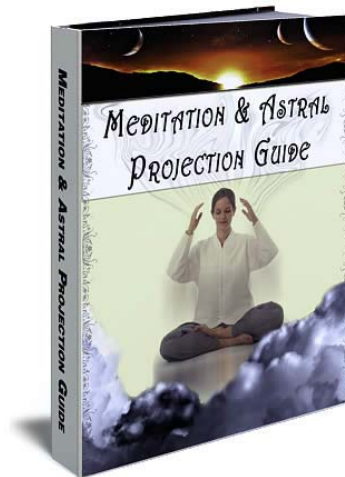


Meditation & Astral Projection Guide



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What is the aura?

An aura is an energy field around an object, plant, animal, or person. It contains information about the health of an organism, its emotional and mental state, and many other things. Color, texture, shape, size, and motion of the aura all provide information about the organism or object.

Seeing the Aura

Relax your body, mind, and eyes. Choose an object or person to look at. (This works best with objects and plants to begin with because you aren't nervous about what they are thinking of you.) Look gently at the object, letting your gaze focus slightly behind the object. Don't stare; eye strain doesn't help any.

Feel yourself looking with your third eye also. This is an area of the forehead that tends to be psychically sensitive. To find it, close your eyes and feel your focus shift up slightly. Open and close your eyes a few times to find this shift. Don't roll your eyes backward to look up; this will just cause a headache.

Once you are confident of where the focus shift is, try letting your focus shift up in the same way but with your eyes open. Do it gently; don't force it. This should give the sensation of looking out of your eyes and out of your mind/forehead at the same time. This shift of focus awakens psychic vision, which is used to see auras.

Avoiding After-Images

Look just past the object whose aura you want to see, using your eyes gently to see and keeping your focus lifted to the third eye area, also. If you begin to see lines of color around the object, you can check to see if they are an actual aura by looking away. If you see after-images that look like the lines you saw, it's not an aura. After-images are a biological effect of the eyes caused by eye strain. To keep after-images from building up, blink fairly often and don't look at one thing too long. As you become better with the techniques for aura vision, you will not need to look at an object for very long to see an aura.

Don't be afraid of looking away when you think you can see an aura. If it is a real aura, it WILL be there when you look back and refocus on it. If it isn't there then, it's actually only an after-image, and looking away will clear the image out of your eyes. When you are trying to clear out the after-images, simply closing your eyes for a minute or two is an easy way to do it. When you stop seeing the image on the inside of your eyes, the image is cleared and you can go back to seeing the aura.

Aura colors

Auras come in many shapes, sizes, colors, and textures. There is no standard interpretation of colors because different people perceive different colors for each meaning. The best way to discover the meanings of colors is to read about various traditional meanings, see if any fit what you see, and use the meanings as a basis to decide what the colors mean to you.

Also, observe the shape, texture, and solidity of different auras to evaluate your experiences with those things. Shape and texture generally tend to show the attitude of the person towards other people who are standing close to them; often a very sharp border and a solidly shaped aura shows someone who is decisive about how close people can be to them. Perceptions change with the viewer, though, so you should experiment and observe to determine how to interpret certain aspects.

Practice techniques

As you practice seeing auras, stay relaxed and calm. Let things flow without trying to force anything. If you find you are spending a long time without seeing anything, relax. Often the moment you relax and quit trying, you will suddenly see the aura quite clearly. So relax, have fun, and be patient.

Practice fairly often, but don't tire yourself doing it. If things aren't working, take a break, do something fun, and try again later when you can be more relaxed and patient. Some people find aura vision easier when they are preparing to go to sleep because they are already relaxed and tired enough that they don't have the energy to force things to happen. While this should never be carried to extremes, practicing aura vision at least a little bit when you are already tired can be helpful, especially if you have a difficult time letting things happen without forcing them.

Being in a slightly dim room can also be helpful so you don't strain your eyes trying to see. Having a solidly colored background behind what you are looking at can also help. The color doesn't matter, as long as it doesn't strain your eyes to look at it. Grays, whites, very dark colors, and browns work fairly well. Primarily, you want an environment that won't be visually distracting.

Multiple Levels

The aura is made up of multiple levels, like an onion, but with each level reaching from the very center of the person outward. Close to the body, all of the levels overlap. Each level outward reaches farther away from the body. Also, each level out becomes less dense, lighter, more subtle, and generally more difficult to see.

The best way to learn to see the outer levels is to first practice seeing the inner ones, and then let your awareness become more and more expanded. You may notice yourself feeling lighter and happier as you work more and more with seeing the first level of the aura. Let more of this feeling of lightness build in you as you try to see the second and third levels. Also, let yourself feel outward with your own aura, using the various feeling senses to observe the aura you are looking at.

Let yourself become more relaxed and open as you open up to see the outer layers. Feel your vision shifting more strongly toward the third eye and clairvoyance. Remain relaxed and light feeling, and your vision will expand to include the layers that are farther out, nine layers or possibly more.

You can see, and as you are able to see more, pause and enjoy the beauty of being able to see it. Also, observe the interactions between the auras of people and those of plants and animals.

EXERCISES

The following exercises may be used to introduce the student to the concepts and perceptive skills needed to see, feel, and manipulate the Human Energy Field or Aura. I will briefly discuss the HEF and the relationships between the five senses and their Extra sensory counterparts known to "Spirit Sensitive".

The brief descriptions I give may serve as a guideline for discussion with the new student but are by no means authoritative. The universe is permeated by a field of energy and information known as the Universal Energy Field (UEF). This field is all encompassing. It is what all matter and energy are a part of. One important property of this field is that it is perfectly unified. Picture this: A pool of water is disturbed and the ripples take no time to form. That is all of the water is disturbed at the same time. There can be no assignment of cause and effect because the cause and the effect are not separated by time.

In the following exercises I will use touch as the breakthrough sense because it is the most trusted sense and the easiest to demonstrate.

Later visual cues will be used to enhance the students perception. If the exercises are done diligently and seriously, most student will perceive auras within a week.

EXERCISE 1: DIVINING THE AURA

GOAL To use divination to demonstrate how the aura can be detected by the novice. This will build faith and speed progress.

1. Build two L-rods out of metal coat hangers. Cut a piece from a hanger that is about 20 inches long. Bend five inches at a 90 degree angle. You should have an L shaped device at this point. The smaller segment will serve as the handle. Two of these must be made.

2. Establish enough pressure to keep the rods pointing somewhat forward. The rods will waiver from side to side. This is normal. Next ask yourself a simple yes or no question. You may even direct the question to the rods. Now be alert and notice any movement in the rods.

If the tops of your hands angle out the rods will move out and vice versa. Notice any movement and go with it. The object here is to train yourself to recognize the response you are having to the stimulus of a question. Repeat this until your response is clear in both the positive and negative. You have just learned a simple form of divination. You can now ask yourself yes or no questions that you don't know the answers to. Remember though that if you have a strong opinion about it your answer may be clouded.

3. Set up a subject. This can be an inanimate object or a plant but a person is preferred. Stand 15 ft away and clear your mind. Imagine that as you approach the subject the rods are repelled by its aura. (I usually demonstrate this part so that the student can see that something is definitely happening) Now walk toward the subject slowly. As soon as the rods begin to move slow down almost to a stand still and back up. This is the beginning of your zone of sensitivity. As the rods begin to move be aware of any physical sensations you may feel. Most people feel a mild pressure or heat at the solar plexus. You may even feel the beginnings of an upset stomach. Whatever the sensation, pay close attention to it. Approach the subject again and feel the sensation deeply. The rods will begin to move more quickly as you become more aware of your bodies responses. The rods will spread apart or move together as you approach the subject. When the rods point away from each other or toward each other begin to walk in a circle around the subject. Face the subject as you do this and the rods will move to conform to the shape of the subjects aura.

4. There are many variations to this exercise. You can ask the subject to try projecting her aura and watch as the rods respond or you can find people and things that you cannot physically see. Work with this until your confidence is high. Let others perform the exercise to remove any self doubt. It is easy to convince yourself that you are fudging things.

5. As you become more practiced, thinking of the subject will sometimes be enough to generate a response.

EXERCISE # 2

1. First relax. Put your arms apart with palms facing forward. Now shift your awareness to your hands. Concentrate on the feelings in your hands. As you become aware of each finger, relax them. You are now ready to begin.

2. Begin moving your hands together in front of you. This movement should be very slow. The object here is to move as slowly as possible so that any sensations can be felt clearly. As your hands move together notice any increases in heat or pressure. As they get closer together (about 2.5 ft) you may feel as if there is a slight increase in air pressure between them.

You may also feel a warm sensation. Stop the movement and reverse just as slowly until the sensation fades, then repeat. You should be able to encounter the sensation at roughly the same distance each time you try it.

3. Find the sensation zone again. This time Imagine that the sensation is caused by a ball of energy or perhaps a ball of air. Move your hands around this ball slowly. You will probably feel the texture of it as it passes across your fingers. At this point if you continue pushing your hands closer together the pressure and heat will increase. This is a method I use to gather localized energy for healing.

Once you have become comfortable with your ability to feel the ball of energy, run the finger of your right hand across the palm of your left hand without touching. You can feel a sort of tickle as your auric finger passes through the physical and auric palm of your left hand. Find a partner and try feeling each others auras.

EXERCISE 3: IMAGING THE AURA

GOAL- In this exercise you will learn to "see" the aura. This is for some the most difficult exercise but with persistence you can open your eyes to a new world.

1. First you must become aware of your center of visual awareness. This step may be difficult to grasp but don't worry. A firm grasp of this step will help speed your progress but it is not necessary to see the aura. Pick an object at some distance from you. A picture on a wall is a good start. Now look at the object. Notice the shades and textures of the object.

Imagine all of this information streaming its way from the object to you. The point at which this information flow enters your body is your eyes. Imagine this information entering your eyes, and spend some time feeling this flow. This is your physical center of visual awareness. Now close your eyes and image the object in your mind's eye. As you close your eyes you will notice a shift in the location of the spot at which the information flow enters you. Most people notice the shift upward to a point centered on

the forehead about an inch above eye level. If your shift is to somewhere else that's fine. Open your eyes and close them several times. Each time notice the shift. This new location is your center of spiritual visual awareness.

2. Next you should find a plant . The living aura is generally easier to see. Place the plant at least five feet from you in front of a dark, uniform background. Find a quiet place to do this, free from distraction. Spend sometime with the plant before you begin. Stroking and touching the plant will add to its aura and make for easier viewing.

3. Look at the plant. Enjoy its beauty. Take time to notice the colors and textures of the plant. As you take in the beauty of the plant, let your eyes go slightly out of focus. Look slightly off to the side of the plant and shift your visual center up. You may see a faint green light that looks like an afterimage. The aura may also appear like heat distortion around the edges of the plant. The aura will probably follow the general shape of the plant and be about 1 to 3 inches deep.

4. If you fail to see just keep trying. With an open mind and determination anyone can do it. If you have seen the aura then apply the technique to other objects and people. One exercise I particularly like is to look up into the sky on a clear day. Soon using the upper visual center you will see tiny squiggles darting around the sky. They usually have a small dot in their centers and will jump with every blink of your eyes. This is known as Orgone or Chi. It is what I refer to as the UEF. Congratulations and welcome a new world of dynamic energy and interaction.

THE CHAKRAS

SEVEN CHAKRAS

A consists of a spiritual body, and this spiritual body is composed of vibrations of part from the physical body a human being light which are structured in a way so that they create different centers. These centers are each structured in a beautiful pattern, and they are located as follows:

THE ROOT OR BASE CHAKRA

The root chakra, or the center at the end of the spine by the loins, is the center which radiates a white, divine light, when seen from the highest spiritual level. This center is the center for the material life, it is the center that roots the subtle divine consciousness in the material life. Consequently it is the basis for human existence in this physical

world, and if it is blocked, you will have a human being that feels rootless in both his spiritual and his physical existence.

Every human being has a joint physical and spiritual existence. The karmic development causes an oscillation between the spiritual and the physical dimensions, and when this process goes of positively, then you feel equally at home in both places, and feel that you are able to do what you have to do in both places. The root chakra makes you able to manifest your existence wherever you are, and its delicate white light emits vibrations that has to do with mother's love. In mother's love the physical and the spiritual existence is united in a sublime way. In this form of love, where you e.g. can imagine a woman nursing her baby, the demands of the physical world are united with the highest form of spiritual love.

That is why this event is so important for human beings, and therefore it is important that the period of nursing is not shortened, for in this period both the mother and the child will have stimulated, developed, and cleansed their root chakras, and this gives the newborn child the possibility for a basic development, which is far beyond any other educational means.

When the mother nurses her child, the lights from their root chakras are united, and their energies are mixed together; thereby the bond, which the child needs to have to the Earth, to the material life, is strengthened, making the separation from the spiritual realms, from which it recently has left, easier.

If the period of nursing is shortened unnecessarily, or if it is completely omitted, then what can happen is, that the child cannot accept that it had to part from the spiritual realms, and it may become restless. Many children today suffer from what is called hyperactivity, and this is due to a restlessness, which originates from this.

When the energies or vibrations from two people's chakras are mixed, the following takes place: the light waves from the one chakra affects the light waves from the other chakra, and depending of the purity of the chakras, these light waves are mixed in a way, so they create different figures. If you look at two people, e.g. a mother and a child, who have the lights from their root chakras mixed, you may see delicate figures which looks like white flowers or white crystals. If the contact is positive - if e.g. the mother is nursing her child with love, or at least with a positive will to feed the child - then beautiful figures may appear, and the figures created by the light waves from the chakras become more beautiful, the more love there is between the parties.

This was some more general information about the mixing of vibrations from two chakras. But now to the other main chakras.

THE SEX OR HARA CHAKRA

The sex chakra radiates a purple light, when seen from the highest level. Purple is a vivid pink, or red-violet, bright red-violet, color. When this chakra is clean, then the person think only positive thoughts, then no impure thoughts or feelings can penetrate. With impure feelings and thoughts I mean egoistic and malicious.

When we from the spiritual dimensions talk about the concepts pure or impure, this is what we mean, and nothing else. But because it is the sex chakra that stands for purity and the pure purple light, and because there has been a lot of taboos about sex, then things have been mixed up, and it has been said, that sex in itself is impure. It is by no means, sex is only impure, if it is practiced for solely egoistic reasons, and/or by hurting others. Sadism and masochism are impure varieties of sexual behavior, here one is hurting others to satisfy oneself, or one forces others to hurt oneself, thereby forcing a karmic burden upon someone else.

When two people make love, then the lights from their sex chakras are mixed, and the purple light waves are creating figures, whose beauty also in this case depends on the love between the parties. Two people, who really love each other, create a fantastic aura around them when making love - it can be compared to a purple forest of fairytale trees, whose flowers and leaves create an arc above the lovers, which has so powerful vibrations, that a lot of negative karma can be burned away. In other words, just by loving another person and showing it by sexual behavior which pleases and satisfies, one can develop very much personally and in the end thereby also spiritually.

But all this implies, that there is love between the two, and it implies that there is a will to give instead of demanding - that they both at any time are prepared to give up egoistic demands in favor of giving to the other.

The purity that is reflected in ones consciousness when the sex chakra is clean means, that one lives a positive life, a life without complaining and reproaching to others, a life where one lives in accordance with the truth of life: that one is creating ones own consciousness - either as a positive or a negative impression of the world that one lives in.

THE SOLAR PLEXUS CHAKRA

This chakra is radiating a blue-violet light, and also a golden light. When the solar plexus is pure, then one is at peace with others, then one lives a life without conflicts, where all relations are positive, and all conflicts are stopped and transformed into exiting confrontations, where one is learning instead of fighting.

When e.g. two people are quarreling, then the blue-violet light from the solar plexus chakra is turning dark, and the way that the lights from the two chakras are mixed is

characterized by negativity. Different figures can be seen here, e.g. it is common to see small blue-violet ogres over people who are quarreling. The darker the blue-violet light is, the more hate is there between the two, and when it turns dark enough, it turns into black, and a blockage may arise in the solar plexus center in one or both of them. I will point out the difference between a quarrel and a confrontation, for also within this area some rather confusing conceptions have slipped in, which have had some quite important consequences for the people here on Earth.

To quarrel means to make war, which means that one attacks, feels ill-treated, complains, attack again etc.. But a conflict may also result in a confrontation, where you do not quarrel, but where each of the parties from their own point of view explains what they feel about the actual conflict or disagreement, what they mean about the situation, but without attacking the other part. In different kinds of therapy confrontations in a cultivated form are being used, and I can mention, that here the talk is about "I" and "you" messages.

I-messages are those that are used in a pure confrontation, while you-messages are used in quarrellings, in verbal wars. If one restricts oneself to point out where one stands oneself, humbly and prepared to solve the conflict, then one has expressed one's love, and the whole thing can be led into a direction where the parties come to an agreement, because they both are willing to solve the conflict without attacking one another.

Over the years things have got mixed up, actually in a completely similar way as they have within the sexual area, and any kind of confrontation has been taboo, which has been very detrimental to one and all. If you have a conflict with another person, then you do not solve it by simply denying it. It must be worked through in a confrontation, where first of all the energies from the solar plexus center are activated, and first then the problem is revealed and solved. Unsolved problems in our relations to other people manifest as muscle tensions, or as blockages in many different areas, this is quite an individual matter. Within many kinds of group-therapy, e.g. within the different branches of [gestalt?] therapy, there is emphasis on finishing events between people in a correct way.

THE HEART CHAKRA

This chakra is the most important of them all, because it contains the seed for the ability to feel divine, pure love for everyone and everything.

Pure love is love that is devoid of egoism, of calculation, of any kind of demand. When two people who love each other purely are together, then figures quite beyond description are created above them, e.g. like a rose-pink rainbow, shining in all the most beautiful rose-pink colors, and rose-pink flowers of all shades can be seen, as rose-pink is the color of this chakra.

Pure love is the most important quality in a human being, anything else is subordinate. Any intellectual knowledge about this or that is completely subordinate the ability to feel love.

Love is what God demands his children to learn, and it is the only real demand for spiritual development. Any technique, any kind of control, any intellectual knowledge is subordinated the law of love. God is pure love, and the most principal duty for his children on their journey back to him/her is to learn to feel this pure love for others.

Because love is also the creative aspect in life, many negative things has happened in those societies, where there have been an emphasis on the intellectual and academics knowledge. Here much has been lost, and countless people have had their development amputated, because their creativity has been stifled in the years of growth, and thereby their ability to love.

To work creatively does not only mean to paint or to write, there are lots of ways in which to work creatively. Common to them all is that one uses ones ability to create - the power that manifests through ones hands or mouth - and that one has opportunities for development of this discharge of energy.

The educational system in the so-called civilized countries on Earth has been amputated though the demands for intellectual affectivity, and thereby many a heart chakra has been blocked over the years.

Now when talking so much about blockages in the chakras here in the first chapter, I will hurry to add, that there is no reason to despair because of this, for life is arranged so suitable, that one begins to clear and cleanse all the blockages one has developed, as soon as one makes the decision that one wants to be cleansed. One can then do different things in order to ease the process, like meditating, or practicing yoga or other bodily techniques. One can even get rid of many blockages by swimming regularly, because water has healing powers.

Therefore: if you want to get rid of the blockage in your heart chakra, then do not despair; of course it will take some time before your prayer will be granted, but it will happen sooner or later as you wish, especially because it is a positive wish, and because you will receive help from the spiritual dimensions to have your wish fulfilled. In a later chapter I will delve deeper into different methods for cleansing yourself.

THE THROATH CHAKRA

This chakra radiates a blue light, when seen from the highest level - a clear blue color, not light blue, but a clear blue color, like the sky on a clear summer day.

When the throat chakra is clean, then one feels an inner, completely unshakable peace; one feels strong, no matter the circumstances. Not a strength that has to do with power, but a strength that springs from resting in oneself, a resting in ones higher, or divine self.

When two people mix the energies from their throat chakras, they talk together actively and intensely. If one or both is trying to dominate, then the joint blue color turns dark, and figures appears which looks like small ogres or witches, and also power-symbols, like weapon of all kinds, may appear.

When two people mix the energies from their throat chakras, without the desire for dominating each other, then the most beautiful blue color appears, and within this color symbols for strength and solidarity, like e.g. a beautiful sword which protects the two against the dark forces, may appear. Also humorous figures, like laughing fairies, can be seen, for when there are no dark manifestations of power in the contact with another persons throat chakra, then there is humor.

Humor is one of the most important of Gods qualities, and he/she likes to see, that his/hers children really understand this and live in accordance with it. Within most religions the higher spiritual doctrines and textbooks are devoid of humor, this is simply an error, and this is also going to be corrected now. Of course it may be a bit difficult to bring humor into the highest wisdom, but it is actually dangerous not to, for humor can to some degree protect against the kind of darkness, which tries to gain power through the contact with human beings' throat chakras. Therefore: a good joke, when the conversation becomes a bit unpleasant, that is a good idea. This is what is meant when we say that humor is disarming.

THE THIRD-EYE OR BROW CHAKRA

This chakra, which is also called the third eye, is located right between the eyebrows on the forehead. It is the center for clairvoyance, visions, and transcendence of time and space in thinking. It radiates a clear, green light, and people who have begun to develop the ability so see more than most people, have a shining ball located in the area of this chakra. This ball protects, and draws energy into the brain.

When two people mix the energies from their third-eye chakras, then it may happen, that their clairvoyance increases. If they both are relatively pure in this center, their understanding of different things will be increased considerably, and figures appear around them, which are shining green and beautiful. With very clear people there may e.g. be seen a ring showing the whole story of creation, with a deep understanding of what has happened to him and the other within the whole dimension of time, all at once. It can be seen directly here from the spiritual dimensions, what the one or the other understands of all this.

If one or both have an unclean third-eye chakra, then the green color turns dark and muddy, and misconceptions and limitations in time and space appear, and also these can be seen from the spiritual dimensions. It is quite a lot we here from the spiritual dimensions can see, when two people meet. All this means, that especially third-eye problems are very easily mutually intensified, and that means, that if two people are married, and the one has a very unclean third-eye chakra, then the other must be careful not to be affected by all the things that comes from there. Therefore problems with the third-eye chakra are very often the reason for divorces, because this is intuitively felt by the one with the cleanest third-eye chakra.

I am not saying this to invite people to get divorced, but I will add, that if ones chakras are relatively clean, and one is somewhat aware that one is on the way to spiritual enlightening, then one also knows how to protect oneself against unwanted influence. This is very simple, as one simply asks God for protection - if necessary one can ask for a more permanent ring of protection, and if one is especially concerned about ones third-eye chakra, then one can ask for a special protection of this area.

THE CROWN CHAKRA

This chakra is the chakra that is the most penetrable for light, and its color is yellow and golden. It represents wisdom, a deep and all-embracing wisdom. When this chakra is clean, then one knows everything, understands everything - nothing is obscure concerning life, Gods will, and creation.

When two people mix the energies from their crown chakras, the throat chakra is often involved because they talk together, and this means, that the light from the crown chakra and the throat chakra are often mixed. But if the crown chakras are clean, then it is relatively unimportant if they have a verbal dialogue, for then the yellow light will reach the other telepathically, i.e. a silent transference of wisdom from the one to the other will take place, and no words will be necessary. Many will probably know this all too well from personal experiences, where they understand another person completely, without words. But wisdom can also be transferred from the one to the other e.g. through the eyes.

When a person has a very clean crown chakra, the yellow light turns into a soft, golden light, which wraps the person in an aura, that has a most beautiful and excellent influence on others. Because the crown chakra is the chakra that is the most penetrable for light, it is very important to cleanse it, and that can be done in different ways, which I will go into details with later.

When two people talk together, and their crown chakras are blocked, a very unpleasant color, a muddy, dark curry color appears, which is very easy to percept for sensitive people. A tingling and prickling sensation is felt in the crown, ones head feels

uncomfortable, and therefore it is important to protect oneself, when being together with people, whose crown chakras radiates these energies.

When two people whose crown chakras are unclean unite, then all kinds of misconceptions appear that has to do with limitations, limitations in time and space, the conception that one only live once, then one is wiped out, and whatever is connected with these concepts. It is certainly not amusing here from the spiritual dimensions to watch all the things that appear, when e.g. a group of people are gathered in a circle, and their crown chakras run amuck and create all these misconceptions and the most grotesque symbols of limitation. But now that I have just talked about humor, then I will add, that it sometimes can be quite comical to see some divine, eternal beings, sit and use a lot of time to convince each other that the only live once, that 70 years on Earth is their measured time, and then no more. It is an incredible amount of energy that sometimes is wasted this way.

THE RELATIONS BETWEEN THE CHAKRAS

In the information given above the 7 main chakras are described separately, but when two people meet, then obviously certain energy connections will appear, which has to do with their special relationship, their karmic connections, their mutual blockages, and the mutual harmony and love between them.

The energy from the 7 chakras do however run through certain patterns, which I will try to explain in the following. Each chakra consists as I said of a bunch of light, a concentration of vibrations, and when two people meet, then these vibrations often follow this pattern: it starts with that the energies from the throat chakras are mixed, but often a contact is first established between the crown chakras via eye-contact.

The energy then flows between them, and if there is a basis for further contact, then the light from these two chakras activate both the heart and the solar plexus chakras. From the spiritual dimensions two people look like shining rainbows, where the colors are changing and circling around in many different ways, and when they meet then the colors from their chakras are mixed, and when the first two colors are mixed then they move further on, often to the heart chakra, where the rose-pink light then either is increased or decreased, according to the course of the events, and then the energy is activated in solar plexus, then in the sex chakra, and finally in the root chakra. Consequently, when two people meet, the energy often travels from the crown chakra and then down through the chakras, and when a full contact is established, the united energy will begin to behave in a very beautiful manner.

It will begin to form a unit between the two, which it does by circulating through both people's chakras in a way, so that it travels in and out of the chakras with their different colors, then the colors are mixed to form a white light, which, if it can circulate somewhat unhindered, will begin to circulate round through all the chakras in a larger

movement in a figure of eight: from one persons root chakra and up through the chakras, and then down to the others persons root chakra and up through the chakras, and so on. Both within the single individual, and within both people in their mutual contact, there are vibrations, or light from their chakras, with the color of the individual chakras, and then, when the light is mixed, turning into white or bright and appearing as a superior energy flow either around the individual or both of them.

All of this may be a bit difficult to imagine, and actually it is quite a lot that happens in the individual and between the two parties in close contact with each other, when seen from the spiritual dimensions.

What is meditation?

The basic idea generally associated with why people meditate is that during our day we are constantly subjected to sensory input and our minds are always active in the process of thinking. We read the newspaper, study books, write reports, engage in conversation, solve problems, etc. Typically, as we do these normal activities we engage in a constant mental commentary, sort of an inner "The Drama of Me." Usually people aren't fully aware of all the mental thought activity that we are constantly engaged in.

Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows the awareness to become 'rejuvenated'.

Meditation can be considered a technique, or practice. It usually involves concentrating on an object, such as a flower, a candle, a sound or word, or the breath. Over time, the number of random thoughts occurring diminishes. More importantly, your attachment to these thoughts, and your identification with them, progressively become less. The meditator may get caught up in a thought pattern, but once he/she becomes aware of this, attention is gently brought back to the object of concentration. Meditation can also be objectless, for example consisting of just sitting.

Experiences during meditation probably vary significantly from one individual to another, or at least if different techniques are involved. Relaxation, increased awareness, mental focus and clarity, and a sense of peace are the most common by-products of meditation. While much has been written about the benefits of meditation, the best attitude is not to have any expectations when practicing. Having a sense of expectation of (positive) results is likely to create unnecessary strain in the practice.

As well, since meditation involves becoming more aware and more sensitive to what is within you, facing unpleasant parts of oneself may well be part of meditation. Regardless of the experience, the meditator should try to be aware of the experience and of any attachment to it.

Failure to experience silence, peace of mind, mental clarity, bliss, or other promoted benefit of meditation is not in itself a sign of incorrect practice or that one can't concentrate properly or concentrate enough to be good at meditation. Whether one experiences peace or bliss is not what is important. What is generally considered important in meditation is that one is regular with their meditation -every day- and that one make a reasonable effort, but not strain, to remain with the object of concentration during the practice. With regular practice one inevitably acquires an increased understanding of and proficiency with the particular meditation technique.

Some people use the formal concentrative meditation as a preliminary step to practicing a mindfulness meditation during the day where one tries to maintain a calm but increased awareness of one's thoughts and actions during the day.

For some people, meditation is primarily a spiritual practice, and in some cases the meditation practice may be closely tied to the practice of a religion such as, for example, Hinduism or Buddhism.

How is meditation different from relaxation, thinking, concentration or self-hypnosis?

Relaxation: Relaxation is a common by-product of meditation. Relaxation itself can assume many forms, such as taking a hot bath or reclining in the Lazy-boy and watching tv, etc. Meditation is an active process where the meditator remains fully aware of what the awareness is doing. It also attempts to transcend the thought process whereas many forms of relaxation still engage the thought process. Meditation allows the body to relax and can offset the effects of stress both mentally and physically to a potentially much greater degree than passive relaxation.

Thinking: Thoughts generally consume energy in the process of their formation. Constant thought-activity, especially of random nature, can tire the mind and even bring on headache. Meditation attempts to transcend this crude level of thought activity. Through regular practice one becomes aware that they are not their thoughts but that there is an awareness that exists independent of thought. Descartes ("I think, therefore I am") obviously was not a regular meditator!

Concentration: Meditation begins with concentration, but after an initial period of concentration, thought activity decreases and keeping the awareness focused becomes more spontaneous. At this point the person may or may not continue to employ the object of concentration.

Self-hypnosis: Self-hypnosis, like meditation, involves at least an initial period of concentration on an object. However in hypnosis one does not try to maintain an awareness of the here-and-now, or to stay conscious of the process. Instead one essentially enters a sort of semi-conscious trance.

What are the different meditation techniques?

Meditation involves concentrating on something to take our attention beyond the random thought activity that is usually going on in our heads. This can involve a solid object or picture, a mantra, breath, or guided visualization.

Typical objects employed include a candle flame or a flower. Some people use pictures, such as a mandala - a highly colored symmetric painting - or a picture of a spiritual teacher in a high meditative state. Mantras are sounds which have a flowing, meditative quality and may be repeated out loud or inwardly. The breath is also a common focal point. Finally, guided visualization is also considered by some to be a form of meditation. A guided visualization can help to bring one into a meditative state; also, visualization may be used once a meditative state has been reached to produce various results.

MEDITATION EXERCISES

Air Meditation

It is dawn. I find myself in a forest filled with Aspen trees. I raise my eyes and look for the sky, but the boughs looming overhead hide it from my view. As I look up, feel the cool breeze of spring brush my face, and hear the sound of the rustling leaves. Blowing, laughing from the east, Eurus brings thoughts of renewal and life. I follow the wind further into the soft shadows of the forest, inhaling deeply the strong scent of the trees. I smell, too, the wafting hints of fragrant incense.

I follow where my senses lead me and come to a small clearing circled by burning censers filled with sweet-smelling oils. Toward the east end of the circle is a staff. I walk over to the place and sit on the ground before it. I take the staff into my hands and close my eyes. First come swirling colors of white then yellow then fading darker into lavender. Then, out of the swirling fog of colors come dozens of small, lithe figures who swirl around as if carried on the wind itself. They dance around my head and body, swirling around as if caught in a dance to unheard music. Then, taking my attention from the spirits of the air, I look up to find further figures emerging from the mist. First comes a woman with the beauty of the dawn. As she steps forward, each of the four winds, in turn, hasten from around here and fly, one to each of the four corners of the earth. As she fades, there comes another whose form seems insubstantial, and seems to constitute both the image of a woman and a cow at the same time. I look closely the attempt to solidify one form, but I cannot. As this image fades, I am presented with the forms of two women who immediately remind me of the nighttime sky. One glows with the pale light of the full moon, and her eyes hold the fullness of hidden knowledge. The other, whom also seems to radiate cool starlight, seems to embody the possibilities of many lifetimes. In due course, these figures too fade and I

am left with only the mist of the elemental world of air. Suddenly, three male figures issue from the mist. They seem to be three aspects of one man, but each's attributes differ. The first glows with the light of the moon, seeming to be its protector. The second and third appear almost identical, except that one has a winged helmet and shoes. As I sit and study the sameness and difference of the three, they begin to fade, as does the fog. When the mist clears, I find myself sitting within the circle still clutching the staff in my hands. I place the staff once again on the ground and rise. I thank the element of air, and all it is associated with for sharing with me its wisdom, and leave the circle.

ASTRAL PROJECTION

Astral projection means projecting your consciousness (or a part thereof) to the astral plane to view and interact with it. The astral plane is a world made of energy that can be shaped by thought and emotion. In the astral plane, a person can create objects and communicate with other beings, both humans and spirits. The level of danger is about the same as normal physical life - you might run into someone who will get angry with you for no apparent reason, but as long as you don't go looking for trouble, such occurrences are unlikely.

How does Projection Happen?

During sleep, the energy body, also known as the etheric body or vitality sheath is put on charge. It expands and opens in order to accumulate and store energy. The energy body can, normally, only do this in its expanded state during sleep. Once expanded, the chakras trickle power, in the form of etheric matter, into the energy body. During this recharging process the astral body separates and tunes into the astral dimension where it can create and experience dreams. If this separation is done consciously, or if you become aware after it, you can take some control over it. It then becomes an OOB, astral projection or lucid dream.

Uses of Astral Projection

Astral projection is useful for practicing perceptive and creative psychic abilities, especially telepathy. It also works as an energy source and a way to assist healing on a soul level. It lets you explore mental concepts that don't fit into the regular world, such as four or five dimensional space (or more).

Some people are able to hear music beyond anything normally heard. Some call it angels singing; others call it music of the spheres. Exploring other people's astral creations and creating your own can also be quite fun. Whatever you can imagine, you can play with on the astral plane.

Soul joining is also possible on the astral plane. Because astrally you can change shape, one possibility is to become fog- like. If several people do this, it is possible to overlap the soul energy, and eventually the souls. This can be a very intimate experience emotionally and nearly always creates a strong telepathic connection. Remaining in the astral plane when doing this is difficult if you aren't already very comfortable with projecting. For two (or more) people who are very comfortable projecting and comfortable with each other, it can be a very joyous experience.

The Out Of Body Experience

The OOB (out of body experience) is a real time projection close to the physical world. This often occurs as part of a near death experience. This is where a person is knocked out of their body as a result of some kind of severe trauma, i.e. car accident, surgery, heart attack, child birth etc. OOB'ers are aware of things happening in the real world, in real time; such as conversations and events centered around, or near to, their physical body. In many cases, these events and conversations are accurately reported by the person after they have returned to their body.

Note: The OOB is slightly different from astral projection or lucid dreaming because of its real time, objective aspect. This is caused by the astral body containing a large amount of etheric matter, which holds it close to the physical world.

There are two main causes of real time OOB:

- A person's body is near death, or thinks it is, which causes a large amount of etheric matter to be channeled into the astral body in preparation for the death process.
- The person has active chakras which are doing a similar thing i.e. channeling etheric matter into the astral body. Having active chakras can be a natural ability, or it can be developed by training.

Note: You can project consciously, and have a real time OOB if enough etheric matter is generated by the chakras. In an OOB, reality is perceived as objective (real) and time is normal (real time).

Technically, when you project into the physical world in real time as in an OOB, it is really into the boundary area of the buffer zone, between the physical and astral dimensions. If the astral body contains enough etheric matter it can exist only slightly out of phase from reality. This means the projection is in real time and so close to the physical dimension as to be indistinguishable from it.

Note: I have checked this many times, by projecting, in real time, during the day and scouting my local area for road works, accidents, incidents etc, then verifying the accuracy of my findings afterwards.

There are strong natural barriers to conscious, real time projection, the OOB, in the physical world. The amount of etheric matter generated and channeled to the astral body, is one of them. It limits the duration of any real time projection to the degree of chakra development and control.

The Lucid Dream

This is where a person becomes fully aware that they are dreaming during a dream. They either take some kind of conscious control over the course of events, or they convert the experience into an astral projection. Lucid dreaming is more similar to an astral projection than to an OOB, as time and reality are distorted.

Astral Projection Or Lucid Dream?

Many astral projectors black out before making a conscious exit from their body and return to awareness in the astral dimension. You become aware after the actual separation from the physical body and are usually already in the astral dimension. If you miss the conscious exit from your body you are technically having a lucid dream, not an astral projection, as you have become aware after separation.

All three types of projection are closely related, i.e., they all involve the astral body separating from the physical and experiencing a reality separate from the physical body.

How To Use ROPE

This is a complete projection method in itself, if you have good powers of concentration. I suggest beginners concentrate solely on this method until they have more experience. This projection method will give you a normal astral projection. The duration of this projection, in real time, will depend on the level of chakra development and energy flow you have attained.

1. Do the relaxation exercise thoroughly, until you are completely settled. This should only take a few minutes, don't overdo it.
2. Reach out with your imaginary HANDS and pull yourself, hand over hand, up the strong, invisible, imaginary ROPE hanging above you. Try and imagine the feel of a strong, thick, coarse rope in your HANDS.

Don't try and visualize this ROPE! I want you to imagine you are reaching out and climbing this ROPE in the pitch dark, so you can't see it at all, you just know where it is and can imagine the feel of it. Visualization wastes valuable mental energy that can be better put to use exerting direct pressure on your astral body.

You will feel a slight dizzy sensation inside you as you do this, specifically in your upper torso. This is caused by exerting dynamic pressure on the astral body. The dizzy sensation comes from the astral body loosening. This feeling of vertigo will intensify the more you pull on the rope.

Very Important Note: This dizzy feeling and any feelings of pressure or vertigo, etc caused by your mental action of pulling on the ROPE MUST be carefully noted by you. Learn the EXACT mental action you are doing to cause this vertigo. You will have to train your mental climbing action to cause this feeling. So, the first few times you try this ROPE method concentrate on finding the right mental action to do this. Once you learn what it is you are doing to cause this, and can recreate it at will, you are really starting to get somewhere.

Very Important Note: IGNORE ALL SENSATION YOU FEEL DURING PROJECTION or it will distract you, break your concentration, and ruin your chances for projection. Concentrate on the single act of climbing your ROPE to the TOTAL exclusion of everything else. Put everything you have into this one action, but don't tense up, it must be all mental.

3. Keep climbing, hand over hand, ever upward, and you will feel the heavy sensation come over you. The pressure you are exerting on your astral body will force you into the Trance State. Ignore this when it happens and concentrate on what you are doing.

4. Keep climbing and you will feel your chakras open in response to the pressure, don't stop.

5. Next you will feel the vibrations start, your whole body will seem to be vibrating and you will feel paralyzed. Concentrate, single minded, on climbing your rope, and don't stop.

6. Next you will feel yourself coming free of your body. You will buzz slightly as you pull yourself out of your body. You will exit your body in the direction of your imaginary ROPE and will be hovering above your body. You're free at last!

Note: Do NOT allow yourself to break concentration when the vibrations start. They are a natural EFFECT caused by energy coursing through all the hundreds of major and minor chakras in your body. If you do find yourself being distracted by this, spend more time and effort doing the concentration exercises until you overcome this problem.

Note: If you have not mastered using your imaginary HANDS for relaxation, raising energy and chakra work, you may have difficulty using them for climbing the ROPE. This does not mean you have to be able to open your chakras successfully to project using this method, you don't, it just helps if you can.

This method is very direct. It shortens the time needed to project dramatically! Once you start pulling in earnest on your ROPE you WILL enter trance, your chakras WILL open, the vibrations WILL start and you WILL project, very quickly! The speed of this method may frighten you, the first time you try it. Everything will seem to happen TOO fast. You will get used to this, though, and will appreciate having plenty of mental energy to use during your projection.

If your powers of concentration are good, you have a better chance of getting out with this method than any other, even if you haven't mastered deep relaxation and trance skills. What is needed, apart from the ability to concentrate, is the ability to carry out strong mental actions, without any corresponding muscular action, i.e., you have to be able to separate mental and physical actions.

If you have trouble with any part of the ROPE method, analyze it, find the problem area, then go back and concentrate on the related training exercises until you overcome the problem.

How Far Can You Go?

There are NO limits to distance, destination or speed. You can travel to the most distant galaxy. The speed of thought is infinite. It is like folding space and moving without moving. If you can see something, you can be there....as quick as that. In comparison, the speed of light is that of a snail. I often go out into deep space, where the galaxies are just tiny smudges in the distance, to think and meditate. That is easy, but the trick is getting back for a conscious reentry. Unless you have a good knowledge of astronomy, which I do not, this is difficult. Following the silver cord, if you can see one, is not practical at that kind of speed, though it will give you a basic direction to go in.

To return from a long distance projection, tune into your body and become aware of it. Then try moving part of your physical body, i.e., a finger or toe. This will return you to your body, and end the projection with full memories of the OOB.

FUTURE WIND

There is a strange phenomenon you will come across, from time to time, while you are projecting. I call this "Future Wind."

You will be OOB'ing somewhere, minding your own business, when all of a sudden you will feel an irresistible force. You will feel yourself being moved against your will, usually backwards, by this force. You can fight it for a while but it will grow steadily stronger until you are blown away; over the rooftops, up into the sky and....into the future.

Then, after a while, you will come down in a different place....and time. Often it will be somewhere mundane, maybe a domestic setting of some sort. You will be released there and left to wander about... confused. You may even meet people you do not know, yet, and they will be just as confused as you are.

This may be an actual scene out of your future life, it may be a symbolic vision, or a mixture of both. You may be an invisible spectator to this scene, or you may merge with your future self, and see out of your future eyes for a while.

This can also be a scene of an important future event. It could be a disaster, natural or otherwise, or something unusual or exciting on the world scene. These type of events usually have a lot of energy surrounding them, and this may be part of the reason for the vision.

The only explanations I can give for this are:

1. The intervention of your higher self: For some reason it decides that now is the time to show you something from your future.
2. Clairvoyant interference: Your Brow chakra has become clairvoyantly active and has tuned into a future setting. Your point of consciousness is caught up by this vision and projected into the vision.
3. A combination of both of the above - this is the most logical.

Symbolic Visions

There is another aspect of this wind that is very similar to the above but the vision you experience is symbolic, or has a symbolic aspect, rather than an actual future event or scene.

Note: I would like to warn you about the symbolic aspect of visions. If you don't understand the nature of symbolism it can cause great harm to your life. This warning applies to all clairvoyant visions in general, whether experienced in astral form or not.

Visualization Method

Decide on a place you would like to visit astrally; you may create a place if you think it does not already exist. If you want to visit a friend's astral home, hold the image of your friend (emotionally or visually) in your mind also.

Relax and let your mind go into a daydream state. Gently focus on the place you would like to visit, and allow yourself to picture that place in your mind. If other thoughts interfere, note them and then let them go and return to the picture.

As you relax, focus on the picture until it becomes very clear. You will use this picture as an anchor point to return to in later projections. It serves as an easy focus point. Make the picture clear so that you are aware of seeing, feeling, and hearing the picture, including as many senses as possible.

Once you have an easy time maintaining your focus on the picture, change it somewhat. Add a tree, or move things around; whatever you picture will change it in that way. Pick up an object and resize it, change its color, change its density; then return it to normal. Learn to reshape that area of the astral plane. Practice until you are very comfortable doing this. Learn to change your shape, walk, fly, swim, and examine the details of objects.

The next important step in astral projection is traveling to places other people have created without letting preconceptions change your views of them. In some areas the things people have created may actively maintain themselves so others can not change them, but in the more malleable areas be aware that your thoughts can affect things.

Stay open to any information that enters your mind, no matter how odd or unrelated it may seem to be. Some astral places are relatively normal; others are extremely odd and may change frequently. As you examine each image, use it to bring to mind other images also, just like a normal stream of association. Over time you will more images more quickly, and your ability to view a larger area will increase.

Astral Projection Training

To trigger the projection of the Astral body, while fully conscious, there are four major requirements:

Relaxing your body 100% while staying awake.

Concentrating 100% on what you are doing.

Having enough energy available.

Pressuring the astral body to separate.

Together, these four things will trigger an OOB.

Below are exercises that will teach how to relax the body, concentrate, clear the mind, raise energy, stimulate the chakras and enter the Trance State.

CALMING THE MIND

Relaxation

You must learn and master a full body relaxation exercise. If you know one already it can be adapted to suit. Here is a very simple one:

Sit or lie down, and relax. Starting with the feet, tense and relax them. Continue this with calves, thighs, hips, stomach, chest, arms, neck and face until your whole body is deeply relaxed. Go over this a few times, making sure your muscles stay relaxed.

Deep physical relaxation is the key to bringing on the trance state, i.e., deep relaxation CAUSES the trance state. Once you are in the Trance State, projection on the astral body is relatively easy.

Contemplation

When you begin meditation, you will be plagued with thoughts from your surface mind, which acts like a huge Memo pad. It carries messages, reminders, pressing thoughts, problems to solve unresolved issues etc. It is constantly busy, it NEVER rests, thoughts, thoughts, thoughts, one after the other, all clamoring for attention.

Before you attempt to clear your mind, with the breath awareness exercise below, it is wise to deal with these surface thoughts by the act of contemplating them. Sit comfortably, do the relaxation exercise and think, nothing more, just think. Search out the strongest thoughts in your mind and examine them, try to resolve and understand them. Note the word: THINKING. Contemplation does not involve clearing the mind, or visualization. It requires you to THINK, deeply and thoroughly, about something, to gain a deeper understanding of its nature and how it relates to you, an insight.

Breath Meditation

This is a simple form of meditation. It will clear your mind and focus your awareness. Sit or lie down, close your eyes, do the relaxation exercise and clear your mind. Breathe deeply and slowly and focus on the breath entering and leaving your body. Feel it coming in and feel it going out. Focus your whole attention on your lungs and the breathing process. This simple action is enough to occupy your surface mind. Firmly push intruding thoughts away, as they begin, before they can gather strength and distract you. Breath occupies the surface mind and allows you to think on a much deeper level.

Surface Thoughts

Sounds are very distracting, they generate surface thoughts. A car horn will generate: "Who's that, what's happening?" A door opening will generate: "Who's coming in or going out?" The surface mind is always very curious about what is happening around you. It wants to know all, and it wants to inform you of every little thing going on around you. It will pressure you to open your eyes, get up and go find out what's happening. Don't allow this to happen. USE these annoying, attention getting thoughts as a training aide. By learning to quash and ignore them, your powers of concentration will grow. Stop these annoying little thoughts as they begin, before they can take root and grow into something stronger.

CONCENTRATION

You must be able to concentrate and focus completely on what you are doing. Lack of concentration is the single, biggest cause of projection failure. It affects every aspect of projection, from the relaxation exercise, to the Trance State and actual projection. To test your ability to concentrate: Sit and relax. Close your eyes and clear your mind of ALL thought. Breathe slowly and deeply and count each breath, at the end of each exhale. Hold it totally BLANK, apart from the counting, for as long as you can. See how

long you can hold it like this. Be honest with yourself, every time a thought intrudes start counting from the beginning again.

You are doing well if can do this for longer than ten breaths. Ten breaths is, however, not long enough. Don't worry though, this can be improved on with the exercises below.

Concentration Exercise # 1

After image retention: Relax, calm your mind, and look at a candle or a light bulb. Place this light in front of you, a couple of feet away, and stare fixedly at it for a minute or two. Close your eyes and concentrate on the after image this will generate behind your closed eyelids. Try and keep sight of it for as long as possible. Use breath awareness to keep the mind clear, while you are doing this. Try and make the after image grow, instead of fading away.

Concentration Exercise # 2

One point stare: Pick a spot on a wall and gaze at it. Don't focus on it, just gaze at it gently. Clear your mind of ALL thoughts and forcibly hold it blank. Concentrate HARD, on breath awareness while you are doing this. When you feel a thought beginning, push it away, don't let it finish! Hold this for as long as you can. Do this several times a day or more if you can.

Concentration Exercise # 3

Energy breathing: Sit and relax. Close your eyes and clear your mind. Do the breath awareness exercise and imagine the air you are breathing IN is brightly colored energy of your favorite color. Imagine the air you are breathing OUT is a murky gray, full of toxic waste. This is a purification exercise. It stimulates your chakras into absorbing energy on the inhale and getting rid of negative energy on the exhale.

Note: Try your best not to tense up while you are doing these concentration exercises, it is ALL mental. In the beginning, it may feel as if you have to tense your mind into a tight ball to stop it thinking, but in time you will find the opposite to be true. When you get used to it, clearing the mind is VERY relaxing.

The Trance State

When you have attained a deep level of relaxation and mental calmness, you will feel your body begin to get very, very heavy. This heaviness is the main symptom of your brain waves changing from the Beta to the Alpha level as you enter a trance. The Trance State is caused by deep physical and mental relaxation. There is nothing weird or supernatural about it. It simply means your body has entered the Sleep State while your conscious mind is fully awake.

How to Enter A Trance

Do the relaxation exercise and calm your mind through breath awareness. Imagine you are climbing down a ladder in the dark. Don't visualize a ladder; just imagine you can feel yourself doing it. On the exhale, feel yourself climbing a step or two down the ladder with your imaginary Hands (outlined below). On the inhale, feel yourself holding still on

the ladder. What is needed is a mental falling effect inside your mind. This changes the level of brain wave activity from the awake level (Beta) to the asleep level (Alpha) or the deep sleep level (Theta). Once your level of brain wave activity reaches Alpha you will enter a trance. Keep doing this for as long as it takes. The time it takes to enter trance will vary, depending on your experience with deep relaxation and mental calmness.

Note: Once you get the heavy feeling, stop the mental falling exercise.

If you don't like the ladder, imagine you are in a lift, feel yourself falling on the exhale and holding on the inhale. Or, Imagine you are a feather, feel yourself floating down on the exhale and holding still on the inhale. As I stated above, you need a mental falling effect to lower your level of brain wave activity. This mental falling effect, when combined with deep relaxation and mental calmness, will cause you to enter the Trance State. Feel free to use any scenario you are familiar with to bring about this going deeper feeling.

A trance feels like: Everything gets quieter and you feel like you are in a much bigger place. There is a very slight humming feeling in your body. Everything feels different. It feels a bit like putting a cardboard box over your head in the dark, you can feel the atmosphere change. It's like everything goes fuzzy or slightly blurred. Any sharp noises, while in trance, feel like a physical blow to the Solar Plexus.

Deep Trance

The level of trance you achieve depends greatly on your relaxation, concentration skills and will power. To enter a deeper trance, i.e., Theta level and beyond, you have to concentrate much more and for much longer, on the mental falling sensation aided by breath awareness. The first level of trance, i.e., when you get very heavy, is quite deep enough for projection. I strongly advise against forcing yourself deeper than a light trance, until you have plenty of experience with the Trance State. How can you tell if you are entering a deep trance? There are four very noticeable symptoms:

An uncomfortable feeling of cold that doesn't make you shiver, coupled with a steady loss of body heat. Mentally, you will feel very odd and everything will feel extremely slow. Your thought processes will slow down as if you had been given a strong pain killing injection.

You will feel disassociated from your body, i.e.; a strong floating sensation and everything will seem far away.

Total physical Paralysis.

These four things, ALL TOGETHER, signify you are entering a deep trance. Do not mistake the mild floating sensation you sometimes get with light trance, i.e., as you astral body comes loose. Or the slight loss of body heat from sitting still for a long time and the mild paralysis, i.e., the heaviness, for a deep trance. The sensation of deep trance is quite uncomfortable and unmistakable for what it is.

It is very difficult to get into the deep Trance State, as you need highly developed relaxation, concentration and trance state skills plus lots and lots of will power and mental energy. You will not accidentally fall into it.

If you are worried you are going too deep, remember this: You CAN pull yourself out of it at any time. Concentrate ALL your will on moving your fingers or toes. Once you can move a finger or toe, flex your hands, move your arms, shake your head, i.e., reanimate your body; and get up and walk around for a few minutes. Falling into a deep trance should not be a problem with these exercises.

We have seen many people in meditation groups etc, enter a light trance and not be able to pull themselves out of it, i.e.; they float away with the Faeries. Usually some kind person will talk them out of it or massage their wrists etc to get them to come back to reality. This is unnecessary and is the result of lop-sided training, i.e., no concentration or will power training. The person only THINKS they cannot come back and therefore does not try very hard. It is also a good way of getting attention from the group. Your mind is extremely powerful and has vast untapped resources. It can do ANYTHING, no limits, if it is trained, conditioned and properly motivated.

Energy Body Expansion

At some point after entering the Trance State, you will feel a mild paralysis come over you. This will soon be accompanied by a deepening vibration and a buzzing feeling all over. You may also feel like you are huge and swollen. The paralysis, vibrations and the huge feeling are symptoms of the energy body expanding and the astral body loosening. This is part of the normal sleep process. The energy body expands and opens in order to accumulate and store energy. During this, the astral body drifts free, slightly out phase with the physical body.

Trance Familiarity

Many people blow their projection simply because they are not used to the trance state. They think it is a briefly opened window into the Astral dimension. This is simply NOT true. If you stay mentally and physically calm when you enter the Trance State, you can maintain it for hours. I regularly spend several hours at a time in the Trance State. If, when you enter trance, you think: "Yes! I've done it! I'm in a trance! Gotta hurry and get out quick...before it stops!" You'll blow it for sure! The trance will be ended by the simple act of getting over excited, i.e., breaking relaxation and mental calmness.

It's a good idea to spend time in the Trance State, just getting used to it, before you try and project. Just relax, stay calm, focus on breath awareness, and hold the trance. It won't end until you want it to. Get used to how it feels. When you are comfortable doing this, do the energy raising and chakra stimulation exercises, below, in trance.

You do not HAVE to be in a trance to learn energy and chakra work, it just works better in trance. Trance practice can be done lying down, but is best done in a comfortable armchair.

Your astral body will be loose in the Trance State, so try lifting your astral arms and legs out, one at a time. Use your HANDS to do this, as shown in the next section. Focus and FEEL your awareness in an arm and slowly lift it free of your body. You may feel a slight tickling or localized dizziness inside your arm or leg, as you do this. Lift your astral arm

up and look at it, with your eyes closed, but DOESN'T move a muscle. In this state you should be able to see it through your closed eyelids, but don't worry if you can't, this will come later. Lifting your astral arms free is good practice for projection. Later, you will use these astral arms to pull your astral body free of the physical.

Tactile Imaging

Tactile imaging is a perception or FEELING of localized bodily awareness. Your hands are very closely linked to your bodily awareness. They are intimately aware of every part of your body. Imaginary HANDS, outlined below, is only extension of this (hand to body) awareness. When you are asked to feel your awareness, in any part of your body, PRETEND your hands, your real hands, are going to touch that area of your body. Then use the awareness this generates in that area to imagine your imaginary HANDS are there.

Keep your eyes closed and hold your hands out a foot or so in front of your face. Concentrate, FEEL where they are and try and SEE them through the blackness behind your closed eyes. Cross your wrists, slowly move them about, turn your hands over, open and close your fingers. Look hard, concentrate, as if you were trying to see in the dark, and you will see a faint moving shadow in your mind eye, where your hands and arms are.

Close your eyes and touch the tip of your nose with the index finger of your right hand. You'll find you can accurately put that finger on any part of your body with your eyes closed. Try it; put your hand, your real hand, on different parts of your body like this. You know exactly where your hands are at all times, you can sense and feel where they are. If you observe what is happening in your mind, while you are doing this, you will notice you become aware of the part of your body you are going to touch the instant you make the decision to touch it.

Go over your whole body like this, getting used to the sensation of awareness it generates in different areas of your body. What is happening is this: Part of your mind is shifting into, and HIGHLIGHTING, the area you are going to touch, in order to guide your hand to the exact spot. Your mind shifts part of its awareness to this spot and acts like a homing beacon for your hand. The ability to shift your awareness into different parts of your body like this is VITAL to energy work and this projection method.

Note: You do not have to actually visualize these HANDS, i.e., and see or imagine you can see them. It is ALL tactile, NOT visual. You just have to be able to pretend to FEEL them doing something, like you are rehearsing some simple action in your mind. I originally developed this technique for blind people. Blind people cannot visualize AT ALL, if they have been blind since birth, but they do have a very keen sense of bodily awareness. The majority of sighted people also have great trouble with visualization of any kind, and all projection techniques depend heavily on visualization. This being the case, I developed a projection technique that does NOT depend on visualization to exert pressure on the astral body to separate. It turned out to be so much easier, and

more successful, than the other visualization based techniques, that I discarded them in favor of this simple tactile method.

Blind people are not blind in astral form. The astral body does not have any organs as such; it is a point of consciousness only. The astral body you are aware of while projecting is provided courtesy of the subconscious minds creative ability

Energy Exercise

This is a really fun one. You can even make it into a game. What you're going to do here is to make little balls of energy and then send it to whatever you want. You can send it to yourself, a friend, to achieve a goal, etc. Rub your hands together for about 15 seconds. This is supposed to stimulate the hand chakras. Now cup your hands together. Start to visualize energy coming to your hands and building up in the shape of a ball. It can be any color you want (certain colors work best for different things) but for beginners it's usually easiest to visualize white light. Just see the energy coming from the air around you, and slowly building up, becoming a ball of pure energy. After a while, my hands usually start to tingle, or I can see the ball. Try to do it until you feel your hands tingle. It might take a few times, but if you keep it up, you'll probably start to feel it after a while.

Once you have the ball to the size you want it at, throw it with a physical movement of your hands and visualize it going where you want it. You can simply visualize it if you want (without moving your hands as if you are throwing it) but the physical action will probably make it more powerful and finalized. You can send it off to anything you want, or you can keep it a while and play with it. My friends and I usually make the energy balls and throw it to each other for a while. They get surprised when they find out that they can actually feel the energy landing in their hands.

Here's another method if the one above is too hard to do: You need to clear your mind, try focusing on a flame or a picture, you know. once you think your ready, hold your hands like your holding a ball. relax your mind completely and flex all the muscles in your arm. then close your eyes and let the energy flow. :) after a while, you'll probably feel your arms slowly pushing apart or perhaps tingling, heat, or, if your eyes are open by this time, faint flashes of light. this is getting longer than i expected, so i need to wrap it up. ;) the best conditions for beginners are a dimly lit room and a strong emotion (anger, frightened, etc.) After a long wait I've seen mine! that's it pretty much.

Meditation Technique for developing Psychic Skills

The Chakras: Much is said and taught about the chakras and secondary energy centers. Learn all you can about energy in the body, and outside the body. learn all you can about the aura, and how the chakras relate to it.

You must be able to identify and FEEL each chakra for this exercise.

For the first five minutes Relax yourself. Deeply relax and put your full, deep trust in the holiness of Spirit. I suggest praying to Spirit for guidance and PROTECTION, before you begin any spiritual work or exercise. BELIEVE, if you do not know, that only good spirits are around you, loving you and protecting you. Thank them and open yourself to them for their assistance, BY UPLIFTING YOUR SPIRIT TO THEM. It is said that if you uplift yourself ten feet, they'll come down twenty feet to guide you.

Eight-fold Breath: Breathe in for the count of eight. Hold for the count of four. Exhale for the count of eight. Hold for the count of four. You may also begin the breathing with several large full breaths, all the way to the lower abdominal area. Then continue with the eight/four/eight/four breathing. This is very relaxing, and trance inducing. It also begins to bring you a regulated pattern of energy for the work ahead. Continue the breathing throughout the meditation. And don't worry if you forget it for a time. Just pick it up again and be relaxed about the whole process. This breathing can be extended LATER ON for other types of medium ship. But for now, just do it as explained.

Beginning at the Crown chakra. [This is the opposite from what most of you are being taught. Drawing energy upward is what is usually done. But I am showing you, simply, what I learned. Although the other way is certainly worthy of experimentation.] So, beginning with the crown chakra, feel it opening up and becoming charged with light and energy by focusing and intending energy to move into it. Move to the third-eye chakra. Open/intend/charge this. Throat chakra, the same. Heart chakra, the same. And on down the chakras until all are open and charged up. If one is stuck, or wont cooperate, stay on it, breathing in and out and focusing the incoming, good energy into that chakra. Give the same amount of energy to each one, for this exercise.

Turn your attention to the place of visions, the third eye: When the chakras are all open, and you are continuing to breathe as stated, it is time to look within. Find the place inside your mind where you see pictures, where you day-dream. [If you have never seen an internalized picture, this is a good time to begin. However, if I say, "apple!" How do you know what an apple looks like? Describe it to yourself. See the apple as you describe it to yourself. Where you see this picture inside your mind, is the place I am referring to.] For the next FIVE MINUTES, quiet your thinking, and just practice observing whatever may arise in this space. Do not give it any credence, do not judge what you see. In fact be as non-judgmental as you possibly can be. Make no decisions based on what comes. Do not get caught in a prolonged image, let it go. Do not indulge yourself in fear, or panic about something which may seem awful . . . just bless it and send it on its way! Try to recall that you have protected yourself and that you are loved.

CLOSE DOWN for the next five minutes. Continue the breathing. Go back down the chakras, as before, diminishing the energy, dimming the light, so to speak, and envisioning that you are CLOSING EACH SPIRITUAL DOOR as you do so. Do each of the chakras in this way, until whatever is open is closed, envisioned as sealed. No spirit activity is permitted from this point on. Reject it. Let spirit information come to you only

when you desire it, or want it, or permit it. Learn to condition yourself to not accept any information coming from spirits unless you give it your okay. Once the spiritual doors are closed, that means just that, they're closed.

Hands should be placed palms up on lap if working with spirits is desired. Palms down on thighs, if you are trying to work on dreams, or any inner-work.

This meditation should be done with eyes closed. In the beginning with a dim light on. It could be done in a group setting and is an excellent group meditation practice. For a group setting I recommend a tightly closed room, no light getting in from the outside. Use a small red light overhead, attached to a dimmer switch, and keep turning the light down as your eyes get used to it. In this setting, meditation can be preacticed with the eyes open.

Be sure to enter and leave these circumstances with a loving heart and mind. One of trust and never foreboding! Pray for protection and guidance and DEVELOPMENT! Give your thanks to the Earth, and to the spirits who would come to you so that you may grow.

Astral Guides

This part is about how to call a spiritual guide that helps you on your journeys.

Everyone , form the youngest child to the oldest person can and should know, and communicate with their spirit guides.

A spirit guide is a being of light , advanced to the point where they have no need to return to earth in the flesh anymore . These guides have been with us for centuries , lifetime after lifetime , and will guide us through this life, to purification when we pass on , and they will be with us when we take our first breath if and when we return for another lifetime .That is why it is of extreme importance that we realize that people we knew and loved in this lifetime cannot be our guides . All souls, when they pass have to go through a process of purification , it takes years and years to prepare them for either another lifetime here or to pass on to another plane of consciousness. That cannot be accomplished in one lifetime.

Many people feel loved ones near and it comforts them to think that these souls are helping them , but unfortunately this is not the case . Perhaps in the future we will be able to talk about our recently departed and how we can really help lost souls to find their way . These are not evil , spirits , they are just spirits that had unfinished business, that want to be close to loved, ones or that died through trauma and really don't know they have passed. It is not a healthy thing to keep these souls close , they can cause us all sorts of illness and mental maladies.

Then we have the evil entities , those who are either sent to us to cause us harm , or for some reason have found us and attached themselves to us and cause us great harm both physical and spiritual.

I tell you about all these different spirits because you must grow to recognize the FEEL of them so that you wont make mistakes.

STEP 1 relax your entire body , make yourself comfortable with your surroundings , remember that nothing , will happen unless you allow it to happen .

STEP 2 create a mental picture of what your main guide looks like . Feature by feature , characteristic by characteristic this is called seeing your guide , this takes about half an hour , describe the picture you see mentally to yourself as though you were describing a person to another . By now you may notice a slight change of temperature either way , warm or cold.

STEP 3 name your guide , after you have a complete mental picture, ask the guide his/her name , the absolute first name that pops in your head is right . Trust your instinct , the guide is talking to you even though you are not physically hearing them . Now your guide has a name and you will call your guide by that name from now on. By now you may be able to detect a faint scent and the temperature change should be more pronounced . You are now feeling your guide. The feel of the guide should be warm and comfortable, if it is uncomfortable in any way , stop immediately , this is NOT your guide.

STEP 4 communicate with the guide , let the guide take you to a higher plane ask him frequent questions about your life , past lives and surroundings . Talk , Talk , Talk . Is something just pops in your head , and you don't know where it came from , it is your guide talking to you .

STEP 5 Absolutely and completely trust your instincts , channeling is so difficult for some because they cant believe what is happening , they think it is their imagination , and they reject the guidance as bogus . Don't second guess yourself , your first instinct is usually right in these matters.

DIFFERENT ASTRAL PROJECTION EXERCISES

Exercise # 1

Begin by focusing on your breathing. On the in-breath visualise peace a love, a soft pink glow. The out-breath takes away all tension, restlessness and anxieties. Continue in this manner for a moment..... On the in-breath visualise peace, love and tranquility,

a soft pink glow. The out-breath takes with it all your stored tension, restlessness and anxieties.

Pause
(1 ½ minutes)

As you breathe in peace, love and tranquility and breathe out tension, restlessness and anxieties you feel yourself becoming centered within. Your feet seem to feel rooted to the ground as the energies of the Earth Mother flow directly into your body, lifting your spirits high. Feeling one with the earth. Experience the love and knowledge given to you from Gaia, the Earth Mother. As you feel your feet taking root in the ground, you feel yourself being able to take your energies, nutrients and life force from the very earth that you are connected to. The roots in your feet stretch and grow, going deeper into the earth. As this happens you can hear the voice from Gaia, the Earth Mother. Gaia has a very special message to give you. All you need to do is entirely give yourself to the greater power of the universe and allow yourself to grow and blossom as your body takes root in the earth beneath your feet. Listen carefully to Gaia's message for you.....

Pause
(2 minutes)

The message that Gaia left with you will also help you to grow and blossom in your everyday life.....

Before you there is a mist rolling in around your feet. The mist brings with it a strong powerful energy and a sense of love and security. It swirls around your body from your feet up. As the mist swirls around you it leaves you with a numbing feeling on every part of your body that it touches. A feeling of lightness ... floating. The mist now swirls around your knees, feeling lighter and more relaxed... Swirling around your thighs and buttocks you see through the mist a hazy red glow around your entire body. Going deeper into relaxation with every passing moment. Now as the mist swirls just below your navel you see a hazy orange glow around your body. Each colour staying around you glowing in the mist. The mist now swirls around your solar plexus radiating a hazy yellow glow. All the time feeling lighter and going deeper and deeper into relaxation. The feeling of love and security are wonderful as the mist swirls up to and around your heart as a glowing ring of brilliant green is all around you. Relaxation and lightness spread further through your body as the mist reaches your throat area. A healing blue radiates through the mist around you. Feeling lighter and more relaxed with every colour and breath that you take. Your brow is now surrounded in the mist as you see a mauve hazy glow. The mist is now over the top of your head as you see a dazzling purple glow through the mist.

Your entire body is now completely surrounded in the mist. The sensation of complete weightlessness flows through your being. You feel yourself rising in the air. The sense of weightlessness transforms you feeling free ... You have never felt such freedom

before... As your body rises you turn your head and look below and see your body beneath you. Observing this does not disturb you as you know that it is OK and feel safe and secure with your new feeling of ethereal freedom. Connecting your weightless soul to your body is a glistening silver cord. This cord cannot break while your soul is not in your body. It will always connect you when you are travelling in the astral. You look ahead in the direction your body is travelling and before you is an archway. This archway can be made from anything. It may be made of shrubs, roses or stone. Anything that presents itself to you is OK.

Through the archway you can see a place or scene materialise before you. It may be somewhere you know and visit regularly. Or it may be from the past or even from the future. Your being rises with the mist and you are carried through the archway. The place or scene is getting closer and closer to you. The mist takes you directly there and lowers you to the ground if it is safe to do so. You immediately know where you are and possibly what year it is. There may be people there with you. If so feel free to talk to them and ask any questions you may have. You may also want to explore your surroundings.....

Pause
(6 – 10 minutes)

It is now time to leave where you are. You turn to leave and the mist meets you. Your body raises into the air again as the mist carries you back through the archway. All the memories of this experience will come back with you. There is a gift waiting for you as you levitate through the archway. A special gift just for you...

Now through the archway you see your body waiting for you, as you left it. The mist lowers your soul back into your awaiting body. Through the mist you see the rings of colors leaving one by one. Purple... the mist swirls lower around your body. Mauve... The mist lowers. Blue... Green... Yellow... The mist lowering. Orange... Red...

The mist dematerializes as quickly as it materialized. Your body still feeling relaxed and refreshed.

Astral Projection Exercise # 2

There are four main types of exercises you can use when trying to induce. They are:

- Relaxation
- Energy Balancing
- Mind Control

- Focus

In addition to these you can also use prayer at the beginning of the practice. Below is described a typical practice session.

Begin by laying down on your bed with the door closed, a pillow under your knees and a comforter over you. Most authorities on astral travel recommend that you find a place where you will be undisturbed. Take a few moments to ground yourself *in* your body, to relax into yourself at the moment at this particular place and time. Then you can say a prayer that goes something like this:

"Dear God Creator, Angels and Guides from the Light:
I pray that I may leave my body in order to
Please help me and protect me in this endeavor!"

Then visualize yourself surrounded with white light, and as you focus in on this light you become absorbed in the beauty of this energy and often have some wondrous visions and feelings of peace.

Relaxation

Then begin to focus on your feet, and in a typical relaxation exercise, move through my body from toe to head stretching, clenching and then relaxing each body part. Visualize energy swirling through each part of your body releasing tension.

Energy Balancing

Then cleanse, balance and charge your chakras.

Mind Control

Then you can use a technique adapted by the author years ago from the Silva Mind Control teachings to put your body to sleep. In your mind say: "I'm going to count down from 3 to 1, visualizing each number on a white orb suspended in the air above my head, and when I reach the third and final "1" my body will be asleep and I will have no awareness of physical sensations. I will not perceive any physical discomfort, and my consciousness will be focused on my astral body."

Then visualize a white orb suspended in the air above your head. When you will be mentally well-focused on the orb, visualize a number "3" on the face of the orb. The numbers can be any color you choose. The important thing is to

create a pattern, for training your brain to react the way you desire whenever you perform this sequence. This is the heart of the power of ritual!

Visualize the 3 three times: three number "3's" on the orb. "My body is completely relaxed, becoming numb. I am losing awareness of physical sensation."

Then repeat the visualization with three number "2's." "My body is asleep now. I feel no sensations, no discomfort. I will now visualize the "1's." When I am finished, I will have no awareness of physical sensations. My consciousness will be in my astral body."

Then visualize the "1's" three times. "My body is now completely asleep. I have no awareness of physical sensations. My consciousness is in my astral body."

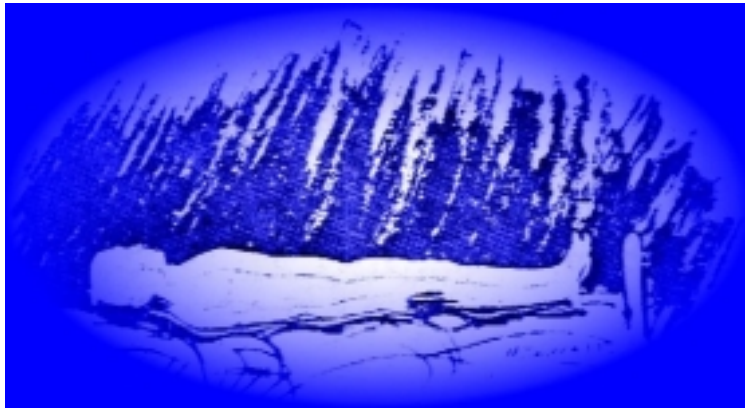
The benefit of training your mind this way is that you can greatly accelerate the process of transferring your awareness away from the physical body. Each time you practice this, the programming becomes a little bit stronger,

after some time you will visualize the numbers and have your body asleep in two or three minutes.

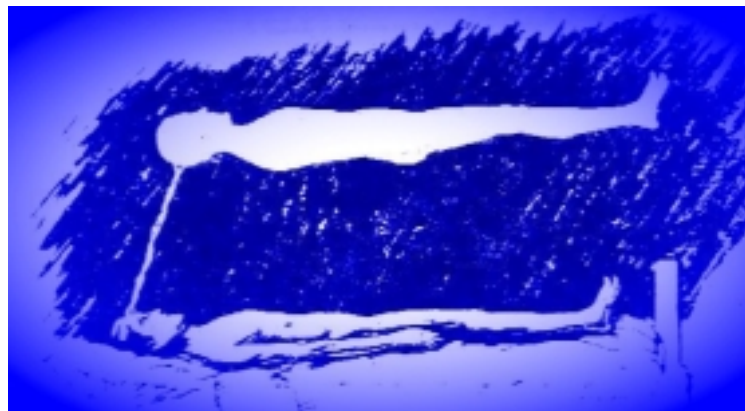
Focus

Once you are in this state try to clear your mind by focusing on your breath, or the tip of your tongue, or any one thing. The key is to remain conscious while your body is asleep. Naturally, all sorts of thoughts pull you from the focus, but you can return as soon as you notice you've strayed to your concentration on one thing. Your obe's can often occur after a period of focus when your mind has drifted and has been on the verge of sleep. This is when you have awakened to find yourself either out of the body or when the "surges" have come on. You will often doze off when beginning practice, but take it up again when you are awake by focusing your attention and trying to remain conscious while your body sleeps.

Illustrations and Examples



An example of the spirit lightly out of the body



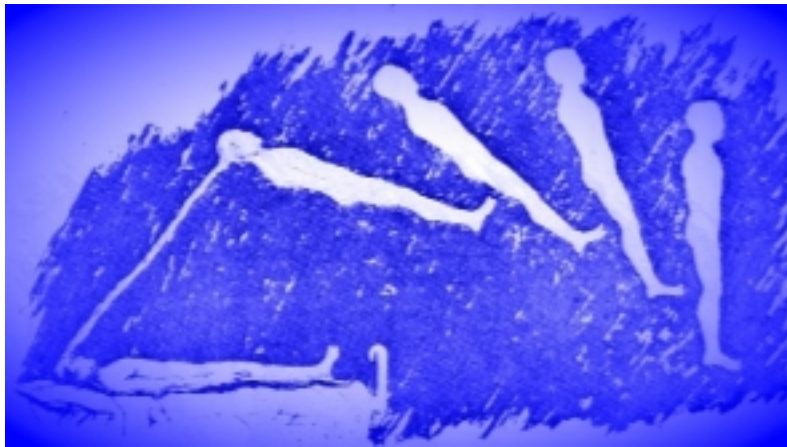
The spirit suspended on the air over the physical body.
Sometimes it can reach this high



The arrows indicate the way followed by the spirit at the projection.
This is the position the body should get before a dream of flight



The Spirit projecting in vertical position insides the radio of action of the cable



Sometimes the spirit projects itself inside the radio of action of the cable, when any negative factor goes in action, for example: an emotion or a sound, the spirit goes back till reaching a horizontal position