

The Astral Library

Astral Projection Tips Archive

* August 1996 -- For all you first Timers that need a little push, submitted by Brian "Thrasher" Thompson (thrasher@erols.cm).

Hey all you first timers are you slightly scared to do it. Its Ok to feel scared your mind has a fear of everything that is in a sense of mystery.

Anyways My first time was when I was really upset and suicidal and I didn't care If I died or anything so I tried to do this.

I sat in a La-z-boy And reclined I concentrated on my couch which was very close I imagined myself getting out of my chair and slowly laying down I concentrated for about twenty minutes maybe . Then I got this high pitched sound and my whole body was tingly then I tried to get up and all was black and I said what the heck and I kept trying to walk (for no apparent reason) and then everything was clear. I looked at my hand and it was misty yet shiny. And I started to get freeked out then I said wait a second I don't want to go back so I kept going and had fun flying around in my neighborhood.

The trick is relax in a comfy chair an turn your TV on to a channel that has snow and turn the volume to a moderate level. Close your I and relax and think of peaceful things or just darkness then think of you and the chair you are in and every detail in the room. This is where the snow kicks in. Now imagine yourself staring at your TV while starting to stand up from your chair you should feel all tingly. Then keep walking to the TV imagining the snow noise then keep concentrating on the noise for a good 2 minutes then start walking around the room in your mind imagining every little detail the dishes on the floor the color of the carpet etc. then just walk or fly right out your door and have fun. (by the way it helps to have other people in the room and imagine them and there clothes and sometimes you can help them out and you both can go on journeys)

* August 1996 -- Basic Astral Travel, submitted by Paul "Snickers" Miset (Paul@earthlink.net).

-First lay in your bed or sit in your most comfortable chair.

-Take deep, slow breaths, completely relaxing yourself.

-Concentrate on the place you want to go (Your room or office is good).

-When you start to drift, struggle to keep conciousness.

-After a few nights of practice you will find yourself floating in your astral body.

-Keep Practicing and the Universe is yours at the speed of thought.

* May 1996 -- How to Make Your Body Cooperate, submitted by Marcelo C. Targino (targino@soleil.acomp.usf.edu).

Hi, I've travelled about 20 times and the following works consistently. Begin three days before the desired Astral travel dare by performing vigorous aerobic exercise (swimming, soccer and basketball have all worked). On the second day, continue the exercise, and limit your sleep to ~ 5/8 of what you are used to. On the third day, continue to exercise VIGOROUSLY, eat a light breakfast, skip lunch, and take an afternoon nap. I've consistently achieved separation either before the nap, after, or during it. After doing this for the fourth time, I got to the point where I could feel an OOBE coming hours before it happened, just by noting how my body was feeling. I believe Native Americans did something similar as part of their spiritual beliefs.

Good luck,

Marcelo.

PS: I don't recommend this method to anyone who may have health problems.

* May 1996 -- Leaving the Body, submitted by Anonymous.

Method 1: Relax completely. You will be tempted to fidget or move, maybe even scratch an itch, but ignore all of this, it will go away. After you feel that you are completely relaxed, concentrate on a point in space in front of you, and imagine moving toward it with your entire body. Slowly move this point around your body, all the while imagining the movement toward that point. Normally will begin to move out when the point imagined is in front of your face, however, occasionally you will move out when the point is somewhere else. If you begin to feel the movement, stop the shifting of the point, and hold it there, all the while continuing to move toward it. All will go black (even though your eyes are already closed - hard to explain) and as you move away from your body, the scene will slowly "warm-up" and a scene (almost always your room) will emerge.

Method 2: Relax as in method one. Imagine a point "inside" your head. This often works well. Imagine a point inside your head, and you will spontaneously leave your body.

* May 1996 -- Keep on Waking Up, the Moment you Become Lucid, submitted by Crackle.

This is a common problem I have found when talking to first time

dreamers. Well, the problem lies in your association of where you consider yourself to exist. A lot of people believe that the physical reality is the true reality and the only reality in which their personality exists within. All realities are relative including what we may consider as altered states. The reason why you wake up is because on become lucid, you are in fact become aware of the information that makes up you personality's character. If you associate that character to your physical reality then the your personality will seek refuse within the physical on becoming conscious of itself within the dream. This is why. So how can you avoid this? Well, simply repeat to yourself at times during the day that you are in fact having a dream and that everything is lucid. Tell yourself, You exist lucid within the awoken reality as you do in your dreaming. Do not also expect to have a lucid dream every night. Sometimes there are good reasons for you not remembering a dream.

Thanks

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- * May 1996 -- Breathing, submitted by Leland ("Amblin") Harriger (lharrige@mpa.candler.nc.us)

Hold breath for two heartbeats let out for four heart beats hold lugs empty for two heat beats breath in for four heartbeats hold in for two heart beats continue all over. This helps while trying to astral project

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- * May 1996 --Blackness?, submitted by Mark ("Markus") Benko

After laying in bed and feeling tired, try streching out your body much like you do in the morning. Most importantly your back and legs. This should relax and almost keep you from moving. I've had the problem of just seeing blackness when I close my eyes and try to attempt an OOB. If you have this problem, try to see the blackness as an infinite room, painted black. As you stare it will begin to show small details about the walls and light will begin to appear. at this point try floating up. When you feel a "sinking" or "Ticklish" sensation throught your body, hold on to that feeling! Just concentrate on moving upward! Soon you will be out of your body!

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- * April 1996 -- OBE Audio Recorded Description Method, submitted by B. White (BrianW4565@aol.com)

Here's a method for OBE that I've developed for myself. It's similar to Ophiel's "Little Method", but with the assistance of an audio tape that you make at home. It worked for me and maybe it will help you if you're struggling with having a successful OBE.

You will need 1) a portable cassette recorder; 2) a blank 60-minute or 90-minute tape; 3) three or more scented items (cologne, vanilla, candles, antiseptic --anything with a distinct odor); 4) as many items of different texture (terrycloth towel, crumpled paper, sieve --anything portable with a distinct

texture).

Choose a pathway in your home leading from your bed to a mirror, preferably in another room. For example, I chose a path leading from the bedroom, down a hallway, and to the bathroom medicine cabinet mirror. Place one scented item and one textured item in each room, distributing them along your route.

Next, lie down in bed, begin recording on the tape, and close your eyes. After a few deep breaths, open your eyes and describe what you see to the recorder. Sit up and look around your room, describing in detail the room before you. Use as many adjectives and phrases to record an accurate description on tape. Talk slowly, and in first person ("...I see four windows..." instead of "...You see four windows..."). Pretend as if you're relaying the description to someone over the phone. Since, they can't see anything, you must be thorough. Compare sizes, shapes, textures, and colors. ("...I see that the white painted door is divided into two panels, the top one slightly larger than the bottom. The rounded door handle is tarnished brass and its decorative plate fits squarely between the panels...")

When you've described the room, walk over to the first scent and sniff it. Describe what it smells like into the recorder. ("...the cologne is very woody smelling, almost like cedar. It smells similar to a Christmas tree..."). Do the same thing with the texture, describing how it feels in vivid detail.

Walk into the next room and continue this process of recorded description. Once you've come to the room with the mirror, stand in front of it. Describe the image you see, what you look like in the mirror. Take notice of your hair, what you're wearing, your eyes. Finish off the tape with a few sentences along these lines:

"...I see myself in the mirror. It is the perfect reflection of me, accurate in every detail. And I notice that while I stare at this image of me that I'm not sure if I am the reflection or the reflection is me. Then I realize that it doesn't matter because now I can feel myself floating. Floating up. And I see the reflection in the mirror floats up with me and now I'm free to move about by myself. Floating and free."

Stop recording here and leave the rest of the tape blank.

Once you've made your tape, you can use it to induce an OBE anytime you have some time alone. Lie down on the bed, close your eyes, and relax by holding a deep breath and releasing it slowly. Repeat this breathing exercise a few times until you feel warm and relaxed. Begin playing the tape on the cassette player, preferably using earphones. Listen intently to the descriptions. Let your imagination recreate what you are describing. See the rooms, smell the scents, feel the textures in your memory. Allow it to be real. When you get to the mirror, you will float up and out just like you described in the tape. Now you're free to explore the astral plane!

If you're having trouble, just keep listening to the tape when you

get the chance. Sometimes, you can get distracted or tired, causing an unsuccessful projection. When you're rested and free from distraction, use the tape again. You will eventually do it!

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* March 1996 -- Astral Projection Tips, submitted by Fritz von Ammon (vonammon@laker.net)

When I succeed in projecting out of my body, I experience a noticeable change in my thinking. It seems as though details which should be grasped easily slip by unnoticed. For example, when lying on my back, I experience a "false awakening", and I raise my arms to look at my hands, but do not see them. This should make me quickly aware that I have raised my astral arms, and not the physical ones; yet often I am puzzled by this. Some time elapses after this, then I will have an "aha!", and at that time it is quite natural to slip out.

Today while napping, in fact, I thought for some time I was looking at the ceiling, while I searched to see my hands. The ceiling was very white, and on it I saw scrambled letters I could make no sense of because they kept changing, not forming words. None of this seemed strange to me for some time, until the "aha!", at which time I easily exited. When I really awakened, I saw that the ceiling was much grayer.

I also experience auditory phenomena such as conversation or phone ringing which I'm pretty sure isn't really happening in the physical world. Most of my projections to date have resulted in short excursions with fairly limited visual capability. I would be most interested in hearing of ways to improve this.

Occasionally I have been able to see wonderful sights which did not correspond with the physical world as we know it. It is at these times that I experience incredible joy, and that motivates me to continue practicing techniques to travel astrally.

The way it works best for me is to lie on my back and relax every muscle. It helps a lot if I am exhausted physically, because then I am much less twitchy. Sometimes I use a mantra, sometimes I just pay attention to my breathing and breathe effortlessly and fairly deeply, while I mentally go over my body to make sure I am relaxing more and more. Often I will notice a pulsing wave sensation through part or all of my body. Then I usually lose consciousness. Sometimes I seem to be projected straight up into the night sky, which is quite nice. This usually occurs without the false awakening.

I encourage everyone to share their experiences and have fun with this very natural way of living and being. I am very thankful we have this truly glorious feature in our lives!

* March 1996 -- Entering the Dreamtime, submitted by Eduardo ("The Ed") Mendez (theed@majordomos.com)

Before my first astral travel I vocalized the mantra "OM" for a long time and I believe it helped me to get out of my body. I play the Australian didgeridoo, which has a very similar sound and I find that it produces the same relaxing effect when I play it for about 10 minutes before bedtime. Perhaps this is the Aborigine's way to enter the Dreamtime realm and make music at the same time!

* March 1996 -- OBE Tip, submitted by Richard Gallo
(cj459@FreeNet.Carleton.CA)

Obe's are incredible experiences that anyone who has patience and takes time to "work at it" will achieve.

Here's what works best for me.

1- Relax in a chair or a bed. (Soft nice chairs are better 4 me... I usually get 2 tired on the bed.)

2- RELAX, practice looking INTO the darkness BEHIND you closed eyes. This is important because you must train your subconscious to release its self. You see the importance of focusing is so that when you start seeing hypnogotic images (little circles, coke can, clowns.. behind your eyes. (This is when you between sleep and awake ie: conscious, subconscious states.) You can sneak your consciousness through the barrier. (You will probably have to practice NOT falling asleep.) REMEMBER TO FOCUS on the experiment.

3- Ok now you RELAX even more, you start LIVING in your mind. Forget the physical body. Buy this time you can't even lift your arm or anything.. (don't try) it might take you out of the trance.

4- Now that your in this semi "conscious trance" let the feeling of giving in take over. Just RELAX.. You will eventually feel a whoosh or you will probably HEAR A HIGH PITCHED sound.... (this is good)

5- You are now between the physical plane and the astral plane. ie: you haven't left the body yet, but you are definetly not fully awake. Ok now you must STAY CALM when the SOUNDS ie: high pitch happens.. Else you will wake. Tell yourself that you are close and there is nothing to fear. Oh yeah you might be stuck in the VOID at 1st, try to TUNE into a reality. ie: look at your hands... try flying up..

6- When you feel you want to give in FIGHT it. DONT FALL ASLEEP. Your subconscious mind is your ticket OUT. Don't let is take you like some ZOMBIE into the dream world...

7- Now you know you're mind is separated from your body.. RELAX and try to glide out. Try looking THREW your eyes. HAVE FUN.

EXPLORE THE WORLDS.. and remember gateways are your friends. RELAX and stay in control. YOU ARE IN NO DANGER.. EVER.

Remember that in the astral plane thoughts are usually real... SO

THINK GOOD STUFF. And TELL YOURSELF that you are LIKE A GOD HERE..
ie: if you believe it its true.

Good luck.. I hope this helps..

PS: Remember consciousness is the key to the greater realms.

PPS: KEEP A JOURNAL... you will forget it in a few days if you
don't write it downs as soon as you come out of it..

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- * March 1996 -- Sitting & Reaching Out, submitted by Vincent Johnson
(vjohnson@psyber.com) (note: originally posted to alt.out-of-body)

Sit in a chair in the middle of a room. Close your eyes. Reach out
behind you, just mentally, and touch the two top corners of the
room behind you. AND DON'T THINK. Just keep on touching the two
top corners of the room WITHOUT THINKING. This routine, practiced
for half an hour a day for a month might accomplish the
exteriorization you want. No matter what happens, you will at
least experience dramatic changes in the face you present to the
world. Other things of a very personal nature will happen, which I
will not describe, for merely by that description would you be
limited in your accomplishment. This is a Scientology process.

Good luck to you!

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- * March 1996 -- Flying Lessons Part One, submitted by Lesley Anne
("Sappho") (k.mannering@student.qut.edu.au)

Someone has been training me whilst I sleep (in another world).
I'm not crazy. I don't believe that when we sleep we are merely
our "day bodies" resting it off. I know that we visit or live in
other worlds. The training tip I got from a group of others who
seemed to be laughing at my attempts to maintain balance whilst I
was taking off was simple but it's very hard to articulate in
human words. I'll give it a go.

Firstly, it's very much like aerodynamics. You must be straight
and at the same time be relaxed enough to control it. It's like
dancing in perfect sequence. It's hard but even one thumb out of
place can set you off balance. This is what I was told anyway. I
have been experiencing difficult projections recently, they're not
beautiful as they used to be. I've been advised that this is due
to exterior influences in the physical world but I'm not so sure.
I also warn people to steer clear of electric power points. I
don't know what (if any) damage they can do to you but I sense
that they are dangerous. Actually, if anyone has a better idea
than me regarding this, please contact me. Thanks.

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- * March 1996 -- Diet - Asparagus, submitted by Star Gazer ***
(dbsbankh@technet.sg)

A long time ago while doing my own research, I came across this
tip from Seth's book (Jane Roberts) : Taking asparagus is said to

be favourable for successful astral projection.

Editor's note: Hmmm, never heard that one. But I did notice that asparagus makes urine smell funny. I did read once that eating carrots is supposed to be conducive to OOBes. And naturally, eating too heavily is not good (minimally, it will make you uncomfortable and movement disrupts OOBes). Once when I was learning to sit zazen at a Zen temple, the teacher warned against eating pizza because burping disrupts sitting. Imagine burping while you are *out*. I would also think that heavy meat is not good for several reasons, including the fact that it makes you sleepy (it might also lower the frequency of the aura and astral vehicle). --ccg

* March 1996 -- Are you a newbie? A Wanna try? Do you have a fear of flying? Want to become a Frequent Flyer ?, submitted by Catherine Curran ("RedCatherine" and "LapisLazuli") (ulf@jentzell.pp.se)

I have never flown alone , this week i will, this is my affirmation. Here are my old fears. I cast them off . Are they yours? Cast them aside with mine.

Questions:

1. How do I shun the shadows ..the not-shiny beings ?
2. How will I return alone?
3. How will i be harmless to others and refrain from judgement?
4. What is my being? Am I iridescent? or am I a dichotomous being of shadow and shine? worse yet a shadow?

Answers:

1&3) I will not shun the shadows, I will not call them to me but I will offer benevolence and I will harm no one I will refrain from judgement lest i be judged

2) This ability was given to you like your lungs that breathe in you ...air ,like your pulse it is part of your existence and vital to your being. You will return it is your destiny. You will return you cannot prevent it.. until death. It is part of your spiritual education you must do your best. If you need a guide it shall be with you

4) If shiny is beautiful and pretty is as pretty does than . we must all try to be beautiful by benevolence and love and shame or guilt will not make us better we must leave them behind and offer our smile and encouragement to others that travel behind us just as we will call out to those who travel before us. If we project love and peace we cannot help but shine

I have a guide i expect we all have several, i do not see the face ,i believe we are genderless,raceless, and faceless ,as souls .Our guides will teach us ...Ask and it shall be yours.

If you still want help try this: fast sunrise to sunset and no fats or alchohol ... prepare one day in advance ..maybe a few days

if you can/or need to , drink lots of water, put fresh flowers beside/outside your open window and think good thoughts pray ,use affirmations, meditate lay in a comfortable bed and breathe out your astral being It will happen.

P.S. Don't forget to write. Let's help each other.L8ter.

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- * March 1996 -- Chakra Visualization, submitted by Rob Fuentes (pliny@newworld.bridge.net)

I started having out-of-the-body experiences when I was 14, and I tried several methods to try to produce them consciously. What I discovered was that astral projection requires a good deal of energy. One very effective way for me to reach the appropriate energy level was to use my chakras. I would visualize, first, one by one, then all together, then all connected by energy. I would then suggest to myself to leave my body. This worked very well--in fact, to the point where for a long period I no longer even had to visualize the chakras. I would just suggest to myself before bed that I would project, and I would.

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- * March 1996 -- The First Time, submitted by Benjamin Grantz ("Ben") (ap867@yfn2.ysu.edu)

Hi, needless to say, but i'll say it anyway, if you get out for the first time, keep your time out-of-body fairly short, just look around your room (or-where-ever-your-at), study things, and then decide to return. This is important! The first time dont stay out for tooo long, but give yourself time to adjust. Take the procedure slow... the next time you get out, stay out-of-body a little longer and then next time, longer... etc... etc... GOOD LUCK!!!

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- * March 1996 -- The First Time, submitted by Michael Birnbaum ("Slappy")

This is one way to induce a lucid dream. Everybody experiences that feeling of falling as they are sleeping. Directly after that feeling, we wake up through figiting. If you ever get that feeling again, try to stay asleep and imagine yourself going through a constant fall. Eventually imagine yourself comming out of the fall and flying. This method has worked for me. In addition, try to go to sleep when naturally exhausted.

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- * March 1996 -- Relaxation, submitted by Anonymous

WHEN YOU GET TO THE POINT WHERE YOU CAN FEEL EACH VESSEL IN YOUR BODY TWITCH OR MOVE, TO WHERE YOU CAN FEEL THE BLOOD MOVING THROUGH YOUR ARTERIES. THEN YOU WILL BE ABLE TO ACHIEVE FULL PROJECTION ABILITIES.

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- * March 1996 -- Still the Mind, submitted by Bill Stewart ("Merlyn")

(merlyn@oz.net)

One of the keys to projection is to STILL the mind. One cannot "expect" something to happen, one can't wait to see it. CLEAR the mind, let it become still. Your spirit knows what you want to achieve. Let it happen.

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- * March 1996 -- Leaving the Body, submitted by Wayne Quick Jr.
("Jay") (quickw@db.erau.edu)

Projection is made easier when you lie on your back facing north letting all your thoughts and feelings flow from the stem of your brain. But don't fly too far.

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- * October 1995 -- Jumping Through the Mirror, submitted by Shawn Bartels (Dream 2022@aol.com)

Lucid dreaming is the most powerful experience that a person can have. The first lucid dream I had was an amazing "Eye opener" because at the moment I realized I was dreaming, I awoke. Since then, I have become much more adept at retaining my lucidity and have been able to experiment with different actions and capabilities. One of these actions involves walking or jumping through a mirror anytime I see it in a dream. Once on the other side, I find myself in a unique world where everything is an opposite (much like the reflection in a mirror). I have learned to challenge my mind by exploring different possibilities, and have learned that lucid dreaming offers an escape from the complications of everyday life. It is a release from everything ordinary. Never be afraid to experiment with new ideas and curiosities when dreaming. You never know what is waiting for you on the other side of the mirror.

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- * June 1995 -- Stretching the Silver Cord, submitted by Debby Sher ("swamiV") (swamiv@intercess.com)

Our physical bodies are connected by a silver cord that links our physical Third Eye (the Sun Center, - the point in the middle of the forehead between the eyebrows, above the root of the nose), to the Astral Body (at the back of the head, the Medulla, the Moon Center). You can stretch this cord with the following exercise:

Sit or lay quietly. Pull the energies from your extremities inward to the trunk of the spine. Bring them upward to the Third Eye position. There, visualize a blue ball of light (the color of a stove flame), any size you like. Now, imagine it moving outward a few feet away from you. Then bring it back. Repeat again, moving it successively farther & farther. Finally, move it toward a wall or ceiling. Imagine it passing through the wall or ceiling! Then gently bring it back.

This exercise will increase your mobility and comfortability when you project.

* June 1995 -- Subject: Methods for Inducing OBE's, submitted by
Alfred Ballabene (Alfred.Ballabene@univie.ac.at)

There are different methods of inducing OBE's, resulting in
different sensations.

* xxx "Levitating" xxx

Position: lying on the back

Method: remain in passive relaxed state Sensations: in the
state of deep relaxation you see colours or mosaics; you
become aware of an acoustic background. After a while these
sensations vanish. There is "night" and you feel like lying
in a swinging boat. After some time you feel yourself in a
"subtle" body; realizing it you gain control of it.

Alternatively, following the swinging sensation described
above, you may feel a wind blowing and carrying you away.
After a while, abruptly you are able to see and you will find
yourself in "another world" and usually perceive a very
euphoric state.

* xxx "Stepping out of your body" xxx

Position: leaned back in an easychair

Method: pay attention to your body: feel warmth or
vibrations. Try to keep your attention. You may fall asleep
without realizing it; thereafter you wake up in a "false
awakening". If you become aware of something unusual, try to
step out of your physical body as out of a coat.

Sensations: Starting off you feel alert all the time, though
sometimes drifting away with your attention. After a while
(you do'nt know how much time has passed, 1/2 or 1 hour) you
feel your feet floating in the air, or you hear voices of
persons walking across the room (false awakening).

This is the signal for you to leave the body. Do'nt be afraid
if it is dark and you can't see anything. In a certain
distance from your physical body you suddenly can see. You
find yourself in an altered surrounding of the same quality
as the physical world and you have your common state of mind.

* xxx "Projection" xxx

Position: any

Method: you wait observantly until you see a landscape
passing as if you were sitting in a car. Try to look as if
you had an eye in your forehead - this way of "looking"
causes your eyes to rotate upwards, as they do in sleep or
trance. Try to stop the impression of moving. By doing this,
the "film" converts to a surrounding 3D space. Then fixate an
object of your choice. Now look at your feet and touch an

object with your hands to get improved awareness of your body.

Sensations: no awareness of the physical body at all. It's like a LD.

* xxx "Tunnel method" xxx

Position: any (members of schamanistic circles prefer to ly flat on their backs).

Method: you imagine passing a tunnel or something similar. After some time the imagination changes more and more to "reality". Seeing a light in front of you signals the end of the tunnel. If you get out you are in "another world" of dreamlike character.

* May 1995 -- Water Skiing Method of Projecting, submitted by Matt Holmes (3wp4holmesm@vms.csd.mu.edu)

I developed this a few days ago and wanted to know if anyone has tried anything similar. Also, I suggest trying this to see if it works well. It worked for me, but it might not for others.

As I was laying in bed, I imagined being in the water with my skis on and the rope in my hands. As I imaged the boat taking off, the rope soon became tight, and I was flung out of my body into an upright position, like as if I was going to ski. I let go of the rope and looked at my hands. They were wavy and sparklish. I next looked up and found myself standing in my room.

I assume this method works similar to the Rope Method, but because little is know about how it works with other people, I can not say that it is as good as the Rope Method.

I'll look forward to any responses!

* May 1995 -- Make a List of Your Fears, submitted by Charles C. Goodin (goodin@lava.net)

One of the biggest problems for beginners is overcoming fears which prevent or hinder leaving or remaining out of the body. Make a list of any fears you might have. As you progress in your out-of-body training you might find additional fears to add to the list. Review the fears and think about them from time to time. You will see that most, if not all, dissolve on their own... if you do not give up! Giving up reinforces the fear. Once you feel confident that you have overcome (or reached an understanding of) a particular fear, cross it off your list.

The biggest problem is actually expanding your conciousness to include the phenomenon of leaving the body. Most fears arise because your mind does not know how to deal with that. Sometimes a sore stomach indicates stress -- sometimes it just means you have to go to the toilet. Many of the fears about leaving the body are

like that. The new sensations associated with the process are incorrectly rationalized as fear.

Look at all the people who openly discuss OOBes here and elsewhere on the Internet. If they can project safely, so can you! Go at your own pace. Examining your fears will help you to overcome them.

* May 1995 -- Running Real Fast, submitted by Ivan Itcheedik (overbite@itc.gu.edu.au)

Next time your having a vivid dream, try running real fast at first you'll get nowhere eventually you fly.

* May 1995 -- Lucid Dreaming, submitted by David M. Malkin (malkin.1@postbox.acs.ohio-state.edu)

When I first started lucid dreaming, I found the experience very draining but as time went on I got better at it. I think it truly represents a development of one's will. It is a symbol to me of one's ability to rise above one's circumstances. Just as one may feel that it is impossible to run through a dream wall (which it isn't), one may have just as much trouble disobeying hypocritical parents.

Many times I am unaware that I am in a lucid dream for my dreams have many details that seem just as real as my waking world. Also I sometimes have the experience of waking up several times. Usually a cue to me is when strange things happen like people floating, or animals talking. It is at this point that I try to experiment by doing things such as jumping 30 feet to grab something (It is usually easier to jump up for a purpose as this focuses the will). Also changing the physical surroundings is fun; for example, I once imagined the surface of a mirror in front of me becoming like cellophane until I was able to go through it (like Alice through the Looking Glass). I imagined someone holding onto my legs to pull me out in case it got scary (which it did. My imaginary friend pulled me out just as something evil seemed to be coming) Perhaps it got scary because I subconsciously suggested this fear to myself from within the dream, or was it from outside my consciousness; who knows?

The only method I try to use to induce lucid dreaming is a simple autosuggestion before sleep ("I will lucid dream") and try to believe it through utter concentration (not by repeating this phrase because, although this might work by accident, it does not develop one's conscious will which I feel is much more important.

Cheers!

* April, 1995 -- Sitting For Best Results, submitted by Robert Bruce (rsb@it.com.au)

Use an arm chair for all meditation, energy work, trance work and projection. This makes it much easier to do and helps keep you awake when you are trying to OOBE. If the chair is not a recliner, a phone book under the front will tilt it back. If it is a recliner, don't tilt it back too far, just enough so your head does not rock forward. Use a pillow under your feet and a rolled up towel for your neck, if needed. If a chair is out of the question for you, prop yourself up in bed with several pillows, as if you were going to eat dinner in bed.

One of the biggest problems with OOBE is falling asleep after a projection and forgetting the experience. Using an arm chair stops this as when you return you wake up - usually with full memories of the experience. (C) Robert Bruce.

* April, 1995 -- Two Cycles of Sleep to Facilitate Projection, submitted by "Star Gazer ***" (dbsbankh@technet.sg).

One of the best tips I ever got was from Monroe himself, the technique? Incredibly simple... 2 sleep cycles, the first one to rest the body and mind (normal sleep) and the second one when you are refreshed, you project..

* April, 1995 -- Orange Light Lamp (For the Induction of Lucid Dreaming), submitted by Andre "czesanne" Schnoor (czesanne@mail.hh.provi.de).

Have a light burning in front of your head (lying on your back, head up) in about 3-5 meters distance. It should not be too bright and have an orange or yellow color. I experienced this to trigger lucidity easier, may be because it's a *fake* of sunrise wich is normally associated with waking up.

* April, 1995 -- Flying, Flowing and Glowing, submitted by Mark Canterbury (m07194p@ionet.net).

As soon as you realize you are in a dream, dive straight forward and you will begin to glide across the floor. Say to yourself "UP", like a command and use your will to raise off the floor. Using this technique, you will begin to fly above the scenery. Really neat. Kinda like hang gliding. Very Very Cool.

* April, 1995 -- Remember To Have Fun, submitted by Jenny Gable (jgable@imsa.edu).

No matter what technique you use, how well it works, or how you use it, always remember simply to have fun. You may struggle trying to get out of body, trying to have all the neat experiences you've heard about, but none of it will be satisfying until you just relax and have fun. Projection isn't about doing just what

others do; it's for learning about yourself and enjoying yourself.
So smile, relax, and have fun with it!

* March, 1995 -- *Experience*, submitted by Donald DeGracia

Whatever the OBE is, first and foremost it is an *experience*.
Learn to achieve this experience and allow the experience to
stretch your mind. Do not make the mistake of fitting the
experience to your preconceptions.

* March, 1995 -- Watch Out For Information Overload, submitted by
Charles C. Goodin

If you're like me, you either already have or will soon download
just about every astral projection related item you can find on
the Internet (I had already struck out on the Hawaii Bulletin
Boards). So far, I think I've downloaded about 3 megs of
materials, maybe more! These are in addition to the dozens of
books I've read over the years and I don't know how many articles,
papers, etc.

With all this material, it is possible to devote more time to
reading than practicing. Don't fall into this trap. I help teach a
traditional form of Karate at a small Zen temple in Hawaii. Karate
is interesting to read about but no one ever developed budo
(martial) skill by reading alone. There is no substitute for
actual practice. We have a saying in Karate that goes something
like this: "what good is a thousand techniques if you can't punch
correctly?"

The same holds true for astral projection. There might be a
thousand ways to leave the body but they are all irrelevant until
you become competent at at least one. Often the secret to success
is daily training for thirty minutes to an hour over a period of
several weeks, months or even years. Reading and training should
go hand in hand. Read to learn and understand -- train to gain
confidence, strength and experience.

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