



# EXPERIENCING ASTRAL TRAVEL

## A Nine Week Course

### EXERCISE WEEK 9

## Group Astral Exercise

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### Meeting Place at the Great Pyramids of Egypt

In this last week of the course, all the students from all over the world will join in one group, in an effort to meet his/her fellow-students in the astral at the timeless sites by the Nile River, the Great Pyramids of Egypt. What better a site for a meeting place than at one of the most ancient sites in the world! Here is your chance to find out what it is really like to be at such a place of amazing hidden esoteric knowledge. This exercise will give you the opportunity first of all to experience what it takes to make such a journey, and secondly to realise that although you may be miles apart from each other in the world, there is the possibility of actually meeting each other in the astral. Make all the efforts you can to follow the schedule of exercises for this astral program. It could be that it is you who will make it if you give it a go and you give yourself a chance to dedicate this week to your experience of a conscious astral experience.

Let us now outline the steps to follow for this amazing opportunity. You already know the importance of doing your exercises during the day and also the exercises for the night. Now, you shouldn't be too concerned whether you are within the right time frame to meet other students. Since this exercise involves every student of the world, you will find that someone somewhere will be trying to astral project at the same time as you. Then, it is just a matter of making sure that you do your part in getting there.

Here are the steps:

1. **Questioning** – You may all have experienced the effectiveness of the triggers to wake up in the astral from a dream. Questioning yourself whether you are in the physical or in the astral with that real doubt that you could be dreaming makes this technique very powerful. For example, are you sure that you are reading this astral program in the physical? Are you sure? Have you pulled

your finger or jumped to find out? If you haven't yet, you should do it now, because you could be in the astral. The Astral Program has already started; we are getting ready to get to the meeting place.

This exercise of questioning is a back up exercise; this means that if you have not consciously astral projected from your bed, you still have the chance to travel to the Great Pyramids of Egypt, if you wake up in your dreams. Therefore, take every opportunity you can. Every time you remember, question yourself whether you really are in the physical or in the astral, and work towards making this technique your springboard to get you to your destination. You should also remember that you need to try to be as aware as much as you can in the physical so that you are more aware in the astral.

2. **Concentration/Visualisation** – Have a look at the pictures in this document. They are views of the Great Pyramids of Egypt for you to familiarise yourself with. It is concentration that makes conscious astral projection possible. In your concentration/visualisation exercises, use your senses so that you can visualise the place in as much detail as you can. Visualise the real size of the Pyramids, the stones that they have been made of, the smell of the surroundings, the sun shining, and whatever else you want to investigate about the Pyramids.
3. **Setting your Alarm Clock** – At the weekend, the alarm clock will go off every two hours. The weekend exercise will take place on a Saturday night. It will start at 10pm and will finish at 8am the next morning. Let me remind you to try to go to bed early if possible, so that you are not tired the next day. When you wake up during the night, try to wake yourself up a little in order to be able to have a go at your astral exercise. This can be difficult, but let us see whether you can make an effort so that heavy sleep does not override you when you are going to try your astral exercise.
4. **Weekend Astral Exercise** – Before you start your astral projection exercise, don't forget to conjure and begin your relaxation exercise. It is also very important to ask for divine assistance in this exercise so that you have the strength to do it, and also the guidance and the protection you need to do it well.

Here you have the schedule of astral projection techniques you need to follow:

- **10pm** - Concentration/visualization on the Great Pyramids of Egypt.
- **12am** - Pronounce the mantra Fa Ra On and visualise the Pyramids.
- **2am** - Pronounce the Mantra Egypto.
- **4am** - Pronounce the Mantra Fa Ra On and visualize the Pyramids.

Once you are doing your astral exercise, you need to learn not to go along with thoughts that say that you are awake and that you cannot sleep, as you may be able to hear physical noises that tell you that you are awake. However, what is probably happening is that you are fluctuating in the transition period between wakefulness and sleep and you think you are awake. If you are brave enough not to go along with those thoughts, which will try to stop you from carrying

on with the exercise, you will see that you will manage to get the sensations and perhaps achieve a successful astral projection or maybe even a successful waking up in your dreams.

5. **Astral Exercise during Weekdays** - This exercise needs to be carried out every night during this week as you are going to sleep. Choose the astral technique that suits you best.
6. **What to do in the Astral** – One thing you must remember to do before you start your astral projection exercise is to make a decision that, if you wake up in your dreams, you are going to ask your Divine Mother to take you to the Pyramids of Egypt to meet your fellow students. Once you have astral projected and you find yourself conscious in the astral, ask your Divine Mother to take you to the meeting place at the Great Pyramids of Egypt and take a little jump. You need to avoid being distracted by anything; otherwise you will be back in your body almost immediately. Your task is simply to ask your Divine Mother and take off as soon as you can.
7. **What to do once you are there** – Once you are at the Pyramids, ask whether there is anyone there from Mysticweb. If anyone approaches you, ask him /her whether they are Mysticweb's students and ask their name and the course they are in. Don't forget to use your intuition. You may be surprised to find that one of your fellow students may have that name, and both of you may be able to confirm in the physical plane that you have met in the astral. In this way you have successfully achieved the exercise of travelling to the meeting place at the Great Pyramids of Egypt. You should check in the forums whether the person you have met is a student of Mysticweb.
8. **Remember your Dreams** – In the morning when you wake up, use the technique to remember your dreams as you may have woken up in your dreams, but the heavy sleep may have wiped out your memory of it. If you carry out your exercise for remembering dreams you may also find very useful information for your inner work in relation to egos, symbols and things you need to learn.

Post your daily feedback in the forum allocated for this Group Astral Exercise.

Below are some pictures of the Great Pyramids of Egypt for you to look at.

Wishing you much success and strength with your exercise,

Edith Pritchard

## Pictures of the Great Pyramids of Egypt



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