



STEVE G. JONES

BEGINNERS' GUIDE TO
ASTRAL
PROJECTION

Find more about The Art Of Astral Projection [HERE](#).

ASTRAL PROJECTION EXPLAINED



WELCOME TO THE BEGINNING OF YOUR SPIRITUAL ADVENTURE

Do you ever feel as if there's more to life than meets the eye? Something beyond your 5 senses, beyond what you can hold on to, measure, taste or smell? Have you ever had a dream so vivid that when you woke up it seemed so real? Or you just knew you'd visited a friend or family member during your 'sleep'?

Have you ever felt as if somehow you have another home, that there is something deep within you calling you to discover more, to go further, to go beyond the physical. Many of us experience that calling, that longing to reconnect to something... **but we don't know what.**

If any of these ring true, then you've already had a conscious 'taste' of something we all experience

but rarely remember. For we all leave our bodies when we sleep, we all astral project, only problem is many of us just don't remember because we are not consciously present when it happens. Imagine what it would be like to be able to remember... flying over snow-covered mountains and wonderful green valleys, over oceans and meadows. Imagine having a place where you could go to commune with wise beings and remember the questions you asked and, of course, the answers. Imagine being able to meet loved ones who have passed over to the other side. Imagine... imagine... imagine... there is so much more, but too much to write here. But always remember, you are only limited by the limitations you place on yourself. Let's blast through those limitations!

UNDERSTANDING THE WORLD OF ASTRAL PROJECTION

Pioneer American investigator of Astral Projection, Sylvan Muldoon, had his first experience at the age of twelve, stimulated by a visit with his mother to a **Spiritualist Camp in Clinton**, Iowa. After going to sleep, he apparently awoke to discover himself outside his physical body, looking down at it, and connected by a kind of elastic cord or cable. He thought at first that he had died, and prowled through the house trying to awaken members of his family, but was eventually drawn back into his physical body. This was the first of hundreds of other projections. (Source-Muldoon, Sylvan, and Hereward Carrington. The Case for Astral Projection. 1936. Reprint, Chicago: Aries Press, 1946.) I've spent the last few decades researching and mastering hypnosis and astral projection. In that time I've taught over **2,330 people** how to use astral projection to advance spiritually and explore the astral realms. In this beginner's guide I want to introduce you to the wonders of conscious Astral Projection for powerful spiritual expansion and personal growth. For in truth I can only introduce you to the real wonders that are waiting for you and no words on this page can ever really do justice to each individual



adventure. For you are special and your astral adventure is yours.

When I first started consciously leaving my body I really wasn't sure what I was getting into, I learnt the hard way. I had no one to talk to who wouldn't have thought I was crazy. There were no clear concise guides, I was pretty much on my own. This is why I have written this Guide and developed my programs. You are not on your own, you can learn all about this in a much easier way than I did. You are learning one of the most wonderful skills we can have.'

Did you know that **Robert Monroe** (a famous astral projector) was convinced that he was going mad when he started finding himself out-of-body, he even went to the doctor's and had scans. Just to be sure.



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What is Astral Projection?

Astral Projection is literally, the 'projection' of your astral body out and beyond your physical one. These events are also sometimes called "Out of Body" (OBE) experiences because your experiences appear outside your physical being. Astral Projection gives the appearance of leaving your body but in reality you are going inwards, deep within your being to a world which seems incredible from our physical point of view but it is a world which is a part of who we are. If you wish to discover the truth about your origins Astral Projection is for you.

"It is one of the greatest spiritual adventures in the world."

Astral Projection is about exploring the greater universe, beyond what you can physically reach and it's also about exploring other dimensions in time and space, and your own, inner dimensions. In other words the bigger YOU.

Astral Projection is also a spiritual experience. Why? Because by going beyond your body, you have the chance to connect with the powers of creation – powers that are beyond what your physical brain can imagine or comprehend.

Hamlet (or Shakespeare, anyway) may have been drawing on an OBE experience when he wrote this, and Astral Projection is a powerful means of discovering just what some of those "things" are. You too can use Astral Projection as a tool, the possibilities are endless, the profound wisdom you can gain from the astral world is something that will enhance your life beyond anything you can imagine.

Before I started my own explorations beyond the body I had no idea of the enormity of our true 'reality'. I often wonder if anyone is ever really fully prepared for what they find. However, by reading this Guide and doing the exercises I describe, you will certainly have a head start, you won't find yourself in the situation I did, and you won't be running to the doctor for a brain scan!

The 'Problem' with Astral Projection

I remember reading an account of a child playing at home with her friends, let's call the child Susan. Susan used to watch her mother as she fell asleep. When she did, she always saw another lighter body lifting up out of her mother's physical body. Her mother, in this lighter body, would watch the children and smile at them while they were playing.

"There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

~ Hamlet

Then she would rise and rise and finally disappear. When her mother woke up Susan would run over to her, repeating all that she had seen but her mother remembered nothing.

Astral Projection is a natural part of being human. The problem is, most of us don't know we're doing it because we don't do it consciously. Most Astral Projection happens during sleep, so we tend to forget our journeys, or have only foggy memories of 'that really intense dream' after we wake. Sometimes we sleep all night then suddenly wake up thinking:

'Wow, where did all that time go?'

We may wonder where we are during all the time we are asleep. Are we really comatose under the covers in a world of 'nothingness' in between those dreams? Some people even

consider sleep a waste of time because they feel they are doing nothing while they sleep. If only they knew. If only they could experience consciously what they are doing. Then they may wake up in amazement rather than feeling they had better things to do with their time.

The good news is that there's another way to astral project rather than doing it while we are not aware, a way that will help you see the 90% of existence that's completely hidden from your physical senses.

What is the way into who we really are?

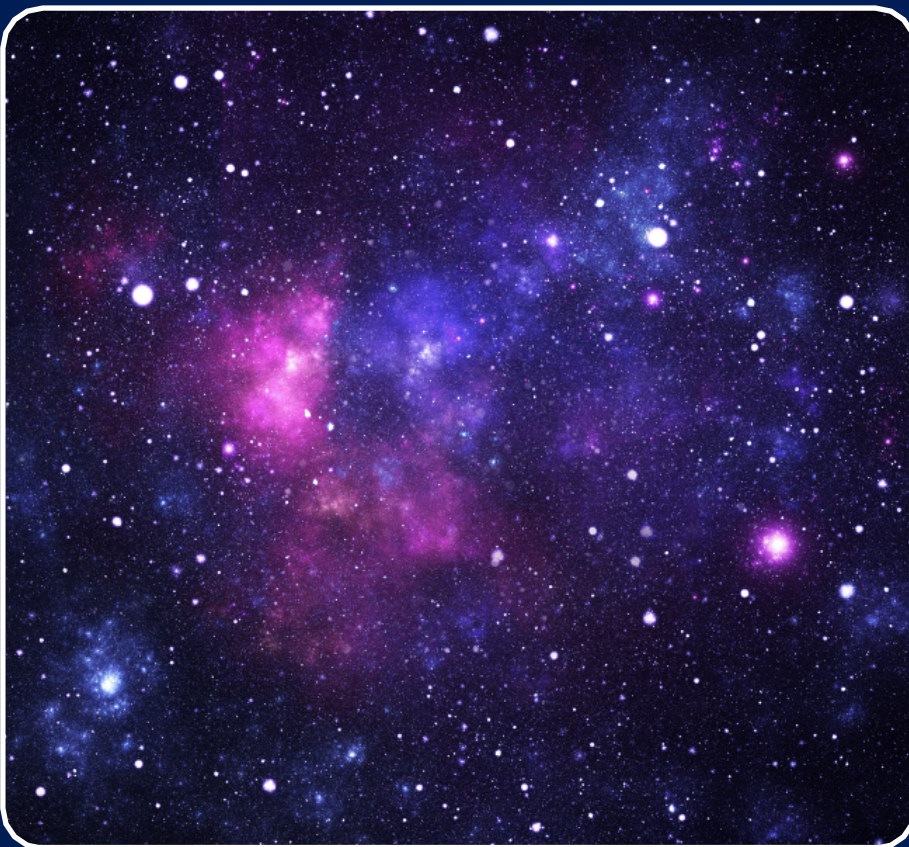
The answer is simple.

Conscious Astral Projection.

You see, by consciously inducing an out of body experience, you set free your spirit to explore the astral planes, the physical world, the past, present, and, yes, even the future. It's the easiest way to travel, no bags, no timetables, no costs and no documents. The World and the Universe are yours, as I said before, the only limits are the ones you place on yourself.

"Astral Projection helped me to clear up all the negative thoughts in my head and helped me gain faith in myself. Thanks Steve!"

~ Danielle



WHY ASTRAL PROJECTION?

THE BENEFITS OF OBEs:

Prepare to experience excitement, joy, adventure, and even epiphanies. When you astral project it seems as if you are traveling outside your body, it is a little paradoxical because you are really going deep into yourself and expanding your consciousness. You can explore the Universe including distant galaxies or somewhere as close as your own backyard. You can visit with loved ones who have passed away, astral entities, and other beings –human or otherwise.

In essence, it's the simplest and most affordable way to take a holiday and expand your consciousness at the same time. Astral Projection is a great way to relieve the stresses of everyday life, on occasions you may wake up in the morning full of a wonderfully warm feeling that remains with you all day.

When you astral project consciously, you really change the quality and destiny of your life because you are expanding your consciousness and stretching yourself beyond our 'little physical box'. If you need convincing about the benefits of astral travel just pop over to my Facebook page at Astral Projection (Astral Travel) and ask this question:

What is the greatest benefit you have gained from Astral Projection?

You'll soon get a whole list of benefits from the members there, believe me they will convince you that learning this skill is worth all the effort.

We really have to get into the habit of expecting more, questioning more and accepting less of what we believe about our physical reality. It's time to go inwards, it's time to discover for ourselves what all this is all about. No one can do it for us, we have to do it for ourselves and we can do that through Astral Projection.

I often go over to my Facebook page and read what people write, and of course I read all the comments left on my blog. Through my own experiences and through reading and listening to the experiences of my students I have put together a list of some of the major benefits gained from Astral Projection.

"We can gain immeasurably from the OBE. Almost every book I've read on OBEs says that OBEs have a profound impact on people. People come away with a new attitude toward life and death."

~ Robert Peterson



Find more about The Art Of Astral Projection [HERE](#).

So here is the list of the most common **benefits** of conscious

Astral Projection:

Overcome fears of death and the unknown – yes there is indeed no death only transition, there is no real unknown it's just that we've forgotten all about it! Robert Monroe was often out and about in the astral he stated that some newcomers to the afterlife get so excited about the ability to instantly create and modify thought-forms that they redecorate their homes daily, using their minds to create any decor they can imagine.

Find relief and forgiveness from those who have passed on – you realize that there is no real separation. Have you ever wished you could have said something to someone before they passed over to the other side. No problem just astral project and say what you always wanted to say.

Increase your personal growth and awareness – the more you astral project the more your awareness grows, believe me you'll surprise yourself.

Know your life purpose and meaning in this world – discovering your life's purpose gives you passion and drive to do what you were born to do, getting out of that rut we sometimes find ourselves in.

“Steve helped me to relax and focus. Thanks to him I had the motivation to accelerate my career into a whole new level.”

~ Bjorn Englen

“My entire being is immersed in a wondrous liquid light. I feel completely peaceful and at home. A warm glowing feeling of love surrounds me.”

~ William Buhlman

Hone your natural psychic abilities and sharpen your intuition – save time and sometimes even money by getting to know that little voice that tells you things to make your life easier. It's true we have an inner guidance system and Astral Projection makes you more aware of that voice.

Enhance healing and well-being so that you can enjoy the best of your life – Astral Projection enhances your health as you can deal with your issues directly in the astral, spiritual growth is accelerated.

Seek inner peace and joy that's both lasting and calming – ahhhhh what joy waking up after one of those OBEs that seem to fill you with a sense of peace that can last all day.

Ignite your creativity and imagination for both your personal and professional life – yes the astral is where ideas come from. Got a problem? Need an idea? Astral Projection gives you a direct line to get the answer.

Raise your vibrational frequency so that you can manifest your desires – there is nothing more satisfying than getting your life off in the direction you wish it to go.

Find more about The Art Of Astral Projection [HERE](#).



5 STAGES OF ASTRAL PROJECTION

What happens when you astral project?

Finding yourself floating above your body for the first time gives you a totally different perspective on life. I changed from that very first time, you just can't be the same person as you were before. Everything changes.

When you astral project, your astral body leaves your physical one. When this happens, you experience the joy of living beyond the laws of physics and pleasure of exploration without limits.

I've spoken to hundreds of people who astral project, and

researched the subject extensively. I have seen that although actual experiences may vary greatly, the actual process of leaving your body consciously, from the waking state through to separation, is similar for everyone.



Here are the **five stages** you'll experience during a conscious Astral Projection:

Withdrawal stage

This is the transitional stage between waking and sleeping. Your consciousness literally withdraws from physical awareness during this stage, drifting inward and beyond. This is also called the 'hypnagogic state.' It can be quite enjoyable to wander in this land of 'strange happenings'.

You may hear voices, you may see faces, it's like being present in a kind of wobbly dream world. Just go with the flow and stay calm, allow your consciousness to remain quietly in the background.

"Steve G. Jones has just produced the most comprehensive training package in Astral Projection on the market. Second to none."

~ Sid Oly

Cataleptic stage

The cataleptic stage can feel frightening if you don't know what's going on. This is because your physical movement becomes disabled while your other senses like hearing and feeling are still active.

Socrates, the great philosopher, was known for entering spontaneous cataleptic trances, in which, he explained that he was absorbed by "**contemplation of his inner psyche.**"

The cataleptic stage begins when your astral body starts vibrating at a faster rate and becomes 'out of sync' with your physical body. If you find yourself here, don't press the panic button you've almost made it!

"The vibrational state is accessible to every motivated person, independently of his age, gender, cultural background..."

~ Waldo Vieira

Some people feel strong vibrations others, others feel a light tingling sensation, but whatever happens enjoy it, it's a sign that you are just about to leave your body. Stay calm any excitement at this stage will prevent you from leaving your body.

Separation stage

The separation stage is when your astral body separates entirely from your physical one. Most of the time, this happens after your conscious mind has drifted into sleep. With effort, you can achieve this consciously and when you do you'll understand the incredible sensation I've been talking about. The feeling of freedom, of lightness and relief, yes you may experience a strong feeling of relief as you experience an important part of who you are. You will feel relief and joy that now you have personal evidence that life does indeed go on after death.

Free movement stage

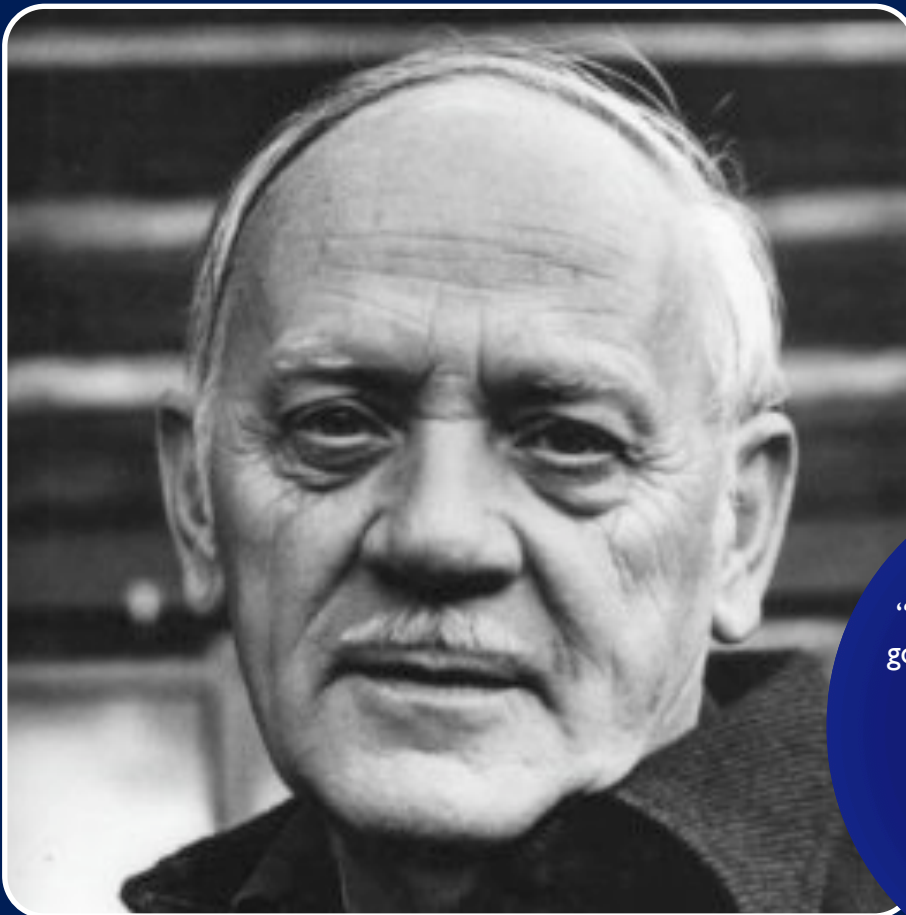
This is when the fun begins! Once you've fully separated, you can begin to move and explore freely well beyond the limits of your physical body. In other words, this is when your astral journey begins! This is the part that you can fly over those snow-covered mountains, through green valleys and meadows, you can even 'fly' under the sea! The world is yours to explore, your inner self is yours to discover!

"I used Steve G. Jones' Explorations to practice healing in my body. (...) I'm experiencing a stimulating interest in enthusiasm for doing things in my "Definite Goal Purpose", it is looking like I will succeed and achieve my goals in this life on the Physical Plane."

~ Hah Ray

Re-entry stage

Finally, there's the return stage. All conscious astral travelers know that when you need to return to your body, you will do it easily. While sometimes you can return slowly, most often, a simple thought of your physical body will return you instantaneously. Following your return, you may either remain asleep or wake up. Sometimes the sensations of an OBE will remain with you all day. If you have been communing with your higher self or wise beings you will feel a kind of warm sensation of love like a glow of a fire.



"In short, like it or not, you're going to continue to do and be after you can no longer hang in there physically."

~ Robert Monroe

The Biggest Blocks To Astral Projection

A problem with Astral Projection is often that people just don't talk about it. I always encourage my friends and students to talk about their experiences because it is by talking that we learn about what to expect in the astral and how we can deal with it. We often have something stopping us from leaving our body, some sort of block, if we don't talk about them how are we going to get through them?

It's important you recognize your biggest blocks so that you can address them and erase them. Here are some I see in my students:

- You're not sure if you're doing it right
- You're having trouble relaxing
- You can't tell if you're astral projecting or just having a lucid dream
- You are afraid and full of fear



How To Overcome Your Fears

This is a very important topic and deserves a lesson of it's own. Because even though Astral Projection is a totally natural phenomenon with the potential for amazingly positive consequences, so many people tell me that fear is one of their major blocks to success. In Lesson 4, I'll be giving you some great tools to help you over come any fears that might be limiting your Astral Projection success. Through the years I have documented all the comments I have received from friends and students about their major fears and I wish to share with you the knowledge I have gained so you too can experience Astral Travel.



Click the blue button to share this report with your friends.

We've reached the end of the report, but I still have much to share with you on the subject of Astral Projection. Over the next couple of days, I'll share with you a few fascinating lessons that will turn your lives around and will open you up to Astral Projection experiences.

Happy travels,
Steve G. Jones



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