

Astral Travel Instructions for Listening

About Subliminal Messages

"Subliminal" means below the threshold of conscious perception. The messages are embedded in the sound of ocean waves, just below normal hearing range. Because you're not aware of the subliminal suggestions, your conscious mind can't put up barriers against it. Through repeated listening your subconscious will eventually accept the suggestions as true. As your subconscious adopts the correct mindset and attitude for Astral Travel, you'll experience; greater recall, more frequent out-of-body experiences, and increased control while you are out-of-body.

Track 1 Listen to track one anytime throughout the day as often as you wish.

It's perfect to listen to while driving, walking, or even while at the office.

This track contains the relaxing sounds of ocean waves and subliminal messages. (The list begins on page 2.)

Track 2 Listen to track two with headphones for 30-60 minutes a day while you're in a calm, quiet place and where you will not be disturbed. An ideal time is before a daily astral projection practice session or before bed. It contains the same subliminal suggestions as track 1, but with the added benefit of theta waves. Theta waves will slow down your brain activity into the ideal state for astral projection. This is similar to the twilight state normally experienced between waking and sleep. In this hyper-suggestible state, your subconscious is very receptive. Listen to this track while falling asleep or to relax you for practice.

Try these tips in conjunction with this subliminal program.

- Print out the affirmations on page 2 of this document. Read them as you are falling asleep. Read them first thing upon awakening.
 - Write the affirmations on a pad as you say them to yourself. Immerse yourself in them on a conscious level, as well as on the subconscious level through listening to the audio.
 - Choose a few affirmations that you want to work with, and repeat them to your self during the day.
 - Choose one technique and work with it daily. You can find many techniques online and in books.
- For excellent instructions and techniques read *Adventures Beyond the Body – How to Experience Out-of-Body Travel* by William Buhlman or visit his website: <http://astralinfo.org>**
- Practice at a time when you will not be disturbed. Allow yourself to become so relaxed you're about to fall asleep. When your mind stops thinking in words, and vivid images begin appear you are in the perfect state to transfer conscious awareness beyond your body.

Astral Travel Affirmations

- Infinite realities exist beyond the physical plane. The gateway to the inner world is always open to me.
- I already know how to travel freely through the inner planes.
- I am more than my body. I am a powerful spiritual being, a multidimensional being.
- I am always exploring the mystery and majesty that lies beyond the material plane. Only now I am more aware.
- I am willing to enjoy intensity of traveling through the other dimensions
- Transferring awareness to my light body is as natural to me as breathing
- Activating my energy body is natural and feels good.
- I remain calm and relaxed when vibrations begin.
- Exit-related distractions are natural, I stay calm, detached and just let them happen.
- Sensations of resonating at a higher vibrational frequency feel good. I stay calm and serene.
- The calmer I remain, the easier it is to separate.
- I allow the energies to expand and propel me where I want to
- I am aware at the exact moment to separate quickly, easily and
- Go! I say explore the universe. Expand awareness. Return with full memory.
- It is my destiny to embody full spiritual power. I am ready now.
- In higher dimensions phenomena is natural. I enjoy everything new and unusual.
- I insist on remembering my out of body experiences. I remember my journeys.
- I travel through many dimensions every night. Only now I am training my mind to focus and remember.
- The more I practice remembering, more memories return to me.
- Clear and powerful memories of all my non-physical experiences return to me. I am remembering well.
- While I am out of body, I become aware that I am out of body.
- I demand higher knowledge; I am willing to practice and learn.
- I Demand clarity. I Demand awareness. Apply my will to stay focused and in control.
- While I am out of body, I am forceful and clear with my commands. My thoughts and intentions take me where I want to
- I travel on the speed of thought and am propelled by the power of intention.
- Higher self guide me now! Bring us closer together. Show me what I need to know!
- I am eternally safe, immortal and indestructible.
- Confronting any challenge is easy. Obstacles dissolve when I use my power and insist on absolute truth.
- The more I practice remembering, the easier it is to remember.



Astral Travel Affirmations Continued

- Clear memories of all my non-physical experiences return to me. I remember everything important to my spiritual evolution.
- I set the perfect time and place to practice.
- I know the perfect moment transfer awareness.
- It's natural to travel beyond the physical plane and remember. I let go and trust. Astral travel is fun and empowering.
- While I am dreaming I remember that I am dreaming.
- I become lucid and aware in my dreams.
- I separate quickly, smoothly and with ease.
- I return safely with full memory.