



EXPERIENCING ASTRAL TRAVEL

A Nine Week Course

WEEK 2

Preparing for Astral Projection: Concentration and Visualization

By Beelzebub

Concentration and Visualization

Before we look into an actual technique for astral projection it is important to prepare the grounds for it, because if you can get the preparation right it will be easier to get into the astral, and you will be able to go there much more often. Without adequate preparation the techniques given to project are less likely to work.

The determining factors in a person's astral life are really down to a persons own psychological, inner states. Affecting real change in this is a whole psychological and alchemical inner work, which is covered in other courses, but both beginners and advanced students can do exercises of concentration and visualization that will greatly assist the ability to astral project.

Concentration

To successfully project it is very important to be able to concentrate on the particular exercise of astral projection you are doing at the time, without being distracted from it by other thoughts or by anything else.

Willed astral projection usually occurs when the mind is concentrated at the exact moment that sleep occurs.

Most techniques for astral projection are variations of concentrating the mind and/or visualising.

Being concentrated is having the mind and the whole of ones attention on one thing alone.

Being concentrated upon one thing is different from having the mind completely silenced. There are techniques for silencing the mind, they are not dealt with here because they allow for travel to dimensions above the 5th and are not specific to the subject of this course, which is astral travel only.

Visualization

Visualization is using the concentrated mind to consciously imagine or remember something.

Visualization has order and structure.

It is possible to actually visualize something that is real, that you know nothing about, if the mind is focused enough. Those who are free enough from the subjective elements of the psyche can use this to look through space, time and dimensions.

The Difference Between Visualization and Fantasy

There is a difference between this kind of visualization and fantasy, although they are similar. With fantasy the mind goes where it wants to without any continuous direction or sustained concentrated thought. What is seen in fantasy is a product of the subconscious and is less effective for projection. Moreover, it feeds the subconscious elements of the psyche adding to the general haphazard scattered mind during the day and adds to the likelihood of having vague and weird types of dreams without meaningfulness in them.

Practicing Concentration and Visualization

The more the mind is trained to concentrate and visualize the better it becomes at it. It's a matter of practice.

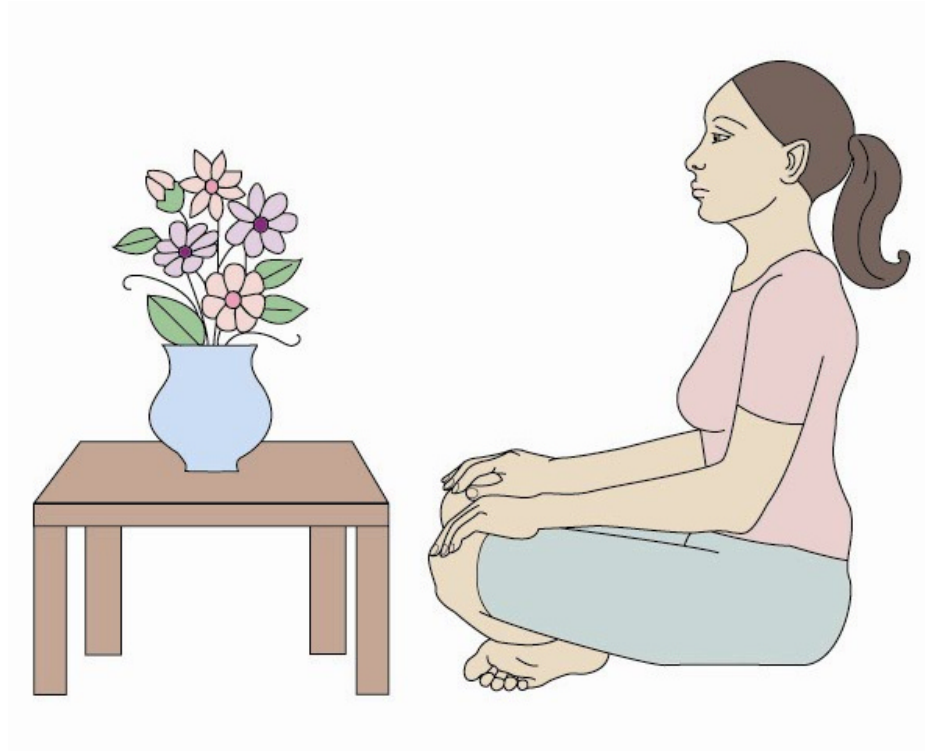
That's why it helps to carry out exercises of concentration and visualization and why they are given so early on in this course.

As you go through the course you will benefit a great deal in your ability to project if you train yourself daily in concentration and visualization.

Train daily and your chances of projecting will be dramatically increased.

It's like an athlete who prepares for a race by training.

To train in the mind to concentrate and visualize you carry out exercises where you sit down or lie down simply to concentrate and/or visualize.



It's very important however not to force the mind. Start with small amounts and gradually build up to a level that you are comfortable with.

When you go to do your exercise to actually project then the mind is already trained to concentrate and visualize and the projection is more likely to succeed.

When trying to practice concentration and visualization or when trying to astral project, one of the main obstacles is the continuously chattering, daydreaming mind.

The Problem of the Chattering Mind

Many of the failed astral projection attempts are due to the mind not being trained to be on one thing. It is used to chattering away all day, or it is fascinated in whatever activity is taking place, so that one is not self-aware, which contributes to the chattering. Then when you try to do an exercise to project, the mind carries on chattering. The thoughts that were so active during the day continue to be active and they interrupt the technique that you are doing causing the attempt at astral projection to fail.

However, when you are aware and concentrated upon whatever activity you are doing in a given moment in daily life, you train and educate the mind to be focused upon one thing and cut down the chatter and interfering inner states (egos), so that when you do your exercise of projection you have a more focussed mind and are more able to concentrate upon the exercise, making it more likely to succeed.

It is of course necessary to use the mind, to be able to think and plan, remember things, solve problems, create/invent things, carry out tasks etc, but the problem is that its activity is so compulsive, it just runs of its own accord and it is difficult for it to be on one thing and to be profoundly concentrated for any period of time. It is scattered and the thoughts go on and on, like a wheel turning around and around. It should be a tool that is used; indeed it becomes one if we progress enough on the spiritual path. Ultimately, if you can learn to be in consciousness and to use the mind as a tool, it is possible to direct the mind at will to any task such as projection and to be successful in it.

The ability to focus the mind is not something that happens overnight, although it is possible to get it right occasionally in the beginning. It needs to be gradually educated to be on one thing, since it is not used to operating like that. It requires a great deal of practice to train the mind to focus but it is something that we can start with right away at this stage of the course and which will benefit everything that follows.

If you are not concentrated when trying to project then you will either get taken into sleep by a thought, or will become restless and unable to sleep, either way being able to concentrate fixes the problem.

Being able to properly concentrate and visualize is the way to be able to project at will, whenever you want to, as long as there are no other factors such as illness that can stop you. In one night it is possible to project many times, going out into the astral coming back, going back out again and so on.

Although it is rare, it is actually possible to astral project with the eyes open, for example while concentrating upon a candle and looking at it, the concentration can be so intense that with the eyes open you can go out of the body and into the candle.

It could be said that in this case the projection took place while the person was awake, but in fact, even though the physical body has all the signs of being awake, the person did actually sleep, to be awake is to be conscious in that particular body, if we are conscious in the physical body we are awake (although not in a profound esoteric sense) in the physical world. If our consciousness is elsewhere, in another body such as the astral body, then in reality the physical body is asleep, the consciousness is out of it, even though it may not be normal sleep. The concentration can bring about the processes that take place within sleep that effect projection, even though other, what we would call normal signs of sleep, such as closed eyes, snoring etc, may not be present.

The concentration and visualization exercises given on this course are not the only ones to work, the essential element in them is the concentration, there are many, many

variations of concentration and visualization, I have included some on the course that work very effectively, but most variations of visualization or concentration will work as techniques for projection, which is why it is so important to develop these skills at an early stage of this course.

With the ability to concentrate all the techniques of astral projection work, even the mantras which are given later in this course require a degree of concentration to be successful.

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