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# THE ASTRAL PROJECTION EXPERIENCE

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## WHAT IS ASTRAL PROJECTION?

Astral projection is the ability to detach one's soul from one's body to undergo an out-of-body experience. In a sense, it is the ability to explore different worlds freely in both space and time without harming the physical body and being able to safely return to it. For centuries, Egyptians, Greeks, Chinese, the Indus River civilizations, and more have believed in the ability to separate the soul from the body. Your consciousness is your soul, and when your soul leaves the body, your awareness goes with it. However, it is important to take note that astral projection is not the same as lucid dreaming. Where lucid dreaming involves training the mind to become aware of when it is dreaming, astral projection is having the ability to travel through the astral planes.

## HISTORY

Astral projection has its roots in 19<sup>th</sup> century mysticism. Theosophists believed that they could access the mystical planes by using techniques that included meditation or hypnosis. In addition, many cultures spread out throughout the world experienced or practiced some sort of skill that alluded to astral projection. For example, in Japan, there is the concept of *ikiryou*, which would manifest itself when a person holds a grudge. If the anger stays long enough, the soul can separate from the body to visit the object of hatred and curse them. In India, certain Hindu practices support skills that achieve astral projection and the Inuit people are said to have the ability to travel through time and return enlightened to their homes. Finally, Amazonian tribes have claimed to achieve soul flight through rituals and ceremonies.

## ASTRAL PLANES

Astral projection involves moving through the different Astral Planes. Within these planes, there is a high chance that you will encounter other spirits and beings and learn from them. However, what exactly is the Astral Plane? The plane is where souls go after they die to work on karmic issues. If the spirit must handle unfinished business, it will return to Earth in an act of reincarnation. In Buddhism, the soul gathers positive or negative karma and can either move up in the world or down. These different worlds are the Astral Planes. In each plane, a person can encounter different beings. The lowest is not a place you would want your soul to stay due to the fact of it being trapped and not being able to ascend to higher planes. The next level is more pleasant because the souls are able to build their own worlds and find friends and family. Afterward, the following plane consists of more mental challenges and the spirits here are attempting to work out their intellectual pursuits before moving on. Finally, the higher planes progressively become more spiritual until the soul does not require more reincarnation.

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### **Steps and Techniques to Astral Project**

To properly be able to astral project, the timing is important. Nearest sleep is best, either early in the morning or before you go to sleep. The relaxation or meditative state requires you to be in a quiet and calm environment and it is crucial to be alone so as to avoid any

distractions from others. Before you start, observe your surroundings so you can imagine them later. Once you lie down and are relaxed, clear your mind by reaching a hypnotic state. As you slip towards sleep, do not succumb to the feeling but rather be conscious about the fact that you are transitioning into the first stage of the sleep cycle. On the precipice of sleep, you will be ready to astral project and you will be so relaxed that you will not even be aware of your physical body. Before the soul leaves the body, you will enter into a state of vibrations. Do not fear the vibrations but rather attempt to control them with your mind. Feel them and try to increase or decrease the frequency of the waves. This is just your astral body beginning to leave your physical body.

A great technique to get the soul out of the body is to wiggle your fingers or toes. Do not do this physically, but imagine and feel it happening at a metaphysical level. This will help the mind distinguish between your soul and physical body. Progressively move larger and larger parts of your body until you feel yourself completely detach. The removal phase may take quite some time and practice. Many report being able to lift up their feet or arms on their first try, but struggle with detaching their head.

A second skill that is often used to astral project is the rope technique. You can visualize with your third eye a rope wrapped around both your physical body and soul. Your soul will be able to use this rope to climb out as well as be attached to its physical body through astral traveling just in case something happens. At first, it will feel very heavy, but eventually, you will be able to jump right out of your body with ease.

Imagining oneself free falling incredibly fast has helped others reach their goal of astral projecting. When using this technique, an individual will first attempt to feel the sensations that accompany the act of free falling, such as the speed and intensity. If you do it right, you might experience vibrations and a general sensation of not being sure where you are in space. Once these symptoms occur, visualize yourself hitting the ground. This magnifying collision will cause a sudden separation from your body.

Finally, the OOBE Inducer Software is a browser-based software that has been developed by Astral Forum and is available for free. When using this program to achieve astral projection, you would begin by clicking start and immediately attempt to fall asleep. After 4.5 hours of sleep, you will be woken up by a recorded voice message. The voice will remind you to not move and keep your eyes closed. As you fall back asleep, another voice message will wake you up and remind you to stay still. After a series of alarms, your mind will become quite awake but your body will reach a state of paralysis. Once that happens, it will be easy to induce astral projection using any method.

### **PROTECTING YOURSELF IN THE PLANES**

Little to no importance is placed on the value of protection while astral projecting. However, it is crucial for a person who is astral projecting to have in hand different skills and techniques to be able to protect themselves if at some point they are required to do so. One of the easiest ways to avoid running into a negative entity is to not carry any negative energy. If you do not send any negative vibes, you most likely will not attract anything negative. Therefore, your first line of defense is actually preempted avoidance. By meditating well, you will be able to clear your mind completely from any disturbing feelings

and not bring about bad energy that would cause you to meet something frightening as soon as you are on the astral plane.

In addition, you need confidence. Calm, clear minds think better than panic-clouded minds and mental fortitude is extremely important when in the metaphysical realm. Make sure you look like you belong and hold your head high. No low-level entity is going to try attacking a seasoned projector because the projector already knows all the tricks. A great way to force yourself into confidence quickly is to use a mantra.

Fighting is always the last resort due to the emotions involved so if you are being approached, try evading first. You can try going to a different astral plane so the entity does not follow you or you can simply return to your body in case of an emergency. Another method to protect yourself is to imagine a white light enveloping your soul. For more experienced astral projectors, it is actually completely possible to perform protective magic in the astral planes. Bubble casting, warding, and sigil magic are all great ways to keep negative entities at bay. However, being able to do these techniques while in the metaphysical world requires a great deal of experience and patience.

When all else fails and you encounter a more powerful entity than yourself, you may need help. This might be a time when you actually get to see an angel, though it is much more likely you will summon a lower level being with your cries for help. You can try speaking in the language of the entity you want to summon or use your native language.

### **ADVANTAGES OF ASTRAL PROJECTION**

Astral projection gives you the opportunity to see the world from a completely different angle and enables you to explore your surroundings beyond the physical. In addition, traveling can reveal to you who you have been in your past life, which aids in your current understanding of yourself. Another benefit of astral travel is figuring out the purpose of your existence and why exactly you have been sent to live the life on planet Earth. Besides all of the advantages that go deep, there is also the superficial perk of flying and traveling to places you have never been before. If you believe in higher entities and the divine, you could meet them in person while astral traveling. Finally, astral projection enables you to get an insight into life after death. Even if we physically leave the Earth, our souls are eternally kept in an in-between space where other souls reside. Through traveling, a person is able to get rid of the fear of death since their surroundings will not be unknown or mysterious.

### **DANGERS OF ASTRAL PROJECTION**

Astral projection is not exactly a walk in the park. If not experienced or equipped for travel, people can end up in dangerous areas where they draw the attention of invisible creatures that can be dangerous for humans. If you accidentally roam in the dimensions where these beings are found, they can easily pick on you, enter your body, and come back to Earth with you trapped in your body. If that happens, you can easily start to act differently since they would be controlling you from the inside without your knowledge. However, what keeps these creatures in their dimensions and prevents them from descending to Earth are the skills and techniques in protective magic that the astral projector has mastered.

## REFERENCES

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