

STEVE G. JONES EXPLORATIONS

ASTRAL PROJECTION SECRETS REVEALED



WWW.THEARTOFASTRALPROJECTION.COM

Table of Contents

Introduction To Astral Projection	3
Understanding Astral Travel	5
The 4 Key Components for Successful Astral Travel	8
Astral Projection Concepts And Terms Defined	11
Important Writings And Teachings About Astral Projection	15
Near Death Experiences And Astral Projection	18
Top 9 Must-Know Tips For Faster And More Joyful Astral Projection	19
9 Secrets To Perfect Projection	21
The 3 Most Common Mistakes To Avoid	24
How Astral Projection Can Help You In This World And Beyond	25

Introduction to Astral Projection

Have you ever felt as though life has much more to offer than just the day-to-day motions?

Do you feel as if there's another world beyond your limited experiences of going through life's motions?

Perhaps you feel as if there's some alternative Universe that you just aren't tapping into?

The fact that you are reading this book means that you probably *do* feel this way. In fact, the odds are that you have felt this way for a long time. Perhaps you've even felt this way when you were a child.

If you feel as though there is more to life than the simple day-to-day experiences that you are having, then you have indeed come to, or have been led to, the right place. In all likelihood these feelings, buried deep in your core, have guided your consciousness to pursue a journey within the realm of the unknown. As all good explorers know or have learned through experience, the only way to discover anything new is to explore. By choosing to read this book, **you have made the conscious decision to explore these untapped worlds with astral projection.**

THE UNIVERSE IS OVERFLOWING WITH SECRETS

All one has to do is quickly visit any major science or technology website, online magazine or blog and it quickly becomes crystal clear that mankind is only beginning to understand the world, the Universe and our place within it. The more that we, as a species learn, the more that we realize there seems to be an endless amount that is undiscovered and unexplored. More and more our most firmly-held notions and beliefs concerning what is scientifically possible are shattered and broken.

Technologies that were once science fiction are all only years away. Take, for example, the re-growing of limbs. While just few years ago, this process would have seemed like nonsense, it is now a commonly-accepted medical reality. Other examples include solar cells that can literally be painted onto a surface at almost no cost, or nanotechnology-based machines that can repair the human body.

Quickly, the scientists of the world are beginning to catch up with the science-fiction writers. In the process, these researchers are showing us how little of our Universe we know and understand. In a word, there is a growing sense that all is possible.

HISTORY'S UNWAVERING LOVE FOR ASTRAL PROJECTION

You may wonder why so many people have been so interested in astral projection. Throughout history the topic of astral projection has garnered great interest from people of all backgrounds and from all walks of life. But why has this been the case?

There are several reasons behind the unending enthusiasm for astral projection. One of the reasons that people are **fascinated by astral projection** is that the experiences will give you a completely different view of the world. Specifically, astral projection is when the astral body departs from the physical body and travels into higher realms. After you have gone to the astral plane, you then return to your body.

You did indeed read that correctly.

It is possible for you to leave your physical body briefly and to later return to it safely. There are techniques that have been designed to help you accomplish this very task.

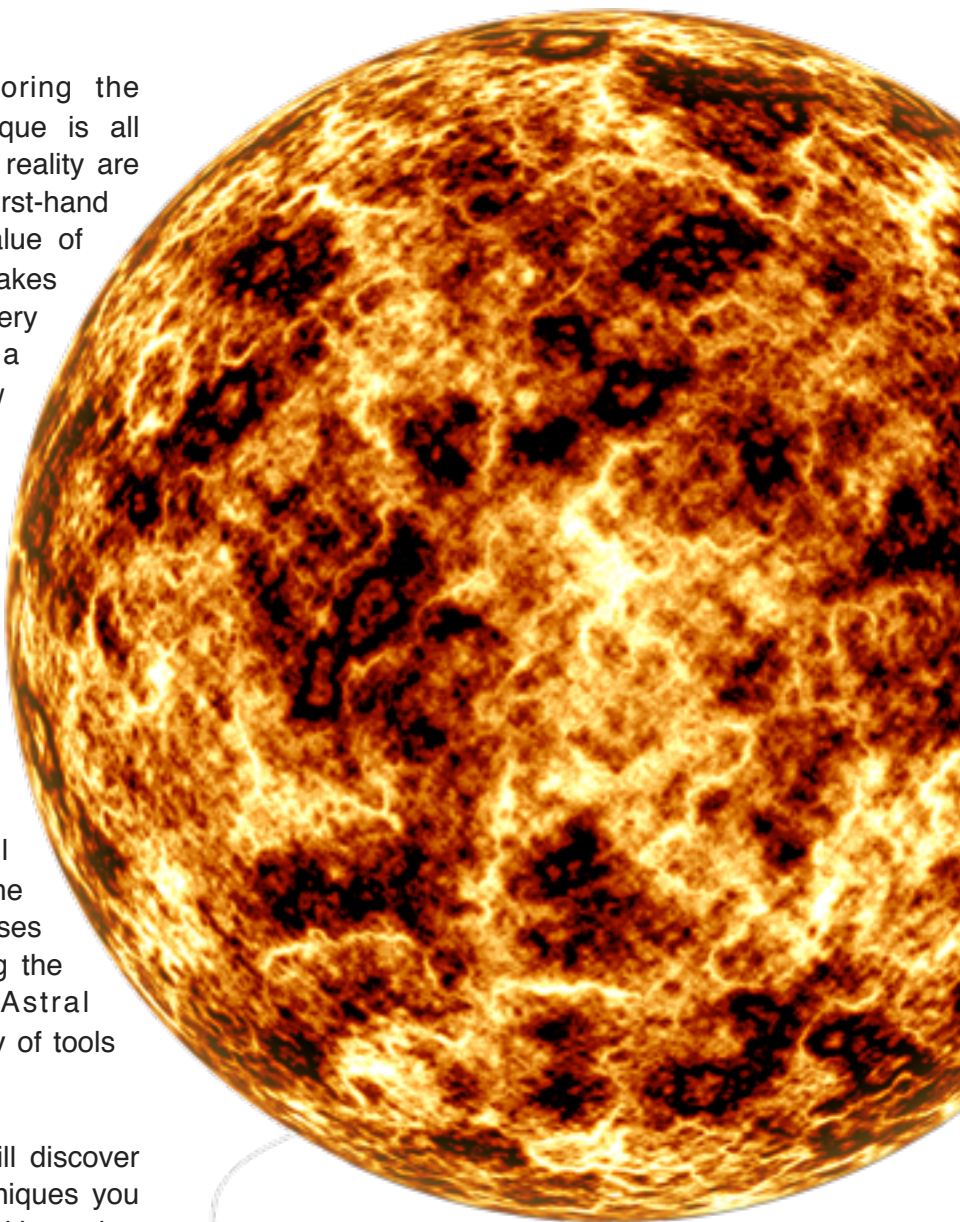
Learning these techniques will open you up to new and exciting ways of expanding your mind, your consciousness, your sense of what is possible and your awareness.

AN EXPLORATION EXPERIENCE UNLIKE ANY OTHER

Astral projection is about exploring the universe around you. This technique is all about finding out what the limits of reality are and experiencing something new, first-hand for yourself. This is part of the value of Astral Projection and part of what makes it so potentially rewarding and so very exciting. Few things can make a person's heart race quite like a new experience or experiencing the unknown.

In this book, we will explore secrets of astral projection that should allow you to have completely "out of this world" experiences in a relatively short period of time. The best explorers need knowledge and techniques in order for their expeditions to be successful and fruitful. Astral Projection is no different. Just as the explorers of lore needed compasses and maps, those who are exploring the world and universe through Astral Projection will likewise need a litany of tools as well.

Those who use astral projection will discover that there are, in fact, certain techniques you can use and experiences you can cultivate that will optimize your overall experiences with astral projection. Once you have learned and practiced these secrets, you will have unlocked the pathway to astral projection. New worlds will always be readily available and at your disposal.



Understanding Astral Travel

Astral travel is also commonly referred to as an “Out-of-Body Experience” (commonly abbreviated as “OBE”). This is because you are, quite literally, traveling out of your body. And this is why you will often see the terms astral projection and out-of-body experience used interchangeably - they basically describe the same thing!

Most people aren’t good explorers. Their experiences with life, the educational system, mass media or their parents have primed them to feel and believe that an experience like astral projection is simply not within the realms of reality. However, it is not their fault. They are a product of their times, their environment and their experiences.

IGNORE THE SKEPTICS

It’s easy to think that what we see around us is all that exists, and that existence stops right there. Therefore, over the years people have grown extremely skeptical about the validity of astral projection. I’m sure you’ve encountered skeptics within your family, or social circle. For many, the moment they start telling their friends about their astral projection experience, negative emotion and skepticism sets in.

WORD OF ADVICE:
DO NOT TAKE NEGATIVE
REACTIONS PERSONALLY.



Almost all ancient explorers have felt the scorn of his peers as he sets off for points unknown. Christopher Columbus is a famous example, but history is littered with countless others in all fields and disciplines. Pushing the envelop of knowledge and

understanding rarely comes without a chorus of voices echoing, “That’s impossible!”

One day, this pattern in history will be broken. But as of this moment, this is the nature of our reality and letting it get to you is a waste of your energy and emotion.

One of your goals in your astral projection journey is to dismiss such doubts and thoughts. Focus on what is possible and what can be done.

As you explore astral projection further, you will soon discover that a wide array of people (including very well-respected ones) have had valid experiences with astral projection and OBEs. Keep this in mind when exploring astral projection and remember that astral projection is most definitely about discovery - both within the self, and the Universe.

SKEPTICS AND THEIR IMPACT ON YOUR ASTRAL ABILITIES

When you are just embarking on your exploration, it is wiser to not have seeds of doubt implanted in your mind. Skeptics, no doubt, can impact the spirit of even the strongest of souls and toughest of wills. Which is why you should take note to steer clear of skeptics to have the most productive and fulfilling experiences with astral projection, as you’re beginning your journey.

Typically, most beginner learners choose not to share this fact their friends or family, aside from one or two close individuals. This decision is not made out of embarrassment or shame, as some may perceive it. In fact, this decision is rooted in the need to have *zero* doubts about their



journey, and their ability, while astral projecting.

When one is just starting out, confidence is key and anyone who can erode your confidence can be very harmful. A negative influence can be taxing on any endeavor. In this regard, astral projection is no different than many other human endeavors or endeavors of discovery. It is often easier to explore in the company of peace and quiet than it is amidst a chorus of "It cannot be done!". This attitude is the polar opposite of the mental climate you are attempting to create for yourself and your life. Thus, your best move is to insulate yourself from such negativity.

THE MOST POWERFUL BARRIER: FEAR

Fear of what is possible and fear of what one can accomplish is often a powerful limiting factor for people of any age. People often find themselves becoming completely engulfed and entrenched by their fears and in the process lose complete sight of what is possible both in reality and for them personally. This, of course, is tragic as people will try to limit themselves in terms of what they attempt and what they can accomplish and become.

When students begin their journey, they often worry that astral projection is something completely beyond them, and would take years to learn properly. This is a commonly-held belief and attitude regardless of the undertaking. However, as with almost any new skill or field of study that is being learned or explored, a great deal of knowledge can be absorbed in a very short amount of time. This is especially true for those who are focused, determined and willing learners.

People often they worry that they may never be able to learn how to astral project at all. But

an open mind usually finds a way. The same holds true for astral projection. In the end, the key is to be receptive and willing to unfold new truths and explore new ideas. This openness and willingness will definitely trump most obstacles.

Many things look difficult before one learns them. Once the discreet steps are understood and the process, broken down into more concrete pieces, it then begins to seem easier and easier. To some extent, this is a key element in the process of understanding and the growing of one's knowledge base.

THE CRUELEST MYTH: ASTRAL PROJECTION IS HARD

People have been successfully having out of body experiences since the dawn of civilization, and there is no reason you can't have these experiences as well. These were men and women, who in many regards, were just like you. They were not gods or ascended beings, they were people, who through effort, effectively learned to astral project.

The good news is that years of research by experts who have studied astral projection secrets will provide you with a great body of knowledge from which to draw upon. In a sense, the pioneers who have laid down a path have already laid much of the groundwork. By following that both your process of exploration is easier and your chances of creating new trails all your own, even greater!

You don't have to be a guru or a mystic to learn to astral project. You also don't have to have had years of experience meditating and learning yoga to explore the astral plane. When you break down the necessary elements for learning astral projection, the steps are



indeed quite simple. All it takes is some confidence, determination, a little bravery and the willingness to explore new ideas and explore.

THE 4 ATTRIBUTES YOU NEED FOR SUCCESSFUL ASTRAL PROJECTION

1. An Open Mind

Without an open mind those attempting astral projection will find that their path is difficult indeed.

2. Openness to New Experiences

Much like having an open mind, openness to new experiences is obviously key for astral projection success. Without a willingness to at least entertain the possibility that astral projection is possible, success is unlikely. In a word, a closed mind has already polluted the experiment.

3. Insulation From The Negativity & The Preconceived Notions of Others

The attitudes and notions of others can have an impact on even the strongest-willed people. When dealing with the unknown, it is not uncommon to encounter people who feel

compelled to tell you what is and is not impossible. Good explorers systematically ignore such individuals. It is something you should consider as well.

4. Deep Desire to Explore and Learn

The odds are good that if you are reading this book, you have a creative and hungry mind that is open to new experiences. It is likely that you want to learn and you want to explore.

WHY ASTRAL TRAVEL? THE BENEFITS AND PLEASURES

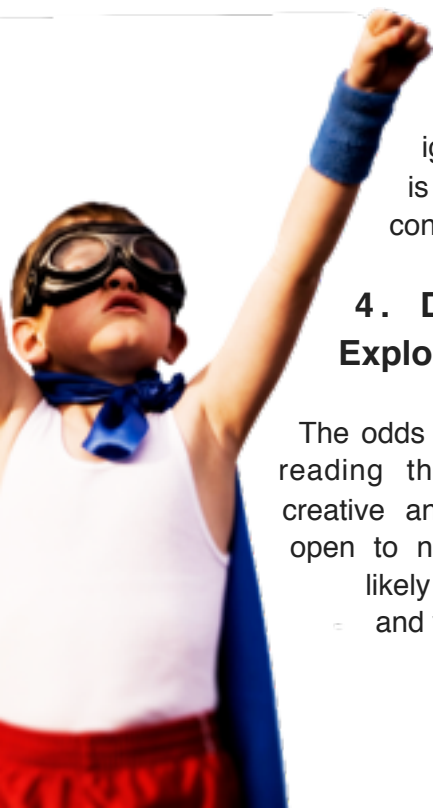
Thankfully, astral travel lacks many of the hassles that many of us now associate with the word, “travel.” For many, travel now means long lines, taking off half of our clothes, worrying about germs, being trapped next to two screaming babies or breathing in jet fumes while waiting to take off. In a word, travel has become many things, but fun is not often on that list.

Likewise, few people feel that the act of traveling itself is interesting or novel. Today, the destinations may be interesting and fun, but the process of travel is anything but. However, astral travel is a *very* different experience.

Many people are naturally drawn to astral travel as a way to explore the nature of reality. It’s fun to be free of an earthly body and travel wherever you might wish to go. People who’ve experienced OBEs report that the sensations they get from their experiences are similar to natural “highs”. Safe to say, the astral projection experience is extremely pleasant.

Just imagine for a moment the potential of astral projection and what it has to offer. Astral projection, for those who have yet to experience it, is a totally new way of experiencing reality and the universe around us. It is an experience comparable to a blind or deaf adult, seeing or hearing for the first time. The experience is likely to produce a profound sense of awe and wonder.

Astral projection is very similar in that it can foster feelings of amazement and sheer awe as those who experience the wonders of astral projection feel as though they are seeing reality with new eyes and for the first time. This is what astral projection has to offer for those who are willing to experience it firsthand.



THE DEEPER, MORE PROFOUND BENEFITS OF ASTRAL PROJECTION

The benefits of astral projection run even deeper and in unexpected directions. It is not uncommon for those who have experienced astral projection to greatly alter some of their most deeply held tenets and beliefs. Often, they are able to let go of issues that have plagued them their entire lives. For example, after astral projection, many people find that they have lost their fear of death. The experience of astral projection acquaints them with deeper truths and realities, which in turn, allow them to let go of their worries and hang-ups about the “end of life.” Their experience is profound and changes them on a deeply personal and core level.

Those who experience astral projection have a tendency to report that astral projection is vastly different from other experiences they have had. During astral projection, the world looks different. Colors are deeper and energies are revealed. Experiences that people have during astral projection can range from just mundane to transcendental.

Some people who have astral traveled have had opportunities to visit countries around the world and some, even other planets. When you return to your body, these experiences are not forgotten. They are true experiences that you can enjoy reflecting back on later.

DURING ASTRAL PROJECTION, THE WORLD LOOKS DIFFERENT. COLORS ARE DEEPER & ENERGIES ARE REVEALED.



THE 4 KEY COMPONENTS OF SUCCESSFUL ASTRAL PROJECTION.

1. Learn To Truly Relax

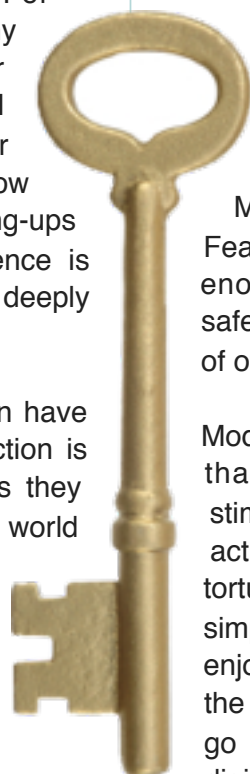
Science shows that stress can cause change in your mind and your body. Stress hormones can trigger aging and can have a massive impact on brain function and brain chemistry. As such, stress is *no joking matter*.

Learning to relax, to a large extent, is learning how to manage one's stress. Much of stress is deeply rooted in fear. Fear and anxiousness over not having enough money, enough love, enough safety, enough understanding or any score of other fear stimulating factors.

Modern life has produced a human being that is “always on-the-go” and over stimulated. In a world where cellphones act as a fifth limb, people that are so tortured by anxiety and nervousness that simple relaxation seems impossible. Even enjoying listening to the sounds of nature, the call of birds or the sounds of a river can go unnoticed amidst the constant flow of digital noise and information.

People are so perpetually stressed out they have virtually forgotten how to relax or how to just “be.” There is no doubt that this is one of the great tragedies of modern life and modern existence. When one pauses to look upon this situation, it is profoundly sad.

If you are to astral project, you must learn how to create a peaceful atmosphere and truly use it to experience ultimate relaxation. Creating this peaceful, tranquil environment is paramount to successful astral projection. We will go into detail in just a bit on how to create the most relaxing environment for yourself for your astral projection experience.



2. Practice Remaining Alert

One of the most challenging tasks is to unlearn what has been learned and has firmly engrained in your mind. The act of unlearning can be difficult for many, if not most, but it is another critical element in the success of astral projection.

When we astral project, we must retain a level of consciousness while our bodies are falling asleep. Because we are so used to shutting our eyes and just going to sleep every night, we must relearn the process. Eventually, we will be able to keep awake and alert and be accustomed to the sensations that go along with astral projection. Some people may find this part of astral projection is very easy, while others might find that it takes a little effort.

3. Learn To Let Go

It is not at all uncommon for us to feel as though we must be in control all the time. After all, isn't this the message that was conveyed to us since we were childhood? We must sit in rows and listen to a teacher, we must sit at our desks and perform the required tasks and so on. Being in control is required in society. It also often appears to be a requirement for success and survival.

If you suddenly decide to stop driving a moving car, the consequences can be quite dire for all involved. Therefore, we do need an element of control in order to keep the gears of life working and running. However, all that control comes at a price. When the time comes for us to let go, it isn't easy.

Letting go is exactly what astral projection requires of us. It requires us to let go of so much that we cling to on a daily basis. It requires us to let go of so much of what we are used to and what we normally accept as the boundaries of our reality. Astral projection requires us to let go of the safety of the every day that we know and embrace.

We must learn to let go in order to astral



project
and we must
learn to release fear. We
need to learn to not be afraid to take that
first step and embrace the unknown and the
uncertain. Often people feel as though at first
the experience of trying astral projection is like
bungee jumping or diving. This underscores
how powerful the experience can be.

If one were to ask most people if they thought bungee jumping or sky diving would be scary, the first time in particular, the overwhelming majority of honest people would certainly agree that those two experiences would be a bit frightening and intimidating. Both experiences involve taking a risk and, quite literally, jumping head on into the unknown. For most people, this is a terrifying prospect that can take most, if not all of their courage.

It is very common for someone skydiving out of an airplane for the first time to experience some feelings of hesitation and reluctance. It is common to have reservations and fears about letting go in the beginning. After all, you *are* visiting different dimension and you're trying something that's not *just* new, but is profoundly new.

Great risks often come with great rewards. People have been explorers throughout history for a wide range of reasons ranging from personal growth to a love of money to a love of knowledge or a desire to push creative boundaries. And as most explorers know, once you have taken the first step and have begun to explore the unknown, it is all worth it.

ONCE YOU'VE BEGUN
ASTRAL PROJECTION AND
TAKEN THAT FIRST STEP,
YOU'LL FIND YOUR FEARS
VANISHING BEFORE YOUR
VERY EYES



There is no reason not to let go because the rewards you will experience during astral projection will far outweigh any hesitation. Also keep in mind that no one has ever been harmed during astral travel!

4. Remember Your Experiences

If the experiences that you had while astral projecting immediately vanish from your mind, you will likely never even know that you had them at all. It is crucial to learn how to remember your experiences after you have returned to your body. If you are to get the most out of your astral projection experiences, you want to be able to reflect and contemplate on these exciting experiences later.

This process is similar to remembering your dreams. People find that the more they practice remembering their dreams, the better they get at recalling more and more details. If you practice recalling your OBEs, you will have more and more ability to remember them in the future. Just like learning to remain alert, remembering your experiences after your voyage might take a bit of trial and error.

This book will explore the history of astral projection, and will also give you guidance with your first astral projection experience. The more guidance from experts you have, the higher the chances that your first experience will be amazing and all you would have dreamed it to be.

Astral Projection Concepts & Terms Defined

When exploring it is always good to know the basics in order to better understand what might be laid out before you. Exploring the unknown doesn't mean that you go out into the metaphorical woods without preparation and preparations. Good explorers have some knowledge of what might be ahead and take into account the stories, information and maps of those who have ventured out before them.

Before we get more in depth on the topic of astral projection, we wanted to define some basic terms and concepts for beginners. These terms will make it easier to understand what is happening on your first out of body experience.

If you increase your knowledge and understanding of what you are likely to experience during your first astral projection experience, you will have a much firmer footing for the entire journey. As a result, you should find the experience all the more rewarding and interesting.

If you are completely unfamiliar with these terms, it might take a little while to understand them. Once you have successfully managed to astral project, you will find it is far easier to understand these terms. In this case, it can be easier to learn some of these concepts by actually experiencing them firsthand.

WHAT IS THE ASTRAL PLANE?

This realm you travel to during astral projection is commonly referred to as the astral plane. The astral plane is a world that cannot be seen with our physical eyes. Many believe that the astral plane is also where we go after death, as opposed to heaven or hell. Others believe that angels, and spirits live in the astral plane. In the very famous book *Autobiography of a Yogi*, the author Paramhansa Yogananda mentions the astral plane. The idea is his book that after death,

our souls move to the astral plane. At that point, our karma is accessed.

Obviously, there are many different beliefs and interpretations and because the astral plane and astral projection are still being explored and is still entrenched in the unknown interpretations abound. Your interpretation may differ from others, but that is part of the enjoyment of the exploration.

There are a variety of different definitions that exist for the astral plane. In some regards, this is a place that will be interpreted differently depending who you are and what your personal experiences on the astral plane have been or will be. Therefore, you can very easily find and read different accounts on what exists in the astral plane. As much as possible, it is in your best interest to decide for yourself and let your own personal experiences guide your interpretation and final judgment.

THE WORLD BEHIND OUR WORLD

The idea of what the astral plane is, when broken down to its essence, is truly profound. The astral plane is a universe parallel to the one we live in. We visit the astral plane during astral projection. The astral world is considered to be "*the world behind our world.*" Time is no longer linear. The past, present and future all begin to merge together.

Just a few years ago, the thought of such a place would seem absurd to many. However, science - theoretical physics, cosmology and quantum mechanics in particular - is beginning to see the possibility a dimension that exists beyond our physical world that is very much like the astral plane. Scientists may choose to use different terminology, but their descriptions and ideas behind of their findings are similar to astral travelers' when they describe the astral plane.

As I mentioned earlier, the true definition of the astral plane varies, and there are a variety of interpretations. For example, there are teachings that state that the astral plane can only be reached through near death experiences, meditation, or lucid dreaming. It should be of no real surprise that there are many interpretations. After all, the astral plane is still being discovered and explored.

THE 7 PLANES OF EXISTENCE

While there are many ways of seeing the astral plane, one commonly held notion is that there are **seven planes within the astral plane**. This view holds that there are actually seven planes in existence. Each plane is less dense than the one prior. The physical world, the one we inhabit on a day-to-day basis, is of course the densest. Over the years, these planes have been given different names. The planes in order from the lowest to the highest are:



PHYSICAL
ASTRAL
MENTAL
BUDDHIC
ATMIC
ANUPADAKA
ADI



In his book *“The Astral Plane”* first published in 1895 C.W. Leadbeater writes:

IN MANY OTHER DIRECTIONS
WE ARE ENTIRELY SHUT IN.
BUT CLAIRVOYANCE OR
ASTRAL SIGHT OPENS FOR US
ONE OR TWO ADDITIONAL
WINDOWS, AND SO
ENLARGES OUR PROSPECT,
AND SPREADS BEFORE US A
NEW AND WIDER WORLD,
WHICH IS YET PART OF THE
OLD WORLD, THOUGH
BEFORE WE DID NOT
KNOW IT.



While Leadbeater may have written this pivotal work in the 1800's, his words nonetheless hold true today. His book serves as to demonstrate and illuminate how rich the history of astral projection happens to be.

WHAT EXACTLY HAPPENS WHEN YOU ASTRAL PROJECT

You may be wondering what is the best way to describe what happens when you astral project.

What happens to my body?

Where do I “go”?

What happens when I am there?

When you astral project, you are aware of experiences and travels, but you are not inside of your earthly body. People often find that astral projection gives them a **new perspective on their life and their true self**. In other words, astral projection alters their previously held perceptions and thoughts in a lasting and profound way.

When you return to your earthly body, you will have knowledge of what you experienced on the astral plane. One of the reasons that astral projection often helps people overcome their fear of death is that they meet friends and relatives who have passed away on this level.

Some say that when we astral project, only our astral self leaves the body. They believe that our astral selves are just an emotional layer of ourselves that is a conduit between our consciousness, and the world.

Others say that the consciousness is what actually travels and goes deeper within. They see the astral realm as being “inner planes.”

The further you travel within the astral plane, the closer you get to the higher planes of existence. On the astral plane, **all things are vibrations**. The concept of vibrations is often discussed in quantum mechanics, for example. Additionally, this higher realm is often called an “emotional realm,” as it reacts to our thoughts, feeling and, of course, emotions. Interestingly, the higher one ascends in the astral planes, the less amounts of material data there will be. When you’re in the higher astral planes, the focus is on pure love, kinetic energy and enlightenment.

Astral projection expert Robert Bruce wrote about the Astral Plane in his work “*A Treatise on Astral Projection*”:



THIS IS A TOPSY-TURVY
WORLD LIKE ALICE FOUND IN
WONDERLAND. EVERYTHING
SEEMS OBJECTIVE, BUT IS
CHANGEABLE & FLUID.
ANYTHING & EVERYTHING
CAN BE FOUND HERE, FROM
BASE, COARSE LEVELS FULL OF
SEXUAL ENERGY; TO
BEAUTIFUL, SERENE PLACES
FULL OF SPIRITUAL HARMONY.
TIME IS DISTORTED &
EXTENDED HERE. AN HOUR
IN THE ASTRAL, CAN SEEM LIKE
ONLY A FEW MINUTES HERE
IN THE PHYSICAL.



DIFFERENT TYPES OF ASTRAL PROJECTION

Since there is no absolute definition of the term, it can be a bit difficult to define astral projection. Many people consider astral projection to be when you are aware of your body and feel as though another part of you is traveling. For example, if you are daydreaming intensely, is that astral projection? It very well may be. Even momentarily feeling as though you are separating from your body due to pain can be considered astral projection.

Often when people have extreme pain, they immediately go out of their body. This process is an anesthetic effect to help them deal with the pain. Most people have astral traveled in their dreams. In fact, this is called “involuntary astral projection”.

Most people have entered a room and experienced a sense of déjà vu. This is the feeling as though you have been there before, and perhaps this experience is due to astral projection.

WHAT IS THE ASTRAL BODY?

The astral body is similar to our regular body. However, it is known to be “finer.” Experts have stated that it **has a lower density**. When we are experiencing astral projection, we are aware that we are inside of our astral body. It still feels solid and safe.

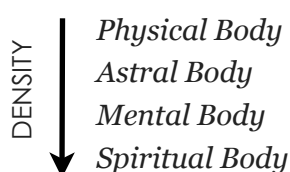
It is believed by some experts that during astral projection our body leaves through the area between our eyes. This part of the body is called the *glabella*. Supposedly, the astral body then returns to the physical body through the back of the neck. Other people experience the body just lifting straight upward. Again, experiences will differ depending on the particular person who is experiencing the astral projection.

Aside from our physical bodies and our astral bodies, there are two other bodies, which are even less dense. These are the Mental Body and Spiritual Body.

YOUR 4 BODIES

There is an underlying concept behind astral projection that **people have 4 bodies**. There is, of course, the physical body, which is what we use to experience our everyday existence. Then there is the astral body, which is supposed to be less dense than the physical body. The third type of body is the mental body. This body is even subtler than the astral body. The spiritual body is the least dense of all 4 bodies altogether.

If you were to see these bodies laid out in order of the densest to the least dense it would look like the diagram below.



WHAT IS THE SILVER CORD

The silver cord is what **holds the physical body together to the astral body during astral projection**. When we are in the astral plane, the silver cord links us back to earth and our physical body. It is described as being silver and a cord, hence the name. This cord is elastic and can stretch infinitely. The further the traveler goes, the more the silver cord stretches.

So how do we know there is a cord? Many, many people have reported seeing this cord when they were traveling. They just turned around and saw it connecting them to their physical body. However, if you don't look back, you won't ever notice the chord. Many believe that if this silver cord is severed during astral projection, you will die. But don't worry - **this cord is invincible** so that is not a possibility.

AKASHIC PLANE & AKASHIC RECORDS

Some people link the astral plane to Akasha. The Akashic plane is less dense than the astral plane. This is a place where all the thoughts and ideas and dreams from everyone in the whole world. It is believed that this level stores the data for everything that happens past and future. The Akashic plane is believed to **record every thought and event that has ever occurred**.

The Akashic Records can be learned on the astral plane. These records can teach you because they include details about your soul's past journeys.

Important Writings and Teachings on Astral Projection

The history and level of documentation concerning astral projection is likely to shock most, if not all, who learn about the subject. Astral projection has an extensive and well-documented history complete with case studies and reports that radiate throughout every period of human history.

The first-reported episodes go all the way back to the ancient Egyptians. Various other cultures have reported experiences with astral projection including the Hindus, ancient Taoist practices in China and medieval philosophies in Europe. Modern authors who span the genres of science, new age books and fiction are still writing about astral projection. Lets take a moment and examine some of the highlights regarding astral projection.

EGYPTIANS AND ASTRAL TRAVEL

When we look at papyrus inscriptions from Ancient Egypt, we find that they somehow had an intensive knowledge of the globe and travel to far off lands. While there are many possible explanations for this occurrence, one must ponder if astral projection could have played a role in the acquisition of this information.

How is it that the ancient Egyptians were able to possess such specific knowledge of the world? Obviously, this was well before the days of plane travel. Could it be that they had this travel via astral projection? It is not illogical to conclude that astral projection may have indeed played a role.

Egyptians believed in Ka and Ba. Ka was the astral part of a person, and Ba was the soul. The Egyptians believed that both could leave the body. Many Egyptian hieroglyphics, in fact, show Ka hovering the body. Is it possible that the ancient Egyptians, through their

explorations found a way to travel in the astral plane?

TIBETANS AND ASTRAL TRAVEL

Tibetans believe in the *bardo* body. Their religion espouses that the *bardo* can leave the physical body. This *bardo* body can also be directed by human will just like with astral projection.

ANCIENT GREEKS

In a fashion reminiscent of the Egyptians, the ancient Greeks believed in a double body. Plato's beliefs seem to also incorporate some form of astral projection. Any reader of Plato's work will see that Plato held the belief that the soul could leave the body during one's own lifetime.

PROLIFIC WRITERS & RESEARCHERS

The famous psychic medium, Madame Blavatsky, traveled extensively to the East and learned a great deal about astral travel during her travels. She founded the Theosophical Society in 1875. This was one of the first US organizations that promoted astral projection.

Sylvan Muldoon is a famous writer on astral projection who influenced a great many people. He wrote the book "The Projection of the Astral Body" in 1929. Muldoon believed that anyone was capable of this sort of travel. Some past writers had believed this ability was only common among certain people. Muldoon's work proved to be extremely influential in opening up astral projection to a great many

people as he stressed that the common man had the ability to have this experience.

Muldoon's work did not end with his death. In the 1960's, Dr. Robert Crookall took over a great deal of Muldoon's research. Crookall compiled over 700 cases of astral travel until he passed away in 1981. He wrote the classic book "*The Study and Practice of Astral Projection*". Crookall's research showed interesting commonalities between people who experienced astral projection. His research showed that people who were successful at astral projection:

- ❖ Felt they were leaving their body through the top of their head
- ❖ Blacked out for a second when they separated from their physical body and upon returning to the body
- ❖ Floated above their physical bodies temporarily
- ❖ Upon return to their physical bodies, felt as though they were floating above them.
- ❖ Experienced a jolt if they tried to return to their body too quickly

Another notable writer about astral projection is Emanuel Swedenborg. He wrote about his astral travels in his "*Spiritual Diary*" in the 18th century. Also the famous French writer Balzac wrote about his own experiences with astral projection in his autobiographic novel entitled "*Louis Lambert*". Balzac is considered to be one of the founders of realism in European literature.



EDGAR CAYCE: DIAGNOSING THE III THROUGH ASTRAL PROJECTION

Few men or women in history are as fascinating as Edgar Cayce. Cayce made extraordinary predictions and led a fascinating and incredible life by nearly any standard. Cayce was a visionary and world-renowned psychic who probed the human consciousness in a systematic fashion, and his work is still of interest today as many of his predictions continue to come true.

Edgar Cayce also had significant experiences with out of body travel. Cayce often went into deep trances for the express purpose of diagnosing sick people, even those who lived far distances. He claimed that he was **traveling and visiting the subconscious mind of these patients to assist in making his diagnosis.**

There is substantial evidence that Cayce's diagnosis were indeed accurate and, at times, uncannily so. Further, Cayce deeply believed in the concept of the "silver cord" connecting his physical body to what he called his finer body and discussed this concept at length.

OTHER AUTHORS: ROBERT BRUCE & ROBERT MONROE

Other authors have likewise dedicated much of their lives to the topic of astral projection. The "*Secret of the Soul*" is a fascinating book that details some simply incredible work. William Buhlman and Robert Bruce are two of the most prolific writers on Astral Projection of all. **William Buhlman has surveyed over 18,000 participants in almost 50 countries.** He presented the results of this work in "The Secret of the Soul."

Robert Bruce is an expert on astral projection who currently lives in Australia. Bruce has written bestselling books on astral projection

including “*Astral Dynamics*”, “*Practical Psychic Self-Defense*”, and “*Energy Work*”. Bruce also presents workshops and seminars on astral projection.

Another author named Robert Monroe presented the **Phasing Model of astral travel**. Monroe is the author of the bestselling book “*Journeys out of the Body*” which was written in the 1970s. The idea behind this concept was that there was no separation within the consciousness during astral projection.

Monroe came to believe that during astral projection one doesn't leave the body at all. His theory was based on the idea that we are actually going deeper internally. The **Mystical Model**, on the other hand, believes that the travel takes place outside the body. We are believed to travel within a subtle energy body.

Authors around the world continue to contribute greatly to our ever-growing understanding of astral projection and are continuing the exploration of this phenomenon that begun thousands of years ago.

PROJECTIOLOGY: THE STUDY OF ASTRAL PROJECTION

Projectiology is the study of astral projection. This label was first proposed by Waldo Vieira who was a Brazilian doctor born in 1932. He also proposed the idea of **conscientology**. This doctor wrote more than 20 books on the subject of consciousness and out of body experiences. The International Institute of Projectiology and Conscientiology was founded in 1988 in Rio de Janeiro Brazil.

An number of schools in Brazil as well as around the world are now teaching Vieira's methods for out of the body experiences. The International Conference on Projectiology took place in 1990. Over 100,000 people have taken courses from this school in different locations. The school offers a Consciousness

Development Program that teaches on a wide variety of topics involving consciousness.

It is difficult to ignore such numbers as 100,000. The fact that so many people globally find astral projection of keen interest makes, in and of itself, astral projection worthy of study and exploration for believer and skeptic alike. The work being done by the International Institute of Projectiology and Conscientiology underscores exactly how many people believe in the possibilities of astral projection.

The website states that, “*Projectiology is also a complete guide to the development of energetic self-control and psychic awareness and an invaluable reference work describing interaction between the physical and non-physical worlds*”.

Viera wrote a book called “*Projectiology*” which is considered to be the most comprehensive books currently available on out of the body experiences as well as psychic phenomena. Stating that the book “*Projectiology*” is comprehensive is a comical understatement as the work is of staggering size. “*Projectiology*” is 1000 pages and discusses such topics as conscious projections, phases of the out of body experience and characteristics of non-physical beings.

It will come as little surprise that Viera's work is considered to be of great significance. Projectiology is used throughout the world as a guidebook to astral projection. A sign is posted in every one of the schools facilities stating,:

DON'T BELIEVE ANYTHING
YOU HEAR. EXPERIMENT.
HAVE YOUR OWN
EXPERIENCES.



FICTION AUTHORS AND ASTRAL PROJECTION

Michael Crichton, author of Jurassic Park and many other bestsellers, wrote about his own personal experiences of astral projection in his non-fiction book "*Travels*". Crichton discusses how he dabbled in learning astral projection and had a life changing experience that impacted his feelings about his relationship with his deceased father.

IN THE INSTANT OF EMBRACE,
I SAW & FELT EVERYTHING IN
MY RELATIONSHIP WITH MY
FATHER. ALL THE FEELINGS HE
HAD HAD AND WHY HE HAD
FOUND ME DIFFICULT.
ALL THE FEELINGS THAT I HAD
HAD, AND WHY I HAD
MISUNDERSTOOD HIM.
ALL THE LOVE THERE WAS
BETWEEN US, AND ALL THE
CONFUSION &
MISUNDERSTANDING THAT
HAD OVERPOWERED IT.
I SAW EVERY ASPECT OF OUR
RELATIONSHIP AT ONCE, THE
WAY YOU CAN TAKE IN AT A
GLANCE SOMETHING SMALL
YOU HOLD IN YOUR HAND.
IT WAS AN INSTANT OF
COMPASSIONATE
ACCEPTANCE AND LOVE.

~ MICHAEL CRICHTON



It is not uncommon for astral projection to make its way into books, movies and mass culture, even if it is not addressed by name. Like many wounded on the battlefield, Ernest

Hemingway was said to have experienced an out of body experience when he was a soldier. He was badly hurt and had a quick out of body experience. When Hemingway later wrote his famous novel "*A Farewell to Arms*", the main character in the book experienced out of body experience.

NEAR DEATH EXPERIENCES & ASTRAL PROJECTION

Many people report that they experience astral projection during experiences where they almost die. The shock can momentarily make a person's double travel out of the physical body and into the astral body. Often this is a reaction to pain. The person feels that he or she is floating about his or her body. Often in an operation, a person will report they are above watching a doctor work on his or her body.

Certainly you've likely heard about people have the experience of "*going towards the light*" when they are about to die. No doubt astral projection could very well be an explanation for such phenomenon.

TYPES OF NEAR DEATH EXPERIENCES

There are two types of near death experiences. The first type is a **perceived near death experience** where the person suspects they are about to die. Obviously, this intensity of emotion can trigger a profound response. In the process, this believed to trigger a type of near death experience.

The second kind of near death experiences are called **unexpected near death experiences**. With unexpected near death experiences, the people will tend to experience a flash of their entire lives with accompanying feelings of peace and happiness. They will also suddenly feel a return to their physical body.

Top 9 Must-Know Tips For Faster & More Joyful Astral Projection

There are various accounts for how to astral project. This is, in part, because certain techniques and styles work for different people. There is no definitive way to astral project that works for everyone across the board. However, we will be presenting you with the techniques that seem to work for most people. Therefore, if you are starting out with astral projection, these techniques are the most likely to work for you.

Before you begin with astral projection, the first thing to do is pay some attention to your environment. Obviously, where you are where you begin to a very large part determines how much success you will have. As we previously mentioned, staying relaxed is crucial. The environment that you are working in will have a huge influence on how relaxed you happen to be.

Below are our top 9 overall tips for astral projection:

FIND A PLACE WITH PRIVACY

Try to find a location where will have complete privacy and not be interrupted. If you are worried that you will be interrupted, you will be less likely to have a successful astral projection experience.

CHOOSE A PLACE THAT IS QUIET

Choosing a place that is going to be quiet is also very important. Unexpected noises can interrupt you and bring you back to the physical world. When you are traveling in the astral plane, you don't want to have

unimportant noises like your neighbor moving his lawn, or the phone ringing jarring you and ending your journey.

Some people choose to cover up small amounts of noise with instrumental music. Definitely make sure you find music that is relaxing and soft. Definitely unplug the phones, and make sure your cell phone is turned off.

MAKE PROPER CLOTHING CHOICES

Make sure you are wearing comfortable clothes. If you have on tight clothes it may be distracting or more difficult for you to begin astral projecting. Also it is best to remove jewelry. Often people take off all their clothing and wrap themselves in blankets during their astral projection sessions.

STAY WARM

You also want to be sure that you are warm enough. It is more difficult to astral project if you are cold.

CHOOSE A GOOD POSITION

As far as body position, many different types of positions can work. You can sit in a comfortable position or lie down. The only potential downfall to lying down is of course, if you are tired, you may fall asleep. If you are in seated position with your spine straight, it is obviously avoids the whole potential issue of sleeping. Most people can't sleep while sitting up straight.

BE AWARE OF YOUR FOOD CHOICES

A few other things to be aware of are to eat lightly on the days you plan to astral project. Your body will otherwise be devoting too much energy towards digesting the food. This is energy that should be dedicated to your astral projection experience. Many people have also reported that vegetarians have an easier time with astral projection than meat eaters. It is best if you can avoid eating meat on the days that you have your astral projection sessions.

STAY AWAY FROM STIMULANTS / DEPRESSANTS

Don't take alcohol or drugs on days that you will be astral projecting. This can make travel more difficult. Even cigarettes and coffee are not recommended right before you travel.

MAKE ADVANCED PREPARATIONS

Many people find it is useful to incorporate some sort of calming ritual before they start trying to astral project. Lighting candles or incense can be very beneficial. Another tip is to go for a light walk before astral projecting. This is a calming routine that will get you away from distractions and closer to the meditative state.

RELEASE YOUR ASTRAL TRAVEL FEARS

Often it turns out that those who are afraid to astral project actually are afraid to make the leap. They are too worried about making a break with their normal reality. The fact of the matter is that it is often fears that uncontrollably hold people back from astral projection.

However, astral projection has been shown to be very safe. There are no reported cases of anyone not coming back or getting hurt while projecting. We are attached to the body by a long "silver cord." This cord is invisible to other people, so no one can really walk into the room while you are astral projecting and cut the cord.

Also all the body's normal functions will also continue while you are astral projecting. So there is no need to worry that your heart will stop or you will forget to breathe.

Before you attempt your astral projection sessions, take a few deep breaths and release any fears that you may have. If you can release feelings of resistance ahead of time you will have a much easier time reaching your astral projection goals.



9 Secrets To Perfect Projection

This next section outlines some of the **best secrets from astral projection experts**. It is best to try to incorporate some of these techniques if you are looking to boost your abilities. There are other ways to begin astral projection aside of just meditating. Many people find that they have more success with using alternative means to get into an altered state.

Remember, everyone is fully capable of astral projection and has the ability to have amazing experiences in the astral body. The only potential reason it wouldn't work for you would be if you get frustrated and give up too early. Hopefully, these "secrets of success" will help speed up your ability to have the most fulfilling experiences.

PROGRESSIVE RELAXATION: THE MUSCLE TENSION TECHNIQUE

Progressive relaxation is a technique, which involves tensing the muscles in the body and then relaxing them. The theory behind progressive relaxation is that **muscle tension accompanies stress**. If you can relax your body and get rid of all muscle tension, you can thus reduce anxiety and truly relax.

The technique involves tensing and relaxing all of your muscles. Each muscle is intentionally tensed for 10 seconds and then released for 20 seconds. This includes muscles in your arms, legs, stomach, chest, face and hands. The reason that progressive relaxation can be so beneficial for astral projection is that it helps people to realize and let go of any stress they may be holding onto. Often we can think we are relaxing but we actually have tension of which we are not even aware.

POSITIVE AFFIRMATIONS AND CHANTING

Positive affirmations have been shown to be extremely effective in helping people reaching levels of success with astral projection. Affirmations are one of the key ways to overcome resistance.

The affirmation process involves repeating statements multiple times. At a certain point, the statements filter into your subconscious and become a reality. Some people have felt it extremely helpful to use positive affirmations like "I will astral project" or "Astral projection is easy."

Chanting is similar to using positive affirmations. You would just rhythmically repeat certain words over and over and eventually your mind will understand the meaning on a subconscious level.

VISUALIZING

Another secret to astral projection is to actually **visualize yourself looking back down on yourself while you are astral projecting**. Give this visualization as much detail as possible. Once you have visualized yourself projecting, release yourself into the very area where you are focusing. Eventually, you will find that you truly are looking back upon yourself.

COUNTING

The process of counting involves counting down numbers to yourself. You orient the numbers to lead you into the astral projection state. So you would start at 10 and begin slowly counting 10...9...8...7...6...5... etc with the knowledge that the number one will lead you into releasing from your physical body.

The reason counting is beneficial is it helps you focus and clear your mind of worry.

BREATHING

Controlling your breathing is a great way to get into an altered state of consciousness. This technique works for a variety of altered states, not just astral projection. Deep breathing should always originate from the diaphragm, not just the lungs.

If you are not sure if you are breathing correctly, put your hand below your stomach. You should feel your stomach grow when you inhale. Deep breathing has applications for a variety of spiritual activities, such as yoga, meditation and of, course, astral projection as well.

Focusing on your breathing is a great transition to astral projection. Another way of breathing you can try is inhaling through your nose and exhaling through your mouth. This type of breathing is often practiced in yoga and is very good for inducing altered consciousness.

THE ROPE TECHNIQUE: THE HIGHLY EFFECTIVE ASTRAL APPROACH

The rope technique is a fantastic approach for people who are looking to learn astral projection but who feel they are having trouble visualizing. In the technique, imagine you have placed a piece of rope hanging from the ceiling. It should be within your reach. If you prefer (and you want to skip visualization altogether), you can also actually hang a real piece of rope above your bed.

1. Lie below the rope and reach out for it. While you are lying there, try to grab it several times.
2. Now the next step is to let your "Astral hands" grab the rope and pull up your body.

3. Climb the rope but do all this in your imagination. Don't try to visualize the rope.
4. Make sure all you are focusing on doing is climbing the rope.
5. If you begin to feel dizzy, that is OK. It means you are projecting properly. The dizziness is the astral body loosening from your body.

The rope technique gives you experience with the mental action needed to astral project. Try to really focus on the feelings of vertigo. They are the feeling you must learn to cultivate. It is the moment of releasing out of your physical body.

You should feel some heaviness right before a trance. Your chakras will open up. You will feel increased energy and your body will continue to feel very heavy. Be prepared that your body will experience a variety of sensations, but do not let them distract you.

One great thing about the rope technique is that you don't expend any energy trying to visualize. Therefore, all the energy gets put into the actual astral projection process.

JOURNALING

There is no doubt that the more you think and learn about astral projection, the more in tune with it you will be. Writing down all of your thoughts and experiences as you learn to astral project is a great idea.

One great thing about having a journal is that it will help you figure out what environments and conditions are most conducive to astral projection. Some people find a particular time of day is best or that they can project better or worse after eating a certain type of food.

There are an endless variety of factors that could include your ability to be able to or not be able to astral project.

There can be so many different conditions to keep track of and you can record these conditions in your journal. For example, it

could be raining, snowing, or sunny. You could feel energetic or tired. Perhaps you are wearing a certain type of clothing or have lit candles. A journal is a great way to do a little detective work and figure out what is working best for you during your astral projection sessions.

Also it will be infinitely helpful to your learning process to be able to look over your notes later on and read about what you have experienced. Often you will gain certain knowledge during your travels and need to write it down or else you might forget it. Many people who have been astral projecting for years try desperately to recall some of their earlier sessions and cannot. At that point, they wish that they had kept a journal. By keeping a journal from the beginning, you will be ahead of the game.

In your astral projection journal, you will want to include the following factors.

Things To Include In Your Journal:

- ❖ *The date and time*
- ❖ *How you felt at the beginning of the session*
- ❖ *How you got into the meditative state, did you use any particular techniques?*
- ❖ *Did you have any intent with the session?*
- ❖ *What was the weather like?*
- ❖ *Were there any other notable factors?*
- ❖ *Describe your experience and what you learned during the session.*

HERBS

Many people find herbs as a great stimulation for astral projection. You can place herbs under your pillow if you are lying in bed. Or you can place it over one of your chakras. Mugwort is a great herb for astral projection.

The following herbs have been proven to be useful for astral projection:

- ❖ Mugwort
- ❖ Valerian
- ❖ Cinnamon
- ❖ Jasmine
- ❖ Lemongrass
- ❖ Wormwood
- ❖ Bay Leaf

Feel free to try using these herbs (and even other herbs) and experiment. Perhaps you will find one of these works better for you than others. You may even find a new herb to add to the list that just works for you individually.

CLEARING THE CHAKRAS

Another secret to astral projection success is clearing the chakras. The Chakras are portals to the astral world. They are non-physical organs that transform kundalini energy into a more usable form of energy. When your physic abilities are used in any way, your charkas play a part in this activity.

It is a good idea to clear your charkas before attempting to astral project. You want your charkas to be somewhat open. If your chakras are not open at all, it may make astral projection more difficult. Similarly, you don't want to have your charkas be *too* open either.

How To Clear Your Chakras Before Astral Projection

1. Lay on your back with your arms stretched out above your head. Breathe deeply
2. Place your right hand on your root chakra and your left hand on your sacral chakra.
3. Imagine energy moving in a circular pattern around each chakra.
4. While keeping your left hand on your sacral chakra, move your right hand up to your different charkas. Begin with your solar plexus and end with your crown chakra.



The 3 Most Common Mistakes To Avoid

When attempting astral projection, there are many common traps that newcomers fall into. In order to have the best experience possible, try not to let yourself accidentally do any of the following mistakes. Yes, astral projection is still possible even if you make these mistakes. However, following these rules will grant you with the quickest pathway to the most idyllic astral projection travels.

After all, the last thing that you want is to get stressed out about astral projection. Because relaxation is so important for the process, if you can use the most optimal techniques from the get go, it will keep you feeling positive, confident and peaceful. And you may never have the experience of feeling frustrated!

BEING AFRAID OF LETTING GO

Fear can impede any progress of any kind. As a result, it is necessary to make sure that you control your fear and not let it control you. In all walks of life successful people will often discuss how it was their ability to conquer their own fears and apprehension that eventually lead them to success. Astral projection is no different. In order to be successful, you must conquer your fears.

Stop worrying about letting go. In order for astral projection to work, you need to be full of confidence and free of reservations

DON' T CONSISTENTLY ASK YOURSELF WHETHER OR NOT ITS WORKING

If you are constantly asking yourself if you are doing things right, you will make the astral projection process far more challenging. It is important to free your mind from all thoughts.

When your thoughts wander, just gently bring them back and adjust them. Don't worry about success or failure; just worry about doing and remaining focused and aware. Remember that astral projection is not a competition. It is important that you work at your own pace and don't compare yourself to other people.

LACKING DISCIPLINE

Just like any new skill, learning astral projection can take time and practice. If you are having trouble getting astral projection to work at first, be patient and don't give up. People fail at all kinds of endeavors just because they are not able to stick with it and practice.

This is like riding a bicycle or learning any new skill that you will eventually master. It is important to have the will to stay with it. Even if it doesn't feel as though you are learning, you are!

How Astral Projection Can Help You In This World And Beyond

Similar to how your dreams help you sort out problems and issues in your life, astral projection can do the same thing. Most people have had the experience of **waking up and knowing suddenly how to solve a complicated problem**. Many famous inventors have claimed that they have done just that. They have gone to bed questioning how to solve a problem, and then woken up with the problem completely taken care of. Reportedly, Thomas Edison slept in a chair in his lab so he could consistently get ideas and inspirations from his dreams.

With astral projection can learn a variety of important things. You truly can see the whole world through new eyes. You can learn answers to difficult questions, figure out what people are really thinking. You can visit friends and family that you miss. You can travel around the world and see sites.

THE KEY BENEFITS OF ASTRAL PROJECTION

Helps You Overcome Fear of Death

Because astral projection allows us to experience other realities, it helps many people overcome a fear of death that has plagued them potentially for a lifetime. Releasing the fear of death can be a hugely transformative relief.

Those who astral project also gain confidence that there is additional life for our souls beyond what we experience on a day-to-day basis. Often people who just “believe’ in an afterlife,

find that once they have had astral projection experiences, they actually *know* these truths to be real!

Increases Personal Evolution & Awareness

Astral projection travelers often find that their level of personal development progresses significantly after their experiences. Having access to our subconscious mind can cause very powerful positive inner transformations.

Additionally, many become very aware of their purpose and meaning in life through astral projection. These experiences have helped individuals who perhaps felt as though they were floundering beforehand finally zero in on their focus in life.

Increases Psychic Abilities

For people looking to enhance their psychic abilities, astral projection is a great experience. When we are more in tune with our energy, it increases our abilities to be telepathic, see into the future, see auras, etc.. The abilities you have during astral

projection will carry over into your everyday life. You will undoubtedly see more synchronicities and instances of your own psychic powers.

Heals Both You And Loved Ones

There are many reported cases of people who managed to heal themselves during out of body experiences. Therefore, astral projection also has the added ability to potentially enhance our levels of health and wellness.



Some believe we might even be able to help others with health problems during astral travels.

Allows Understanding Of How Our Past Lives Impact Us

Those who experience astral projection often recognize these memories from their subconscious during the journeys. They are then able to go on a path that helps them unravel these issues. These can be issues from our childhood or even from past lives that hold karma that impacts us to this day.

Increases Peacefulness & Joy

Those who travel to astral planes have noted that they feel more peaceful and joyful in general. These feelings remain even months after the experiences have taken place.

Increases Intelligence & Imagination

Those who practice astral projection have noted that they feel an increased level of creativity and intelligence afterwards. Some have also reported they have a better sharper memory.

In his article "*Why Should I Investigate the Out of Body Experience*", noted astral projection expert William Buhlman writes in regards to people's progress after experiencing astral projection,

THEY EXPRESS A PROFOUND
INNER WISDOM BASED ON
PERSONAL SPIRITUAL
EXPERIENCE. MANY REPORT
BEING CONNECTED TO
SOMETHING GREATER THAN
THEMSELVES, CONNECTED

TO THE VERY SOURCE OF
LIFE ITSELF. THEY REPORT A
POWERFUL FEELING OF
BREAKING THROUGH A
DENSE BARRIER OF
IGNORANCE, FEAR &
LIMITATION. DURING MY
WORKSHOPS, I OFTEN HEAR
REPORTS OF AN INCREASE
IN PERSONAL KNOWLEDGE
& INNER CONNECTION TO
SPIRIT. MANY REPORT A
DRAMATIC EXPANSION
OF THEIR PERCEPTION
CAPABILITIES EXTENDING FAR
BEYOND THEIR PHYSICAL
LIMITS - AN OVERWHELMING
SENSE OF KNOWING BASED
ON DIRECT PERSONAL
EXPERIENCE.



Once you have begun astral projection, your life very well may never be the same. You will have enhanced abilities and most likely more happiness as well. Using astral projection has been shown to also enhance people's faith in the unseen and the spiritual worlds. Words cannot properly describe how you will feel and what you will behold during these experiences.

Astral projection truly is something that needs to be experienced firsthand. So, why wait? All of these things are available at your disposal. All you need to do is take the plunge.