

## Tips for a Basic Meditation

1. Find a place where you will be comfortable and undisturbed - this means if you live with other people, you need to tell them not to bother you during your meditation for any reason. (unless there's an emergency, of course!) Unplug your telephone, as well. Keep your pets out of the room. My cats like to jump up on my lap when I'm sitting, and while I think that's sweet, it isn't very good for my concentration!

2. Dim the lights in the room and light some candles. (don't make the place so dark that you will fall asleep!)

3. If you are meditating in your home, play some drumming or other type of soothing, soft music. This helps you focus and it also serves the purpose of drowning out background noises such as neighbor's music (very distracting if you live in an apartment) or traffic outside.

4. You may cast a circle if you wish to. Sometimes this will help improve your focus.

5. Sit upright in a comfortable position, whether in a chair or cross-legged on the floor. I usually find that it's not very effective to meditate while reclining; too easy to fall asleep!

6. Now, close your eyes and begin to relax every part of your body, starting with your feet and moving upwards to your calves, thighs, hips, stomach, hands, arms, shoulders, neck and finally your face. (be sure to remember to relax your face! A lot of people forget this; make sure your lips, cheeks, jaw and eyebrows are all relaxed)

Focus on each part of your body separately at first, feeling the tension draining away. You should start feeling a tingling sensation throughout your body as you do this, but don't worry if you do not at first. It takes your body time to learn to relax; most of us spend our whole lives in a state of tension except for when we're asleep. While you are doing this, breathe deeply; inhale through your nose and exhale through your mouth. With each breath, feel yourself relax more. Remember to keep breathing deeply throughout the meditation.

7. When you are fully relaxed, begin visualizing a place that is comfortable and serene to you; a beach, a forest clearing, the bank of a river, a cave - whatever feels right to you. Make this visualization as detailed as possible. You should see it in detail first - notice whether it's daytime or nighttime, see the leaves on the trees or the sand on the beach, notice how the water is moving or whether it is still. See the walls of the cave and notice whether they are rock or clay or another type of substance. "Look" all around you, in front, behind, to the sides. See everything that you can see about your safe place.

Once you have the picture in your mind, you can begin to incorporate your other senses. Feel the air on your body - is it warm or cool? Is there a breeze? Feel the sun on your face if it is daytime. Feel the sand or earth or leaves or water beneath your feet. Dig your toes into it and experience how it feels. Smell the air - does it smell salty or fresh? What other smells do you experience in this place? Hear everything around you - the rushing water, the wind blowing in the treetops, the rustle of animals.

8. Stay in this safe place for as long as you wish. Don't worry if your mind starts to wander at first; this takes practice. If you find your concentration waning and your mind wandering, let it wander without trying to force it back to your meditation. It will eventually get tired of that train of thought and you can gently bring yourself back into focus.

You may see animals or people while you are meditating. Notice how they react to you. Talk to them if you can or if you feel like it. Don't worry if they don't respond at first. Sometimes spirit guides like to check you out for a while before they talk to you. If you don't see anyone, that's fine, too. Maybe you just need to be alone in this place.

9. When you are ready to return, begin noticing things around you in this plane: feel the chair or ground beneath you, listen to the sounds around you, become aware of your heartbeat and your

breathing. Become aware of your body again (because once you become skilled at this, your body may go numb during your meditation). When you can feel and hear things around you, slowly open your eyes and sit there quietly for a few minutes. Release the circle if you cast one.

10. When you are finished meditating, get something to drink and eat - it doesn't have to be a full meal, but definitely drink some milk or tea or something and eat a bite of cheese or bread. This will help anchor you in this plane and ground you so that you don't end up feeling drained or jittery.

I would recommend that you start out by meditating for only about ten minutes or so. Don't try to force yourself into an hour-long meditation when you've just begun learning the process. You will only get frustrated. When your mind becomes accustomed to relaxing and focusing for a period of time, you can increase your meditation time.

When you become skilled at this basic meditation, you can use it as a base for meditations to meet your spirit guide, astral traveling or any other type of other-world journey you wish to try.

### Techniques for astral projection

Note: After having studied many methods of Astral Projection, I have found that this is the easiest to do. Monroe teaches these techniques in a week, but they can be easily done in a day, with proper devotion. I feel that this technique is superior to others because it does not require intense visualization, which many people cannot do. enjoy!

(Taken from Leaving The Body: A Complete Guide to Astral Projection, D. Scott Rogo, prentice Hall Press)

One of the chief barriers people learning to project face is fear. Many are afraid that they may die, or be harmed in some way as a result of their projection. Nothing could be farther from the truth. The Canterbury Institute, renowned for its occult studies, executed an experiment in projection involving over 2,000 people. None of them were hurt in any way by this, and now, three years later, none have complained of any newly arising problems.

Once you are aware that you cannot be harmed by projecting, you should begin monroe's techniques, step by step.

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. (out of body experience) This includes both the physical and mental relaxation. Monroe does not suggest a method of attaining this relaxation, although Progressive Muscle relaxation, coupled with deep breathing exercises (inhale 1, exhale 2, inhale 3.... until 50 or 100) 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 this state. 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 they cease, one has entered what Monroe calls Condition B. From here, one 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 can be 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 breath through your half-open mouth.
9. As you breath, 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. To produce this wave effect, concentrate of the vibrations and mentally push a wave out of your head and guide it down your body. 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.

If, after all this, you still can't project, I recommend purchasing *Leaving The Body*, by R. Scott Rogo. It only costs \$7.95 and contains another eight or so techniques. Not all techniques work for everyone, but chances are you'll find one that works for you in this book. Good luck!

### Astral Travel simplicity itself

The step by step instructions that I was taught, similar to those in the LLEWELYN Practical Guide to Astral Travel, worked better for me - it took me a lot of practise to get to where I could do it and it seems that for most people it takes practise, although some can do it spontaneously. In fact it happens to some the first few times with no warning and then, after worrying they have gone crazy for a while, they later learn what it is. But I did just want to say for those like me for whom it does NOT come easy, not to get discouraged but to try working with it one step at a time.

Two interesting points about astral travel for me. One is that I find it more interesting to explore the astral planes than to explore specific locations on this plane. However when you are first learning, exploring specific locations on this plane can help. Laurie Cabot suggests picking a store near you that you have never been in, try projecting to it, immediately on arising write down your impressions of it and then, as soon as you can, visit the store and check out your impressions. If they are not all correct, don't be discouraged. The example she gives is DID YOU SEE RED BEHIND THE CASH REGISTER AND IT'S NOT THERE? Perhaps the cashier that day or evening was wearing a Red sweater! The longer you wait to visit the establishment, the more likely it is they will move something or change a display, so go soon after your visit.

The second is that I used to do it as a kid, no problem - right up until my Dad told me it was all in my head and I had imagined it. Then I couldn't do it anymore.

A note here - My DAD, who used to be a hard-core skeptic, started attending a Spiritualist Church I hung-out at when he married my step-mother. I find it humorous that originally he went there because it was non-denominational so you don't have to believe everything the ministers teach and because he liked the ministers, but he didn't buy the Psychic stuff. Well, lately he's changing his mind as he's had some startling experiences. I'm good, I'm nice, I don't tell him he is imagining things. But I can't help laughing about it to myself just a little bit.

Oh, some of the stuff the Llewellyn book suggests is to practise opening your chakras first and grounding the energy, work on that for 1 week to 1 month. WHEN YOU HAVE IT DOWN PAT (be honest with yourself here or you can forget it) work on projecting a cloud of your energy out through your solar plexus (some people work better projecting from the 3d eye, I personally project the body through the solar plexus and when I project the consciousness into it, I do it via the 3d eye. BUT since these are all merely visual aids to doing something non-physical, I am not sure that it matters IF YOU ARE ACHIEVING VALID RESULTS) and leaving this energy as a cloud only then reabsorbing it. YOU DO NOT PROJECT YOUR AWARENESS INTO IT. You absolutely MUST reabsorb it. That is done for a week or a month or however long it takes. It is done by creative visualization until you get it to the point where you can feel that it is something more.

Then you do the same thing for a week or a month, ONLY YOU SHAPE THE

CLOUD INTO A SIMULCRAM OF YOUR BODY (if you are also trying to heal yourself, use the ideal form you wish to achieve - make it realistic and so it looks like you) WITHOUT projecting consciousness to it, you send it out to watch a situation you can later check on for yourself. When it comes back at a prearranged time later on, meditate for a while and write down your impressions AND DO NOT THROW ANY OF THEM OUT AS THEY SEEM SILLY OR IMPOSSIBLE - truth is often stranger than fiction. Check on these later, DISCREETLY - don't TELL people you sent an astral traveler to them, say I HEARD THAT you went such and such a place today while I was in school so you can say to your mom that someone saw her and told you or something, OR just say it's a hunch, or, if you have the impression that your mom called your grandmother while you were in school, just say I WONDER HOW GRANDMA IS DOING? and see if your mother doesn't say, THAT'S WEIRD SHE CALLED ME TODAY.

PEOPLE GET PARANOID IF THEY THINK THAT YOU CAN WATCH THEM - AND THEY ALSO THINK YOU ARE THE CRAZY ONE IF YOU SAY YOU CAN DO THIS.

Interestingly enough science (psychology) tells us that one of the classic symptoms of Paranoia is to think the OTHER person is crazy.

Always be sure to bring the simulcram back at the pre-arranged time and REABSORB IT!

The next step is to project consciousness into it, go out with it, and reabsorb the energy/substance afterwards - but only try this once you have the watcher exercise down pat.

THESE EXERCISES SHOULD BE DONE FROM A MEDITATIVE STATE.

ALWAYS SHEILD YOURSELF BEFORE TRAVELING