

Ultimate Astral Experience

Book I

The Truth About Astral Projection and Lucid Dreaming... And What Astral Experience Can Do For You, Today!

by William Ember

Ultimate Astral Experience

Book I - The Truth About Astral Projection and Lucid Dreaming... And What Astral Experience Can Do For You, Today!

Introduction

Part I - Basic Questions

1. **What is Astral Projection?**
2. **What is Lucid Dreaming?**
3. **What about OOBES and NDE's?**
4. **What is the nature and function of Sleep and Dreams?**
5. **Is Astral Experience safe for everyone?**

Introduction

This eBook is written in light of many books on these subjects, to which I have added my own insights. It is intended to give the essence of the more important and interesting considerations regarding Astral Experiences. I have chosen a progressive format to provide the relevant background information for later practical application. To my knowledge it is the most indepth introduction to these subjects, covering of the most interesting philosophical points and questions about Astral Projection and Lucid Dreaming.

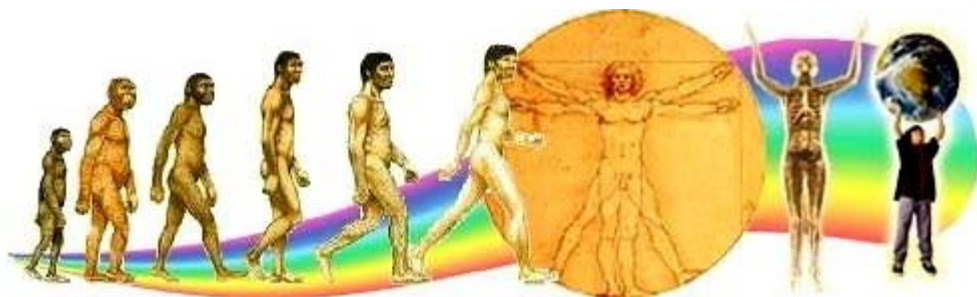
Its value is thus in preparing you by informing about Astral Experience, and so it is a necessary and integral part of the course. This knowledge is the basis from which your experiences will spring. Sometimes just reading *about* these subjects can trigger an experience, and I wish that good fortune upon you! (It will help to imagine what it would be like and wonder about the possibility of doing it.)

Whether it does happen spontaneously or not (or perhaps it has and that's why you're reading this...), for consistently good results we still need to practice. All content of a practical and experiential nature is dealt with in the full Ultimate Astral Experience course in similar or deeper detail. I highly recommend you follow through with reading this book whether you decide you purchase the course or not, it is highly likely you will learn something new, regardless of your experience level!

Up until now, introductory information of this quality has not been in one place. (I know this having checked.) Even if you are already familiar with these subjects in general, I would advise reading all of this eBook from the start, as it clears up many common misconceptions, gives a through overview, and incorporates many new insights.

Rather than spend overlong on basic or common questions, here is a short list of points that cover the majority of those not dealt with in depth later:

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Why Do Personal Development?

A natural trait of humans is to be constantly developing, growing and moving toward a **balanced and mature way of being**. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. Our consciousness and mindfulness remain as always. We are now paying the price for Mankind's selfishness and inconsideration. **Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.**

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. **Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.**

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. **It's our best hope for the future - and it's in our hands.**

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- Anyone can learn to Astral Project or Lucid Dream at will. It does not depend on age, race, genetics, social or cultural conditions, ethical, moral, religious or scientific values.
- Astral Experience of itself does not change your religious, philosophical or scientific beliefs. As always, the decision to believe or not believe anything remains in your hands.
- As with anything in life, some people learn some skills faster than others. Everyone is different. There is no set time for learning Projection or Lucid Dreaming at will. But it is true that some ways of learning are faster than others! (And I prefer finding them.)
- Accurate information and advice, as well as improved techniques, will greatly assist the learning process. The rest is the consistent practice that flows from your determination.

And lastly, it's not my intention here to present any argument to convince anyone of the validity or actuality of these experiences. Those who've had them know what they've experienced is 'real' and only a very narrow viewpoint of what 'reality' is could ignore or deride the overwhelming volume of documented and correlating evidence available. Entirely unscientific really! There have been many cases of people seeing objects, places or events while projecting, and being able to tell others about them, and even scientifically conducted experiments with completely accurate results. (Eileen Garrett and Edgar Cayce are perhaps the two best documented cases I know of, amongst many others.)

But then, no such proof will suffice to change anyone's belief- until there is some *opening* to the possibility that what one believes might not be true! Otherwise one simply stays hypnotized by what one believes. I hope the irony to such a situation is immediately obvious. It remains for the sceptic to accept such basic psychology. It's not exactly a huge leap of faith to ask 'what if?'

So I invite everyone to conduct *their own* investigation and exploration into the exciting realms that await. It's far more rewarding and exciting to find out for yourself anyway! And it's really a natural urge after all. The only equipment you'll need is an open mind and a little determination. I hope I can but help point the way.

Oh, in case you were wondering, I have chosen the term 'Astral Experience' intentionally to more conveniently refer to both Astral Projection and Lucid Dreaming at once. Well, that's it for this little intro... enjoy the book!

Part I

Basic Questions

What is Astral Projection?

Astral Projection is the common name for the process by which your consciousness (or awareness, soul, psyche) can temporarily leave its physical body and function independently, while your physical body remains passive. During this experience we observe the world (or other worlds) from a non-physical point of view and with non-physical senses. The 'projector' finds themselves outside their physical body and released from any physical constraints.

The name 'Astral' is given to describing anything associated with these energetically-focussed, rather than matter-focussed, phenomena. It comes from the root *aster*, meaning 'relating to a star' or 'starry'. For example, we perceive astral light in the Astral Plane via the astral senses of our astral body, etc. So 'Astral Projection' is simply the term used to describe how to consciously 'arrive' and 'be' in the Astral Plane. Regardless of the seemingly occult term, it is as entirely natural a process as breathing is.

For what is not commonly known is that we all experience Astral Projection when we are asleep. Most of these projections are called 'unconscious' simply because we aren't trained to remember them. Others we may later interpret as dreams (but we should note, not all dreams are projections.) At times we have complete waking consciousness during the experience, and remember the event in great detail when we return to our physical body.

This can happen to anyone, as a total surprise, and entirely spontaneously (though it is less frequently spoken of.) It can occur to anyone at any time – while relaxing, while sleeping, during sickness, under medication, during an accident, during meditation, etc. At least one in four people remember some kind of experience like this in their life, so this kind of spontaneous projection experience is not uncommon.

The main idea behind learning Astral Projection is training the ability to induce this experience with full consciousness, and repeat the process whenever desired, maintaining awareness throughout all stages of the experience: from waking, to relaxation, to separation from the physical body, to all through the experience itself, to the return to the physical body and normal waking state to remembering it in detail.

We may note that this experience is *not* a dream of any kind (though again, it can be arrived at *from* the dream state.) The projector is fully aware and awake and can decide, analyze, and interact freely in this non-physical dimension or Astral Plane, all while the physical body rests. In this way, you *can* be in two places at once, and you are every single night! (...or day if you are a nightshift worker! ☺)

Again, Astral Projection itself is not an uncommon phenomenon (though conscious projectors aren't that common.) Nor is it something unique to mystics, occultists, or magicians (though I dare say those so inclined have often made a point of getting pretty good at it.) It is a skill attainable, and indeed practiced, by ordinary human beings from all walks of life. It cannot be confused with hallucinations (projectors soon learn to recognize and dismiss self-created hallucinations while projecting.) Such is the reality of the experience that no other sensible interpretation for it can be given by the one experiencing it than that of Astral Projection, i.e. projection away from the physical body in an astral body.

There are of course many many things one can do from this state, including (in short) being able to travel to any location in space and time, interact with other conscious projectors and other entities, access vast fields of knowledge and learning, explore strange new worlds and civilizations (much more interesting than those on Star Trek!) and lots lots more... we'll get to a longer list soon!

Astral Projection is often called an Out-of-Body Experience (or OOBEx, or even just OBE), and generally these terms can be considered synonymous. However, for a few reasons, the latter term is not entirely satisfactory. First, though we are 'out' of our physical body, we usually find ourselves 'in' our astral body, which is often (though not always) experienced as an exact replica of the physical. Second, the term OOBEx doesn't allow us to distinguish between Astral Projection and Etheric Projection, though admittedly the difference is quite subtle (pun intended.)

Etheric Projection is when you leave your body but are still in a vibrational state close to the Physical. You could say you are in the energetic physical world replica. It is similar to as if you were a 'ghost', nobody can see or touch you, but otherwise the world seems almost exactly the same. (Because of this, *you* can see other spirits on this plane, if you come across them.)

This is the Etheric Plane, and you can think of it as an overlap (or 'buffer zone') between the Physical and the Astral. If you had a coin with the Physical on one side and the Astral on the other, the edge would be the Etheric. It is more like a higher vibration version of the physical, similar to how ultraviolet light is invisible to physical eyesight. But the Etheric and Astral dimensions also blend one into the other, since all dimensions interpenetrate, and you can 'tune in' and 'tune out' of them by concentrating on doing so.

You won't find this distinction that often, but both the term OOBEx and most OOBEx accounts actually describe Etheric Projection rather than Astral Projection. By this I mean they often describe 'real-time' events in locations away from the physical body (often in the projector's bedroom), and are aware of perceiving the physical world as a spectator who can walk among physical events but not physically participate.

Thus you can most easily tell an Etheric Projection from whether it looks totally like the physical or not. You may also find it a little harder to move in the Etheric, but then again maybe not. In such a case you could say it is like swimming in mud compared to the Astral which is more like swimming in water. But this may actually depend on how much etheric matter, ie. vital energy, that you have at the time. Other times you may be too close to your physical body and 'feel' slow or semi-paralyzed because you are partially sensing its condition.

Other than that, once you've experienced both the Etheric and the Astral Planes you will be able to tell instantly from the difference in feeling. The Astral has another feeling to it, one that more resembles the feeling you have while dreaming. Certainly the landscape of the Astral is far more fluid and changeable, and the scenario may bear little resemblance to the physical world (contextually if not completely.)

The duration of an Etheric Projection may also be shorter as it is said to depend on the amount of etheric matter channelled to the Astral Body by the chakras. A person with naturally active chakra development will have little trouble; otherwise they may need to be developed by energetic training to achieve the same results.

But whether Astral or Etheric Projection, they are both something you can learn to 'do'. Typically, after deep relaxation and some form of concentration, your consciousness 'shifts' and all of a sudden you can get out of your body. You may notice that everything is 'not as it's supposed to be'. For example, doors may be in the seemingly 'wrong place', things may have different proportions, your house may look different in some way, animals may talk to you, you can fly... and so much more...

If you were wondering why anyone would want to learn to consciously project, (though the sheer novelty would be enough) my first answer would be the amazing effect of having your mind 'opened' for the first time. There is a definite sense of wonder and excitement at being able to do and experience things that were previously impossible! We'll talk more about the reasons to learn projection soon, but for now **imagine: no limits...**

What is Lucid Dreaming?

Lucid Dreaming is a term coined by Frederik van Eeden. Very simply put, a dream in which you are aware that you are dreaming is called a Lucid Dream. The term 'lucid' is thus synonymous with 'conscious' or 'aware'. But the degree of your 'lucidity' can vary according to the strength of your conscious focus and its stability, the presence of the critical faculty and memory ability and finally, your ability to take control of the dream itself.

Similar to Astral Projection, Lucid Dreams can be spontaneous or intentional experiences, yet they are somewhat more commonly remembered. Sometimes people become lucid in a dream seemingly without any particular reason, just suddenly realizing that they are dreaming. But mostly, lucidity is triggered by an incongruity which would not occur in physical life, such as flying, or being unable to turn off a light switch, or words rearranging themselves, or anything that 'cannot' happen in the physical world.

The great thing about Lucid Dreaming is that once you recognize you're inside a dream, you can change or create **whatever you like** in the dream. By becoming aware and exercising your will to choose, you get to experience just what you want to experience! Consider that for a moment. Not many people ever get a chance like that, certainly not so easily. It really is your own 'Personal Virtual Reality', with a flexibility and realism far exceeding the most advanced computer simulation.

I think this is best thing about them - you can do *anything* in a Lucid Dream. And I mean **anything!** There are no limits or boundaries to your experience as there are in the physical world, nor is there any time delay to what you create - everything appears virtually instantly as you desire it. I'm not sure how else to describe this but to say it's very fulfilling and freedom engendering. And really really really fun!

This deeply satisfying aspect of these experiences may be partly why the Astral Plane has also been called the 'Desire World.' And because dreams take place within the Astral Plane, by becoming lucid we find we are already in the Astral! If and when we want to 'project' from a Lucid Dream, we just stop creating stuff, make it all disappear, and try to see what's there. We may find ourselves exploring or interacting with other conscious dreamers or projectors on the Astral. Or we can return to our bedroom for an instant Etheric Projection.

Another huge point that needs to be made is that dreams are totally realistic to us when we're experiencing them. It is only upon later reflection we may call an experience 'just a dream'. All our senses, emotions, thoughts, feelings in a dream are as though the dream were 'actually' happening. It is! It's not less real, it's just more dynamic and fluid. And, when we become lucid, we usually find the acuteness and sensational aspects of the experience **increase many times over**, similar or beyond peak alertness while awake.

"Some dream events are more vivid than waking ones. It is only when the personality passes out of the dream experience that it may seem unreal in retrospect."

- Seth, *Seth, Dreams and Projections in Consciousness* p.219

And now for the real good news: you can induce Lucid Dreams too. One of these techniques is almost exactly the same as projection ones. In this case the difference in name is merely a technicality. But most Lucid Dreaming techniques involve learning to 'wake up' within a normal dream, at which point you decide what to do from there. There are a number of ways of doing this, some more effective than others, but I've made it my quest to explore and improve on them all.

Lucid Dreams can happen whenever regular dreams happen, and there are typically around four or five major dream periods in a single night, and each period can contain multiple dreams. So there is plenty of opportunity to make the most of our dreams. It's actually quite hard to describe the sense of wonder that comes with Lucid Dreams! But okay, you convinced me, I will try...

To you - the self in the dream - the dream IS real, simply because that IS the 'reality' you are in. But at the same time you 'know you are 'dreaming'. From that inside perspective, it is your waking life that can seem like some kind of vague dream! It's truly only a matter of perspective or focus as to what is 'more' or 'less' real at any particular time.

To use an analogy, it is as if you hold both hands out wide: one hand is your waking self and one hand is your dreaming self. If you turn your head and shift your focus from one hand to the other and back, is either 'less real'? No way- both exist simultaneously. You remember the 'opposite' exists, but you are simply not focussed there. Just as both hands are 'yours', your waking and dreaming selves are both 'you'.

By learning to dream with lucidity, we are blending our waking self and dreaming self identities in a way that will enrich the experience of both. We bring an ability to focus better consciously in the dream world and our creative abilities surface far more easily in waking life. And in the process we explore many new ideas and have a whole heap of fun!

Funny as it might sound, you can 'induce' a spontaneous Astral Experience. To do this you need to fill your mind up with Astral Projection and Lucid dreaming information by reading about it, thinking about it, discussing it. Some advocate becoming obsessed by these subjects to do this (I do not however. From experience I can say this information overload was more of a setback than a help. Concise quality information is a far better option. Meaning this course of course. 😊) But basically by this you are just suggesting and prompting your subconscious to induce an experience during or after sleep, and there are far more effective techniques for doing this too.

In the end, intellectual knowledge only helps so much Both Astral Projection and Lucid Dreaming are things you DO, and get better at. They involve intentional active practices, like learning to play an instrument or a sport. Knowing *about* something is not the same as experiencing it. You can't become an expert by studying the Astral secondhand, any more than you can become a violinist by reading music. Real results are achieved by the right attitude and actually using the techniques you learn.

What about Out of Body Experiences and Near Death Experiences? (OOBE's and NDE's)

Out of Body Experiences (OOBEs) are just that, as I've already said. You, your consciousness, is out of your physical body. Again, these can be spontaneous episodes (not consciously called for) or intentional ones. As mentioned earlier, the term is often used instead of Etheric Projection. Or it can be used for an 'unconscious' separation or even for an Astral Projection, but again it is not the most helpful term. An 'OOBE' may or may not lead to experiences in the Astral Plane beyond the Etheric. This is the distinction I like to make anyway, as it really does avoid confusion.

A **Near Death Experience** (NDE) is a type of OOBE that is brought about when a person survives a close brush with death. It generally occurs during accidents or acute illness. Technically speaking it is an Etheric Projection, as when a person's body is near death, a large amount of etheric matter is channelled into the astral body in preparation for the death process. People often report seeing their life flash before them during an NDE. Many people also experience travelling inside a dark tunnel towards a light and/or floating over their physical body, aware of what is happening in realtime.

This pattern is unaltered by a person's culture or belief system, religion, race, education, or any other known variable. The massive amount of research on NDEs constitutes the most scientific proof that consciousness survives bodily death. A Gallup survey estimates that more than 8 million Americans have had NDEs. It is no wonder that after having an NDE, most people develop a strong belief in life after death.

Fortunately, we don't need to experience an N-D-E to have O-O-B-E. That would really S-U-C-K. (Of course that doesn't stand for [onfly.com](http://www.onfly.com))

anything, it's just these capital letters can *really* get out of hand. ☺) Projectors learn to consciously have an experience without needing to undergo life-or-death situations (unlike in the movie *Flatliners*, which is an interesting example of this. Check it out sometime.) Far more convenient really!

What is the nature and function of Sleep and Dreams?

Sleep is the process in which our energetic body (also known as the etheric body or vital body) is put on 'recharge'. It expands and opens in order to assimilate and store energy. This energy body can normally only do this in its expanded state during sleep. In this state, the chakras (energy centres) trickle power in the form of 'etheric matter' into the energy body, which is basically a 'double' of the physical body (and sometimes called the etheric double for this reason.)

"As the physical body and mind fall asleep, a copy of consciousness is reflected into the etheric body, and from there into the projectable double as it is generated, and later into the astral and higher subtle bodies. While this is happening, the physical/etheric copy of the mind begins sliding toward another type of projection, an internal projection into the dream environment. At the start of the process, while falling asleep, the physical/etheric mind begins losing the strength of will to form coherent and logical thought patterns. It slowly loses itself among wandering fragments of thought and subconscious impressions. It loses touch with reality and begins to experience dreams, some of which appear to be generated by the subconscious mind."

- Robert Bruce, *Astral Dynamics* p.134

We may well note, we need sleep to live, and the refreshing reward of a good night's sleep is not possible to produce by any drug or any other means. This results not just from the resting and rebalancing of the metabolism of the physical body, but the emotional and mental vigour of energies gained by our etheric and astral bodies. In this state, the etheric body is just out of alignment with the physical, which 'uses up' this energetic charge during the day.

The etheric body is usually about two inches above the physical one while sleeping, and this accounts for the slight change in perspective reported at the start of some Etheric Projections. Most people have experienced the 'jolt' that is caused by sudden awakening as the bodies 'fall' back into realignment. This can be caused by either internal or external factors, such as nightmares or other highly active dreams, aborted projection attempts, astral obstructions, loud noises, or even being bumped too hard by a partner rolling over.

"In periods of sleep your consciousness actually does leave your body... your consciousness does return at times, to check upon the physical mechanisms... [however] the body consciousness is always with the body, so it is not vacant. But the largely creative portions of the self do leave the body, and for large periods of time when you sleep."

- Seth, *Seth Speaks* p.120

It is during this recharging process that our astral body separates and tunes into the Astral Plane where it can create and experience dreams. This is also why we still feel refreshed after projection as it is a separate process. And again, whether we realize it or not, we are all familiar with the Astral Plane because the dream dimension is part of it. The difference with a conscious Astral Experience is that you know you are there and this makes the experience far more vivid and directable.

"In sleeping... you focus your awareness in altered form into another world that is every bit as valid as your physical one."

- Seth, *Seth, Dreams and Projections in Consciousness* p.219

In other words, the astral body - with your main conscious focus - 'comes and goes' from alignment with the etheric body and to the Astral Planes. You 'dream' or 'project', and return, several times in a night! Four or five times is common, though it depends on how long you sleep among other factors. Mostly we forget the brief awakenings between dream periods, but we can learn to remember these to. (For myself, I was a deep sleeper, but now I frequently wake up in these in-between periods with full recall!)

"Dreams ... are not just imaginative indigestion or psychic chaos. We are not temporarily insane when we dream, as some theorists maintain. To the contrary, we may be far more sane and alert during some dream states than we are ordinarily."

- Jane Roberts, *Seth, Dreams and Projections in Consciousness* p.9

Dreams serve so many multi-purposes and functions that it is almost ridiculous to attempt a comprehensive list of them, however the main points will be of some help. Especially when we've been taught that dreams only serve this or that particular function. No way! There is far more to them than that...

"In dreams, you give freedom to actions that cannot adequately be expressed within the confines of normal waking consciousness."

- Seth, *Seth, Dreams and Projections in Consciousness* p.246

Without further ado then, here is a summary list of what Dreams provide:

- freedom from the physical limitations of time and space, allowing us to return to physicality with renewed physical and psychic energy
- sorting out and processing our daily experiences and organizing internal and external information
- exploration of probable realities, the living out of events to enable us to better make daily decisions
- therapeutic experiences, including facing fears, neuroses and any other major or minor concerns
- valid information about our motives, needs and decisions
- inner communication with other portions of the self (deeper parts of the psyche), including reincarnational, past, future and parallel probable selves
- symbolic or accurate visions of past and future events, or other translations of inner data into terms the conscious mind can more readily interpret
- communication with other people and entities (especially upon request)

- a unique way to solve problems and overcome difficulties
- greater intunement with our creative abilities and talents
- a lot of fun wacky stuff that shows us our inner world is more expansive than we may think!
- as many different possibilities of experience that you can (and do) come up with...

"An unrecognized unity and organization lies within all of your dreams, beneath their diversity. And your dreams, while part of you, also exist apart."

- Seth, *Seth, Dreams and Projections in Consciousness* p.174

So of course, it would be more accurate to say that many or all of these things are occurring at once in our dreams, thus emphasizing their true multi-dimensional nature. In this sense, it is like all of the dimensions of our being interacting to form cohesive and relevant dream events for beneficial psychological purposes. Or to put it more simply, dreams can really help us! (Don't miss the 'Dream Solution' exercise at the end of this eBook!)

Is Astral Experience safe for everyone?

Yes, it is entirely safe - you cannot get hurt while consciously in the Astral Plane any more than you can while dreaming 'normally'. Astral Projection and Lucid Dreaming are natural experiences reported in every culture and society of the world. (However, anyone who has acute psychological problems should probably avoid it until such issues are resolved. Normal dream therapy may be far more beneficial in such cases.)

Lucid Dreaming is obviously no more dangerous than 'normal' dreaming, and Projection is no more dangerous than sleep - probably the safest activity around. So you could say Astral Experience is the safest of sports! It's certainly fun, and you will always be able to return to your physical body whenever you wish. Again, whenever we sleep, our consciousness is out of our physical body anyway, we just usually aren't aware of it. Just as we return to our body after sleep, we do the same after projection.

The surprising thing is that it can be difficult to stay *out* of the body. Getting back into your body is pretty instantaneous and automatic, but staying out longer can require some training. But you can rest assured, you will always return 'home' from your journeys away from the physical. To repeat, there is zero need for any worries at all as Astral Experience is as safe as sleep.

Some people will try to tell you there are reasons to be afraid of Astral Travel for example, that there are 'demons' or 'negative entities' to be wary of. I suppose these people have never had a nightmare? What is the difference? Neither your dream body nor astral body can be 'hurt', as they are composed of energy. With this in mind, don't you find the idea of being faced by a big scary monster who can't hurt you in any way whatsoever rather funny? I certainly do.

And if you think about it, what's disturbing about a nightmare? The contents, or the emotion of fear? And we are generating both. Consider these words from the psychic Jane Roberts, who in all her years was never bothered by such 'negative' experiences. It doesn't take a genius to work out why:

"Because we were so innocent about psychic literature, we weren't hampered by superstitious fears about such phenomena. I didn't believe in gods or demons, so I didn't fear them. I wanted to learn."

- Jane Roberts, *Seth, Dreams and Projections in Consciousness* p.84

And similarly, you can't be possessed by other entities while projecting either, any more than you can during normal sleep. The process is exactly the same, it is simply that you are doing it consciously. Your astral body is always connected to your physical body by a Silver Cord, which stretches infinitely, it sends messages between one body and the other. This ensures that you - and no one else - can always get back in. Your body remains your own, and a portion of your consciousness always remains with it anyway, so there's no need to be concerned over this at all.

While we're on the subject, we can note that spirit mediumship requires an invitation, opening, and agreement on the mediums part. Channels can temporarily make their bodies available for the transmission of information, however this process is quite different to projection, as it is done with that specific *intention* in mind. Some channels can project while channelling (eg. Edgar Cayce) others can remain 'cohabitants' or project (eg. Jane Roberts) and still others receive the information direct to their conscious mind (eg. Ken Carey.) So channelling and projecting are *independent* phenomena, though it is possible for them to occur at once. Further than this is beyond the scope of this book.

Astral Experiences will lead to madness or insanity either. A spontaneous experience is not a sign of psychological problems (to many peoples relief.) For those interested, there is a book call 'With the Eyes of the Mind' by Gabbard and Twemlow that contains an in-depth study of the psychology of OBEs. Compared with other psychological phenomena, an OBE shouldn't be grouped with psychological disorders such as dissociation, schizophrenia, autoscopy and other 'body boundary' disturbances. Those reporting their experiences are fully capable of living 'normal' lives, which is how most people define 'sane' I suppose!

On the other hand, you may end up finding, like many others before you, that overall, astral projectors and lucid dreamers are often both more sane and spiritually engaged than they were before they started. Self-reflection is really quite a natural part of learning, so there is plenty of opportunity to grow and expand with these experiences.

<http://www.ultimateastralexperience.com>

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Book I - The Truth About Astral Projection and Lucid Dreaming... And What Astral Experience Can Do For You, Today!

Part II - Deeper Questions

- 1. What are the benefits of Astral Experience?**
- 2. Where and what is an 'Astral Plane'?**
- 3. What are the differences and similarities between Astral Projection and Lucid Dreaming?**
- 4. If I meet someone while in the Astral, is it really them?**
- 5. How do responsibility and abuse fit in with Astral Experience?**

Part II

Deeper Questions

What are the benefits of Astral Experience?

People sometimes wonder why anyone would want to learn Astral Projection or Lucid Dreaming. Many have an idea or two they want to explore, but few people consider the extent of the rich possibilities. The benefits of Astral Experiences and the purposes which they can fulfill are very varied and numerous, and it is first of all beneficial to gain an overview of what can be achieved.

Besides being a lot of fun, exciting and interesting experiences in themselves, we are directly accessing through ourselves the greater realities of which the universe is composed. This process expands both our awareness and creative abilities, and because of this no effort we put into it is wasted. But really this is just the beginning...

Some movements suggest Astral Experience is a spiritual attainment in itself, yet whether this is so or not, it is certainly complementary to any spiritual path. Because of its universal accessibility, there is no philosophy or theology that is not enhanced and clarified from the direct insight and revelation that can be attained through dreaming and projecting. This means we get to find our own answers instead of relying on superstition or dogma. In fact, many spiritual teachings and revelations have even been born or reborn in this way.

So while we can say Lucid Dreaming and Astral Projection are a means of spiritual development, they are not limited to those with spiritual interests. Both can be used to greater understand and experience any aspect of life, whether physical, chemical, biological, inspirational, psychological, emotional, mental, philosophical, religious or scientific... Or whatever! In this way, Astral Experience is a highly valuable informational tool. It can be used to discover for ourselves the truths and myths of any system of thought.

One of the immediate and important benefits to successful projection is knowing experientially that consciousness- your consciousness - is not dependent on a physical body. This is a unique opportunity to gain personal and intimate reassurance that there is 'life after death'. This can be quite transformative, especially for those who have until then believed that life is 'only physical' or that we are merely our current physically-oriented personality. It is one of life's little surprise adventures, and I recommend you give it a try just to find out what it feels like outside your body. There are a number of benefits to this in itself.

With the first-hand experience of non-physical identity, the fear of death begins to dissolve. **And the less you are afraid of death, the less you are afraid to truly live.** As our fear and anxiety over the 'great unknown factor' decreases, so we are more able to open and embrace the 'unknowns' in our lives without fear. (Or in other words, no longer being such control freaks- we can see first-hand that the need for 'rigid control' is founded on fear of the unknown.)

As a result of this reduction in fear and uncertainty over the nature of existence and the continuity of identity, many people report further profound changes in their life. In fact, projection in general can have some amazing results. Here is a short list of commonly reported effects:

- Improved overall well-being
- A better attitude and appreciation for life
- Increased self-confidence
- Clearer and more intimate self-knowledge
- An inner peace or tranquility
- Increased responsibility and respect for all life
- Reduction of stress, anxiety and hostility
- A more expansive perspective on our life and life purpose
- Greater emotional balance
- Heightened intellectual capacity
- Better energetic intunement
- A sense of freedom from mental ruts and detrimental habits
- An awakening to new levels of growth and understanding

It is also no coincidence that many people report an increased or renewed zest for life. Our sense of wonder at the marvel of all life is restored by breaking us free from the narrow and restrictive perceptive conditionings of living a 'mundane' existence. Life is an adventure (again), an exhilarating journey of discovery. We are spurred on by the desire to grasp the opportunity to experience the next new adventure. We become the ultimate explorers of fascinating and heretofore unknown realms beyond the

limits of our physical senses.

These realms are not even limited by our imagination, but frequently expand it instead! Here is just some of what we may choose to explore:

- Far reaches of outer space, including galaxies, planets and cosmological wonders
- Far reaches of inner space, including biological, chemical and atomic wonders
- Radical new worlds and dimensions with different laws
- Natural wonders, from ocean depths to amazing panoramas
- Flying like a bird (or a plane or superman) to see or visit wherever you like
- Past, present or future world events, whether local or global
- Spiritual and psychological planes, inhabited by an infinite variety of beings
- Elaborately evolved civilizations and eutopic societies

And remember, with Lucid Dreaming you can also create and experience whatever reality you like, whether that involves conversation, games, creativity, adventure, sport, music, dance, sexual fantasy (quite a favourite for most)... the list is literally endless. For many people the joy of flight is also a favourite endeavour, providing the opportunity to visit other places or worlds in an exciting way. Other examples include interacting with geniuses or idols or stars, to help us solve problems or create new inventions or improve our performance at anything we like...

There are also amazing opportunities on the Astral to interact with others, for enjoyment, growth, or knowledge:

- Meet other dreamers and projectors
- Spend intimate time with the 'partner of your dreams'
- Contact departed loved ones
- Enjoy the company of historical figures or geniuses
- Interact with non-human species and other fascinating entities
- Learn direct from spiritual beings, guides, angels, teachers, mentors, helpers and masters...!

The last point is one major reason people seek Astral Experience. Much of this knowledge cannot be acquired in everyday life, whether from other people or books, because it is experiential rather than rote learning. It usually deals directly with deeper levels of learning that far surpass intellectual 'knowledge'. And, there are classes and groups for anything, and the learning is faster and the lessons more accurate than anything on Earth, and far better than a super-internet on steroids. There are even true esoteric schools that can teach us the hidden mysteries of life, death, the Universe... or anything else!

There are also a number of other beneficial effects that occur directly or indirectly as a result of Astral training:

- It will help increase and develop your clairvoyance, ESP and other psychic abilities as a result of greater energy control and intunement
- Increase your normal perceptive range, encouraging etheric sight and/or auric vision
- Can produce spontaneous, healthy recollections of past life experiences and influences
- Our experiences frequently lead to natural spontaneous healing or health revelations
- Accelerates our personal growth by giving larger and larger glimpses of our personal potential
- Promotes a greater sense of purpose due to better alignment with our greater self

Many people report this feeling of connection to something far greater than them. Whether we want to call this Spirit, or Universal Consciousness, or All That Is, or God, or whatever we choose, it is both a powerful sense of inner connection and interconnection. Finding ourselves as Souls with physical bodies rather than physical bodies with Souls leads us closer to experiencing our superconscious self, the union with which has been given names such as Ecstasy, Satori, Nirvana, Christ-consciousness, Enlightenment etc.

For many spiritual seekers this is the ultimate goal of Astral Experience, to experience Unity with Divinity. But that is for you to decide. What is your purpose and intent? Fun? Knowledge? Power? Awareness? Growth? Unity? Whatever it is, there is no reason it will be denied you. Astral Experience is the best means for fulfilling any desire, for the Astral is *the* universal medium for desire and fulfillment! It awaits your active participation...!

Where and what is an 'Astral Plane'?

Very basically put, the Astral Plane is the dream dimension, but at the same time it is not *just* that. It would be more accurate to say the dream dimension is part of the Astral. From another perspective, the Astral is like a huge mind net, catching and holding all thoughts, memories, fantasies, and dreams of every living thing in the world (and all other worlds for that matter.) In short, its contents are created by the collective consciousness of the universe, and you could say 'exploring the Astral' is almost another way of saying we are 'exploring the inner mind of the universe'.

"All of the dreams people have form a mass dream framework. Dreams exist at other levels, and physically of course affect the body state. In such ways, the world's actions are worked out in mass dream communications that are at the same time public and private."

- Seth, *Dreams, 'Evolution' and Value Fulfillment* p.252

That gives us some idea of what is meant by the 'Astral Plane', but again this is just the beginning of an answer. In answering this question more fully, it is going to be very helpful to first quote Seth on his answer to the question "what is a plane?":

"A plane is not necessarily a planet. A plane may be one planet, but a plane may also exist where no planet is. One planet may have several planes. Planes may also involve various aspects of time. Planes can and do intermix without the knowledge of inhabitants. A plane may be a time... or only one iota of vitality that exists by itself. A plane may cease to be. A plane is forever."

for entities as patterns for fulfillment along various lines. It is a climate conducive to the development of unique and particular capabilities and achievements... An isolation of elements."

-Seth, *Seth, Dreams and Projections in Consciousness* p.103

Oh, that clears it up then... I think... Well, let's say, when we talk about the Astral Plane, we are really referring to the combination of all the planes that exist on an Astral vibratory level, and this encompasses an infinite variation of 'realities', 'realms', 'sub-planes' or 'rings'. It may be easier to think of these as 'real dreams'. We can take note however that on all Astral levels, consciousness is clothed in some **form** or other, whereas on 'higher' planes this is not necessarily the case.

So is there an exact location to the Astral Plane? No, not really, since all levels and vibrations of reality exist and penetrate all at once. We may as well ask if there is an exact location to the entire physical universe...? Doesn't make much sense, does it? In relation to what? Instead, the Physical, Etheric, Astral, Mental and higher planes all 'interpenetrate'. It is more accurate to say that we 'tune in' and 'tune out' of the Astral with our consciousness, it is a 'within-ness' to things, but it is always 'there'.

To follow this analogy, we can consider that it's a bit like radio or TV stations. All the frequencies that these are broadcast on exist at once in the atmosphere, but we only perceive one at a time depending on what we are 'tuned in' to. Only in the case of the Astral, it is our consciousness that is doing the tuning. So the whole range of frequencies we call 'Astral', not 'radio' or 'TV', and the different 'stations' we call 'sub-planes' or 'rings' or 'levels of reality'.

Or we can use a travel analogy. You take it on faith all the countries of the world exist, even though you've not been to them, and you can travel to any one of them. In a similar way all the Astral Realms exist at once. By going to another country, your focus - is there, for however long. Astral Travel is similar, the difference being of course that it is a non-physical 'place' you are focussing in.

But we may well ask, does the Astral (and other dimensions for that matter) exist as consciousness within us or as worlds outside of us? And to make it all nicely trickier, the answer is both. Consider, if you and a friend both memorized the same poem you found in the library, would the poem exist within you, within him or outside of you both? As with many spiritual questions, all answers are correct, but either in isolation is technically 'false' because incomplete. It is the same for the Astral Plane. It's frequencies exist both outside of you and within you. You might even say it's like an 'inner world that you are within'.

To turn the question around, inside and outside are relative to your perspective, just as up and down are too. You can equally say that you experience physicality when you are 'inside' your physical body as you can say the physical is the experience 'outside' of the Astral and other dimensions. And vice versa. Since it is a matter of perspective, all answers are 'true', relative to where you are. Well, so much for words! Hopefully have some kind of picture now of what is meant by the Astral.

What are the differences and similarities between Astral Projection and Lucid Dreaming?

With Astral Projection you get into the Astral Plane direct from your physical body. When you have a Lucid Dream, you have simply 'missed' the initial projection. They are just two different ways of entering the Astral Realm. In either case you are still conscious in the Astral, however, as there are degrees of lucidity in dreaming, you may or may not be fully in control of your experience. But this is highly unlikely in an Astral Projection. There is still a difference, whether more slight or obvious.

The difference arises mostly because of the framework you are entering from. If you project from the waking state, you may encounter some difficulties due to restrictive ideas carried with you that don't apply to the Astral, and require some practice to adjust to the new environment. On the other hand, in a Lucid Dream, having accustomed to the expansiveness of the dream state, you can sometimes have the opposite problem, finding it hard to retain a conscious focus, and thus 'losing lucidity'. With practice of course, both of these will be overcome.

However, knowing this distinction can be helpful when choosing our experience. In one sense, when we are Lucid Dreaming we are within the 'creative state', and it is easier to consciously create what we desire. And in Astral Projection it is probably more productive to explore the other realities that already exist, relatively unhampered by specific desires for self-fulfillment.

There is some contention between defining the difference between Lucid Dreaming and Projection. It is not a matter of clarity or vividness as some people suggest, though typically Lucid Dreams will seem more substantial and realistic at least to begin with. But either experience can be poorly or highly developed. Having already distinguished Etheric Projection and Astral Projection there remains a factor that does provide a feasible distinction.

This determining factor is memory. While there are no hard and fast rules, typically, in an Astral Projection you remember who you are, and there is a continuity of memory from waking through to projection. But in a Lucid Dream, this is not always the case. You can be consciously aware without fully remembering your identity, and there is often no continuity from the waking state, no memory of what preceded the experience of becoming lucid.

If I meet someone while in the Astral, is it really them?

When you are Projecting, if you meet someone and they are consciously interacting with you, it is highly likely you are indeed dealing with them direct. If they appear drunk, or groggy, or seem like they're hallucinating, then they are dreaming, but it is still them. It is very unlikely (but possible) they will remember the interaction later. If they are conscious, then you are in luck, as they are either consciously Projecting or Lucid Dreaming. But unless you are specifically looking, it is not really that common - most people will just be dreaming.

"[In sleep], the entity is in contact with other entities at a subconscious area."

- Seth, *Seth, Dreams and Projections in Consciousness* p.46

On the other hand, it is possible to interact with your projected idea of someone and mistake it for the person themselves. People can also act in uncharacteristic ways in dreams because they have more freedom there, this does not mean it's pure fantasy. If you are lucid enough you can will such dream characters to disappear, and any that remain are probably real. With a little lucidity experience you can usually tell the difference anyway.

Overall, the answer is not clear-cut either. Any consciousness can project portions of its identity quite easily in the Astral, each retaining an integrated individual focus, which later returns to the main consciousness, adding to its overall 'experience bank'. In that sense we are all 'gestalt consciousnesses', and the unlimited nature of the Astral allows for experiencing any number of things 'at once'.

So when you dream of someone, you may have attracted them into your dream experience for your own reasons, and depending on how extensive and involved the interaction, you may be dealing with their main identity or a projected portion. Or again, you could be interacting with your own invented idea of the person. Such distinctions are made by personal experience, no theory that explains away everything as one thing can ever fit.

It may or may not matter anyway. The likelihood of anyone other than other conscious Projectors or Lucid Dreamers remembering the interaction is very low since many people do not even bother to remember their 'normal' dreams. Fewer still *all* their normal dreams, and so on. I've had some very clear mutually experienced and remembered 'normal' dreams, but these have been very rare in comparison to later intentional experiences.

There is also the problem of finding points of correlation later, as everyone has their own dream interactions from their own unique perspective, and dream objects and environments can be perceived and interpreted in highly different ways. Interaction content may vary also due to memory and interpretation of its non-verbal nature. I think the subjective nature of these experiences is far more interesting than any search for objective proof of their validity, though this does happen irregularly anyway.

How do responsibility and abuse fit in with Astral Experience?

While it is true there are none of the usual moral or behavioural boundaries on the Astral, this does not mean actions are without consequence. Like attracts like in a much more direct way there, so "do unto others as you would have done unto you" takes on a whole new meaning. Sadomasochism aside, this generally means not abusing other entities if you don't want to be on the receiving end fairly quickly.

In other words, whatever energies you put out you while travelling will affect your experience too. Your own vibratory rate changes in accord with your intent and you will attract energies on that level too. This natural law provides an inherent order to the Astral Realms, grouping those of similar awareness and intent. This is not to say anyone cannot visit other planes to their 'home' station. There is a natural tendency for learning which draws one higher.

What it does mean is that those with higher vibrations will generally not have their own learning process interfered with by less than desirable influences. Some astral teachers need to lower their vibrations to reach their students, and depending on the vibratory difference this can require some effort. But the belief that there is an astral 'police force' which punishes 'bad' projectors is a myth. Higher authorities or entities rarely find need to intervene with the natural order unless such assistance is specifically requested.

Instead, everyone answers to themselves, and it all comes down to intent. You may be able to hide less-than-sincere intentions behind the shield of your dense physical body in physical life, but when it comes to the Astral, keeping up with such self-deception is barely possible. So the basic good advice is to at all times act in with good intent. Respect and courtesy follow naturally. (Hey, that's good advice for physical life too after all.)

So while you won't be banned or grounded for 'inappropriate' behaviour, you may 'ban' or 'ground' yourself from further experiences if your actions are based on ill intent and you experience their unsavoury repercussions, as this will naturally generate an aversion. It is well to understand that 'appropriate behaviour' is a social construct that changes between places and times, but actions that involve abusive or violatory aspects are universally 'unlawful' in that they will have natural consequences to the 'perpetrator'.

The majority of projectors have their own spiritual interests and standard of conduct already, though there will always be those in any field tempted to abuse their own abilities, especially where there is no moral or ethical restrictions. It can be said however that while there is nothing wrong with using your experiences for personal gain (abundance creates more abundance) it is another matter when that gain is at the expense of another's loss. This need never be the case.

If it be considered that repeated invasion of privacy for other than well-intentioned purposes will draw similar invasions of *your* privacy, it is highly likely you would refrain from such endeavours. The same consideration can be applied to any type of abusive or violatory behaviour. In short, if it doesn't feel good to someone else, it won't feel good to you, and vice versa.

Further, giving complete unhindered control of yourself over to passions and emotional urges during projection will start to affect your energetic field, making prolonged travelling more difficult and unstable, and eventually cutting it very short indeed. Anger, fear, greed and sexual obsession are perhaps the most common of these issues, but of course it differs between individuals. I believe it is far more advisable to explore any such issues first through dreams and Lucid Dreaming, for projection requires a clearer and more controlled disposition.

The final word is, if your intent is good, not to be worried or concerned over this issue at all. Most people are far more worried about others doing 'wrong' than they themselves. (Is not this phenomenon more commonly called 'moral outrage'?) You will soon find out for yourself the natural order in the astral environment and that each entity answers to themselves in one way or another, and that this is in fact the fastest and most effective way for each to learn and progress.

<http://www.ultimateastralexperience.com>

Ultimate Astral Experience

Book I - The Truth About Astral Projection and Lucid Dreaming... And What Astral Experience Can Do For You, Today!

Part III - Technical Questions

1. **What are the different levels of the Psyche?**
2. **What is the spiritual function of Desire?**
3. **What usually anchors my Astral Body to my Physical Body?**
4. **Are people who take drugs accessing the Astral Plane?**
5. **Why are there conflicting opinions concerning the possibility and nature of Astral Experience?**

Part III

Technical Questions

What are the different spheres of the Psyche?

To clear up some confusion over the different 'levels', or better, 'spheres' of the Psyche, consider the following helpful distinctions. (Incidentally, *psyche* is Greek for 'soul', so the two are indeed synonymous.) These are all aspects of the Psyche, though difficult to describe, because in greater terms there is no actual separation between 'levels' - unity reigns - but similar to the Astral Plane, they are instead like differing 'frequencies' which interpenetrate and inter-relate. So far as words are able to describe, here goes.

The '**Unconscious**' does not exist, as such. It is a contradiction in terms. Consciousness is always focussed somewhere. The so-called 'collective unconscious' is quite conscious. However popular the term, it was first used as a description from a strictly physical perspective, but in such a case, 'Not-conscious-here' would be more accurate! Perhaps it's most appropriate use is a description of those hypnotized by a particular plane to the exclusion of all else (whether waking or dreaming!) but it is still quite a misnomer.

"The true 'unconscious' is not unconscious. Instead, it is so profoundly and unutteringly conscious that it bubbles over."

- Seth, *Seth Speaks* p.225

The **Body Consciousness** is the combined awareness of your cells, including the atoms and molecules of which it is composed. There is far greater activity on the part of the physical body level than is generally supposed. When you consider how many integrated systems we need to live and function, it's almost unimaginable. Yet our body consciousness takes care of it all for us. Your breathing, heartbeat, the coordination of your muscles and all other bodily processes are automatic. For example, you don't have to think about the *processes* of speech to be able to speak. This subject is really too vast to deal with here.

The **Intellect** is the outwardly focussed portion of your mind, dealing directly with all the necessary tasks of physical existence. If you like, it is similar to a computer interface in that it is the *interface* between you and the world around you. Great confusion results when this is taken to be the extent of the identity, for the intellect is only the 'residence' of the **Outer Ego**, the 'tip of the iceberg' that surfaces into physical life. (It is really a coincidence we use only 10% of our brain and that 10% of an iceberg is above water?) The greater portions of identity always lie beneath any outward façade and provide the infinite potential and reservoir from which the temporal ego draws as its source.

"Man's ego causes him to interpret everything else in light of himself. He loses much in this manner. The ego can be compared to the bark of a tree. The bark is flexible, vibrant, and grows with the growth beneath. It is a tree's contact with the outer world, the tree's interpreter, and to some degree, the tree's companion. So man's ego should be. ...The ego's purpose is protective. The ego is also a device to enable the inner self to inhabit the physical plane."

- Seth, *Seth, Dreams and Projections in Consciousness* p.114

The **Conscious Mind** is back of the intellect and links it to even deeper portions of Psyche. This is the greater You that you identify with when you know you are not 'just a body', a **Central Ego**, of all the thoughts, feelings and beliefs of which you are conscious. It interfaces with the 'inner you' and the 'outer you' and in that sense deals with both translating the inner inspirations and impulses into outwardly actions, and interpreting the outwardly events as understandings for the benefit of the inner you and thus ultimately for the benefit of All.

The **Subconscious** deals directly with the automation of mind and body and serves to link the two. If you like, it is similar to a computer processor, but with far greater capacity and memory. It also puts into motion your beliefs. Repeated belief patterns can form 'grooves' of experience in the subconscious that take root and need to be 'weeded out' when they are no longer desirable. Left unattended these behavioural and perceptive 'addictions' deter the free flow of new experience by a kind of tunnel vision that prevents the acceptance of new information. On the other hand, being able to harness the power of the subconscious is a very valuable skill.

The **Superconscious Mind** is that portion of your individuality which goes far beyond what you consciously know. You might say this is truly your **Soul**, or **Inner Ego**. It is hard to describe such expansiveness in words, though many have tried. In certain terms you could say it is the combination of all you ever knew and have been, with all you ever will know and will be, throughout all your lifetimes - past, present, future, and parallel. If you can begin to grasp that, then you're doing well, because it may take a

long time to truly realize it in full!

The **Universal Soul** or **Spirit** or **Godhead** is the universal gestalt consciousness that both contains and unifies all Psyches of all levels everywhere and at every time. In one of those classic theological and philosophical paradoxes, the whole is greater than the sum of its parts, as it is both the driving force and the 'stuff that is driven' in a constantly expanding and growing universe. This God-Consciousness or Supreme Awareness pervades all existence. As another paradox, it is not possible to live without its presence, but it *is* possible to experience life *as though* it is not present.

As we can see, having some better distinctions available will enable us to much more effectively use practical methods when it comes to Astral Projection and Lucid Dreaming. These are all 'spheres' of the Psyche in the sense that they interpenetrate, one inside the other. However, depending on our perspective, we could look at either polarity as having the smallest or largest 'sphere'.

If we are looking at it from the perspective of **focus** or **identity**, the Intellect would be the central narrowest sphere gradually increasing to the Godhead as the most expansive Consciousness. On the other hand if we look at it from the perspective of **form** or **externality**, Godhead would be the central internal sphere as the United Source, gradually diversifying out into the infinite number of points on the most outward sphere.

There we leave the analogy, it's use having been served, for in larger terms no such 'divisions' exist! In other words, and to finish with a previous analogy too, it is still one iceberg! To summarize, we can see that our surface consciousness deepens and widens the further inward we proceed, and if we remember this, then we are will perchance be better equipped to explore those exciting and welcoming depths.

What is the spiritual function of Desire?

This is another tricky and in-depth subject which needs at least a summary exploration. Traditional occultists have noted the process of the gradual dissolving and letting go of the grosser bodies sequentially after death, to return to an identity essence apart from form, from where they begin the process of re-entry into another incarnation, rebuilding each body afresh.

That's all fine and good observation-wise, however it must be noted (as it rarely is!) that it is a gross philosophical error to apply such a process while *still in* physical life. This confusion has lead many seekers to attempt 'letting go of desire' to 'transcend the earth plane' or other similar teachings. On a very basic level, this is a merely a result of the judgement of the Divine Creation.

The purpose of the incarnation of Spirit in Flesh is to fulfill itself, to make actual it's unlimited potential within the limitations of Creation. Otherwise, why bother manifesting at all? **Without desire there is no fulfillment.** Desire is the engine that drives Life onwards to ever-expanding expression of the Source Itself - the external actualization of internal potential.

The mistake is somewhat bound up with the observation of manufactured desires or 'wants' - those grosser planes of desire which have become imbalanced and overly-concentrated in their search for fulfillment. Commonly we may even think of the so-called 'seven deadly sins' - Envy, Hate, Lust, Avarice, Sloth, Pride and Gluttony. Each of these extreme emotions- in it's original natural unexaggerated form - has it's place as part of the natural function of a balanced individual, but when accentuated to the exclusion of all else becomes an unfulfillable and thus tormenting experience.

It is interesting to note that this echoes the Buddhist maxim, 'the cause of suffering is desire'. But without distinguishing between an internally born balanced desire and an externally planted imbalanced one, this can be misleading. Desire is there to be fulfilled in the joyousness of Creation! 'All life is joy' and 'all life is suffering' are the same truth from two polarized perspectives.

The best course then, is **not** to throw the baby out with the bathwater by judging desire as undesirable (a philosophical contradiction it shall be noted - desiring lack of desire!) or seeking to 'let go of all desires'. Rather, the best course is to accept all desires **in balance**, and refine the means employed to achieve their fulfillment. It is the refinement and harnessing of desire- not the destruction - that engenders spiritual growth.

This is all very important when dealing with the Astral Plane and any experience therein. The astral body and astral world has been called the 'desire body' and 'desire world' for very good reasons after all. Learning how to consciously utilize desire is an important part of dreaming and projection. It is central to all Astral Experience.

If we have misunderstandings about desire, it will prevent or slow our progress down considerably. To make this completely clear we just consider: if there is no desire for growth, there will be no growth. Struggling against desire is swimming against the current of life that is drawing us ever onwards. Instead, we need to learn to swim with the current and to direct our course.

What usually anchors my Astral Body to my Physical Body?

Astral Projection aside for a moment, generally speaking, it seems obvious to me the answer is... Oxygen. I first started to think about this when I noticed through repeat observation (of both myself and others) that during waking there is often a deep intake of breath. The more suddenly the waking, the sharper the breath. This got me thinking on bodily processes.

To be physically alive, two of the main processes needed are respiration and circulation. Thinking about emergency paramedics will make that clear, as the first lifesaving techniques are resuscitation and palpitation. Other bodily systems are needed too of course, but in this sense they are secondary. You need oxygen to your cells! Why? Because it acts as the 'link' between your physical and etheric and astral bodies, allowing your consciousness to 'anchor' physically, and the energy of your soul to come through. (Conversely, you need to exhale to get carbon dioxide out of your cells as it is a 'blockage' to this.)

Perhaps oxygen is more like a 'dimensional gateway' for energy in that sense. It is after all a pure gaseous element, having a high physical vibration (unlike carbon dioxide which is 'weighed down' by carbon.) And it makes sense of why yogic exercises concentrate so much on breath to influence energy flow. For example, concentrating on 'breathing in' to a particular area will energize it, and breathing out conversely.

After all, when you don't get enough oxygen, you 'pass out' (of your physical body!) You get 'pinsand-needles' or numb sensations when you cut off blood supply to a limb (you don't think those pins and needles are the sensation of your energy body trying to re-anchor or something? Hmmm...) Those who have had Near Death Experiences are drawn back when their heart starts pumping the good old O₂ through their bodies...

I'm sure there are numerous other examples, but I hope this point is clear enough for anyone to see the truth in it. I've heard it hinted at by various sources, but strangely enough haven't heard anyone actually spelling it out. It is certainly more than implicated in many Eastern practices, but far less commonly mentioned in Western philosophies.

So what about during Astral Projection? Obviously we are still breathing when projecting, but the shallow and slower breathing make a big difference in enabling the majority of our consciousness to leave the physical body and 'go off and do other things'. In sleep our physical bodies use a minimal energy requirement to keep us alive. To that extent only a small portion of our consciousness remains with the body, so it only needs a little oxygen.

I wanted to mention the oxygen aspect to this because I think it can explain a few uncertainties to do with projection phenomena. For example, fear and excitement mobilize the biological mechanisms, often increasing the heartbeat and pumping more blood into your veins and cells. Projectors frequently report that becoming afraid or over-excited, especially toward the start of any experience, can 'shock' one back into the physical body or otherwise end the experience.

I suggest the reason this happens is due to the phenomena of 'repercussion', where what is felt in one body can be felt in the other. This usually has a stronger effect with close proximity to the physical body. So excitement or fear increase your heart rate and thus blood flow and oxygen levels, 'drawing' you back. It's also worth mentioning that using breathing effectively can be very helpful in obtaining the relaxation required for the projection process.

Are people who take drugs accessing the Astral Plane?

It depends on the drugs, but if altered perception is involved then to a certain degree the answer is yes. However, for several reasons it is detrimental and definitely not recommended. Firstly, drugs artificially stimulate and force open receptive centres in a way which can be damaging to the unprepared subtler bodies. The natural conscious opening of these centres through simple techniques is by far a much more interesting and rewarding experience.

I believe the 'instant gratification' that drugs can seem to provide is just a learned mental greed, a blown-out-of-all-proportion 'I want!', especially when just a little patience and practice can produce lasting and repeatable results. Many drugs have physical side effects, but all of them temporarily imbalance the energy centres (chakras) to one degree or another. Often it is more the sensation of this imbalance and the resulting experiences which people are addicted to than any addictive qualities to the drugs themselves (marijuana is an example of this.)

Common street drugs not only do not help you achieve Astral Projection, but will most likely create energetic conditions inside your body that can actually prevent you from projecting naturally. At least until the imbalance truly subsides. And unfortunately for fans of the wacky tobacky, marijuana is known to suppress dreaming memory and alter REM cycles, which certainly doesn't help Lucid Dreaming and in many cases prevents it (though the individual effect varies.)

Other bliss-inducing drugs (such as ecstasy, heroine, cocaine etc.) may temporarily open one to the feeling of more blissful astral levels. But whatever the short term effect, it is an undesirable means due to their temporary and pendulum-swing nature alone, and the physical and psychic repercussions confirm this. With natural techniques, one acquires access to the knowledge of how to anchor blissful experiences into everyday life. Isn't this seemingly elusive state what people call 'happiness'? It is far easier to create than is generally thought of!

Hallucinogenic drugs (such as magic mushrooms, LSD, party acid cocktails, peyote, etc.) mostly cause a 'bleedthrough' of astral perceptions into physical perceptions. This can be confusing or disorienting, especially without experience focussing one's consciousness, and there's always the risk of a 'bad trip'; very unlike the vibrant and evolutionary Astral we are seeking to access. The temporary trip may be a curiosity for some, enlightening for others, but is truly incomparable to the available natural methods.

The more intense variety of hallucinogens such as DMT or salvia divinorum or others are a topic in themselves, purportedly resulting in dimensional journeys similar to projection. I have no wish to explore the topic here, there is plenty of information elsewhere. However, I would really like to caution against these to anyone who is inexperienced with hallucinogens, as the immediacy and intensity of these drugs is very difficult to control. Certainly they are not to be used for escaping a negative state like most ecstatic drugs - instead they will amplify the experience of your current state manifold.

Experienced projectors have done their own investigations by observing those using drugs to access the Astral and unanimously report the inferior aspects of such methods, including various damage to physical and astral bodies. The only thing observed to temporarily counteract this damage to any extent is the spiritual intent of the person, as for example observed in various shamans.

In conclusion, there is simply no need for drugs when greater, more stable, more beneficial, and more interesting and ecstatic

experiences can be had through natural means. On a sociological level, the prevalence of drugs in any society is more an indicator of the devaluation of the meaning of life, and a lack of real spiritual education in the means for achieving psychic growth and these same ecstatic states naturally.

When it comes to the aims of Astral Projection and Lucid Dreaming, we want to learn how to create and experience what we desire. We need to become more consciously focussed. And focus is usually the first thing we lose when we use any kind of mind-altering substance. It is usually an 'unconscious' rather than a 'conscious' journey in many respects- at the very least we don't know exactly where we are nor exactly how we got there. It's strange and unfortunate to think some people struggle hard to maintain a drug habit when it's much easier (and cheaper) to learn natural methods... if only they were far more prevalent and well-known (and used.)

Why are there conflicting opinions concerning the possibility and nature of Astral Experience?

Anyone trying to teach a projection or dreaming technique must naturally do so based on their own particular understanding. With the huge number of differing movements of thought, religions and philosophies in the world, it is easy to see how there can be so many differing teachings concerning the same subjects. Any of these perspectives will colour the descriptions differently.

Luckily for us, we are in a position to pick and choose! The projection process itself is fairly straightforward and there are definite commonalities in projection technique. Lucid Dreaming is equally universal. It remains for us to put to use the most expedient and effective techniques available. Well, that's my perspective anyway!

As for the nature of the Astral itself, it all comes down to what you believe. Your beliefs shape your experience. You can easily ignore any information that does not fit in with your beliefs. A hardcore sceptic is a classic example of a 'tunnel vision' belief system which refuses to acknowledge the validity of anything but a narrow physically-oriented (and often meaningless) universe.

Perception alters experience in any circumstance, but this is especially so in the Astral Plane, where you can create that experience virtually instantly. Your beliefs can act like glasses, automatically modifying what is perceived. So of course everyone will have a different experience of the same kind of 'event', to whatever degree.

Even witnesses to the same physical event can give radically different accounts according to their particular perspectives. But when they are directly viewing the product of their own subjective beliefs about reality, this effect is amplified considerably and those testimonies can be as divergent as any one system of thought to another.

Unfortunately for its adherents, physical science for example, will never arrive at the correct answers or conclusions regarding dreams and the inner reality from which they arise, because regardless of its chosen methods, its perspective is always from 'outside looking in'. That's why there is far more to learn from psychology than brainwave patterns in this regard. The only way to truly understand the inner dimensions is from within them. It is just as futile to seek to apply physical perspectives to the Astral as it is to seek to apply physical laws: they are far too limiting. This mistake has been given the term 'confusion of planes'. It is as ludicrous to attempt astral flight by jumping off a physical building as it is to want to pack a physical microscope and ruler on astral journeys.

Especially in a realm where you can create exactly what you expect to see! 'Objective observation' is actually far more difficult in the Astral Plane for someone who has not examined their own subjective beliefs, expectations and assumptions regarding reality. One's first encounter on the Astral Plane will most likely be with one's own assumptions, regardless of the school of thought or belief they belong to, whether scientific, religious, occult, spiritual or whatever! You will first meet the seeming confirmation of your current beliefs. Surprise!

But then what? Experience doesn't just *stop* there! The error within such expectations is that they are far too static, not dynamic enough to contain the deeper reality upon which they are built- because no image or assumption or expectation can contain the infinite dynamicism of the universe! Assuming one continues, one's experience soon begins to 'leak out around the sides', escaping past such artificial boundaries, expanding and evolving beyond initial ideas.

It is not long before one begins to question those initial beliefs, which alter them slightly, allowing for even more space and leeway for difference. Again, it is not long after that that one notices the direct correlations between the change in beliefs and the change in the outwardly reflected inner environment and experience.

So why can there be so much contradictory information and conclusions regarding dreams, the Astral Plane, the afterlife...? I think it's because people can have spontaneous experiences, sometimes very brief, yet ones where for one reason or another they do not question their own beliefs, but merely experience their confirmation. Indeed, the strength of belief may provide no opportunity for contrary data at all. But again, given time (or better, the variation and dynamicism of experience), the greater inner reality will escape those constraints.

The information imparted in a brief experience may therefore be modified to suit the smaller 'expected' picture, and only hint at the larger realities back of it. So short experiences, not being willing to observe extraneous data, or ignoring it, or simply being easily convinced, can all play a part. Even memory is often modified according to the same kind of beliefs, so that certain aspects are further accentuated and others ignored.

What we can learn from all this is the importance of having an open mind, and learning to question and change our beliefs to correlate with new desires and conditions. No 'blanket solution' belief system works in all situations. We must simply learn to be flexible and to examine our perception and expectations as the need arises.

Ultimate Astral Experience

Book I - The Truth About Astral Projection and Lucid Dreaming... And What Astral Experience Can Do For You, Today!

Part IV - What Astral Experience Can Do For You, Today

1. The 'Dream Solution' Technique
2. The 'Dream Therapy' Technique

Conclusion

Part IV

What Astral Experience Can Do For You, Today!

In this section I'd like to provide some simple, practical techniques so that you can get a sense of the amazing benefits available through Astral Experience. The title of this eBook is not hyped-up sales copy (surprise-shock!) - I really am going to show you 'what it can do for you today' (or tonight if you *really* want to be literal.) Instead of going into Astral Projection or Lucid Dreaming techniques here, we are going to use the inherent power of Dreaming to improve your life.

But you dream every night, right? Yes, but we are going to do it differently, using a little 'secret'. Well, perhaps it's not *that* secret. You may even have heard about it before. Maybe the really 'secret' part about it is *actually using it* because it works! But I'll let you in on what I'm talking about in a minute. Here, for your own benefit, I'd like to encourage you to actually **do one of these exercises tonight!** The results will speak for themselves.

The 'Dream Solution' Technique

This is perhaps the easiest technique for solving any problem in your life that you have or ever will have. It could be anything! You may have heard of this technique and perhaps given it a thought or two before dismissing it. Or you may even have tried it. But generally I think most people fail to see the power in its simplicity...

"Using proper suggestion, the personality will work out specific problems in the dream state... The suggestions will be followed by the sleeping self in its own fashion."

- Seth, *Seth, Dreams and Projections in Consciousness* p.247

All you need to do is write down whatever problem you have. By defining the problem you are opening space for the solution. Then, as you are falling asleep tonight, ask that your dreaming self find the solution, and that you will remember it when you wake up. Repeat the request up to three times and then let it go in the trust that you will act upon it while dreaming. That's it!

Consider for a moment why this works so well. Your dreaming self has access to a vastly larger reality and consciousness. It can use internal resources very effectively to work out a solution and even 'externalize' the problem in a dream and act out a solution. Time in dreams is much more flexible also, so there is more than enough opportunity for trial and error if it is needed.

When you wake up, it is highly likely you will remember the solution you were seeking, though it may not be in a complete form or one you recognize initially. Sometimes your memory will be triggered upon completion of small steps. And sometimes you won't consciously remember anything, but find out later you had the solution.

"If the solution is not clear to the [conscious] ego, this does not necessarily mean the solution was not found. There will be cases where it is not only unnecessary but undesirable that the ego be familiar with the solution... [which] may not appear in the way it expects. The conscious self may not even recognize it has been given a solution, and yet may act upon it."

- Seth, *Seth, Dreams and Projections in Consciousness* p.247

There are many possibilities, but rest assured, progress will have been made. Your dreaming self will gladly assist itself as it *is* you! If you are really stuck working it out, you can always request a clearer dream explanation the next night. Even if you don't remember a thing, it doesn't mean nothing happened. It will have. You will most likely be telling me next week that the problem went away, or as good as 'solved itself'!

The 'Dream Therapy' Technique

"Both psychological and physical illnesses could largely be avoided through dream therapy..."

- Seth, *Seth, Dreams and Projections in Consciousness* p.247

Again, few people realize the healing power available through dreams, and it can come in a number of ways. Many such issues are dealt with in the dream state naturally, whether we become conscious of such processes or not, and yet there are others that require a greater degree of our conscious focus and which, having been ignored, manifest as health problems.

What is less often realized is that there are innumerable healers available on the Astral via the dream state, both general and specialized. If so, why aren't we healed automatically? Well, in many cases we are and just don't remember it. Other illnesses

may remain because the issues behind them remain unresolved. Only our conscious desire to recognize and resolve these will get us healed and keep us healed.

That is why the secret I hinted at earlier is so important. What is it? It is **asking!** By asking for assistance you are consciously acknowledging the need to resolve an issue, and this is the primary opening needed for healing to take place. However, it would not be wise to expect continual repeat healings without changing the root causes of imbalance in your life.

You may be wondering how astral healing can fix your physical body or what your life issues have to do with it. Basically, the health of your physical body is the result of the energetic condition of your subtler bodies. By resolving the life issue on a causal level, it no longer affects your mental body and astral body, and thus no longer manifests on a physical level. Any healing that takes place on the astral body will manifest on a physical level too, as it flows on from its energy configuration.

This is also why illness can return after any form of healing. The causal issue needs to be dealt with or it can simply re-manifest after a while. This may seem scary if you don't know or can't work out what the issue is yet. But relax! You are momentarily forgetting our secret... **Ask!** Of course your dreaming self will tell you, or else find someone to tell you.

"Ask and it shall be given you."

- Jesus, *Mathew 7:7*

So again, all you need to do for this technique is write down something to the effect of 'I am having problems with my and would like to see the Spirit Healers tonight about its healing and its cause, and remember it when I wake up.' Use whatever words you like, repeat it three times mentally before sleep, and let it go in the faith you will be seen to. Depending on your dream recall, you may or may not remember the resulting session. Either is okay. As with before, things have a way of working themselves out.

You can always repeat the process if you have an urgent problem, and you can always clarify the resolution by request too. In fact, if you are willing, there are very few things that you would not give yourself if you ask your dreaming self! By these two practices you may better learn to remember to ask when you need assistance - a truly valuable skill for anyone anywhere!

To finish this section, here is some general health advice for the spiritually inclined:

"You must structure your working time so that physical and mental stress is kept at bay ... life must flow naturally, and you must flow accordingly. If you push life, or if life pushes you, disharmony will follow. Live each day in a calm, easy, relaxed manner. Let whatever happens happen. If you wish to remain well, avoid stress at all costs."

- Guide, *Spiritual Journeys*

Conclusion

"You may say I'm a dreamer,
But I'm not the only one...
I hope someday you'll join us:
And the world will live as one."

- John Lennon, *Imagine*

This eBook has provided a thorough and in-depth look at some of the more interesting and technical questions relating to Astral Experience. We have also touched upon the many benefits and amazing possibilities that are available through Lucid Dreaming and Astral Projection. But this book is just the tip of the iceberg...

The practical aspects and techniques for inducing these experiences are comprehensively explored in the full Ultimate Astral Experience course. As a writer, I am proud to say the information provided is of the highest standard, including a plethora of new insights. I guarantee no other book or manual or course even comes close to covering these subjects so thoroughly, concisely and innovatively. What more can I say? I highly recommend it:

Get the Ultimate Astral Experience today.

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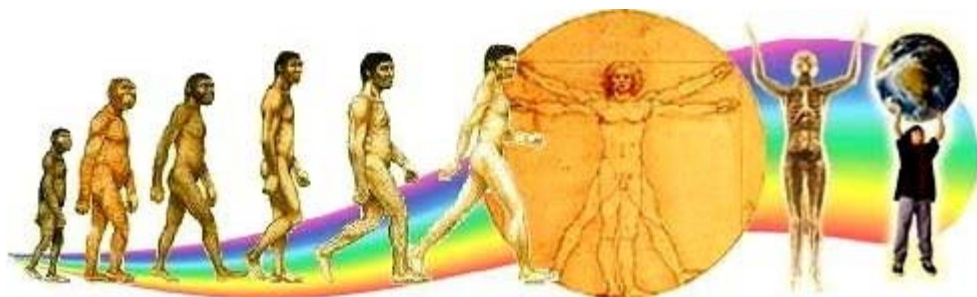
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**Are you beginning to see some of the
literally LIMITLESS POSSIBILITIES
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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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