



EXPERIENCING ASTRAL TRAVEL

A Nine Week Course

WEEK 1

An Introduction to Astral Travel and Dreams

By Belzebuub

We are all familiar in a way with the astral, because it's the place that we go to in dreams. astral experiences are fairly common, a reasonable percentage of people have had at least one, but all too often they are not understood, not by the person who has had one, nor by friends, family, doctors, scientists, etc, although they are a real and very natural part of life. Even though many will not have had conscious astral experiences, everyone has had dreams, and they are part of the astral world. We all go to the astral plane every night when we go to sleep. This course will help to get you there consciously and will show you how to explore it; you could learn something about yourself too.

The Astral Plane

There are four main ways to have an out-of-body experience in the astral plane, the first is to project, the second is to wake up in a dream - to know that you are in one and to realise that it's the astral, the third is to have a near death experience and the fourth is with death.

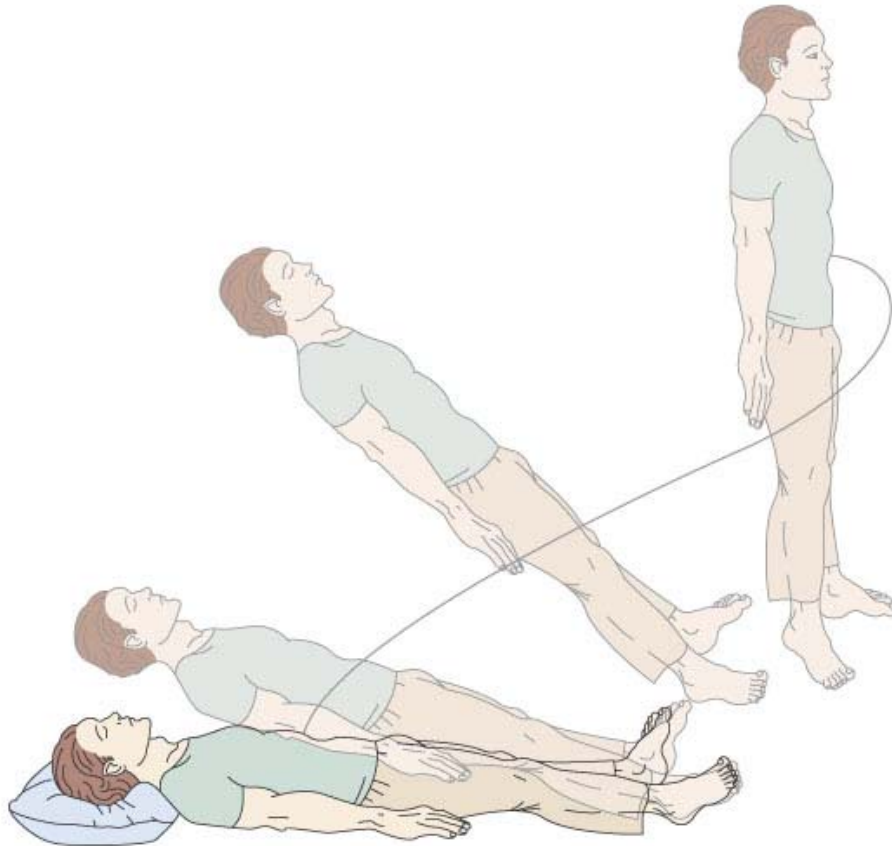
Science in quantum physics postulates the likelihood of parallel universes existing and includes the fifth dimension in this, due to the discovery that minute particles behave unpredictably according to laws different to ours. They are correct in this since the laws of the fifth dimension are different and it is at this molecular level that the physical and the fifth dimension meet.

Going to that dimension is, however, an internal science. To do it you have to explore the psyche and that is where contemporary science effectively leaves it. This is where we begin though, because this is an internal science, which involves study, experiment, experience and the gaining of knowledge.

Being in the astral is provable to those who do it, although there have been many cases of people seeing objects, places or events while out of the body, then later being

able to tell others about them, while to observers they were asleep and had no way of knowing about them. It is something real; it is not a figment of the imagination, but another place that exists.

As I mentioned earlier we are all familiar in a way with the astral, because it's the place that we go to in dreams. Except that in an astral experience you are actually there and you can know that you are in the same way that you know that you are in the physical world.



The astral is governed by its own laws, so you are able to fly, so you can jump into the air and fly upwards, looking down over your house and the area where you live, it will look very often as it does normally. Then, as many people have done, you can fly somewhere.

It is more exciting than anything you can read in a book or watch at the cinema, it is something that really happens to you. You actually find yourself in another dimension, existing outside the physical world. You will be able to fly, go through walls and objects, meet people; travel to distant places in the world and beyond, it is a profound experience

Visiting the astral plane can change your whole view of life. You can travel and have a bit of experience here and there but it's a huge waste to treat it superficially or like a hobby, it's far better to have the aim to do something fundamentally worthwhile, which is to discover what is really going on in this life and to receive spiritual knowledge and to walk the path to enlightenment.

With this in mind in the astral you can meet and receive teachings from spiritual beings, those who have founded or have been mentioned in the world's great religions, in mythology, or in esotericism, you can discover secret knowledge, learn about yourself, see where your spiritual obstacles and your inner defects are, you can monitor your spiritual progress and can walk along the spiritual path knowing each step that you have made, learn hidden wisdom about death, the process of awakening, get premonitions of the future, receive guidance, discover the purpose of life discover what happens with death and much more.

Just by being in the astral you can get access to incredible knowledge that is denied the majority of people in the world who do not go there consciously, however, you can get much more if you walk along the spiritual path, receiving knowledge and experience beyond what you can imagine.

You will get more out of it if you consider the astral not just in terms of going to another dimension, but in terms of what you can do there and what the best and most effective things you can do while you are there. After all time in that dimension, consciously that is, is limited compared to the time spent in the physical world, so it makes sense to make good use of it.

Not surprisingly, you can learn a lot about death from the astral, because the dead go into the other dimensions.

Beings both spiritual and negative exist there and if you travel enough you will meet both kinds. To explain why they are there and how they got there and what they are doing is something that is explained in a later course, this one will, if you practice, allow you to see something of what is going on beyond the physical world and will give techniques to objectively explore the astral plane. It's really important to find out what's going on. I could tell you now, but that would become something to either accept or reject, so it's better to give the techniques so that you can actually go and find out for yourself, if you want to that is.

If you try this astral course superficially or on its own and just leave it at that without going on to these other courses you are likely try to explore the astral a little like a blind person, seeing what are mostly the projections of your own subconscious, because the subconscious must be tackled for objective astral experiences. Also the information on the Journey to Enlightenment course gives an overall picture of what's going on and gives the techniques for serious investigation.

My First Astral Projection

It is possible to meet different people in the astral plane, as you will see from looking at the group exercises on the courses but I'll say a little about my first projection, which was the first astral experience I had.

I was with a group of about twelve people doing a practice in a Gnostic Centre, it was night-time and the instructor asked us to go into a special practice room and to look at everything in it very intensively. I observed everything in the room in great detail, the

ceiling, the walls, all the objects, we were in silence and I tried to look as clearly as possible without thoughts clouding my perception, as one of the others came into the room I could see him, even though I had my back to him, I almost said “hello Dave” without turning around to face him, but I couldn’t because we had to be silent. When we felt really ‘there’ each of us went back into the other room, to lie down and to try to project back into the room we had just observed. The instructor had told us that he was going to place an object in that room while we were lying down and he had given us the task to go back there in the astral and to see what was put in it.

As I lay down I tried to keep that awareness, not letting myself be taken away with thoughts, I concentrated on the room intensively, remembering all the little details that I had seen, soon afterwards I began to rise out of my body, everything seemed strange, it was such a new and shocking feeling that I became very frightened and shouted help, help! But no one could hear me physically because I was in the astral. I looked around and saw that the instructor had also projected, he was sitting there and another man had appeared in the room, he had been drawn into the room by the strength of the exercise, my fear unfortunately brought me back to my body. I looked around and I was surprised that no one had heard me shouting.

Later on I spoke to the instructor and he confirmed that the gentleman who we both knew had been there. Although it was brief, it was an amazing experience; I had discovered that it was possible to leave the physical body and even to meet with people there.

Now I’ll say a little about dreams and their relationship to the astral plane.

Dreams

Every night with sleep, dreams occur, whether they are remembered or not. In dreams what usually happens is that the images from the subconscious become real for the dreamer, and they exist in the world that has been projected from the subconscious. Not all dreams are projections of the subconscious however; some are events actually taking place in the astral plane, while others are scenes or places that are put by ones own Being or by awakened Beings (Masters) for the purpose of teaching.

With sleep, we leave behind the physical body, which holds the psyche onto the physical plane and sensory impressions and enter the fifth dimension, what we call the astral plane. We are connected then to the physical body through a silver cord, which makes it impossible to not come back to the body after we have woken up. So, while we dream messages are sent from us, the psyche, in the astral, to our physical body, including the brain and vice versa, through that silver cord, although it is there, the silver chord is not normally seen when astral travelling.

Now being without a physical body, there is no physical world to see, touch and taste, so what is left are thoughts, emotions and consciousness, but you are in the astral plane. Unfortunately, when there, either when dreaming or when travelling consciously what is actually in the astral plane is not normally seen, or it is only seen partially because of the images of the mind, which are projected onto it. Even if what is seen there is real it is common not to even realise or question that you are there. It is

the nature of that plane that one creates ones own world, which is not real, but there is something real there; only it is not normally seen when dreaming or is only partially seen through the haze of projected images. To see what is there, we must be aware (which I will explain more about in future classes) and to be clear of the images projected by the subconscious.

When in the dreams the process of daydreaming that occurred during the day continues. Dreams occur at night because of the daydream of thoughts, images and emotions of the subconscious (the egos, or selves) that take place during the day; going through the day like that one is rarely aware of the information of the five senses, of the reality of where you are at any given moment. Therefore when sleep arrives there is also a lack of awareness of where one is.

Sometimes when dreaming you do actually see what is there in the astral, it is because there can sometimes be periods of lucidity, in these periods someone may see what really exists in the astral world or dream about a place that actually exists in the physical world (even though they may never have seen it and discover it later physically), in these clear times it is possible to learn quite a lot; higher beings can show you things or teach you and they can awaken the consciousness, clearing the projections of the subconscious in order to teach something, you could also as another example have a premonition about something that will happen in the future, something which you could have had no way of knowing, yet you see the event in a dream and it comes true.

Sometimes the dreams themselves can have a symbolic meaning. So it's worth paying close attention to what you see either in dreams or when consciously in the astral because there may be important information, possibly in the form of a symbol, a number, an event or words that are spoken. Symbols are used because they are a universal language, common symbols can be found throughout the great religions of the world. Information is often given there symbolically and the meaning of the scene or of the symbols shown in the dream can be intuitively comprehended, so its very helpful to use intuition and to learn about the spiritual path and its symbolism, then you will be in a better position to decipher the correct meaning, you can learn to develop intuition on these courses.

Lucidity in a dream can be so great at times that you actually realise that you are dreaming and realise that you are in the astral plane, you can be conscious in the astral in this way as effectively as if you had projected there, this kind of experience is generally referred to as a lucid dream, but its more accurate to say that you wake up out of a dream into the conscious experience of the astral plane. There is a whole topic on this type of experience on this course, so I won't go into it in any more detail at this stage.

There is another type of dream, which is the nightmare; these occur when the dreamer goes to the infra-dimensions instead of the usual astral plane, these types of dreams require quite a lot more explanation so I will leave it for another time.

There is valuable information to be gained by studying dreams, of both the meaningful ones and the ones created by the images and false scenarios projected by the subconscious. In this latter type, you may see yourself perhaps angry, fighting or

stealing. They could be things that you wouldn't usually do in everyday life, or they could be things that you do usually do in everyday life. In either case, bizarre though they sometimes may be, they are an accurate reflection of what goes on in the psyche, in the conscious and subconscious processes during the day, during any day of ones life.

In the Personal Transformation course you learn to see these different psychological states (egos) during daily life and learn how to study the dreams to get information about the states that occur during the day, for example, fear, anger or anxiety. On the Journey to Enlightenment course you learn how to get rid of the different elements of the subconscious (egos) and to replace them with consciousness. Gradually the subconscious decreases and one is more and more conscious at each moment during both dreams and in daily life.

The less time is spent in these subconscious states in daily life and the less we have them, the more the psyche increases in its consciousness and lucidity and, as a consequence, increasing the lucidity of the dreams, because they are directly related. In other words, the more aware we are in daily life, the more aware we are in dreams. Eventually then we will see the astral exactly as it is. But that is really a part of a long process, which I will explain more about as the different courses progress.

I am going to now explain where you are going to be when you go to the astral plane either consciously or in dreams in relation to this three dimensional world and to other dimensions. The outline of the different dimensions is like a map is to travellers here in the physical world; you will find it useful to have it as a reference so that you can see where things fit in.

The Different Dimensions

The astral is the first of two planes of the fifth dimension; it is a complete dimension of life, waiting to be explored, it is the place where dreams occur, where mystical teachings are given and where the deceased go. It is possible to go there consciously, leaving the physical body behind in the three dimensional world; this course will teach you how. It is something real, it is not a figment of the imagination, but another place that exists, and with the techniques on this course you can prove it.

There are seven dimensions in total, most people know what the first three are (length, width and height) and the fourth is known to science, which is time.

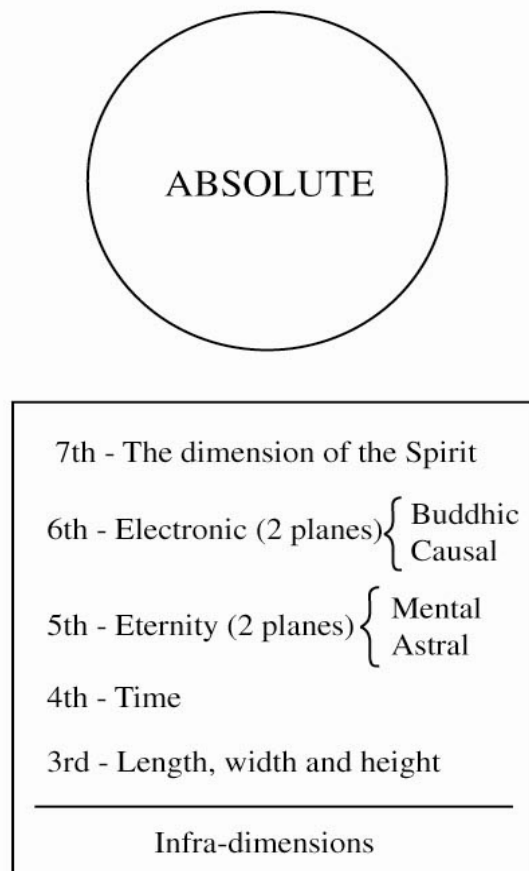
The fifth dimension is eternity, which is beyond time; there are two planes in that dimension: the astral and the mental.

The sixth dimension is the electronic world, it also has two planes: the Causal and the Buddhic.

The seventh dimension is the dimension of the spirit.

Beyond these dimensions is the Absolute, from which the dimensions and all of life are created, there are Beings (seraphim) known as fire beings that manifest the absolute into the dimensions.

The infra-dimensions are inferior zones where most people have gone to when having nightmares; they are accessible through an opening, a portal in space in the astral plane, known in mythology as ‘the mouth of Hell’. They are what are referred to as Hells in the various religions or the Abyss.



These dimensions interpenetrate each other without mixing up; all of them are in the here and now. Certain psychic abilities can be developed to see into different dimensions from the physical plane, but all of them above the third dimension can be explored using different techniques. This course only deals with the astral plane of the fifth dimension; it is the easiest to get to. The Journey to Enlightenment course shows how to go to planes and dimensions above that. The Absolute can be visited (not exclusively) with a transmutation technique, which is part of Alchemy, which is also on that course. The infra-dimensions can be accessed from the inferior astral plane, where most people go to dream.

Now I'll explain about some things to bear in mind when learning about dreams and exploring the astral plane and out of body experiences.

The Need for Objectivity

One of the great problems with the accuracy of astral and dream experiences is the influence of the subconscious; I will be explaining more about this on the Personal Transformation and Journey to Enlightenment courses, as it's beyond the scope of this course to deal with it in depth. I will mention a little about the process of the influence of the subconscious on this course, but I will explain how the psyche can become more objective and hence the out of body experiences more objective in other courses.

It is very important to get this right because it is easy to be misled by the projections of the mind and to be lost in things that you read or hear from others, which are no more than projections of their subconscious and their imagination.

Any serious astral investigator needs to be working to clear the subconscious states in a permanent way. If you 'create your own experience' while you are there, or are unconsciously influenced by your subconscious you will miss the truth, and it is the truth which is important.

The astral itself, when it is not clouded by the projections of the mind, can look similar to the physical world. There you can see things that are here, as they are here, the things that are in the physical world are also in the astral, so, projecting into your bedroom at night you can see it as it is in the physical, you can get up, walk out of your room and go outside. You can see the place, the town or city where you live, the outside of your house, the street, etc, all as they are in the physical.

Things do not always look the same though, something may be different in your bedroom, you may project to different place, strange things could be going on, that's because either the mind is projecting something, so you don't see it as it is, or there are actually different things there, or things have been placed there, or you have been put in a place for you to learn something.

Fear

There is another common problem when going into the astral plane or attempting to go there and that is fear, this can be a big stoppage for many people. There are many different manifestations of that ego or inner state. Fear of the unknown for example is very common, but you learn to overcome the fear of being in the astral through experience, by working to consciously eliminate it and by strengthening the energies of the psyche through alchemy.

In the example fear of the unknown, the more you do something or go somewhere and you have no problems there, the less fear is associated with that place or experience, you may be afraid of eating a piece of fruit that you do not know anything about for example, however those who know about the fruit and know that its fine can eat it and even enjoy it.

Fear is what is called in modern Gnosis an ego, although many different terms have also been used such as selves, I's, psychological adjuncts, etc. By understanding and

eliminating these states, in this case fear (which you will learn more about on our other courses), you gradually get rid of it.

Fear is also related to the overall state of the energies within the psyche, there is an exercise called Alchemy that transforms and strengthens the energies within the psyche, when the energies are weak there tends to be much more fear. Alchemy, which will be explained about in the Journey to Enlightenment course strengthens the energies.

The Worry of Danger

One of the biggest fears in relation to the astral is the fear that it is a dangerous thing to do and that it is dangerous to be there. However, it's worth bearing in mind that everyone astral travels every night when dreaming. When you astral project, you are aware of the whole process through which you (minus the physical body) go to the 5th dimension. When this process is new it can be very startling, and many people think that when they get into the astral they are not going to come back. But people come back every night after dreaming. It is a normal part of life to leave the physical body behind for it to rest and recuperate its energies, we could not survive if did not take place, it's just that with the process of astral projection you are aware of the process that takes place when leaving the physical body and going into the astral plane.

Another fear is that there can be entities there that will stop you from coming back or will harm you in some way, there are entities that exist in the astral and I explain what they are and how to deal with them on this course, but they will not harm you physically in any case, so there is no need to worry about it.

Will Power for Astral Projection

Finally, if you want this course to work for you, consider that it is going to take quite a lot of effort to do it and so you have to resolve to put in that effort over the whole time of this course if you want it to succeed.

Even if you are successful in experiencing astral travel, be prepared for the dedication, effort and work that it takes to repeat the success and to maintain it.

This is the time to set a clear goal to achieve it and to make whatever sacrifices are necessary. The more determined and single-minded you are towards achieving it the better for its success.

A conscious astral experience can sometimes take quite a long time to achieve, so patience, effort and determination are very important; they will lay the foundation for continuity in your attempts. If it looks as though nothing is working don't give up, persist and you will eventually succeed.

Next week we'll begin to develop the skills for projection



Questions and Answers

Below are some questions I have answered on this first topic:

Q: Is astral travel the same as lucid dreaming?

A: Astral travel includes lucid dreaming and also travel after a conscious projection/obe. It is being self-aware in the astral plane of the fifth dimension, knowing you are there. Lucid dreaming is essentially the same as waking up in dreams, which is explained in a later topic on this course.

Can I move objects in the astral environment?

You can move astral objects in the astral environment, just as you can move physical ones in the Physical environment, the astral plane has its own astral matter just as the three dimensional world does.

Is it possible to attract the attention of people in the ‘physical’ world and interact with them while I move about in my astral travels?

You are extremely unlikely to be able to interact with people who are in the Physical while you are in the astral, although you can see the astral part of the person who is in the physical world, whether they be shopping, etc, because of the interpenetration of the different dimensions in the here and now. But they are different dimensions so one cannot be directly touched by the other, although they can influence each other. In the Physical, three dimensional world a person needs to have polyvision active to be able to see things from higher dimensions.

Can I move forward or back through time to any period I wish? If this is so, can I go back in time and change events, like preventing myself from making a bad decision?

You can move backwards in time in the astral, but only through files of nature and you cannot not truly go forward either. You cannot go back in time to change events because what you see of the past are the Akashic Records. You step into what are basically records of what has happened, you cannot change past events.

Although you can see events that are going to happen while in the astral, because events other than some accidents happen in the higher dimensions first and then move down the dimensions, it's often not 100% certain that all of the events of the future that are seen there will happen because it is possible to change circumstances here in the Physical world and that alters what will eventually materialise. Usually though things don't change here and what is seen there materialises here.

Is it true that only certain people can astral travel, and that it is the kind of thing you inherit 'genetically'?

No, anyone can learn to astral travel, many and possibly most people who have travelled had never done it until taught how to.

How do I ask for help from my guides when I am trying to project?

Presuming that you mean beings that have awakened for light, you call the name of the Being or angel. For example, if you call the Master Anubis, you call "Master Anubis, I invoke you" or words to that effect, over and over. You can also ask for help and guidance from your own Being. If you ever advance far enough on the Esoteric Path you can choose a Being who can help you personally.

I was wondering if taking Prozac or any other antidepressants some how affect your brain so you won't be able to astral project?

Yes they will affect your astral travels, making them more difficult. They affect the consciousness which needs to be as clear as possible and the mind, which needs to be as focussed as possible and the emotions which need to be absent unless they are of a superior type.

Can drugs (alcohol, marijuana, psychedelics) help you get out of your body?

They can damage your astral body, make the mind and emotions more active and can make your consciousness more asleep, all of which are not good for continuing astral success, not to mention the spiritual work. Cultures like the Shamans use them for projections, but they can only go to the inferior astral and get experiences that look spiritual sometimes, but which in fact belong to the negative side. I've seen their ceremonies in the astral and so I know them to be negative. All drug induced experiences belong to the negative side and that side is only strengthened in a person by taking drugs.

I just wondered if it was possible to meet with other human beings whilst astral travelling. Either while they are astral travelling too or while they are awake and their friend has come to see them by astral travel.

Yes you can meet with other human beings whilst astral travelling, but to talk to them meaningfully, they also have to be conscious in the astral. Otherwise if you find them and they are dreaming they will often look like drunken people. They are unlikely to recognise you although they may remember seeing you in a dream. You can see people who are awake in the Physical because you see their astral part, but you cannot communicate with them because they won't be able to see you (unless they have polyvision).

Can reduced eating daily help out-of-body experiences?

Some people say that they find OBE's easier when they eat lightly, however the main problem people have with astral projection is that there is a lack of concentration. All you need for astral projection is concentration and sleep, so how much you eat

shouldn't have much of an affect. Having said that, it is not so good to try an astral exercise or to go to bed after a very heavy meal because if it upsets the stomach it can take you into lower parts of the astral. You need to be careful about eating less and fasting and so on, because it can cause other problems. As long as you are eating sensibly, I suggest you keep your regular eating pattern and continue practising in order to improve your concentration and OBE experiences.

I really want to learn how to do this but I am scared that when I do start to split that I will become frightened and will not get to enjoy the experience.

That fear is only natural to start with, but you will overcome it as you practise. And even if you do become afraid when you split the first time, in retrospect you will cherish the experience because it is something so new and magical, and it will confirm the reality of it for you. Then after that you will be able to approach it with more stability, and it will become better and more magical if you persist.

Are there any moral implications to mystically uniting with a soul on the astral plane who is married on the physical plane?

Yes, I wouldn't advise that be done, the Journey to Enlightenment course explains more about why that is.

I am very interested in gaining spiritual knowledge through astral travel but is it also possible to gain knowledge on any other subjects while out travelling? Information we can use in the Physical?

Yes you can, the astral plane is a source of all sorts of knowledge. But bear in mind that much is taught there through symbols too and that you are not alone when you go there.

If I astral travel, is my body sleeping and resting so that I will wake up refreshed as always, or will it be tired after you start travelling?

Yes, if we astral travel, the body sleeps just the same as normal, so when you wake up, you feel refreshed the same too; because the vital or etheric body charges it up while we sleep.

After starting to travel, will you be able to return to normal sleep?

Once you start to astral travel, you need to keep doing the exercises to keep going there, otherwise, very little usually happens and the sleep goes back to normal. At the end of travelling you usually go back to your body and wake straight up in it, or the astral turns into a dream and you wake up the next morning remembering usually that you have travelled.

What's the difference between an out of body experience and astral projection?

Out-of-body experiences cover all experiences of being out of the physical body in the astral and higher planes, while astral projection refers specifically to projecting out of the physical body into the fifth dimension.

When you project, why can you still see things on the material plane?

When you project, you are not seeing actual physical matter but the astral part of what is in the physical world, because everything that exists here also exists there.

Is there ever any chance I won't be able to get back to my physical body after I've been astral travelling?

No, we are attached to the physical body by a silver chord which always brings us back. We go to the astral every night when we go to sleep. The only difference with astral travelling is that we are aware of the fact that we're in another dimension instead of dreaming and not being aware of it. In fact, you usually get pulled back to your body too soon; the hard part is staying out there.

Is there any chance that someone else could get into my physical body while I'm off travelling in my astral body?

No. There is no danger of that happening, you are attached to your own physical body by the silver chord, so only you can get in, that is unless you decide to become a medium or to channel, in which case all kinds of negative entities can get in without you knowing (not recommended).

What is the best way to get rid of an unwanted attacker while trying to leave the body?

Assuming you are talking about an astral attacker; to deal with them properly you need to use the conjurations, which are explained later on the course.

Can other beings within the astral plane sever the silver cord?

The cord is severed by divine beings when the appointed moment of death arrives.

What is the difference between lucid dreaming and astral projection?

The difference between lucid dreaming and astral projection is that you project from your body during projection, while in lucid dreaming you become conscious that you are in the astral from a dream. Sometimes though in lucid dreaming the dream images can distort what is there. But as long as you are not affected by those, you can be in the same place, do the same things as if you had projected there.

My friend who's interested in astral travel, told me that while out of the body, if there is a spirit around your body while your spirit is away, travelling, it can take over your body. Is that true?

No a Spirit can't take over your body like that.

I was just beginning to do the exercises and looking forward to astral travel (hopefully). I'm curious whether I can go to a place that I want to in the real

world when I astral travel. Say if I want to go to an exact place at the exact time, is it possible??

You can travel to any place in the physical world but you will see its astral part, not the physical one, because you are in a different dimension and see the things that are there. The dimensions intermingle and everything that is in the physical has an astral part. We have an exercise at the end of the course where students meet up in a place, so you can try that if you want to precisely find out.

Hi, I have read and heard lots of rumours about things you can do while astral travelling e.g. go back and forward in time, so I was wondering would you be able to come into contact with departed relatives or loved ones through astral travel?? Any information on this subject would be grateful.

You can go back in time, because it has already happened and everything is recorded in Akashic files, the future is different, events permeate down the different dimensions until they reach here.

So we can see or be in things that have yet to happen, sometimes though our actions here can change the events that were going to happen.

You can come into contact with departed relatives or loved ones through astral travel, because a recently deceased person is in the other dimensions, but you mostly see their personality, which is what would usually be the part most recognisable as the person, you can talk to them and they recognise you.

As my family lives far away, and say for example I get the feeling that my sister is unhappy or in trouble, and I want to check on her. If I become adept at astral travel, can I travel in my astral body to where she is located, in her physical body, unaware of me, and check that she is alright? In other words, can the astral body travel through the physical world and, although it is obviously removed from the physical, still view the physical plane as it exists in physical reality? Or is everything you would experience in the astral body necessarily "false" i.e. if I told myself I wanted to go see my sister and suddenly I was there next to her, asleep or whatever, is that my real sister in her real bedroom at home in the real world or is it just a dream "vision" of my sister?

Just wondering because sometimes I worry about her so much and would like to check on her in this way, but if it is "false" and just a dream, then what is the point?

Yes you can travel in your astral body to see the real her if you are consciously in the astral and your psyche and therefore your perception is not being altered by your subconscious (the egos), you will see the astral counterpart of her physical body, she will be unaware of you unless she is travelling too, but she may remember seeing you in her dreams if she is dreaming herself.

Everything that exists in the physical world also exists in the astral, so if you throw a shoe on the roof of your house in the physical for example, you can go and see where

it landed in the astral, then you can find it where you saw it if you check later in the physical.

Now another question that kind of follows from this one: say I go visit my sister and she wakes up while I'm there. Will she see me? Is the astral body visible to those not in the astral plane? Or will she maybe "feel" my presence on some other, non-visual, intuitive level? If I speak to her, will she hear me, or will my voice enter her mind as thoughts?

It's unlikely that she will see, hear or feel you. Things are taking place in the astral all the time and they are normally not perceived.

That's not to say however that it can't happen, because there are many latent psychic faculties that would allow it to happen. These are increased with the correct techniques, but normally she wouldn't perceive anything.

I just wanted to know if there are any rules which we should follow when in the astral, I don't want to get there and do something that will offend anyone or anything!

Although you can use your commonsense and intuition, you need to know much more about what's happening in general to know what is best to do and what not to do, other courses in this series will explain more about this.

If you went to the astral and saw something like a building that only existed on the astral, and you described it to me and then I went to look at it, would I see the same thing as you or is the building represented to us based on our own individual experiences and thoughts?

Different people can see the same thing in the astral because things do exist in the astral and you can see what is really there. But things can also be put there just for one time, for a teaching for example, or they could just be projections of the mind. That's one of the reasons why it is so important to learn about the psyche and to be free of the subjective projections of the subconscious, of the egos, if you want to have clear and objective astral experiences.

Belzebuub

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