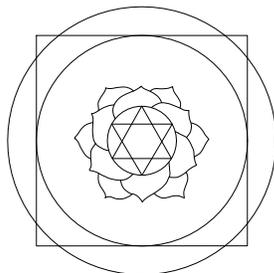


Astral Projection

The Out-of-Body Experience

Workbook & 11 Audio Recordings
With Matthew Brownstein



Anahat Meditation Center

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I. Introduction

Welcome to an extremely exciting endeavor. To consider the reality of consciously leaving one's physical body is a most glorious thing. If you are reading this now, then most likely you have either had the experience or are very curious about having it. Let me reassure you that the experience is absolutely real. With some diligence on your part, you too can have it or have it again, as the case may be.

I personally have been able to leave my body since 1993 when the experiences first started spontaneously. At first the experiences were conscious, but not voluntary—as they would simply happen on their own without any effort. This was delightful, but in time I wanted to be able to have the experience when I wanted it. This led me to begin to seriously study the phenomena and to learn everything I could about it. Since 1993 I have left my body countless times. Some of these experiences were short and simple—like floating over the bed and then returning. However, others were mind-blowing cosmic consciousness experiences that I simply never would have believed possible unless I had experienced them for myself.

It is okay if you are skeptical about this. Obviously you are reading so you are at least curious and this is good. Consider this workbook and accompanying audio recordings as a scientific experiment based upon the scientific method. Here, I will propose a hypothesis: namely that you can consciously and voluntarily leave your physical body. I also propose that you can do this safely and that you can return with information to verify that you were indeed somewhere else where your physical body was not. Now, all you have to do is do the experiment for yourself and get a result. Once you have, you will be able to repeat the result again and again.

It does not matter if you believe me or not. If you are willing to do the experiment, you will know what countless numbers of peoples for millennia have known: that you are not a physical body and no one ever said you had to spend 24 hours per day in one!

I will try to make this as easy and “down-to-earth” as possible, but understand that you are entering into realms that are not all that easy to explain and that are not always all that easy to attain. This will take some work on your part. For some it will be easy, and for others it will be quite challenging. Some people will start out extremely open to the experience and will leave their bodies the very night they read this introduction. Others will require months and months of practice. No matter what, do not give up. You have to be persistent, for nothing so exceptionally worthwhile comes easy.

I have taught people how to leave their bodies since I was 24 years old. I have had the pleasure of teaching many diverse workshops on the theme and seeing a relatively decent percentage of workshop participants have the experience. Not everyone has the experience right away and not everyone does the required work, but some people honestly do end up having the experience after just an initial phone consultation with me, and others end up leaving the very first day of the workshop. Others do not have the experience right away, and unfortunately many have given up. I would encourage you again to stick with this because, no matter what, it is well worth the price of admission.

One important theme to address early on here is—Why? Why would someone want to do this? Many will argue that we are here on earth and this is where we are meant to be. Others will imply that true spiritual growth has nothing to do with flying around the universe or experiencing higher beings of light. Honestly I would disagree with any objection that says that this is not a natural and important practice. Personally, in my first few projections I learned more about the universe and who I am from out-of-body travel than I have from being a religion major in college, living in ashrams, monasteries, and spiritual communities, living in India in the Himalayas, reading countless numbers of books and doing God-knows-how-many post-grad hours in holistic health and transpersonal therapies. The reason I say this is that first-hand experience is so much more informative than just study or hearsay. Without the direct experience of a thing, we really cannot claim to know that thing.

At this stage of my growth, spiritual awareness is everything to me. I have come to understand the incredible importance of self-knowledge. To know who we truly are is the aim of every true spiritual path. “Know Thyself” is the essence of it all. However, to be honest, floating out of your body is not true enlightenment. Having a profound mystical experience is not the true end of the path. However, as we progress along the path, we will inevitably expand our minds so much that we will undoubtedly open up to these other realms. It is important that we do indeed walk a true path that leads us to the ultimate aim of spirituality. However what we find in opening up to out-of-body travel is that it is no different than taking a pilgrimage or going on vacation. It does not matter where we go on earth or in heaven. What matters when it all comes down to it, is that we know who it is taking the journey.

My path began as an agnostic. I was not spiritually or religiously inclined until I began having mystical experiences. It was not that I was always into God and higher realms of consciousness; however, when these realities invade your life, it is hard to deny them. In fact, they can be so intoxicating and exciting, that you would never want to deny them anyway. There is so much more to life than simply being a human being. There are realms and worlds and dimensions that are beyond most people’s comprehension. Some experiences will blow your mind. Some pale in comparison to any experience that can be had on this Earth. My experience is that unfolding into higher consciousness can light a profound spark for true enlightenment.

So before moving on, let’s define what we are talking about when we use terms like *Astral Projection* or the *Out-of-Body Experience*. Astral Projection is actually an archaic and misleading term that was used often in the occult literature of the 19th century. A more relevant term is Out-of-Body Experience (OBE) because astral projection is only one kind of OBE. Simply put, an OBE is an experience where a person finds that his conscious awareness is located at some distance from his physical body.

Astral projection occurs when the conscious awareness finds itself separate from the physical body but is still in what we call the *astral body*. Throughout this workbook, I will help you to see that the “other side” is made up of many different levels of reality and that each of these levels contains a “body” in which you can travel. You can also engage in *etheric travel* and *soul travel*. However, we should understand that these are simply words that describe realities that are not all that easily explained. In short, whether a person engages in etheric travel, astral travel, or soul travel, they are indeed having an out-of-body experience.

To help you to better understand what this would mean, I would like to share some of the possibilities of out-of-body travel with you in hope of sparking your interest. Over the years I have really learned how to help people to have the experience. The first step is to open your mind to it and to get you excited about it. I also hope that these general categories and descriptions can help those who have had the experience but do not understand what happened to them, to indeed understand it and to put it into proper perspective.

Involuntary Projections

Here a person leaves their body without any real conscious effort or technique. Such experiences can be frightening to the uninitiated; however, in truth they are really quite safe. This often involves a brief experience around the house and at times may involve an encounter with someone who no longer occupies a physical body. Often a person simply ends up floating above the bed and then coming back thinking that they must have been dreaming. Involuntary projections also include what is now called a *near-death experience*; and, for most people, it is what happens at the moment we call death—the final projection.

Unconscious Projections

There are certainly times when we are out of our bodies and do not know it or where we do not remember it upon our return. In fact, a major part of proficiency at out-of-body travel is simply programming yourself to remember when you do leave. Because the truth is that you are out of your body more than you realize. I have seen many friends and family members out of their bodies when I was out of mine, but they could not remember the experience the next day. I have had conversations with people who could not remember, and I have even given code words to people to see if they could at least remember one word. For the most part, if you are not trained to remember, then you simply do not.

Voluntary Projections

In time a person learns to leave the body consciously and at will. The advanced practitioner has the ability not only to experience this Earth, but also to transcend this level of reality to explore the more subtle levels of reality. As our consciousness expands, we are able to have longer experiences, we are able to remember the experiences more clearly, and we open up to experiencing the true glory and magnitude of God's creation of which the physical plane is just a small taste.

Direct Projections

Under this category I refer to experiences where consciousness simply dissociates from the body and leaves the physical vehicle behind. This can occur by simply floating up out of the body, rotating out, flipping out, falling out, sitting up, or simply going directly to your "target destination." I will explain all of the means of Direct Projection later in the workbook, because these will be the type we will be most concerned with on the Recordings.

Indirect Projections

These occur where there is no sense of leaving the body at all, but where the consciousness simply finds itself in another location away from the physical body. In the more advanced practitioner this becomes an exciting experience, because here you do not have to bother with the stages necessary to get out of the body. In this case, you just end up somewhere else and your journey begins.

Third-Eye Projections

The space located above and between your two physical eyes is often called your Third-Eye Point. In the advanced practitioner this energy center is open and in time becomes a portal into which consciousness is projected. Here the experience often leads directly into other dimensions without actually leaving the body at all. This is a type of out-of-body experience, except here you do not float out of your body, you merely leave it and enter other dimensions through this inner portal.

Time Travel

When out of the body we are not bound by time and space. We can travel not only great distances in an instant, but we can also go back in time. Future projections are also technically possible, but personally I have very limited experience of this and the information is impossible to verify until it happens. Future projection would only be a possible future anyway, but going into the past is indeed verifiable.

Verifiable Projections

You can actually leave your body and verify information at another location or from the past. Personally I have done these experiments and have convinced myself that I was truly at another location or at another time by coming back with information and verifying it with others.

Assisted Projections

When out of the body, or while leaving it, you will most certainly become aware that we are not alone in this universe. There are many seen and unseen helpers who are there when you leave your body. The seen ones can include ascended masters, angels, fairies, or just regular-looking human-like beings who are not in a body. Some seen beings can exist without a human body at all as they exist on these more subtle planes, and also you can encounter others who are out of their physical bodies as well.

Unseen beings include those strange guides who talk to you, pull you, push you, and lead you to places that you are meant to go. My experience is that they are benevolent and that they are there to help you experience something that is in your best interest, but they seldom make themselves known to you. The beginner should certainly be aware that he will encounter others when out of the body. They could touch you or talk to you or interact with you in any number of ways and this may be frightening at first. Rest assured, we will cover the topic of safety and fear later on.

Astral Sex

Yep, I said it. It's true. Human sex pales in comparison to the bliss of union on the more subtle levels. On the physical plane we can only connect so much due to the limitations of the body. When out of the body, two beings can merge into each other in an ecstasy that knows no bounds and in places that make a honeymoon at Niagara Falls seem boring. Imagine merging into a person you love totally and completely in rapturous orgasm and union while floating in the midst of planets, suns, and moons. Now imagine this happening with any other Child of God! There really are no limitations, so when out of the body, dream big. Don't worry, it's not adultery.

Cosmic Projections

The glory of creation is no small thing. Life on Earth is the most myopic sense of what God's creation really is. Not only can you see the Earth like an astronaut might from the moon (an amazing sight to say the least), but you can also experience other planets, worlds, and galaxies. Your consciousness also has the ability to become very small and see subatomic particles, and you also can expand your awareness to encompass entire worlds. It can be quite intimidating for the beginner when he experiences that he is not as small as he thought he was during his human experience. There is no limit to how big or to how small consciousness can become. Through these cosmic experiences you literally come back to the Earth with a whole new awareness of what is really going on. When you experience cosmic levels of consciousness, you will never be the same again.

God-Consciousness

The door is always open. We are not on Earth in exile. We are on Earth by choice. When you are ready to go Home, just go. When out of your body, you can transcend all lower levels of reality and return back to your Source. Here you will rise above every level of creation and through the Light of God and all of the Sparks of Creation that emanate out from God. Here, you will merge into the Absolute Ocean of Consciousness and know who you truly are once again. This is no small thing as it

represents the top of the mountain that all spiritual paths are leading to. Getting there is quite the journey, but integrating such awareness back into the human life is even more so. Again, dream big; there is no limit to what you can experience. In fact, here's a hint: Seek the highest and all things will be added unto you! You've been told that before! It's really good advice.

The experiences are absolutely endless. As the Taoists say, "A thousand-mile journey begins with the first step."

II. Introduction to the Workbook and Recordings

Workbook

Ideally you have just read the introduction and are ready to begin. All you have to do is read the rest of this workbook at your own pace and begin working with the accompanying Recordings when you feel ready. The workbook is important, and you may want to read it through first before doing anything else. Take your time and do not rush. Projecting with fear or lack of knowledge can be very disconcerting. There is nothing to truly be afraid of, but go slow and be a well-prepared traveler. It will make the experiences so much better.

Recording #1: Daily Hypnotic Programming and #2: Nighttime Sleep Programming

This system is designed to prepare every level of your being for the experience. Through hypnosis you will learn to relax very deeply and be programmed to:

- Remember anytime you are out of your body
- Return slowly and safely to your body to avoid “snap-back”
- Go easily to your “target destination”
- Go into an extremely relaxed state of “body asleep, mind awake”
- Encounter only benevolent beings of light and love
- Believe that you can do this
- Be fully grounded and functional on your return
- Invoke the “vibrations” that are required for Direct Projections
- Easily “break coincidence” with the physical vehicle

You can begin using Recording #1 right away and are encouraged to do so every day at least once.

See Section VIII of this workbook for a complete guide on how to use the workbook materials.

Recording #1 – Daily Hypnotic Programming

Recording #1 is designed to be used on a regular daily basis at some time during the day when you can stay awake and consciously listen. Remember not to fall asleep, but to relax as deeply as possible while still remaining conscious.

Recording #2 - Nighttime Sleep Programming

Every night as you go to sleep you can let Recording #2 lead you into a profound sleep and program you with the same information from Recording #1 - Daily Programming.

Recording #3: Subliminal Programming

This Recording includes all suggestions on the Daily and Nighttime Programming Recordings; however, they are embedded within music so that your conscious mind cannot hear them. Subliminal programming effectively influences the subconscious mind in assisting you to reach your goals. This Recording not only contains soothing music that is enjoyable to listen to anytime, but it also has multiple tracks of subliminal recordings that play simultaneously through right and left channels.

Therefore, you can listen to this Recording with headphones anytime you would like to get more benefit from it, although you can listen anywhere without headphones also.

Recording #4 and 5: Guided Meditation Sessions

The Anahat Meditation System is explained thoroughly in my book *The Sacred Geometry of Meditation*. The basic principle of the system is that it helps to keep a balance between Ascending (being in higher consciousness and/or leaving the body) and Descending (leading a fully functional human life and/or coming back fully to the body.) It is important as part of this system to meditate every morning and evening for many reasons that are explained later in this workbook. This Recording has two tracks—one for the morning and one for the evening. They are each 10 minutes long, so along with the hypnotic programming, you are also encouraged to be doing at least 20 minutes of total meditation time each day.

In general, you can use Recording #4 – Descending in the morning and Recording #5 – Ascending in the evening. However, as you become more familiar with these meditations you can use them when you feel you want or need to at various times.

Recording #7: Guided Techniques for Out-of-Body Travel

Practicing with certain techniques to help to “loosen” the astral vehicle from the physical are very important. I have studied hundreds of these techniques and have found that many of them share a few common components that really do work. Practicing with these meditations will not necessarily promote a projection during their use, although they might, but they will help you to project when the time is right.

I encourage you to continue reading through and working with the information in the workbook, but at any time you can turn to Section VIII and begin using the Recordings as explained.

III. Overcoming Fears

The first and perhaps most important topic to cover is your possible fear of projecting. If you are afraid, you will instantly stop the experience. Here I will try to answer questions that my students have brought up that concerned them. The more you know the better because your misconceptions and lack of preparation will make for rather undesirable experiences.

First, know that there is nothing to be afraid of. First, no matter what experience you have or who you might run into you can always come back to your body. Second, you are an immortal and unchanging spirit who can never die and never be hurt. Third, the major reason not to be afraid is that you will be very well prepared if you follow this system step-by-step.

Can I encounter anything negative, evil or demonic while out of my body?

Honestly, I never have, but others certainly have. Like attracts like. Many people have had OBEs without proper training. They were not on a spiritual path and had not purified their hearts through intense personal growth. Through this workbook and the recordings that follow, your system will be prepared for the experience and you will only attract beings of light and love. If you get out of your body and are full of negative emotion (because your emotions DO go with you), you will attract energies that are like your own, or you will go to places that are of like vibration. Be sure that you feel that you are in a good space—free of fear, guilt, anger, and other such emotions before you leave your body. In truth you are eternally safe no matter what, but to have nice experiences, be sure you are in a good space. This workbook and the recordings will help, but if you need more help in this department, please get it first.

My personal experiences have only been with beings of light and love, ranging from Ascended Masters to angels and fairies. The closest thing to something “bad” that I have encountered were some “grumpy old men” who were protective of their space. Besides that, I can only tell you that I feel totally safe when traveling and so should you.

Can I get stuck out of my body and never get back?

Nope, and if anyone did they never came back to tell the rest of us. As long as you still have a reason to be on Earth, you will be. You will always come back until it is your time not to. You cannot end this human experience simply through a temporary journey away from it. The beauty of OBEs is that you will come to have no fear of death and will actually kind of look forward to it. You will have many projections before the “final projection,” and, when that happens, you will be thrilled out of your mind. Until then, all OBEs will be temporary, and you will always return.

What if something happens to my physical body while I am away from it?

If there is the slightest need for you to attend to your body, you will instantly know it and come back to it. If the body has to urinate, you will be pulled back. If the body is not safe, you will be pulled back. And if it is uncomfortable, it will certainly pull you back. The problem is not that you won't be able to get back or won't get back quick enough the problem is that it is all too easy to get back.

Can something or someone else enter my body while I am out of it?

Your body is yours, and no one else can fit into it. It takes a lot of time and energy for a soul to come into a body, and no one can just slip right in. There are, however, cases of entity attachment

where other not-so-nice beings can cling to your aura if it is weak. This relates back to not projecting until you feel ready. Entity attachment technically occurs for many people who have never even left their bodies. Is it possible to have them and then leave the body and see them there? I've never had the experience, but other less experienced projectors have. Again, simply do the preparatory work, and it is unlikely that you will have to worry about this. Nothing has ever been in my body when I returned, and nothing was ever found on my astral vehicles while I was out traveling.

Is there a “silver cord” that connects the astral and physical bodies? If it breaks, will I die?

Many projectors report this cord. I personally have never seen it. I also have never given any attention to it. It is important to understand that thought manifests form. If you look for something or believe in it, you will find it, especially on the astral planes. So is the silver cord an actual part of your astral anatomy? If I had to make an educated guess I would say no. Many who have experienced it report that it cannot break no matter how far away you go from your body. There were supposedly old cartoons that showed the cord being cut and the person dying. Personally I do not acknowledge this concept as having any validity at all and believe it is simply the result of the imagination of those who could not understand the connection of the physical and the more subtle vehicles. Again, you are safe in this regard as well.

What if I'm not supposed to get out for some reason and I manage to?

If there were some reason not to leave at the moment you did and you managed to get out, then you would simply come back or be brought back. It is almost like saying, “What if I was supposed to be home at 5:00 pm and I wasn't?” Well then you would deal with what you missed when you got home. If you should have been in your body for some reason and were away from it, then the fortunate thing is that you could be back quicker than in the blink of an eye.

What if I cannot find my way back once I am out?

You never have to worry about this because all you have to do is think of the physical body and you will go back to it. If that does not work then you simply can try to move a finger or a toe and that action will bring you right back. Don't worry, you'll get sucked back in any way. The real trick is to try to stay out as long as you can, because the body definitely has its own “gravitational field” that always pulls you back to it. The problem is not getting back; the problem is staying out.

Does it hurt if I come back too quickly to the physical body?

Well, that is the one question that gets a big resounding YES! It is quite a disagreeable shock (to say the least) to come back to the body too quickly. Through hypnotic programming, you will be conditioned to come back slowly and gently. The only real contraindication for someone to leave their body is if the body has heart problems. I am not aware of anyone physically dying from this, but my experience is that if my body were not young and healthy when I first encountered this that it almost felt like it would have been too much to handle. This is not to scare you. The one warning I would give is simply to avoid the “snap-back” phenomena regardless of your state of physical health.

I know there are many other questions that will come up for you. I have simply covered the ones that I hear often that seem to be the grounds for becoming afraid. Hopefully other questions will be answered as you go through the workbook. If not, please turn to the Resources section at the back to find out how to learn more.

IV. Understanding the Terrain and its Vehicles

To get the fullest sense of what an out-of-body experience can be like, we can divide things up a bit. Before we do this, however, we should understand that Reality is one seamless whole. These divisions are man-made and are not actual divisions at all. For instance, how long is this line and how many segments are there in it:

The line is just one whole and how we measure it and where we stand on it are totally relative positions based upon the observer. It can be measured in millimeters, centimeters, inches, yards, feet or even miles. There might be two divisions or an infinite number depending on how we decide to measure it. This is very important when talking about the out-of-body experience, the vehicles we use to explore with, and the levels that we can explore. We must understand that these divisions and levels are merely constructions of our mind.

One of the ways to measure Reality is from the subtlest to the most dense, where the most subtle is Source and the most dense is the physical plane. Here, we have already made two divisions that really do not exist: the Source and the physical. They are merely distinguishable through degrees of density, although in truth they are the same Reality.

Here, the word Source represents the underlying essence from which all other levels of reality will manifest. We could call this God, but in this model we are not referring to a person. Source, as experienced directly through the OBE, is an infinite ocean of consciousness beyond all words and descriptions. To help our understanding, we can use some of the words that the great mystics have used for centuries to try to explain this:

Pure Consciousness	Source	Pure Existence
The Mystery of all Mysteries	Pure Bliss	Godhead
God Beyond the Beyond	Infinite	Eternal
Omnipotent- Pure Power	The Beloved	The Absolute
Omniscient – Pure Knowledge	Home	The Holy of Holies
Omnipresent – All Pervasive	One without a second	Love

Through these words, we as human beings try to describe that which transcends all description and that which cannot be known through the mind. Source can be known, but not through the intellect. To know this, we must experience it. In truth, to really know it we must become it. Even more importantly, we must come to know that we are and always have been it. There is nothing but this One Self, and it is this One Self that manifests into everything that is. When speaking of the Divine Source and all that it manifests into, we refer to the All, or the Whole, or God as All-in-All. There is no other substance, as there is only this one essence that has become all that is.

On a macrocosmic scale, this can be seen as a series of emanations where the Divine gradually becomes more and more formed through stepping down its immense energy into ever more dense realities. However, even as the divisions of space are man-made here, so too are the divisions of time. Just as it is quite human to divide this continuum into linear divisions of space, so too is it common to divide it based on time. For instance, “On the first day God created this, then on the second day he did this, then on the third day...” In Truth it is all happening now in the eternal present and is not bound by linear time. It is only from a relative time/space perspective that we find these divisions. Let’s pretend to be human and create seven divisions of the macrocosmic and of the microcosmic so we can have a discussion about what lies in between here (Earth), and there (God,) while

remembering that in truth there is really no division between here and there. For what we eventually come to know is that all of these levels occupy the same space.

Level	Macrocosmic Plane	Microcosmic Body
1	God Beyond the Beyond	God Beyond the Beyond
2	God in the Beyond State	God in the Beyond State
3	Causal and Higher Mind	Causal and Higher Mind
4	Astral	Astral
5	Lower Mind	Lower Mind
6	Etheric	Etheric
7	Physical	Physical

Levels refer to the varying degrees of manifestation from the most subtle to the most dense. The *macrocosm* refers to the entire universe and its Source, and its divisions are called *planes*. The *microcosm* refers to the human being and its Source, and its divisions are called *bodies*.

On the macrocosmic level, the Divine emanates out vast regions of manifestation from Itself. From the Infinite non-dual field of Pure Consciousness, the Divine manifests as an Infinite Sea of Light, which we refer to here as God in the Beyond State. If God Beyond the Beyond is the Father, then God in the Beyond State would be its Son. From here we find the Causal Plane and the Mind of God. These first three levels form a non-dual trinity where Source, Light, and the Pure Ideas as creations of Divine Mind exist. This is the Alpha and the Omega. Everything that ever was, is, or will be made manifest exists here eternally in the realm of pure idea. On this level of Reality we also find what is known as the Om Point where the Divine Light is manifesting out into the more dense forms of the universe through light, sound, geometry, and what I call the Sparks of Creation. From one point, which is everywhere, the Source emanates out the subatomic particles that will manifest into all that we see.

From these levels (which one paragraph cannot possibly do justice to) the astral plane develops. This can be broken down into three levels as well. The Higher Astral is associated with the Causal Plane. The Astral Plane itself is its own plane, and the Lower Astral Plane is associated with a more dense level of the Astral Plane. Remember that there are no clear divisions, lines, or signs that tell you when you are on one level or another. Each plane blends into the next. However, for the sake of being as simple as possible, we can break this down into:

1. Source
2. Light
3. Causal Plane/Divine Mind/ Higher Astral Plane
4. Astral Plane
5. Lower Astral Plane
6. Etheric Plane
7. Physical Plane

The Pure Ideas of Godhead eventually manifest themselves into the entire astral plane. This is an entire world far more vast than the physical universe where every reality that could possibly be dreamed of exists. For the sake of this simple workbook, we shall not go into explaining the astral plane in depth. To understand it, we can simply imagine a world like ours but not physical. It has all sorts of beings, not just humanoid, and these beings exist in vast worlds far larger than the physical plane. Some worlds are nonconsensus realities formed by Divine Mind where beings live regardless of their general consensus. And then there are consensus realities where beings have come together and have manifested worlds that they consensually (although not consciously) agree upon. These worlds,

both consensus and nonconsensus, have varying degrees of density from being very close to the Light of God and the Pure Ideas to being much more dense and being quite close to being physical.

When the astral plane becomes sufficiently dense, it turns into what we call the *etheric plane*. The etheric plane is in between the physical and the astral. It looks similar to the physical but is not quite as dense. It can be considered the blueprint or the template for the physical. It has everything in it that exists physically, for nothing can exist physically without existing here first. It looks like the physical; but, for the most part, things there are of a much higher quality and are much more vibrant and brilliant. This world glows more than the physical, but for many it can be mistaken for the physical.

And then of course we have the physical plane, which you do not need me to introduce you to!

You can explore on any of these levels and are not limited at all. You can leave your body and travel around the physical plane, such as flying to another city or state. You can travel on the etheric planes and see the underlying blueprints for the physical. You can travel anywhere on the astral planes, or the causal planes, or you can even go into the Light or take the glorious mystical journey through the Light into Source. You can become as small as a subatomic particle and observe that, or you can become as big as a plane of reality and observe that. There really is no limit except in your mind.

Now once out of the body, you will become aware that you have more than one body besides your physical. On the chart above, you will notice that the microcosmic bodies of the human being correspond to the macrocosmic levels of reality. For instance, the physical body exists on the physical plane and the etheric body exists on the etheric plane. As you get more subtle, the idea of a body becomes less and less relevant. To keep it simple, we can divide the out-of-body experience into three major levels:

1. Etheric Projection
2. Astral Projection
3. Soul Travel

1. Etheric Projection

When you leave your body and still feel that you look like your physical self, then for the most part you are in the etheric vehicle. This is the body that you hear about when you hear of people who were “dead” and did not know they were dead. The etheric body looks and even feels like the physical, although it is not physical. It is limited to travel on the physical and etheric planes and cannot go any higher. Just as the physical body cannot perceive the more subtle levels, so too can the etheric body not perceive the astral planes. However, remember that the divisions that we make up here are not as relevant as when truly walking the terrain. Remember “the map is not the terrain.”

2. Astral Projection

To go beyond the physical and the etheric, we need to drop the physical and etheric bodies and use the astral body. In essence this is a body of pure light that takes the shape of the thoughts and ideas of the one inhabiting it. For someone who has been associated with a human form, this body usually will take the shape of the human, but it will remain mostly pure light. It can have color, shape, or size in any number of unlimited ways, but this is totally based on the mind of the one using (manifesting) it. It can explore the astral, etheric, and physical planes freely.

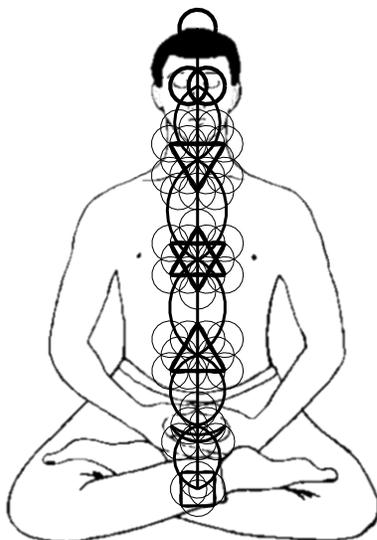
3. Soul Travel

This is the preferred method of transport for the seasoned traveler. The “soul body,” also known as the “causal body,” is not limited to any level and does not need the astral, etheric, or physical bodies. It can drop them and travel much more freely. It can go all the way back to the causal plane of Higher Mind and Pure Ideas, but even it must be dropped to merge all the way back into Source. This is why Level 1 on the chart is the same for macro- and microcosmic orders; because without the causal body the consciousness of the individual becomes the consciousness of its Source. Without going too deeply into the notion of complete union yet, let it suffice to say that the causal body is what we travel in when experiencing soul travel and that it is the most unlimited way to travel. However, sometimes it is nice to use a more dense vehicle to be able to fully experience what is happening on the more dense levels. For instance, the soul body has no arms, legs, or genitals, and the only way to have physical sex is to have a physical body. The soul body is excellent for traveling, but is lacking when it comes to being able to participate fully on the more dense levels. Technically speaking, it can manifest a body at will anywhere and anytime it wants to. This is how great saints are said to bilocate (be in two places with two different bodies at once) or how angels can supposedly manifest physically for a brief period of time and then leave without having to go through human birth.

If all of this sounds strange to you, then you have simply been playing human for a little bit too long and have forgotten the infinite potential of who you truly are. Remember to keep an open mind, as it is your mind that is directing what you manifest and therefore what you experience.

To summarize, I know this was a very deep section of this workbook; however, let me simply say that you do not have to know any of this information to leave the body. The more you know the better, but once you have explored these levels, bodies, and possibilities for yourself, then you will not only understand these models better, but you will be able to come up with your own divisions based on your own experience. Remember the universe is far more than simply seven levels, because it is far more glorious, holographic, multidimensional, subjective, and non-linear than any of us could possibly imagine.

V. Chakras, Bodies and Levels



To be more proficient in utilizing all of the bodies available to us and to project to the different planes of reality, it is important to understand the chakra system. The traditional and basic system of chakras deals with seven major energy centers located vertically along the cerebral-spinal axis of the body. This begins at the crown of the head and goes down to the tailbone. Each chakra relates to a different level of reality. Chakras are usually counted from the bottom up, so the first chakra which refers to the physical plane actually is associated with the seventh level of reality. The seventh chakra, located at the crown of the head, is associated with the first level of reality (Source).

Level	Macrocosmic Plane	Microcosmic Body	Chakra Number	Chakra Location
1	God Beyond the Beyond	God Beyond the Beyond	7	Crown
2	God in the Beyond State	God in the Beyond State	6	Third-Eye
3	Causal and Higher Mind	Causal and Higher Mind	5	Throat
4	Astral	Astral	4	Heart
5	Lower Mind	Lower Mind	3	Solar Plexus
6	Etheric	Etheric	2	Navel
7	Physical	Physical	1	Tailbone

To function on a certain level of reality and with a certain body, we simply need to hold our attention on a certain chakra, its associated region of the body, and its energetic when we want to utilize its vehicle. This is not as esoteric as it sounds. When you want to function with the physical body, you simply bring your attention to it. When you want to function with your mental body, you simply bring your attention to it. When you want to function with your emotional (astral) body, you simply bring your attention to it.

To function on the lower levels of reality, we bring our attention lower in the physical body. To function on the higher levels, we bring our attention higher up in the body. Here is a simple rule of thumb:

To come back into the physical and to be fully in it, focus below the navel and down to the tailbone.

To utilize the etheric body, focus above the navel and into the solar plexus.

To utilize the astral body, focus on the heart.

To utilize the higher mental body, focus on the throat.

To utilize the causal/soul body, focus on the third-eye and crown.

There is more to it than simply where you put your attention, because your entire being needs to be vibrating at a certain level to experience that level. For instance, to come fully into the human form, we need to be thinking and functioning from that level. To come into the soul body, we need to be thinking and functioning on that level. The Anahat Meditation System is designed to give us access to all of these levels and to be balanced within them. This is a very deep teaching, but it is important to be able to consciously access different levels and different bodies at will. It is also important when understanding how to engage out-of-body travel and to still come back and be fully functional as a human being.

As you advance in your understanding of the chakras and as you advance in out-of-body travel, this and the preceding sections will become ever more important. For now, let's take the first steps to get you flying...

VI. Stages of an OBE

Here we will discuss leaving the body based on the five major stages that you will go through in what we call a Direct Projection. This is the type of OBE where you will most likely be lying in bed and then just get up and float out of your body. The five stages are important to master. You should work on them in order from first to last, while also opening up to working with all of them as a whole. Another way to say this is that you will want to practice stage one and then when it is mastered move to stage two; however, you should also be visualizing all of the stages as a whole occurring in a complete projection. The Recordings will help you to do both. The five stages are:

1. Deep Relaxation
2. Vibrations
3. Separation
4. Travel
5. Return

1. Deep Relaxation

You will need to learn to bring your body to a state of profound relaxation to leave it behind. When you are stressed, tense, or agitated, you will not be able to leave the way that is taught here. There is always the “jump in front of the Mack truck method” or the “make my body so sick that I can barely stay in it method,” but neither is good for being a fully functional human being. If the body is dead, it is quite relaxed; but then you only get to try this once. And if the body is so weak and frail and sick that you find it easy to leave, then you will get to come and go virtually at will with the right means, but you will be very miserable while you still have the human body. (Read Muldoon’s *Projection of the Astral Body*. Sylvan Muldoon was a very well known astral projector who was very good at leaving the body because his body was so frail and sick.)

When the body is sick or dead, it is in a state of disorganization and is suffering from the results of entropy. It will be an easy platform from which to leave, but this misses the whole point of living a self-actualized life where we can be successful and functional on every level of being. This latter way of being is a state of extreme organization where the being is fully functional, healthy, and actualized in every aspect of life. This takes a bit more time and energy, but it ties into the very important theme of remaining healthy and grounded while engaging this practice.

To leave the body when it is in a state of extreme organization and health is not only possible, but it is far more desirable. (For more information on this, see my book *The Sacred Geometry of Meditation*.) However, for now let it suffice to say that we want to be nice and healthy and deeply relaxed when we are practicing out-of-body travel. The first step here is to be able to let everything else go and to relax the body very deeply. We are working toward getting into a state that can be referred to as “body asleep, mind awake.” There are many methods to bring yourself into that state. Some of these are purely mental and involve meditation or hypnosis; and others are more mechanical and involve different technologies that alter one’s brain wave states.

No matter what method we use, we are working to create a state of brain activity that is very well organized and where the brain waves are shifting from regular Beta waking consciousness toward the state of Delta deep sleep consciousness. The major difference here is that we are not letting our mind drop away as the body enters these states. Here we are learning to put the body to sleep while keeping the consciousness and the mind fully aware of being aware. The consciousness is always aware, but in traditional deep sleep, the mind is gone and we are not aware of anything. In the altered state of meditation or hypnosis, we are still consciously aware even as the body becomes extremely relaxed.

This is the state known as *yoga-nidra* that occurs at the end of a yoga class. It is also the state known as the *hypnagogic state* that occurs when you are falling asleep at night or waking up in the morning. It is when you are consciously aware and functioning in a deeper brain wave state where the body is still for the most part asleep. Here you will need to learn to enter into that state without falling asleep. For the most part, this is done through mediation and hypnosis in this system, but you are more than welcome to find other ways to get there on your own.

Part of this system is that you will have an option of practicing the Early Morning Projection Session, where you will wake up around 3:00 am and practice OBE techniques. Then you will go back to bed, and as the body enters into sleep, you will leave it. This method bypasses the need for having to learn to hold this state consciously for a long time. However, it certainly does disrupt your sleep cycle, which can throw you out of balance over a long period of time. Therefore, you are highly encouraged to learn to enter this state of “body asleep, mind awake” at will and then projections are more under your control.

2. Vibrations

The vibrational state is one of the most profound ways to show you that astral projection is not a dream. Once you have entered a deeply relaxed state, you will then invoke what I call “the vibrations.” There is no suitable word for this phenomenon, and there is no easy way to tell you how to tap into it, but it is real and when you experience it you will know it. Not only will it be unmistakable, but you will somehow intuitively feel very comfortable and natural with it, almost as if you have found a long-lost friend. At first this friend may scare you, but in time you will become very comfortable with it and realize that it cannot hurt you.

The vibrations consist of waves of energy that come into your system when you are in the deeply relaxed state. At times they will come without your trying to invoke them; and at other times they will come when you want them to. Either way, you should be trained to understand them and how to take advantage of them whenever they arise. These waves of energy rush up and down your spine, but can fill your whole being. They might be felt coming down from above your head, or they may be felt rushing back up your spine to your head. They begin in the higher chakras and rush down and then back up the system, but they are not always felt that way. Regardless of how they come in, we should know what to do with them.

The vibrations can be intense, ranging from a mild sense of energy to the feeling of being plugged into an electric outlet. The vibrations are waves with a wavelength and a frequency. A *wavelength* is the distance between one peak or crest of a wave and another. *Frequency* is how quickly those peaks come in. The *amplitude* of a wave is the maximum displacement of the wave. To keep this as simple as possible, the practitioner first must have the vibrations, increase the frequency at which the waves come in, and increase their amplitude to feel the vibrations getting stronger and stronger. The waves need to be moving fast enough and vibrating high enough to enable the consciousness to separate from the body.

You most likely will not like me when I tell you that it is almost impossible to explain how to invoke the vibrations and how to adjust them. It is not as if there is a switch or a dial to turn. You simply have to practice, but here are a few tips that should help:

1. Go into a deeply relaxed state and want to feel the vibrations. Actually ask for them to come in and keep opening up to the concept. Your intention to feel them is the first step.
2. Bring your consciousness way in and up into your crown chakra and look for them. Imagine that they are an arm’s length above your head. Bring your awareness that high above your body and feel for them there. Imagine pulling them down into the body.

3. Once they are there, you will notice that they are intimately connected to the breath. Through holding the breath gently and guiding the vibrations with your intention, you work to make them stronger and more powerful.

I am sorry to say that this is not an easy step; but if you practice, you will most certainly figure it out. Once you open up to trying to find the vibrations, they will come to you. Just be sure to practice even if you feel discouraged at first. You will get it, even though I cannot really tell you how to.

Once the vibrations are there, you will need to get them to what I call a “solid-state of vibration.” This is where the energy is moving so fast and at such a high rate of vibration that you will intuitively know that it is possible to leave the body. I don’t know how people know that they can leave at that moment exactly, but you will feel as if the door is open. Once it is, simply go for it. This leads to the third step. The moment you get out, you will no longer be aware of the vibrations. Remember to practice with one step at a time. First, learn to relax deeply (Step One) and then find and intensify the vibrations (Step Two). Only then should you try to move to the third step.

3. Separation

With the body deeply relaxed and the vibrations fully present, you will know you are ready to “break coincidence” with the physical body. Here you simply take your consciousness and move it away from the physical or out of alignment with the physical in some way. Here are a few methods that have worked for me:

- Floating Out – Here you simply will yourself to move up toward the ceiling and then you simply end up floating up and out. The difficulty here is that you have not broken coincidence with the body and so it will be hard to distinguish “you” from “it.” Breaking coincidence involves feeling your consciousness as if it were not facing the same direction as the physical eyes are. Most of the time we are looking through our bodies as if we are facing forward. This is like looking through a pair of binoculars from the small lenses toward the larger ones, the traditional way to look. Floating out directly would be like moving in the same direction as your traditional line of sight. This is possible, but more difficult.
- Rotating – With the rotation method, you actually turn around and face the back of your head. Here, instead of looking at the binoculars, you look away from them in the opposite direction from where they are pointing and look behind you. In truth your consciousness can see 360 degrees any way. But when you are leaving the body initially, you will be looking forward like you normally do. When you rotate, you will be facing as if you were looking at the back inside of your skull. Don’t worry, you won’t see brain, you’ll just see darkness, but you will know that you are facing backwards. From here, you simply float out and up and then you will be looking down at your body in the bed.

There are times when you do leave your body this way and will not see the body there in the bed and this can occur for several reasons (including):

- Your astral eyes are closed and you are not seeing yet. If this is the case, move far away from the body before opening them so you do not open your physical eyes and snap back. Once you are far enough away, then simply will to see and you will see.

- You have left the physical and etheric planes and are instantly on the astral plane. In this case, you will see an empty bed with no one in it. This is odd at first, and it is hard to explain. It took me years to figure it out. When projecting to the more subtle levels, you are no longer seeing the physical at all. Therefore when you look in the bed, you will not see a physical body. There is no astral or etheric body there because you are floating in it, and it is no longer in bed. Whether you understand this or not, once you are out, body or not in bed, just continue on your merry way.
- The last reason not to see a body in the bed is that when you get out you might instantly be somewhere else. Just be pleasantly surprised and enjoy your trip.
- Sitting Up – When the vibrations are present, you can also try to sit up with your astral body to break coincidence. Here your “astral legs” will still be in the body, but your astral head and torso will be sitting up above them. This makes it hard to get away from the body, and you could be sucked right back in.
- Rotating from Head to Toes – Here the consciousness is moved from the head and down to the feet. Most of the time the center of consciousness is located in the head, but it can be moved anywhere. With the vibrations present, simply bring attention to the feet and you will go there. Once you’ve broken coincidence, simply move away as fast as you can.
- Rolling Out - Similar to rotating, rolling out is when you rotate your consciousness to face behind you while simultaneously rolling to the side. Here you are next to the body and looking down rather than being in it and looking down.
- Flipping out –Flipping out means that you literally fling your astral feet over your head and somersault out of your body. You just throw a lot of momentum backwards and flip your astral body out of the physical. It's fun and effective.
- Directly to your “Target Destination” – When the vibrations are present, simply will yourself to a predetermined place to go. If this does not work, resort to one of the other methods.

The most effective way for me is to rotate or to roll out. I simply look to the back of my head and float up above the body, or roll to the side of it and then away from it.

Remember there are other types of projections that do and do not include the vibrations such as time travel and third-eye projections, that we will cover later in this workbook.

4. Travel

Let’s assume that you have made it this far. You’ve managed to relax very deeply, invoke the vibrations, and separate from the body. Now what? First, get away from the darn thing as quickly as possible because it will always try to suck you back in. It really does have some type of gravitational field, and being too close to it will cause you to come right back in. The best method for getting away quickly is to know where to go. Therefore I encourage you to pick a “target destination.” This place that you have predetermined yourself to go should have some emotional charge to it. A person

usually works better than a place in this regard because of the psychic connections that we all share. However, a place or level of reality that you really want to see will work as well.

Just know where you want to go first before leaving the body. Then at the moment of separation, simply think of this place. You can visualize it, feel it, or just declare it through thought or all three. See it, feel it and think of it. Then you might end up flying there as if traveling or you might go there instantly. Either way, just keep enjoying the journey and do your best to forget about the body. Go where you want and forget about the human for now. It will be there when the journey is done.

While you are out of the body, the experiences are endless, but here are a few pointers:

- If you are falling, remember to visualize a parachute.
- If you feel you need it, ask for help. There are guides I assure you.
- If a guide is leading and you feel safe, simply surrender and enjoy. I have learned so much more from surrendering than from making my own agenda.
- If you feel unsafe, simply think of the body or try to move it. This will instantly bring you back.
- Come back slowly to the body and avoid “snap-back.”
- Let go of expectations and human rules of etiquette. God’s laws are not man’s laws. Honor God’s laws and forget about human conventions. You’re more free than you might imagine.
- Remember that things can be very sexual out there. Sex is union. It is about different aspects of the Whole coming to know themselves in a myriad number of ways through oneness. There is no level of reality, including Source, where some form of union containing sexual energy does not exist. You won’t always feel it, but it is inherent to the fabric of creation (and it is not bad)!
- Be a nice, courteous traveler because you will be visiting places that do not belong to you. Humility and kindness go a long way “on earth as it is in heaven”!
- Just have fun and enjoy. Do not take anything too seriously. You are a soul playing throughout eternity. Just dance and be free!

When out of the body, you have far more potential than you may believe right now. Dream big. Feel free to ask for majestic encounters that you never thought were possible. Visiting your mother in Iowa is fun to see that you can, but once you’ve played around on the lower levels for a while, then let your horizons expand. Explore more subtle levels, and do not be afraid to ask for cosmic consciousness visions, angelic encounters, Ascended Masters, or even for God. My best and most important experiences are when I simply say, “God! I want God!” Go for it. She loves it and is glad to oblige the request. After all, that is what you were really created for.

5. Returning

Yep, all good things must come to an end. Eventually you will have to come back to the little, finite, awkward, smelly and high-maintenance human form. I do not have to tell you how to come back, because you will. If anything I should prepare you for an adjustment phase that will follow after you’ve come to remember who you really are. The body is very small and limiting. It needs to eat, sleep, urinate, defecate, and pass gas. It needs to be housed, protected, and groomed. It is born, it ages, it gets sick, and eventually it ceases to be. This is matter-of-fact for most people, but for a soul who knows the truth of things, this is hard to get used to. You, the soul, need nothing. You are not born, and you will not die. You will not age or get sick. You do not need to eat, sleep, work, urinate, defecate, or pass gas. You are limitless and forever free. You do however have free will, and you have chosen to have the human experience. Although there are no rules that say that you have to be here 24/7, there is still the fact that you will come back again and again until the journey is over.

After resisting this for awhile after remembering who you are, things will mature; and you will come to understand the need for the human experience. Resisting it becomes pointless, especially when you can do so much good toward relieving the suffering of those who inhabit bodies. In time, the evolution becomes less selfish, and it really does not matter where you are. In fact, at that stage after God knows how many OBEs you've had, it will not matter if you are in a body or not. You will find peace with it. I can only warn you that there most likely will be an agonizing phase of resisting the human experience.

Anyway, if you do need to return when you are out-of-body for any reason, then simply think of the body and you will come back to it. If that does not work, try to move a finger or toe. And if that still does not work, ask for help. And if that still does not work, then simply relax and wait it out. Don't worry, if your human trip is not over, you will come back.

Also remember that when returning to the body, do it slowly and gently. The heart is very sensitive to "snap-back." It should feel like a hand slipping into a glove: nice and easy. Also be aware that upon returning to the body, the body might be quite sexually aroused—just a warning!

VII. Other Types of Projections

Besides traditional vibrational projections, three other types are fascinating to know about and also achievable with enough practice.

Time Travel

We have discussed that during the vibrational state that one way to leave the body is to rotate one's consciousness and then rise up and separate. Here the consciousness that was looking forward now looks backwards as if through the back of the head. This is often done slowly and mindfully with a gradual sense of separating and floating away. However, one day I was feeling playful and started to just spin around in there after invoking the vibrations. It was like being in a tube and rolling down a hill. I was just spinning around inside my own head. The first time I did this I thought nothing of it, and when the vibrations settled down I simply realigned and stopped for that period.

The next time I invoked the vibrations I did this playful spinning thing again and then flung myself out of the body and into the room. I was clearly away from the body and then I got pulled back in. The third time occurred not long after this last time and after having spun really fast I darted away from the body as fast as I could. This time, however, I shot out of my body and smashed into the ceiling above me. I was a bit shocked that I hit the ceiling rather than going through it like I had so many times before. I looked at the ceiling and down at the bed and marveled at how low the ceiling was compared to normal. The ceiling I was used to was about 13 feet high and was made of wood with large cross beams. This ceiling was an old plasterboard that was flaking apart. Not knowing why this was I continued on my way. I floated out of the bedroom and into the kitchen. I passed right through the front door without a problem and found myself outside in the same neighborhood but at a different time period. It was day outside, but in "real time," it was still night. It was warm and the ground was clear of snow, but in "real time," it was winter and the ground was covered in snow. There was even an insect on the screen door that was never around during the winter months.

My car was not there and, to my surprise, there were no cars on the street. I floated down the block and looked around at what was clearly an earlier version of my neighborhood. Some people were walking by in old-style clothing. It was a man and a boy presumed to be his son. I tried to contact them to inquire about what I was experiencing. But to the best of my abilities, I could not make them see me. I finally gave up, felt the pull of the body, and simply went back into the house and into my body. I opened my eyes and, sure enough, the ceiling was just as it always was.

A few weeks later I happened to be talking to the owner of the house, and I asked him if I could ask him a strange question. I inquired about whether he knew anything about the house before he bought it. He told me that he was the one who restored the house and that he raised the roof about another 5 feet or so. He told me the original ceiling was about 5 feet lower and was covered with what he called mason boards that were old and falling apart. The ceiling he described was the exact one that I had crashed into!

To the best of my abilities, I have found that rotating rapidly counterclockwise is a relatively reliable way to go back into the past. I have also projected into the future, but obviously cannot verify the results, although some events that I foresaw certainly have come to pass.

Third-Eye Projections

These are very simple and very exciting. They do not require the vibrational state and lead directly into other worlds. Here a portal opens in the forehead, and the consciousness simply floats right into it and totally loses touch with the physical body to find itself in other worlds. Many of my projections have begun this way where I leave the physical, etheric, and astral vehicles behind and then float out

of the body using soul travel. What this has indeed shown me is that multiple dimensions occupy the same space as does the physical. My experience in these projections is that you return to the body right back through the portal through which you left it.

To open to this ability, you simply need to spend a lot of time meditating on this energy center. This is the sixth chakra, also known as the third-eye point. All you have to do is bring your attention again and again to this inner space with your eyes closed. In time, it will open and you will begin to see inner lights, visions, and this portal into other realities.

Projections from a Dream

A lucid dream is a dream in which you become conscious in the dream and are aware that you are dreaming. In this you can influence your dream experience through your thoughts and participate actively. In my opinion this is not an out-of-body experience, but is rather simply a fantasy world within the subconscious mind. It is not a reality outside of the dreamer, although I do admit that sometimes the lines between inside and outside are not all that clear. For the most part, a lucid dream can be used as a means of projecting from the body because it serves as an amazing “launch platform.”

You can be hypnotically programmed to have a lucid dream and to leave your body from it. During the lucid dream state, the body is asleep but the mind is awake. During this state, you can repeat a preprogrammed trigger phrase like “leave now,” at which point you will be back in your sleeping body with the vibrations present. Here you simply rotate your consciousness and separate from the body. Remember the lucid dream is not an OBE, but you can easily leave your body while having one. There is a big difference, which will be clear to the one who practices this.

VIII. How to Use the Audio Recordings

To make this system really for work you, you will want to use every component of it regularly as directed. It is okay if you are not perfect with this, but the more you can do, the better. If you are really serious about the experience, follow the instructions here exactly. If you go slower and adjust things to your lifestyle, then that is fine too. Basically the more time, energy, and money you put into an endeavor, the more you will get out of it. There is no doubt that this system works and that you can have the experience, just do what you can and in time you will see results. If you follow the entire system, you will be dedicating about 1 to 2 hours per day on it.

- Be sure to have read the workbook thoroughly before going too far.
 - Begin listening to the Recording #1 - Daily Programming once a day.
- ** Choose your “target destination.” You should be clear about where you want to go before leaving your body for the first time. A good idea is to choose a friend or family member to whom you feel a strong and loving emotional connection. You are also more than welcome to set an intention to simply get out and let Spirit lead. If you do find yourself out and are not going anywhere, then it is helpful to think of your target destination so you can at least go somewhere. When listening to the Recordings, think of your target destination when the concept is mentioned. To simply set your intention beforehand is also good enough. You might want to write it down here in pencil to make it even more concrete:

My target destination is: _____

- Begin falling asleep at night to Recording #2 - Nighttime Sleep Programming.
- Begin using Recording #3 - Subliminal Programming whenever you feel like it – while exercising, driving, working or studying. Simply let it fill your subconscious with thoughts of successful projecting, and it will make it all that much easier and automatic.
- Begin using Recording #4 and #5 - Guided Meditation Sessions for morning and evening. These help you to develop a solid meditation practice of meditating 10 minutes in the morning and 10 minutes at night.
- Practice with one or more exercises from Recording #6 to 10 or #11 (includes 6 to 10) - Guided Techniques for Out-of-Body Travel every day. These meditations build on each other and help you to go through the stages of an OBE. They can be used in order, or you can vary the use of #'s 6 to #10. Try to commit to at least 10 minutes per day of working with these techniques.
- When you feel ready, you can use Recording #11 with the plan in Section X and work to project sometime in the early AM between 3:00 – 5:00 am.
- Turn to Section IX to learn more about what you can do to increase your chances of projecting.

IX. Increasing the Probability of Projecting

Everything in this system works, but you can always do more. Certain things that are enjoyable and quite beneficial will help tremendously:

- One of the best things to do is to read books on the topic. Learning from books is helpful, but the real secret to reading about OBEs is that it fills your mind with images of flying free from the body. Read the stories of other people's OBEs, and you will be amazed at how easy it will be for you to find yourself spontaneously out-of-body. Reading for 20-30 minutes before bed and then going to sleep with the Nighttime Programming Recording is very effective. (See Reading List – Section XI)
- Remember most projections will happen when you least expect them when you are practicing. You may never get out when you are consciously trying, but will simply end up floating out during a nap or in the middle of the night after going back to bed after going to the bathroom. Just keep practicing and do not worry about when you leave. If you are practicing and you do leave you can consider that to be a conscious and voluntary projection.
- Eat light and healthy. Some authors say that food does not affect their ability to project. My experience is that it most certainly does, and I wonder if those authors ever really tried all varieties of nutrition. In the concept of “spiritual nutrition,” we do not simply live to eat or eat to live, we eat to nurture our connection with Spirit. Certain foods sludge our spiritual energy while other foods energize it. The closer our diet is to a raw food vegan diet, the easier it will be to project. Raw foods are those that are not cooked, and vegan foods are those that contain no meat or dairy. This is not only a very healthy way to eat, but it has proven to me to be the best for leaving the body from a highly organized and healthy energy field. (See Reading List – Section XI)
- Develop a connection to Spirit! It is a very poor practice to leave the body simply to do it without any sense of spirituality behind it. OBEs should not be about escaping this world, but opening up to the immense glory of all of God and God's creation. When we are growing spiritually, we are purifying our hearts and minds. Then when we do leave the body, we can rest assured that we will only have pleasant experiences of the Light. Without a true spiritual path, it is easy to go astray and get even more caught up in the ego. Just because we can leave the body does not mean we are free beings. Just as someone with a lot of money may be able to go anywhere he wants, it does not make him a God-intoxicated mystic.
- Keep your consciousness elevated. This means that during a time of working to project that you should be putting more energy into Ascending rather than Descending. Ascending is where consciousness is held within itself and where it dwells within the higher chakras. Descending does not mean that consciousness leaves its seat within itself, but it does mean that energy is being directed more to the physical body and the human life. We need a balance here no matter what, but the more you can Ascend during your efforts to have OBEs the better. The Meditations on Recording #4 and 5 will help to keep this balance and help you to know how to Descend when you need to.

However, feel free to put more emphasis on the higher chakras when you are working to leave the body.

- Be sure that the room you will be leaving your body in is at a comfortable temperature. Not only will this help your physical body to relax more, but there is something psychologically important about leaving your body and knowing that the room is warm. No one wants to get out from under a nice comforter if it is chilly, even if they don't take their physical body with them!
- My research, as well as research from other projectors, has shown that the direction the body faces during a projection matters. For the most part, keeping the head facing north or east seems to be the most effective, although I have projected with the head facing every direction. Remember we are simply working to increase the odds of projecting, and therefore you may want to reposition your bed if you can.
- It is extremely helpful to be very disciplined about a daily meditation practice. When meditating, it is best to sit upright with a straight spine and closed eyes. Sitting for 5 to 10 minutes (or more) morning and evening is an amazing way to remain spiritually connected. It helps to clear the mind and the emotions and to develop a mind that is clear and focused. When out of the body, your thoughts tremendously direct your experience; and therefore it is very helpful to have a sense of mastery over your thinking. Recording #3 can assist you tremendously in the beginning while you are still developing your practice.

X. Plan for a Projection

My experience is that it is very easy to leave the body in the early morning from 3:00 to 5:00 am. I know it's not fun, but it works rather consistently for the most part. Here's what to do if you are so bold:

1. Before going to sleep:
 - Practice a technique for separating from the body
 - Read from an OBE book for a half hour or more
 - Meditate for 10 minutes or more in an Ascending manner
 - Go to sleep with the Nighttime Sleep Programming Recording.
2. Be sure to set an alarm for the time to wake up. Try 3:00 am at first so you have plenty of time before starting your day.
3. When the alarm goes off, get up out of bed, go to the bathroom if you need to, turn on a light to stop the production of melatonin, wash your face, shut the light, and sit down to meditate.
4. You can meditate in bed or elsewhere, but be sure you are sitting up. Sit for 10 to 30 minutes in Ascending Meditation and then go back to bed.
5. While in bed, lie on your back and practice going into deep relaxation and then invoking the vibrations. You can do this on your own or use Recording #11 and follow along.
6. Feel free to fall back to sleep. Remember you do not have to project when you are trying to. Just go to sleep, and while you are falling asleep or shortly after, the vibrations will be there.
7. Intensify the vibrations, and separate when you can.

Remember that your practice should always go in stages. First, practice deep relaxation. Then practice invoking the vibrations. Next practice separation, and then traveling, and then returning. You will get better at each stage as you spend more time working with them. Even if you do this entire ritual from steps 1 to 7 and only get to Stage One of deep relaxation, then this is progress. In time you will find the vibrations and get better at working with those. Just keep practicing – even if it is not at 3:00 am!

XI. Resources

The more you learn and the more skills you have, the better when it comes to mastering this ability. Through Anahat Meditation Center, you can find many different books, Recordings, classes, workshops, and private one-on-one lessons. Feel free to visit www.anahatmeditationcenter.com for a complete and current list. Below you will find a list of books and other resources to help with your travel plans:

Meditation

To best understand the out-of-body experience as taught here in relationship to the spiritual path, the interested reader would do well to read *The Sacred Geometry of Meditation* by Matthew Brownstein. This book goes into depth about *The Anahat Meditation System*, levels of reality, Ascending and Descending, chakras, levels of mystical experience, and stages of spiritual growth, as well as a section on the out-of-body experience.

Hypnosis

Anahat Meditation Center offers a complete line of hypnosis Recordings, meditation Recordings and subliminal programming Recordings. There are many topics related to the out-of-body experience and to attaining the deeply relaxed state that precedes the experience.

Chakras

Kundalini by Ajit Mookerjee

The Chakras by C.W. Leadbeater

Hands of Light by Barbara Brennan

Spiritual Nutrition and the Rainbow Diet by Dr. Gabriel Cousens

Spiritual Nutrition

Spiritual Nutrition and the Rainbow Diet by Dr. Gabriel Cousens

Conscious Eating by Dr. Gabriel Cousens

Out-of-Body Travel

Robert Monroe's three books:

Journeys Out of the Body

Far Journeys

Ultimate Journey

Projection of the Astral Body by Sylvan Muldoon

Adventures Out of the Body by William Buhlman

The Astral Projection Workbook: How To Achieve Out-Of-Body Experiences by J.H. Brennan

The Llewellyn Practical Guide to Astral Projection by Melita Denning, Osborne Phillips

Mind-Altering Technologies

Mind Machines

Hemi Sync – The Monroe Institute