  
Astral Projection is only for a chosen \*few\*

No. It is not. Astral projection is for anyone. It is our birth-right, and we, as a race, have somehow "forgotten" this art. With a little bit of right training, anyone can astral project. Some people can do it faster, some slower, but anyone with guidance and patience, consistency and

open-mindedness can achieve it. Just like you learn to walk, ride a bicycle or swim, Astral Projection is a skill you need to learn.

[Myth 2:  
Astral Projection is difficult And takes several years to achieve](#)

No. It is not difficult. But it is something that will require a bit of desire and dedication to achieve. The stronger you can believe you can achieve it, the sooner you will achieve it.

Since every individual is different, no one can guarantee how long it will 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.

[Myth 3:  
Astral Projection is dangerous](#)

No. It is not dangerous at all. We are the creators of our own fears. Astral Projection, on the contrary, is a very exciting, beautiful and a fulfilling experience. (Please refer to my chapter on Fear). It is safe for most people. But anyone who has acute psychological problems should avoid it.

[Myth 4:  
The Astral Plane is full of negative entities that will harm you.](#)

I agree that the astral plane has got entities, some pleasant and some unpleasant. In most of your out-of-body journeys you might not come across any entities at all. But even if you do, you will find them only on the lower astral planes. However, they are not out to harm you. They are mindless entities that aren't even aware of your presence. You leave them alone, and they will leave you alone. If you somehow get their attention, they might play useless pranks on you, but they cannot harm. If you have do not allow yourself to be harmed, no one can harm you at all.

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.

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

If any of these entities do scare you, at the most you will slump back in your physical, and wake up.

In the higher astral realms, you will find a lot of good spirits that are there to help you out and guide you.

#### Myth 5: Astral Projection is very rare.

Astral Projection is a very common phenomenon indeed. It is a natural experience reported in every culture and society of the world. Around 10% of the world's population has experienced conscious Out of body experience at least once. This means around 6 million in the U.K or as much as 30 million in the United States.

#### Myth 6: Astral Projection is always spontaneous. You cannot learn it.

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.

#### Myth 7: Only adults can Astral Project because they are more matured.

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.

Myth 8:

It is possible that you may not be able to return to your body.

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

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

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, which ensures that you can always get back in (more on the silver cord later)

Myth 9:

You can get possessed during Astral Projection.

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

Myth 10:

There is no cord that connects the Astral and the Physical bodies.

There is definitely a Silver Cord that connects the two bodies. You may or may not be able to see it, but it is always there. Even the Bible talks about it.

Through the Silver Cord, transference of energy takes place and it gives life to the physical. 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.



Myth 11:  
Other Astral entities can 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.

Myth 12:  
Astral Projection changes 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.

Myth 13:  
You cannot go very far when out of the 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. There are several planes apart from the Astral Plane. You cannot visit a higher vibratory plane in a lower vibratory body.

Myth 14:  
When a person wakes up after Projection, he feels really tired.

During Astral Projection, the physical body sleeps normally, so when you wake up, you feel very refreshed. In most cases the experience is such a pleasant one that the person feels very uplifted and exhilarated.

Myth 15:  
We cannot touch objects in the Astral.

Yes, you can touch and feel Astral objects on the Astral, just as you can touch physical ones in the Physical Plane. But in the Astral, under normal circumstances, you cannot touch Physical objects. If you attempt, your hand will pass right through it. That's why you have heard that your Astral body can pass through walls!

Myth 16:  
It is 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.

Myth 17:  
You should use drugs to help induce Projection

Some kinds of Drugs do induce projection. But it is not recommend because they harm your Astral vehicle.

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 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.

Myth 18:  
It is impossible to meet other human beings during Projection

That's not true. It is possible to meet other human beings. 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.

Myth 19:  
OOBEs should only be attempted while lying down

Again, this is not always required. OOBE can be achieved in any position you feel comfortable. Whether you want to lie down, or sit on a rocking chair, or stand on your head (if you can do that comfortably!) doesn't make a difference. As long as your body is relaxed and comfortable, you can project. I have even heard of people who have projected while standing. Personally for me,

I have always preferred lying down on my back. Sitting doesn't work for me very well. But you need to see what suits you best.

[Myth 20:](#)  
[Astral projection doesn't prove life after death.](#)

People, who have experienced proper conscious OOBEE even once, start to strongly believe in 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?

[Myth 21:](#)  
[OOBEs take place only when the subject is not in good health](#)

This is not always the case. There have been cases where terminally ill patients have had Out-of-body experiences. And many NDEs are reported by those who are very close to death, and in very bad health. But these are exceptions and not a rule. If you are trying to project consciously, it is always easier to project when you are in the best of health. Any physical discomfort would not let you relax and this would hinder your progress.

# **CHAPTER 4 :**

## **FEAR - FALSE EVIDENCE APPEARING REAL**

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**

- \* Are you frightened by just the thought of separation from the physical body?
- \* Are you intimidated about entering a world with completely new rules and laws?
- \* Do you feel there is something evil waiting for you out there?
- \* Do you believe that there are heinous spirits trying to stop you from projecting?
- \* Do you feel you might not be able to return to your body?
- \* Do you fear you might die?
- \* Do you fear someone might cut your Silver Cord (more on Silver Cord later!)?
- \* Do you feel you might be harmed in some way as a result of Projection?
- \* Are you afraid you might be possessed?
- \* Do you fear you will go insane?

**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 can only be replaced by knowledge and understanding.

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.

## Overview Of Some Common Fears

### 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 crumble 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!

## **Some Tips On Overcoming Your Fear**

### [You are on a mission](#)

The first step in overcoming fear is to take your Projection session seriously. Consider it as a mission to get out of your body. Be like an explorer, just waiting to discover unknown lands. Have a desire to explore your own realities.

Develop a schedule. If possible fix a time every day when you can quietly practice. As soon as you start taking your practice seriously, and have a strong conviction that you HAVE to succeed, you will start to see your fears gradually melting away.

Once you start confronting your fears a few times, you will no longer be afraid of them. And this would help you not only on the Astral plane, but also on the physical plane. You will find yourself becoming more patient, courageous, and understanding in your day-to-day life. And needless to say, you would be a happier person too!

## [Read Everything you can and know what to expect](#)

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. If we know what awaits us, we will be mentally prepared.

I will give you an example. If you are walking on a road, and know there is a banana peel in front of you, will you step on it? Probably not. It's the same with Astral Projection. If you know what to expect, you will know what to do, and what not to do.

## [Practice, And Face Your Fears Head-On](#)

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.

## [Be Positive](#)

There is some truth in the saying - Attitude is everything! Surely having the right attitude before you venture into anything really makes a lot of difference. If you approach OOBs with a negative attitude, your experience is likely to be unpleasant.

But if you have a positive mindset, your experience will be a wonderful experience.

## [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". Any brief, **positive**

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

**I AM TOTALLY PROTECTED AND SAFE. NOTHING CAN HARM ME! I HAVE NOTHING TO FEAR.**

**I CREATE 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 OOB 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.



# CHAPTER 5 : INITIAL PREPARATION

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.

## Tips To Prepare You For A Smooth OOB

### 1. Empty Your Bladder!

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. Avoid Distractions

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. Wear Loose Clothing

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. Watch Your Diet

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. Optimum Temperature](#)

Make sure the temperature is comfortable. You will lose body heat during projection, so you may want to cover yourself with a blanket.

### [6. Avoid Darkness](#)

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. Choose Your Position](#)

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. Bury Your Worries!](#)

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.

# **CHAPTER 6 :**

## **RELAX YOUR BODY / SILENCE YOUR MIND**

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 your 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 2 basic steps for achieving a conscious OOB.

**1. Relaxing the body**

**2. Silencing the mind**

Let us now look at these steps in details:

### **Relaxing The Body**

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.

### [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!

## [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.

## **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.

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 7:**

## **22 PROJECTION TECHNIQUES**

### **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 OOB.

## [The Vibrations Technique \(by Robert Monroe\)](#)

Robert Monroe has been a pioneer in the field of Astral Projection. His technique of inducing vibrations has been very popular, so I have included it right at the top of this chapter.

You might use his technique of inducing vibrations, or any other techniques mentioned later in this chapter. But once you get the vibrations, it is very easy to come out of your body.

So here is a detailed description of Robert Monroe's 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.

## Visualization Techniques

### 1. Rope Technique (By Robert Bruce)

[http://www.astraldynamics.com/guides/oobe/oobe\\_5.htm](http://www.astraldynamics.com/guides/oobe/oobe_5.htm)

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.

## [2. Ladder Technique](#)

This is an alternative to the Rope Technique. Imagine there is a long ladder hanging from the ceiling. The last rung of the ladder is within your reach. Visualize reaching out to the ladder and gradually climbing it. Try to make the visualization as real as you can. As you move higher, look at the room, and see how the co-ordinates are changing with each rung. When you reach the ceiling, extend the ladder climb through the roof. Keep on climbing, and you should start feeling vibrations.

## [3. 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.

#### [4. The Mirror Technique](#)

Imagine lying in a dark room with a full length mirror around 5 feet above you. In the mirror you can see your reflection as if it were your astral body hovering towards the ceiling. Focus on this reflection and try to transfer your consciousness into the reflection. From this perspective, look at your body lying on the bed. Then again transfer your consciousness back to your lying body and look at the reflection above. Keep shifting your perspective from your body to the reflection and vice versa. After some time, you would start experiencing some of the afore-mentioned pre-projection symptoms.

You can then will yourself to slide out of your body.

#### [5. The 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.

## [6. Swaying Technique \(Using A Hammock\)](#)

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.

## [7. Swaying Technique \(Using Handles\)](#)

This is similar to the hammock technique, but with a variation.

Imagine yourself lying down in a small room with walls on both sides, (around 1 foot on either side, from your body). There is a handle on each of the side walls. These handles are firmly anchored to the wall, and cannot move.

Now visualize stretching your hands and holding the handles on each wall. That is, each hand is holding a handle, one on the right, and the other on the left side of your body. Hold this picture firmly in your mind.

Now imagine flexing your right hand and pull the right handle. Since the handle is fixed, you find yourself moving slightly to the right (this movement should be just a few millimeters). Then repeat the process with the left hand. This one set of right-left-movement should take around 1 second. Repeat this set of “swaying” around 60 times.

Now, increase the swaying from a few millimeters to about an inch. Repeat this again for around 60 times. Then increase the swaying from 1 inch to around 3 inches. Repeat 60 times. Increase

to 5 inches. Repeat 60 times. With every repetition, increase the swaying. Repeat as long as the vibrations do not set in.

Once you have the vibrations, simply will yourself out of the body.

## [8. 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 OOB.

## [9. The Call Of The Cloud Method](#)

Visualize a dark room with nothing but a door. You can see some bright white light streaming in through the gap around the door.

You have a golden key in your hand. You reach out and slowly unlock the door. As soon as you open the door, the bright white light floods the entire room. Beyond the white light, you can see nothing but sheer beauty. You step out of the room, into the utopian beauty!

The grass seems as light and soft as feather, and greener than the greenest grass. The clouds are looking beautiful. With every breath, you feel pure energy entering your body.

You lie down on the grass and feel really relaxed. You look at one of the clouds and it seems as if the cloud is calling you with pure love and energy. As you decide to visit the cloud, you slowly feel yourself floating upwards towards the cloud. You look at the beautiful sights below as you near your destination. Slowly you rise higher and higher up into the sky...



By this time you should be deeply relaxed and probably even have vibrations. Once you achieve this, visualize yourself out of your body.

## [10. Watch Yourself 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 OOB.

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.

## 11. 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!

## 12. 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.

### 13. Displaced-awareness Projection

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!

## **Non-Visualization Techniques**

Non-Visualization Techniques generally require little visualization or no visualization effort on the part of the Projector. So if you consider yourself bad at imagining and visualizing things, these techniques might help.

## 1. Lucid Dreams Technique

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.

## [2. Affirmations](#)

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 / OOBEE .

***"I am going to have an out-of-body experience tonight. I am going to let my body go to sleep, but keep my consciousness completely awake. And I will have 100% recollection of whatever I experience"***

***"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."***

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 OOBEEs. Feel free to modify the above affirmation as per your personality.

## [3. The Thirst Technique \(By Syl van Mudoon\)](#)

This is not one of the most pleasant 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.

## [4. 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.

## [5. Using Drugs To Get Out Of The Body \(Not recommended\)](#)

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.

## [6. Using Crystals](#)

Some people believe that some natural crystals possess energies that help in developing psychic abilities including Astral Projection They wear them around their neck, or wear them as rings to increase their powers. Some crystals known to help with OOBEx are: amethyst, smithsonite, selenite, agate, angelite, fluorite and moldavite. If you believe in the power of crystals, it would help using them.

## [7. Using Herbs](#)

Just like crystals, some herbs are known to induce Astral Projection. Herbs have always been mentioned in esoteric and magical literature for having tremendous power. Sometimes these herbs are mixed in the right proportion and either eaten or drunk. And sometimes they are placed under the pillow.

Since there are so many other, safer methods for projection, I personally do not recommend using herbs to induce an Out-of-body-experience.

## [8. Brainwave Entrainment](#)

In the last few decades there have been numerous scientific research done on Dreams, OOBes and Near-death experiences, As a result, scientists have come up with sounds/music that significantly alter our state of consciousness and take us into a very deep level of relaxation.

They have even created specific brainwave frequencies that aid in conscious Astral Projection. If you use these CDs, you increase your chances of having an OOB.



# **CHAPTER 8 :**

## **PRE-PROJECTION SENSATIONS**

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 (also called Astral Paralysis or Astral 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.

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.

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.

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-beat](#)

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

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 losing 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 severe	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 9 :

## 6 POSSIBLE ROADBLOCKS

It is quite possible that during the course of your practice, you might experience a few roadblocks. The Astral projection journey is a very interesting and rewarding one. Do not let these roadblocks deter you from your journey. These are temporary issues and mostly everyone experiences them in some form or other. You can overcome these obstacles with patience and perseverance.

### 6 Possible Roadblocks

#### Inability to Project

Sometimes you might be very close to projection. You can feel the vibrations really strongly, and might even be totally cataleptic. You might also encounter any of the pre-projection phenomenon discussed above. But in spite of all this, you are unable to come out.

I have found that the main reason for this is fear and/or excitement. Just try to stay relaxed and composed and you will soon pop out. If you are excited, it will be very difficult to project. So try to take a few deep breaths, and you will find it easier to project.

#### Partial body separation

Sometimes you might find yourself partially projected. For example, your upper half might be out of your body, but your lower half is not. Or you are completely out, but your Astral hands are still stuck to your physical hands.

Here is a solution. Strong will power. You need to strongly WILL yourself to be completely out. If you can do this with a firm conviction, you will find it easier to have a complete body separation.

### [Getting out, but getting reeled back in](#)

You might succeed in a complete body projection. But as soon as you are out, you realize that you are back in your body once again.

You can do two things to prevent this. Firstly, try to remain calm. Any excitement will reel you back into your physical counterpart. Secondly, try to move away from your body as soon as you get out. When the Astral is close to the physical, the force of attraction between them is the strongest. So it is very easy to snap back. But if you move a bit further from it (around 10-20 feet), you will find it much easier to stay out.

Another trick is NOT to think of your physical body while out. The mere thought of your body often snaps us back inside.

### [Astral Blindness](#)

This is one obstacle that I experienced a lot during my early projection days. I was able to project myself out of my body, but was unable to see anything. This is called Astral Blindness. Astral blindness can be partial or complete. In partial astral blindness, you can see things, but everything is blurred (as if you are underwater or surrounded by fog) And in complete astral blindness you cannot see anything. Whatever the case, it is a very frustrating experience!

**I can suggest three solutions:**

#### **Will Power**

You can overcome this obstacle by sheer will power. Simply command yourself that you want clear vision. In my case it was easier said than done, but with practice, I succeeded. You might not face astral blindness at all. But if you do, a strong will power is what's needed.

### **Move away from your physical body**

Another thing you can try is to move away from my body. In my case, as I moved further from the body, I could see more clearly.

### **Wait for a few minutes**

If you cannot see initially, just wait for a few minutes. I have found that once we are out for a few minutes, our vision gradually becomes clearer.

### [Inability to move](#)

You might find yourself out, but unable to move. In such cases, you just need a strong determination. Imagine yourself moving away from your body to the next room. Or imagine flying higher up towards the ceiling and out through the roof. If you can imagine and visualize this strongly, you should not have any problem. This is a new world, and we need to learn how to move. As with anything else, it's practice that makes it perfect!

### [Uncontrolled zigzagged movements](#)

This is opposite of the above problem. In this case you are out and zigzagging uncontrollably throughout the room on unseen currents.

This happens because we are too excited. When this happens, just calm yourself and you will notice that your movements would calm down too.

# **CHAPTER 10 :**

## **YOU ARE OUT! POST-PROJECTION BASICS**

### **State Of Your Mind While Out Of Your Body**

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.

### **Feeling Of 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.

**Dual-consciousness is a highly paradoxical state and the subject will simultaneously remain partially or totally aware of his physical body and surrounding environment.**

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.

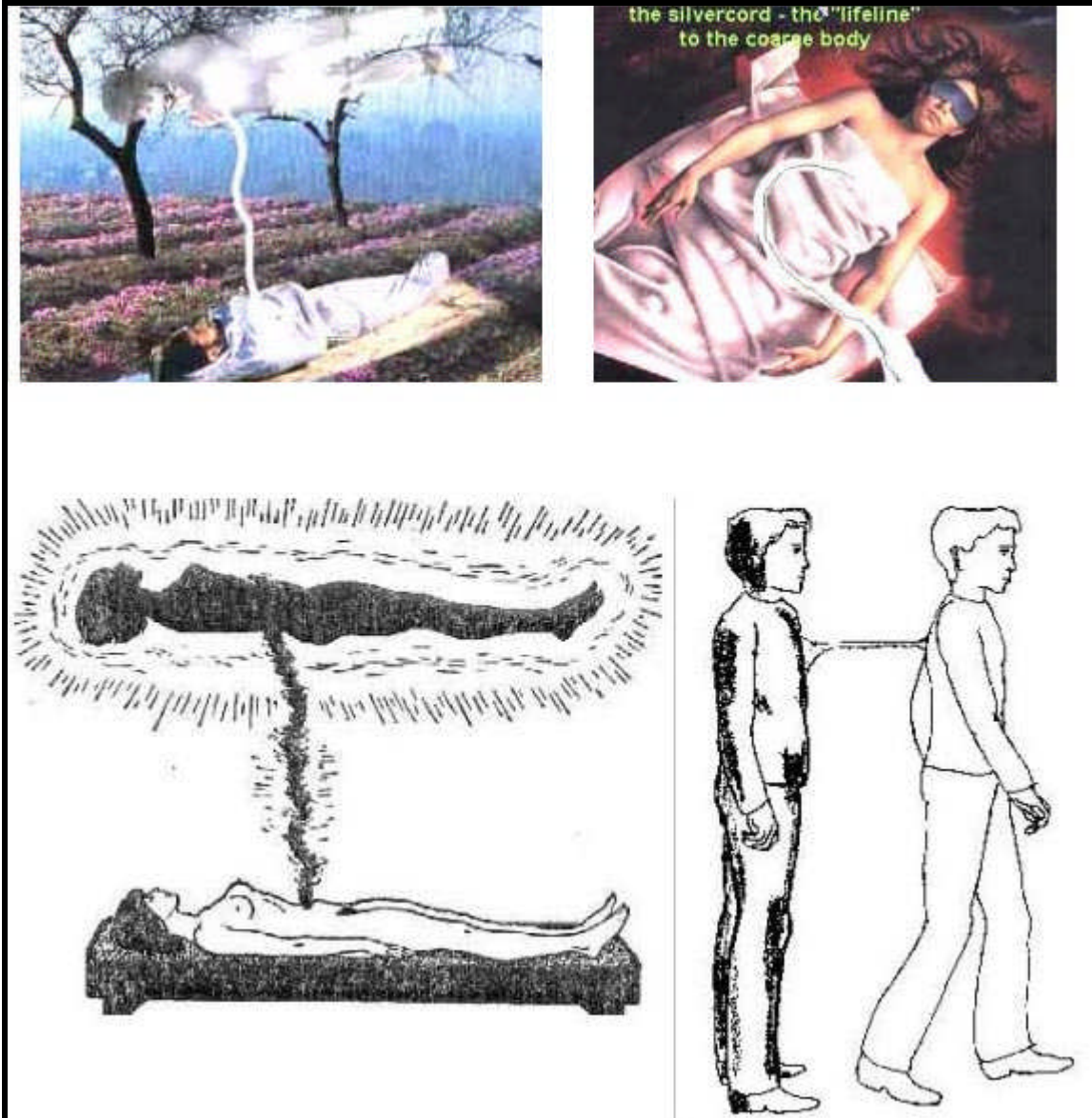
More common, however, is the case where the subject doesn't remember whether he was wearing clothes at all. They just don't seem to notice. They don't even think about the clothes they are wearing, and since they are not thinking about it, no clothes are created.

## **The Silver Cord**

### What is it?

The Astral body is connected to its Physical body by an elastic but strong cord, of a flowing and delicate silver color. When the Astral roams about in the higher dimensions, this cord serves as a connecting link with a continual two-way telepathic, emotional, and energetic flow between the material body and the Astral form.

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.



### [What is it made of?](#)

The Silver Cord is made up of millions of tiny infinitely stretchable strands wound together. It is beautiful, bright, sparkling and full of life. On examining closely, you can see dynamic, tiny, multi-colored speckled scintillating points moving in all directions. 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 pulsating 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.

### [Do all projectors see the Silver Cord?](#)

Whether you see the silver cord or not, depends upon your belief system. If you believe that this cord exists, and you expect to see it, you will probably see it during all your projections. But if you do not believe in its existence, then probably you will never see it, even if you try to look for it. Whether you see it or not, know that it is always there!

### [Where is it connected?](#)

If you happen to see it, you will find that it is 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. Some people claim that the location of the silver cord often changes from time to time. One day, a projector might find the cord extending from his navel. At other times he might find it extending from the area between the eyebrows (the third eye location)

Wherever the cord is connected, at both ends it is widened like the connection of the root of a tree.

### [What are the dimensions of the cord ?](#)

Concerning the length of the Silver cord very different observations are reported. However, most people report that the cord is short and thick (around 1-2" in diameter) 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.



### [Can the silver cord be broken or severed?](#)

This is a very common concern for new projectors. They feel that the Silver cord is vulnerable and if it somehow severs, they will not be able to return to their bodies. But these fears are totally unfounded. As mentioned earlier, It is not possible to sever the silver cord. It is severed only during the time of death. No entity can mess around or cause any damage to this cord under any circumstance.

# CHAPTER 11 :

## THE ASTRAL PLANE - AN INTRODUCTION

### 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.

## 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 the 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 12 :** **THE ASTRAL PLANE AND IT'S** **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 inhabitants 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**

## 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 Traveler

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 in 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 OOBIE 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"**

# **CHAPTER 13 :** **THE WORLD IS YOURS!** **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!

## **Venturing Into Space**

While Projecting, you can 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.

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!



# CHAPTER 14 : THE PLEASURES 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

### 1. 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.

### 2. 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.

### [3. 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.

### [4. 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.

### [5. 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.

# **CHAPTER 15 :**

## **GETTING BACK TO YOUR BODY**

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 16 :

## REMEMBERING YOUR EXPERIENCES

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, relax, and DO NOT MOVE from the position in which you awoken, and do not think of the day's concerns. Block any thought that might try to infiltrate your mind. Don't worry about what you are going to do that day.

A major cause of dream forgetting is interference from other thoughts competing for your attention.

Instead, just keep your eyes closed, concentrate, and try to recollect your experience. 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. Once you do that, you will find that the more you want to remember your experiences, the more you will remember.

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

It is very easy to forget your Astral journeys. You might feel that you will remember, but as the day moves on, you will forget. So you should keep a record of everything that you 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 u 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.

# CHAPTER 17 :

## SOME ASTRAL PROJECTION TIPS

### Tips For Your Projection Adventures:

- 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

# **CHAPTER 18 :**

## **OTHER PSYCHIC EXPERIENCES**

When you start practicing Astral Projection, you might find that your other psychic abilities get heightened. You might not consider yourself a psychic, but your awareness will increase and you will be more receptive to the vibrations and energies around you. You will find that co-incidences are increasing dramatically. You will be at the right place at the right time, do the right things, and have a strong desire to follow your gut feelings.

### **Some Psychic Experiences You Might Encounter!**

#### Psychic Dreams

Psychic dreams are dreams where you can foresee or sense future events, whether good or bad. These dreams are generally very clear, and you will easily remember them when you wake up.

#### Clairvoyance

Clairvoyance is the ability of sensing things which are beyond our normal sense. The feeling of instinctively “knowing” something would happen. It is similar to co-incidences, but it is much more stronger. You are very sure about it.

#### Remote Viewing (RV)

This is when you can receive sights, sounds, messages and even smell from a remote place just by concentrating there. This might even happen spontaneously, without you knowing the place that you are remote-viewing.

#### Clairaudience

This is the ability where you can “listen” to people who are not present with you. You can clearly hear what they are talking. You might hear people who are alive, or you might even hear people on the astral planes or other planes.

### [Telepathy](#)

Telepathy is the ability to mentally communicate with people either on the physical plane, the astral plane or beyond. This is generally a deliberate attempt for mind-to-mind communication.

### [Precognition](#)

This is similar to Clairvoyance, but here, the subject “knows” about future events. He “senses” the events that are about to take place.

### [Visions](#)

This is again, similar to clairvoyance, but there is a difference. When you have visions, you do not “know” things. You actually “see” them. You might get visions of past, present or future events. These visions are very clear, as if you are watching them on a television screen.

### [Psychokinesis \(PK\)](#)

This is the ability to move or manipulate physical objects with your mind. For example, moving a pen lying in front of you or moving the hands of a clock, just by the sheer power of concentration. Uri Geller is very famous for bending spoons with his mind!

### [Apparitions](#)

When you have apparitions, you actually see non-physical entities or objects. For example seeing ghosts and spirits are generally apparitions.

### [Automatic Writing](#)

This is when the writing does not come from your conscious thoughts. You have a pen in the hand, but you do not what will be written next. The message seemingly comes from the spirit world or the writer’s own sub-conscious mind. This generally happens when the writer is in a deep trance.

I would now like to give you a fair bit of warning.

When you start experiencing OOBes, you will naturally find yourself becoming more psychic. Even if you do not want it, you will find yourself becoming sensitive to your environments and vibrations. You need to be prepared for it.

The intensity of “psychic-ness” will vary from person to person. If you have a religious background, you believe in these things easily, and hence psychic experiences will come to you quite naturally. But if you are a more scientifically inclined person, looking at everything with skepticism, these experiences might not come to you very naturally.

The more open-minded you are, the easier it will be for you to experience these amazing psychic phenomena.

# 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 :** **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 OOBE, 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 OOBE. 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 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. will Out-of-body experience change my 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 OOBEx 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 OOBEx, 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?](#)

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 OOB?](#)

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 it possible that I am unable to return to my body?](#)

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?](#)

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 I go while out of my 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. During Astral Projection, is 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 is 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. after Projection, will I feel tired?](#)

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

### [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. what is the best body position for astral projection?](#)

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 OOBE 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 oobe, is it easy to have them regularly?](#)

In most cases, if you experience conscious OOBE 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, is it possible to attract people on 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 other human beings during 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. while practicing, I always 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 Cant 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. While practicing, I often have vision and movement problems. Help!](#)

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 Astral Projectors help me in achieving aN OOBEE?](#)

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 20<sup>th</sup> 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. I often get a tingling sensation but I cannot go beyond that. Help!](#)

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. What time of the day is best to leave my 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 dont 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.

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